



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Tipton: Overview

Dear Community Members & Stakeholders of Tipton,

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 Tipton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Tipton'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 Tipton. 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
Current Asthma	80th	9th	Cancer (except skin)	74th	11th
Mental Health	141st	13th	Hearing Disability	110th	25th
Dental Visit	167th	29th	Stroke	116th	24th
Self-care Disability	179th	27th	Coronary Heart Disease	120th	26th
Cognitive Disability	187th	24th	Self-care Disability	123rd	23rd

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
Core preventive services for older men	904th	92nd	Core preventive services for older men	802nd	92nd
Mammography	716th	85th	Annual Checkup	720th	85th
Cancer (except skin)	658th	70th	Binge Drinking	714th	81st
Obesity	586th	65th	Obesity	635th	64th
Binge Drinking	511th	61st	Taking BP Medication	631st	75th

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 Tipton.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

How to Use this Report

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

With a population of 3,130, Tipton’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.



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

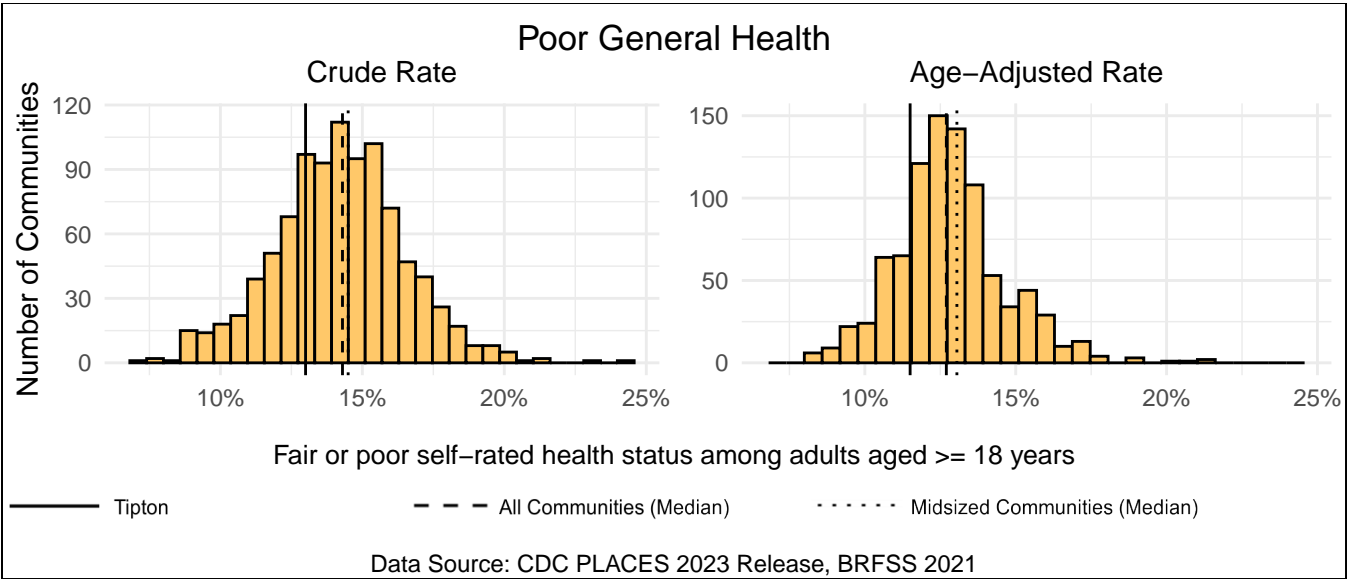
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Tipton has a crude rate of 13.0% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 260th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 11.5%, which ranks 179th out of 905 Iowa communities (31st out of 102 midsized communities).

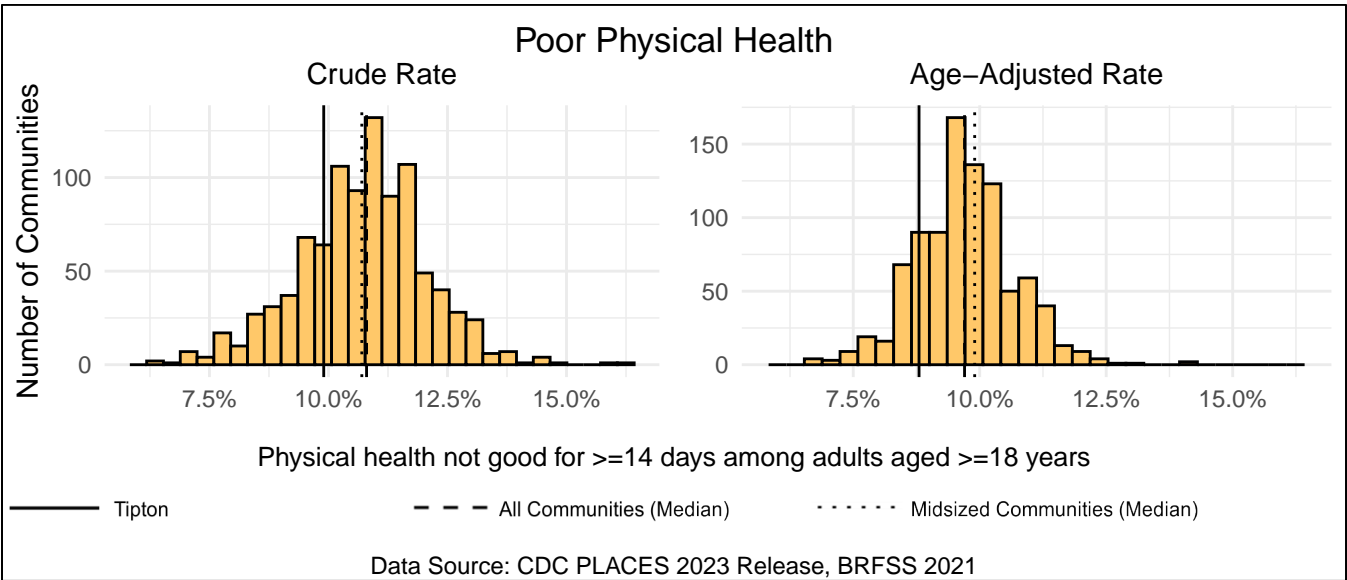
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	13.0%	14.3%	14.5%
Age-Adjusted	11.5%	12.7%	13.0%



Poor Physical Health

Tipton has a crude rate of 9.9% for physical health not good for >=14 days among adults aged >=18 years, which ranks 221st out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Tipton is 8.8%, which ranks 140th out of 905 Iowa communities (25th out of 102 midsized communities).

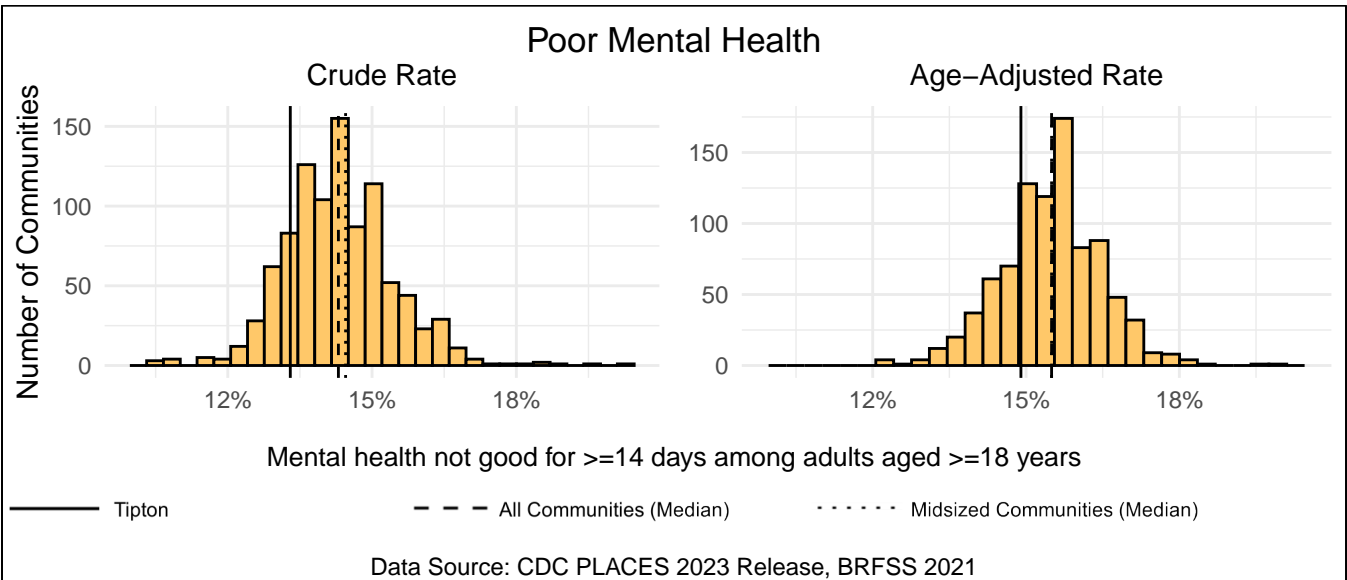
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	9.9%	10.8%	10.7%
Age-Adjusted	8.8%	9.7%	9.9%



Poor Mental Health

Tipton has a crude rate of 13.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Tipton is 14.9%, which ranks 210th out of 905 Iowa communities (31st out of 102 midsized communities).

Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	13.3%	14.3%	14.4%
Age-Adjusted	14.9%	15.5%	15.5%



Health Risk Behaviors

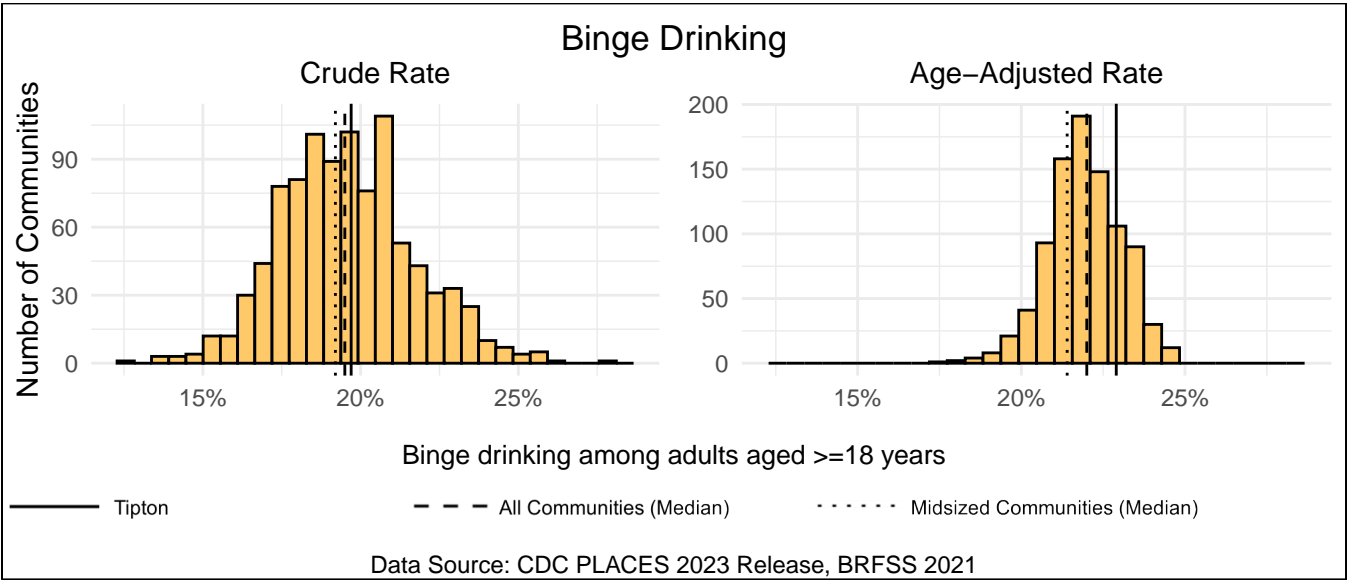
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Tipton has a crude rate of 19.7% for binge drinking among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (61st out of 102 midsize communities). The age-adjusted rate for Tipton is 22.9%, which ranks 714th out of 905 Iowa communities (81st out of 102 midsize communities).

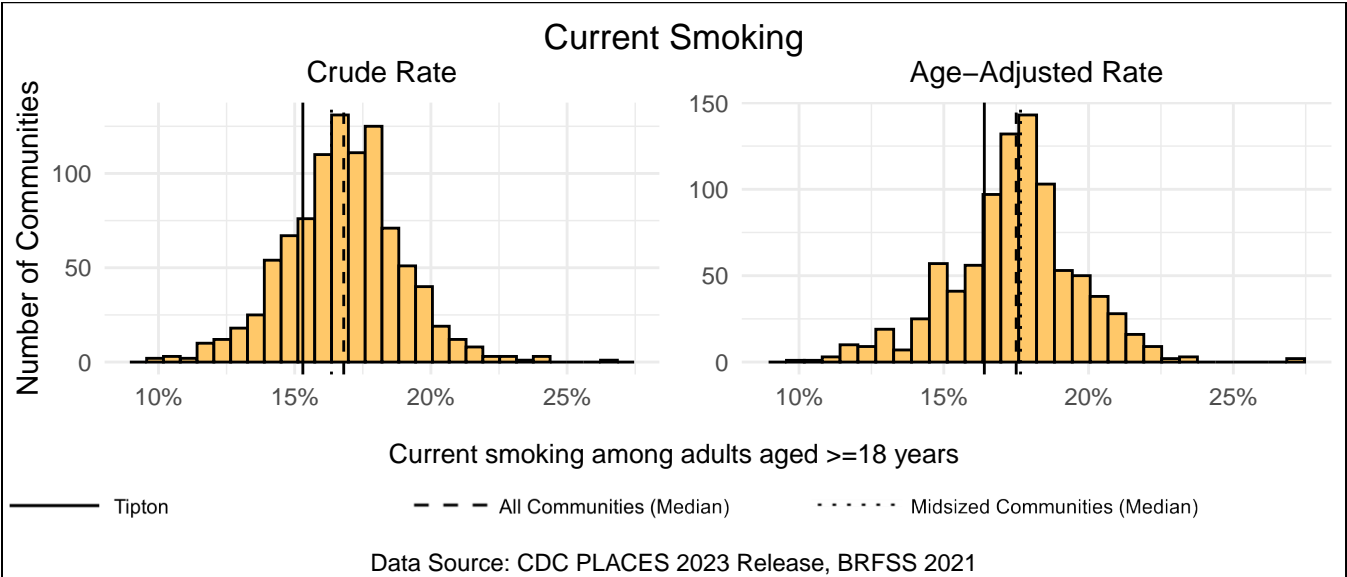
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	19.7%	19.5%	19.2%
Age-Adjusted	22.9%	22.0%	21.4%



Current Smoking

Tipton has a crude rate of 15.3% for current smoking among adults aged >=18 years, which ranks 204th out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 16.4%, which ranks 230th out of 905 Iowa communities (38th out of 102 mid-sized communities).

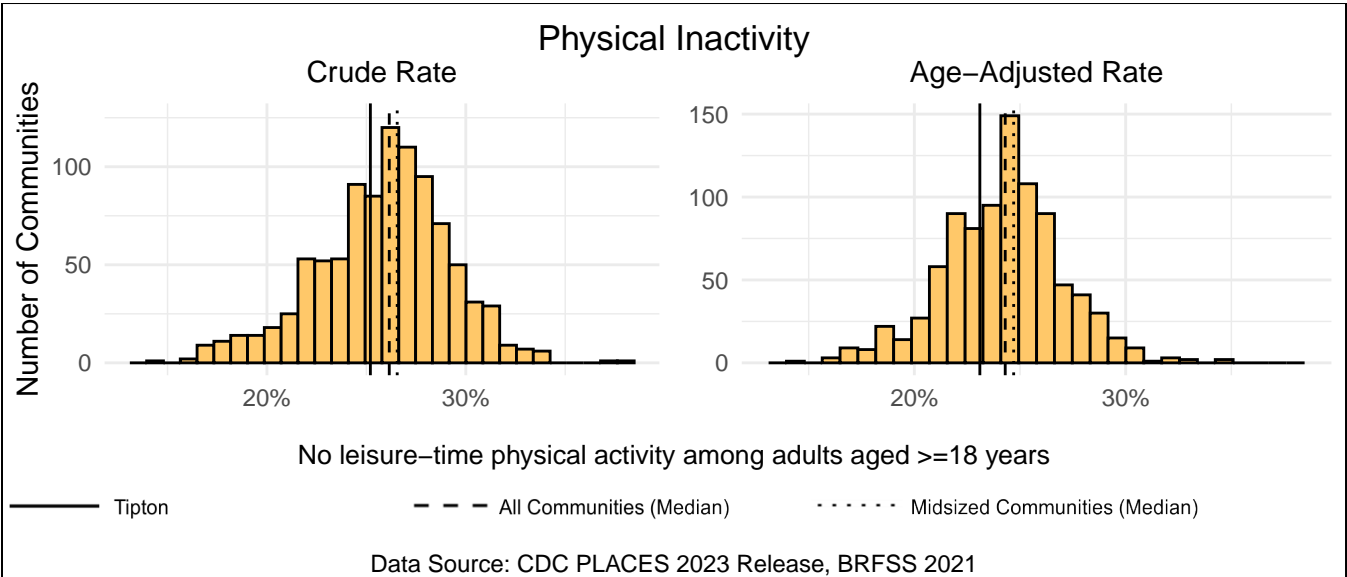
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	15.3%	16.8%	16.4%
Age-Adjusted	16.4%	17.5%	17.6%



Physical Inactivity

Tipton has a crude rate of 25.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 366th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 23.1%, which ranks 296th out of 905 Iowa communities (34th out of 102 mid-sized communities).

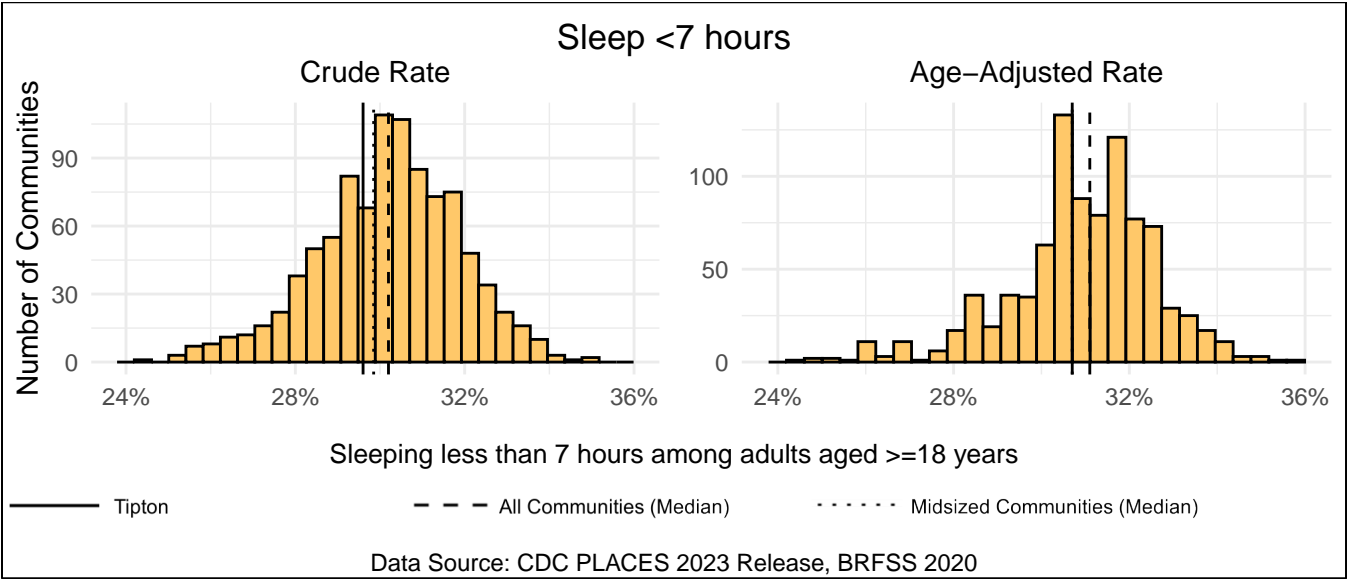
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	25.2%	26.1%	26.6%
Age-Adjusted	23.1%	24.3%	24.7%



Sleep <7 hours

Tipton has a crude rate of 29.6% for sleeping less than 7 hours among adults aged >=18 years, which ranks 314th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Tipton is 30.7%, which ranks 354th out of 905 Iowa communities (50th out of 102 midsized communities).

Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	29.6%	30.2%	29.8%
Age-Adjusted	30.7%	31.1%	30.7%



Health Outcomes

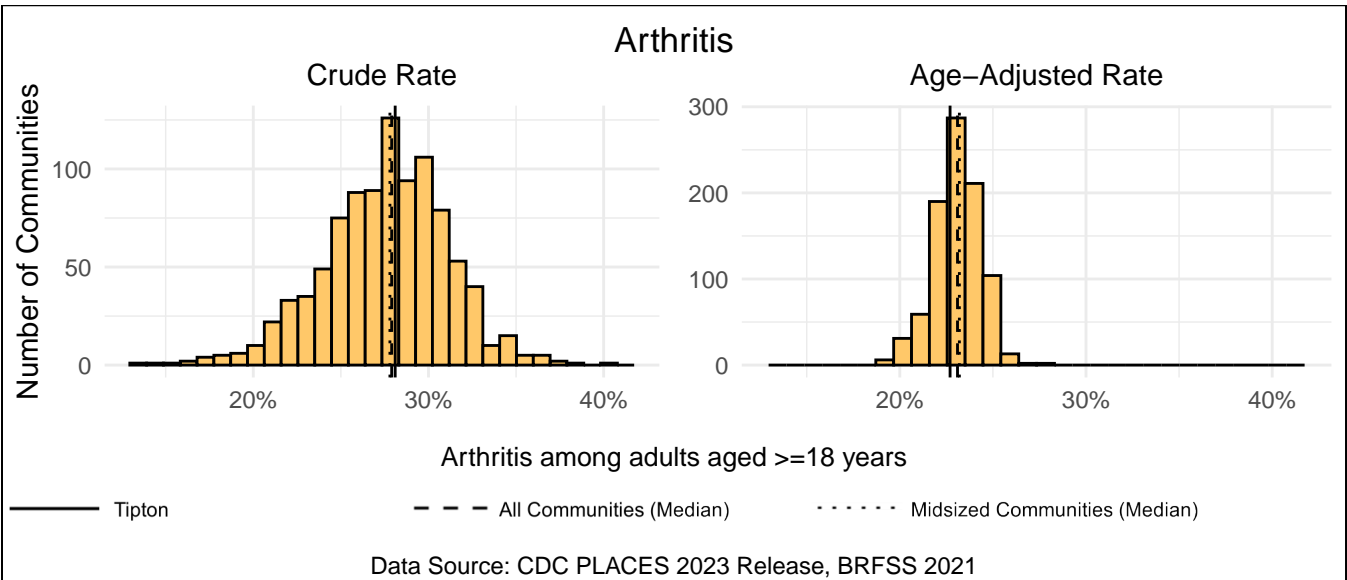
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Tipton has a crude rate of 28.1% for arthritis among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Tipton is 22.7%, which ranks 321st out of 905 Iowa communities (38th out of 102 midsized communities).

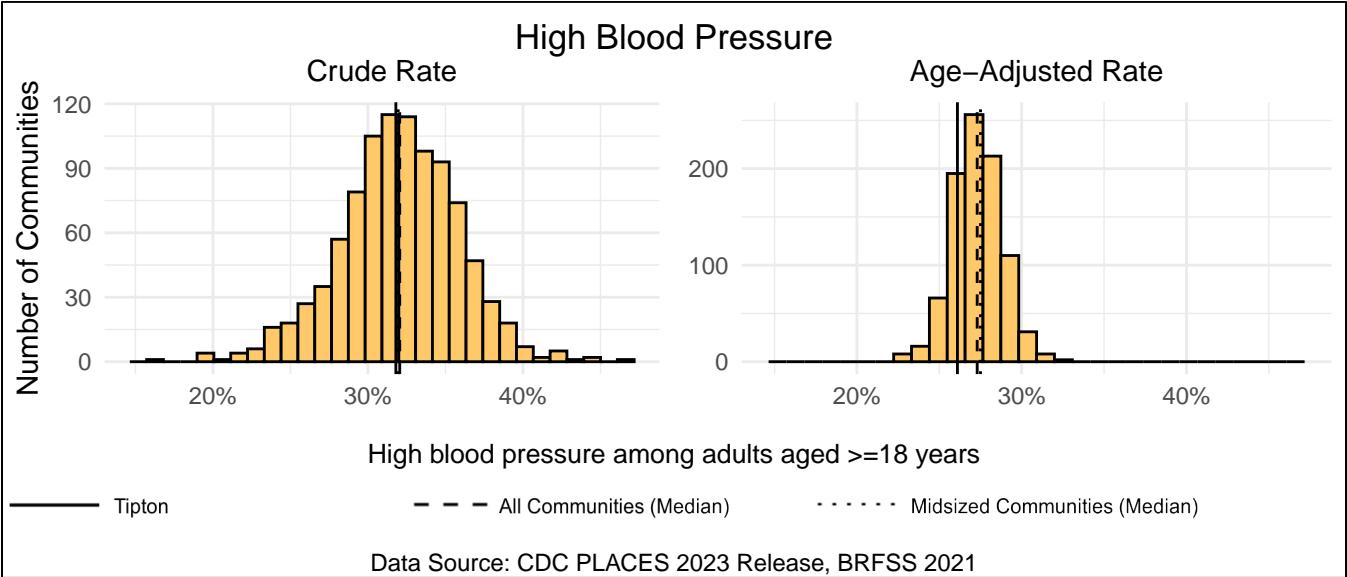
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	28.1%	27.9%	27.8%
Age-Adjusted	22.7%	23.1%	23.2%



High Blood Pressure

Tipton has a crude rate of 31.8% for high blood pressure among adults aged ≥ 18 years, which ranks 440th out of 958 Iowa communities (49th out of 102 midsize communities). The age-adjusted rate for Tipton is 26.1%, which ranks 191st out of 905 Iowa communities (23rd out of 102 midsize communities).

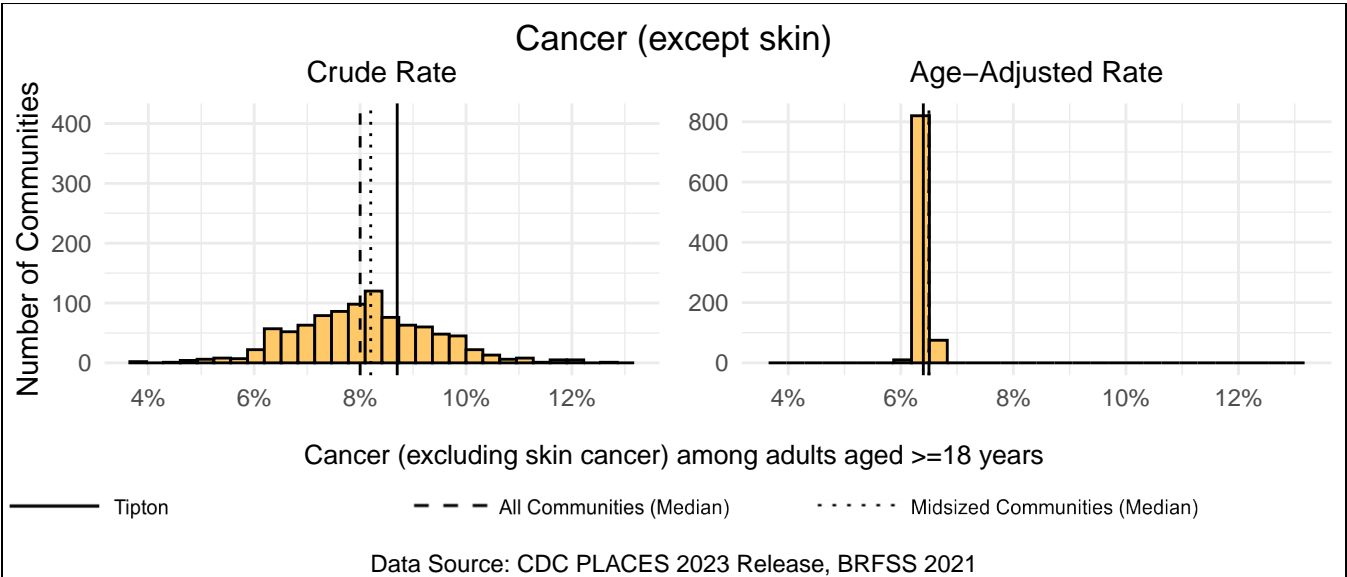
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	31.8%	32.0%	32.0%
Age-Adjusted	26.1%	27.3%	27.5%



Cancer (except skin)

Tipton has a crude rate of 8.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Tipton is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsize communities).

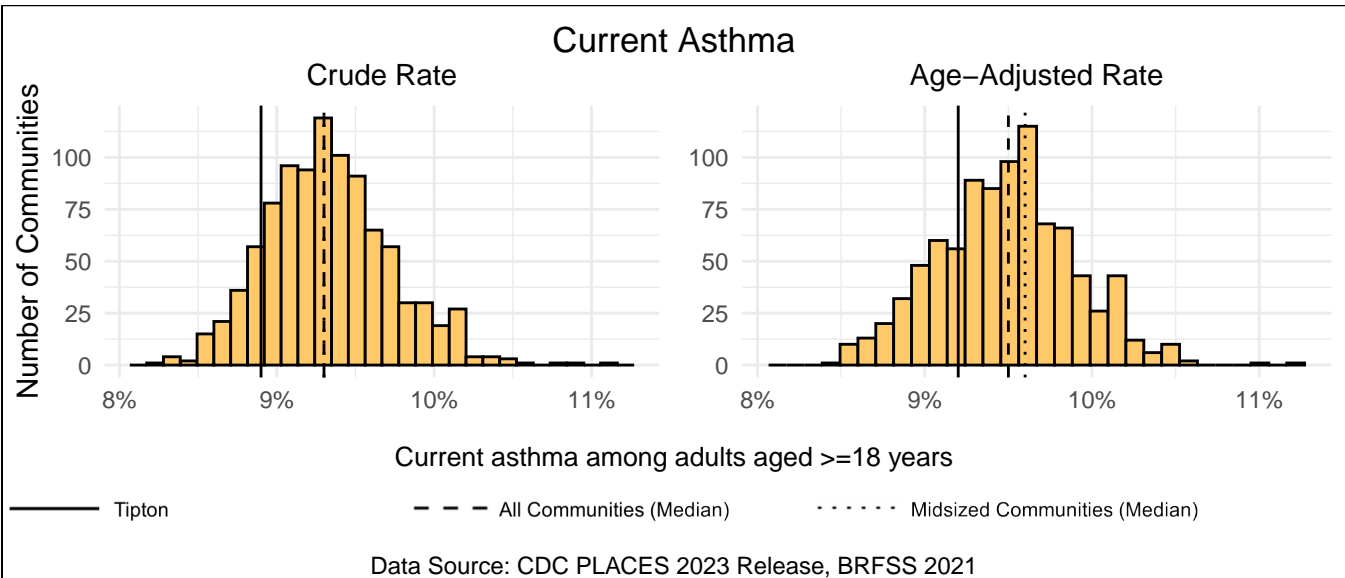
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	8.7%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Tipton has a crude rate of 8.9% for current asthma among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Tipton is 9.2%, which ranks 185th out of 905 Iowa communities (22nd out of 102 midsized communities).

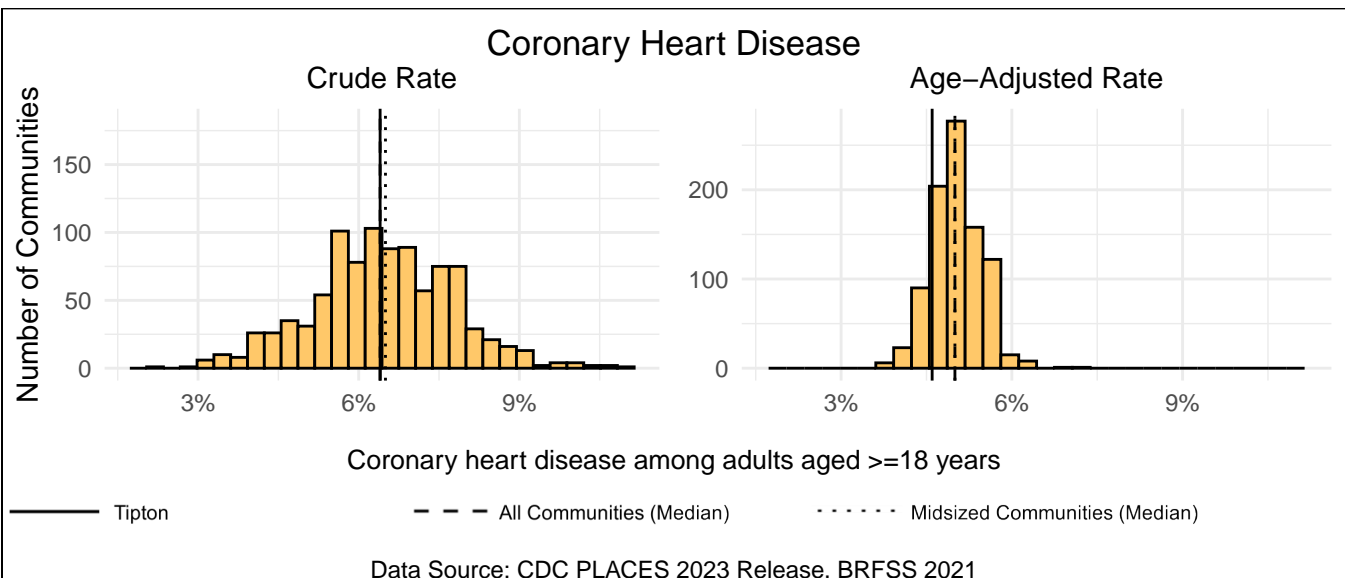
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	9.2%	9.5%	9.6%



Coronary Heart Disease

Tipton has a crude rate of 6.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 438th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Tipton is 4.6%, which ranks 120th out of 905 Iowa communities (26th out of 102 midsized communities).

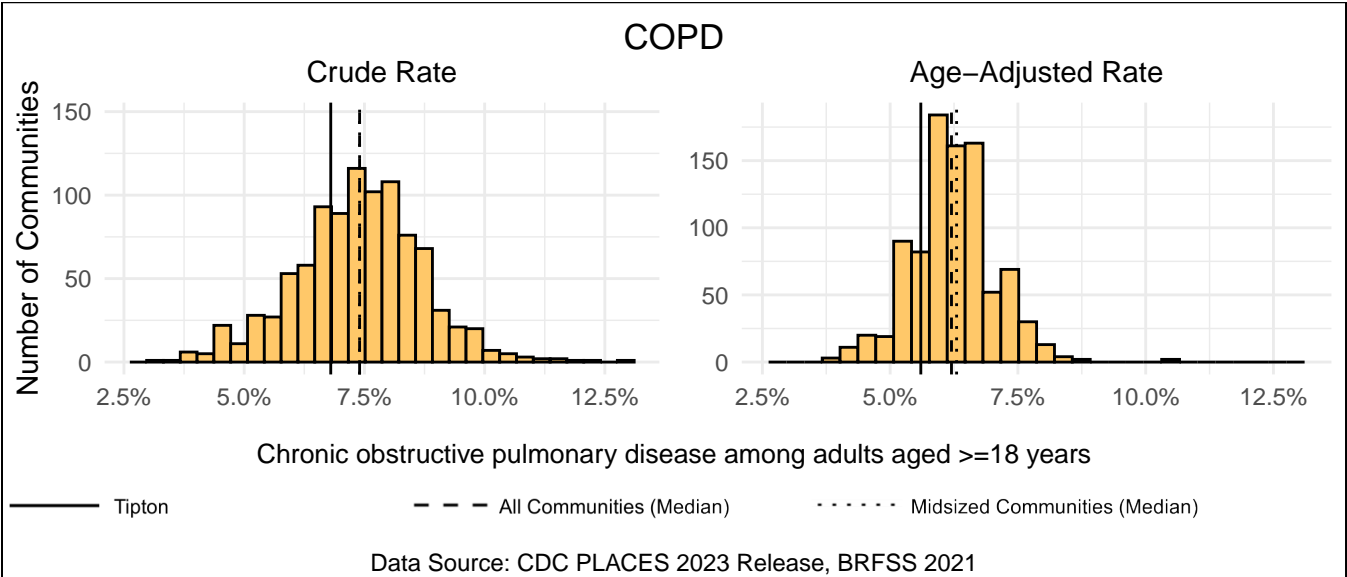
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	6.4%	6.4%	6.5%
Age-Adjusted	4.6%	5.0%	5.0%



COPD

Tipton has a crude rate of 6.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 274th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Tipton is 5.6%, which ranks 162nd out of 905 Iowa communities (27th out of 102 midsized communities).

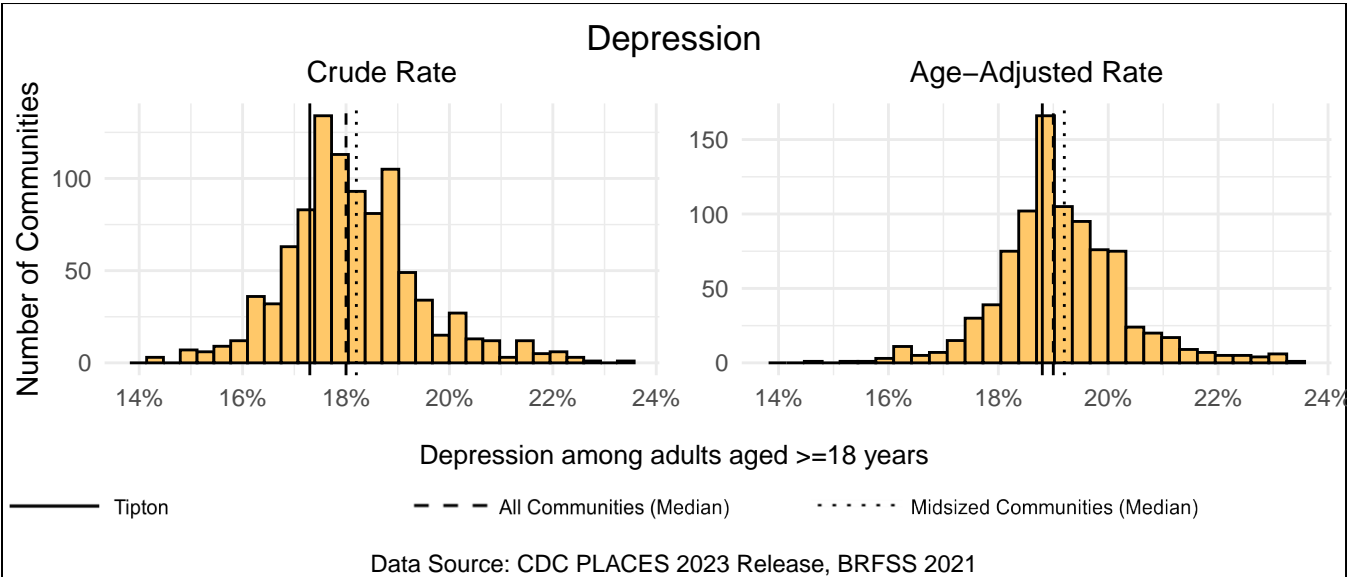
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	6.8%	7.4%	7.4%
Age-Adjusted	5.6%	6.2%	6.3%



Depression

Tipton has a crude rate of 17.3% for depression among adults aged ≥ 18 years, which ranks 220th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Tipton is 18.8%, which ranks 330th out of 905 Iowa communities (34th out of 102 midsized communities).

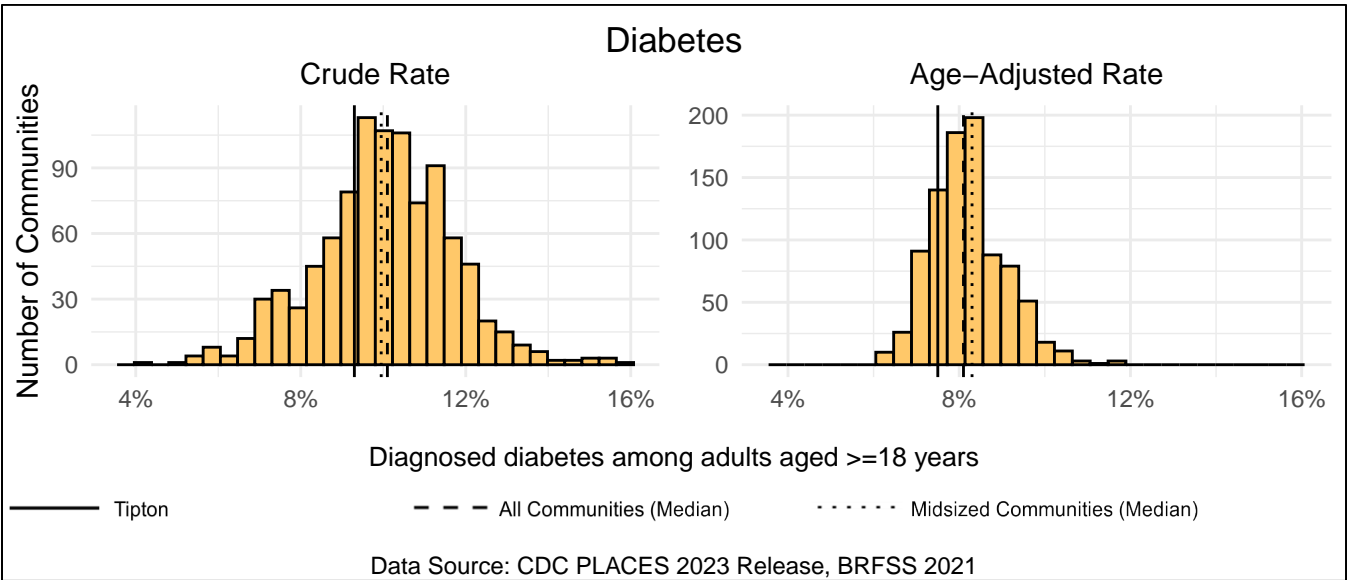
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	17.3%	18.0%	18.2%
Age-Adjusted	18.8%	19.0%	19.2%



Diabetes

Tipton has a crude rate of 9.3% for diagnosed diabetes among adults aged >=18 years, which ranks 275th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Tipton is 7.5%, which ranks 147th out of 905 Iowa communities (28th out of 102 midsize communities).

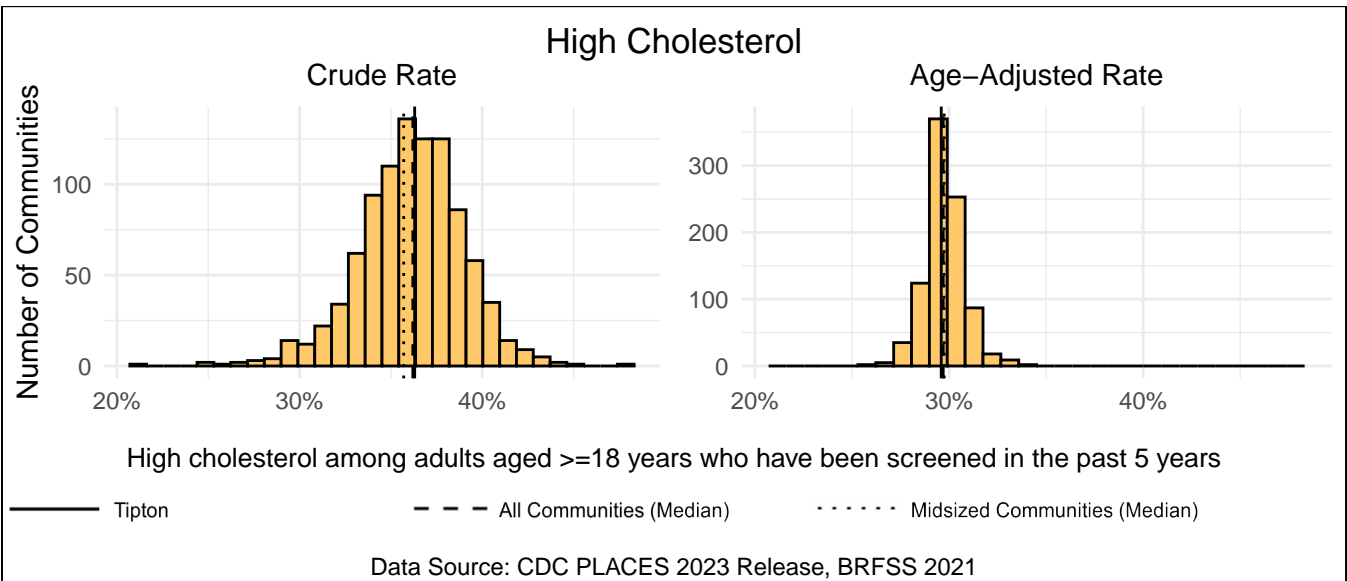
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	9.3%	10.1%	9.9%
Age-Adjusted	7.5%	8.1%	8.3%



High Cholesterol

Tipton has a crude rate of 36.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 482nd out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Tipton is 29.6%, which ranks 379th out of 905 Iowa communities (41st out of 102 midsize communities).

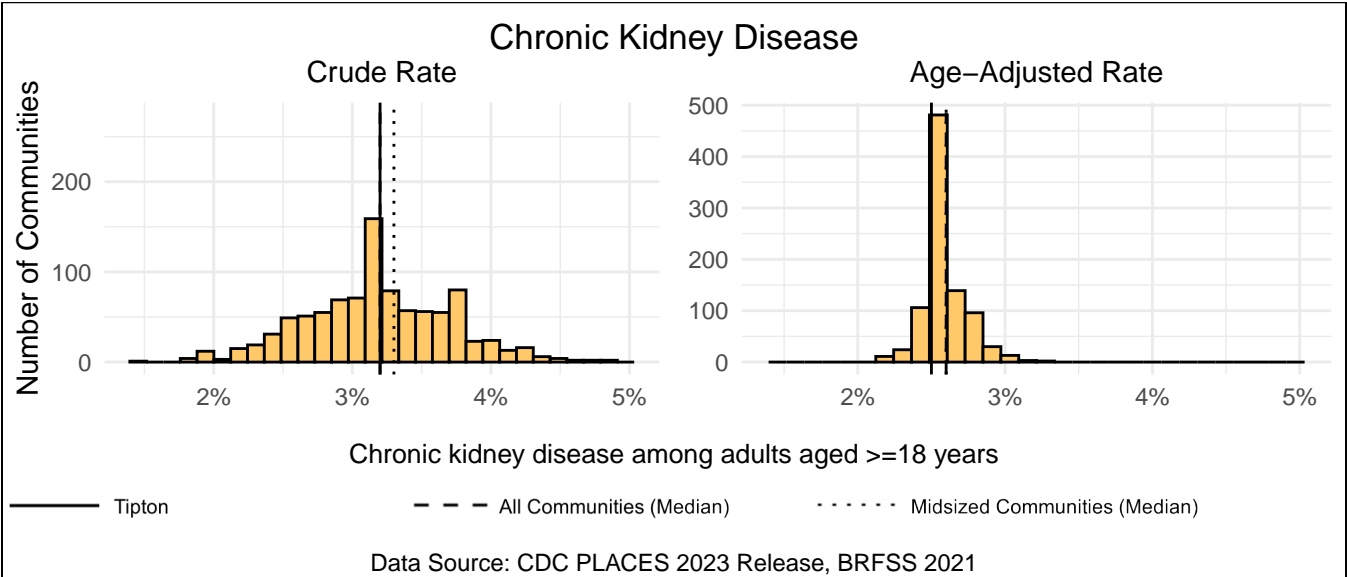
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	36.3%	36.2%	35.7%
Age-Adjusted	29.6%	29.7%	29.8%



Chronic Kidney Disease

Tipton has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 446th out of 958 Iowa communities (39th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 mid-sized communities).

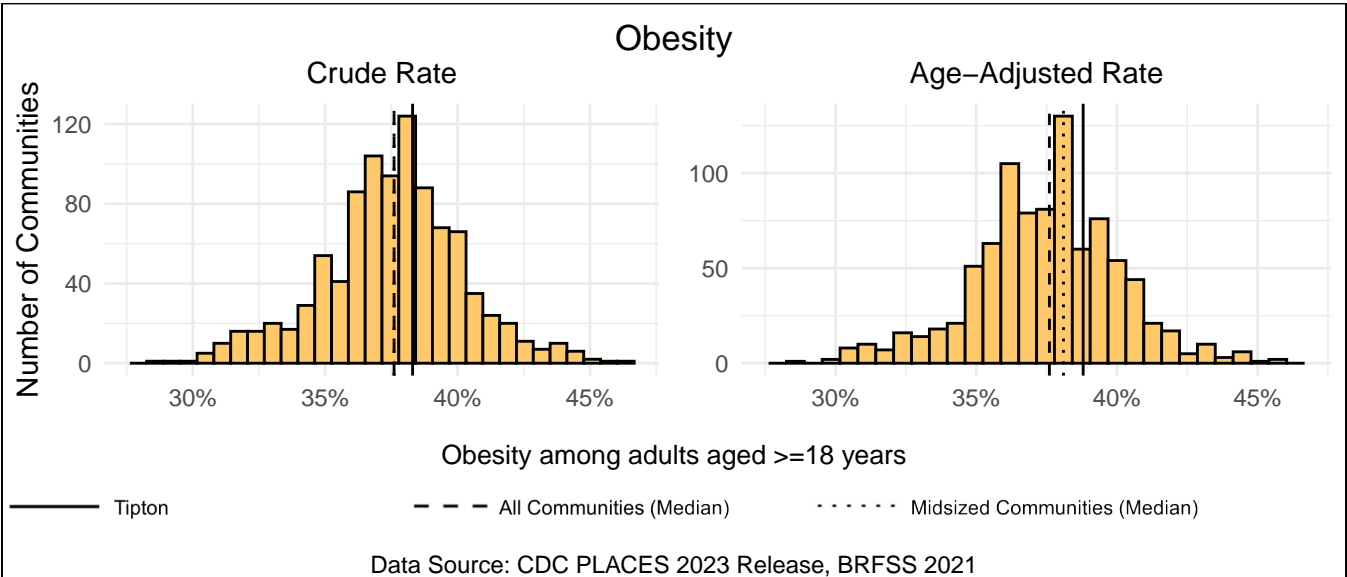
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Tipton has a crude rate of 38.3% for obesity among adults aged ≥ 18 years, which ranks 586th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 38.8%, which ranks 635th out of 905 Iowa communities (64th out of 102 mid-sized communities).

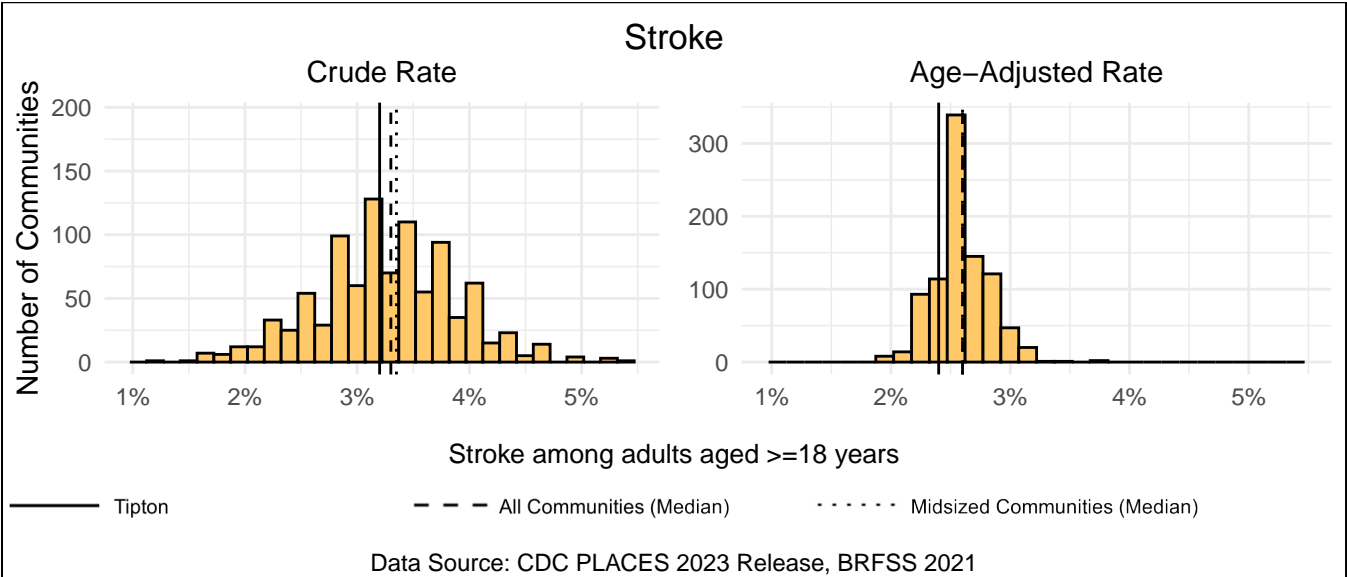
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	38.3%	37.6%	37.6%
Age-Adjusted	38.8%	37.6%	38.1%



Stroke

Tipton has a crude rate of 3.2% for stroke among adults aged ≥ 18 years, which ranks 397th out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Tipton is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 midsize communities).

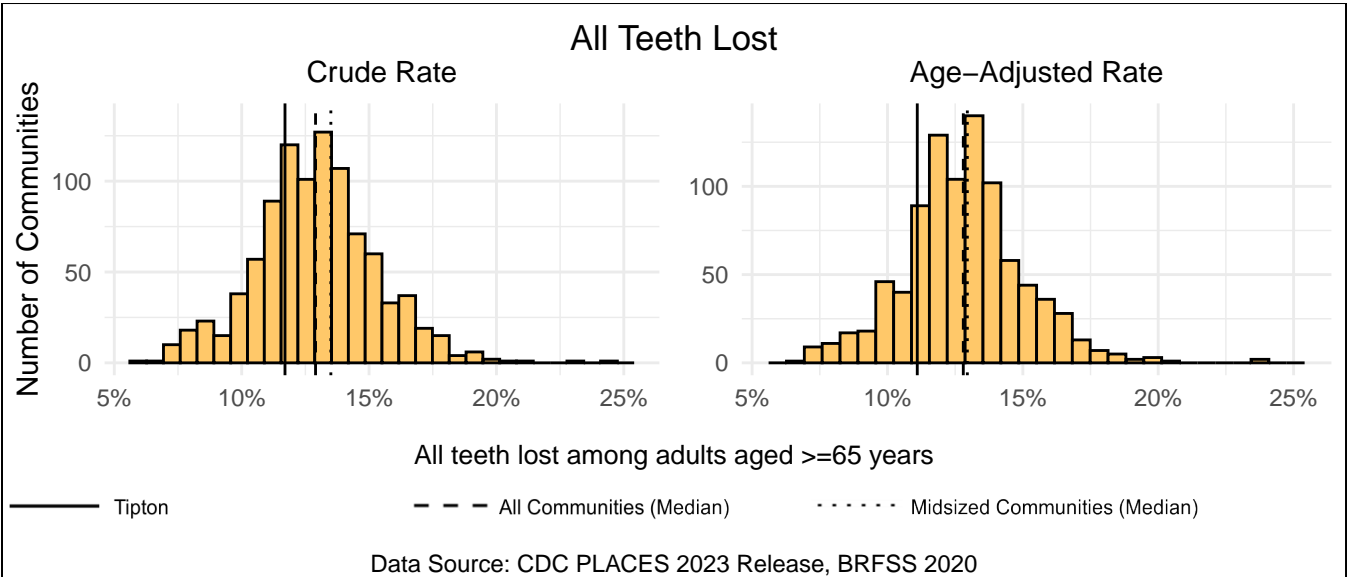
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	3.2%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



All Teeth Lost

Tipton has a crude rate of 11.7% for all teeth lost among adults aged ≥ 65 years, which ranks 271st out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for Tipton is 11.1%, which ranks 167th out of 905 Iowa communities (32nd out of 102 midsize communities).

Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	11.7%	12.9%	13.5%
Age-Adjusted	11.1%	12.8%	12.9%



Prevention

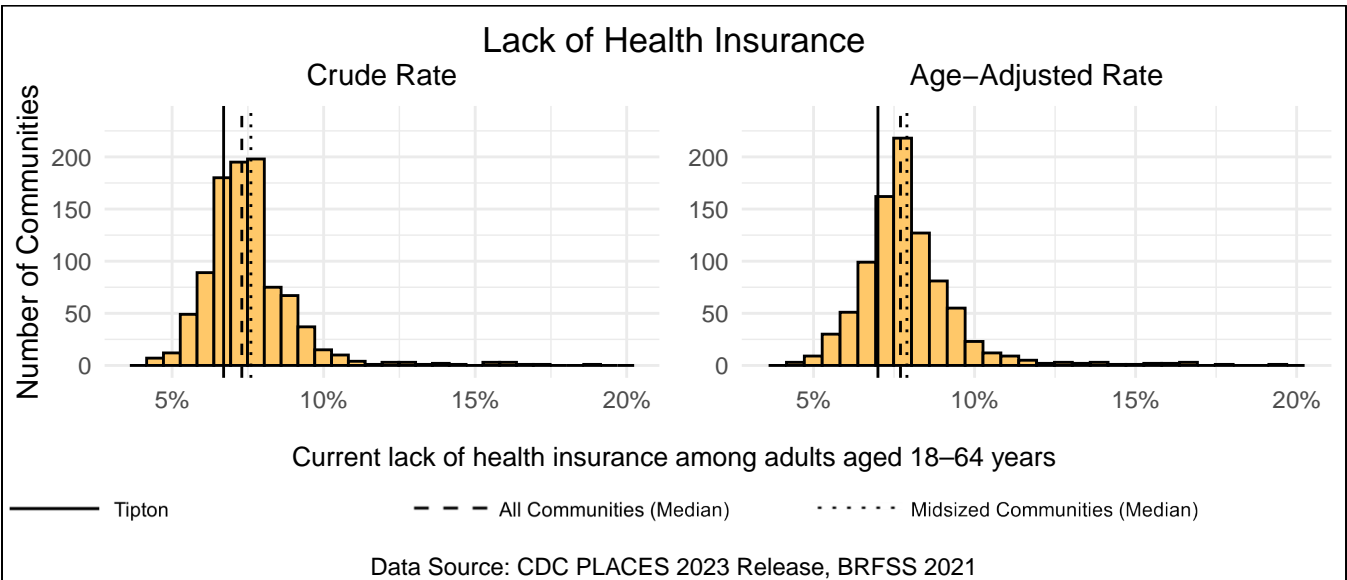
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Tipton has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Tipton is 7.0%, which ranks 193rd out of 905 Iowa communities (32nd out of 102 mid-sized communities).

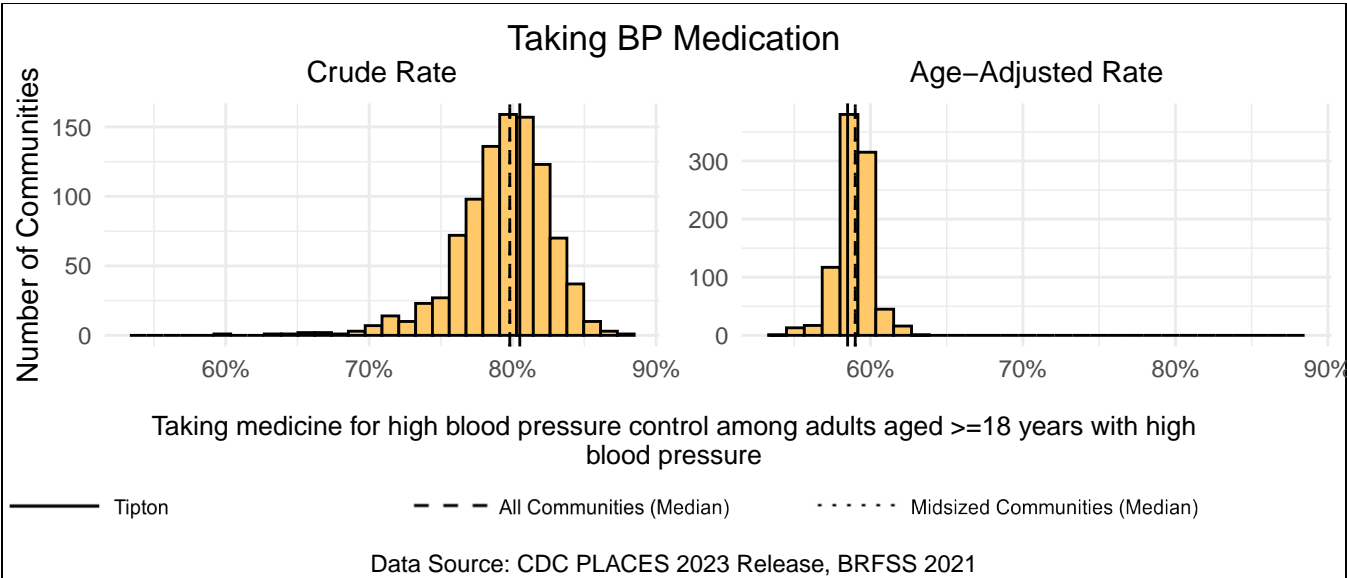
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	6.7%	7.3%	7.6%
Age-Adjusted	7.0%	7.7%	7.9%



Taking BP Medication

Tipton has a crude rate of 80.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 358th out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Tipton is 58.5%, which ranks 631st out of 905 Iowa communities (75th out of 102 mid-sized communities).

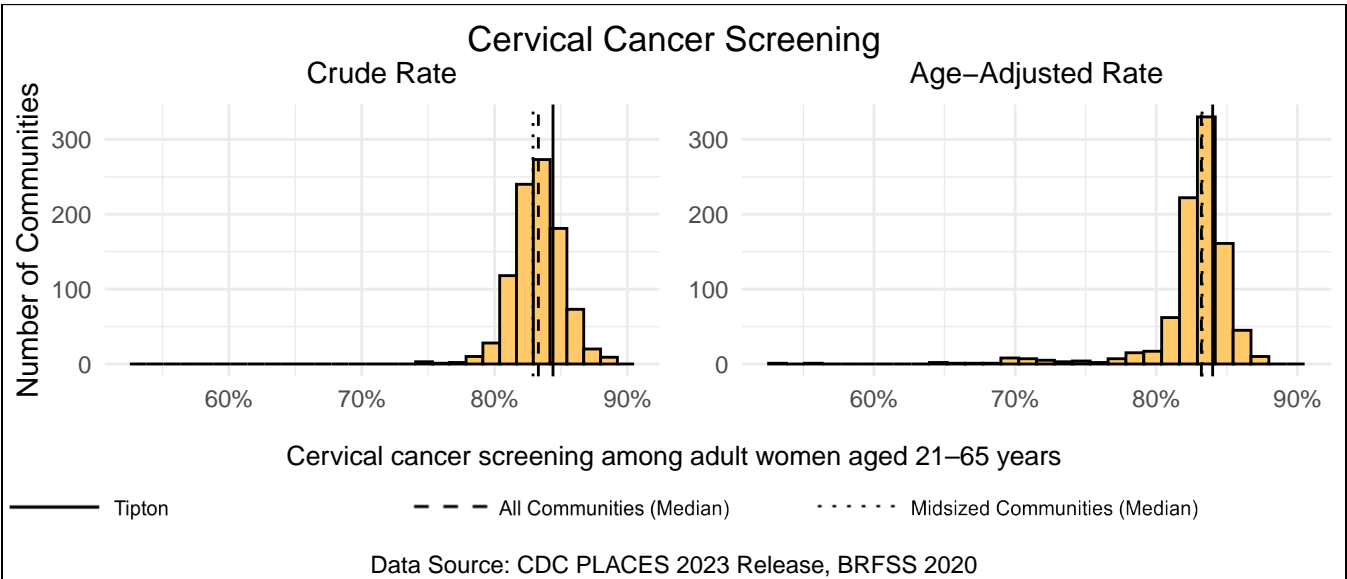
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	80.5%	79.8%	79.8%
Age-Adjusted	58.5%	59.0%	59.0%



Cervical Cancer Screening

Tipton has a crude rate of 84.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 231st out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 84.0%, which ranks 232nd out of 905 Iowa communities (38th out of 102 mid-sized communities).

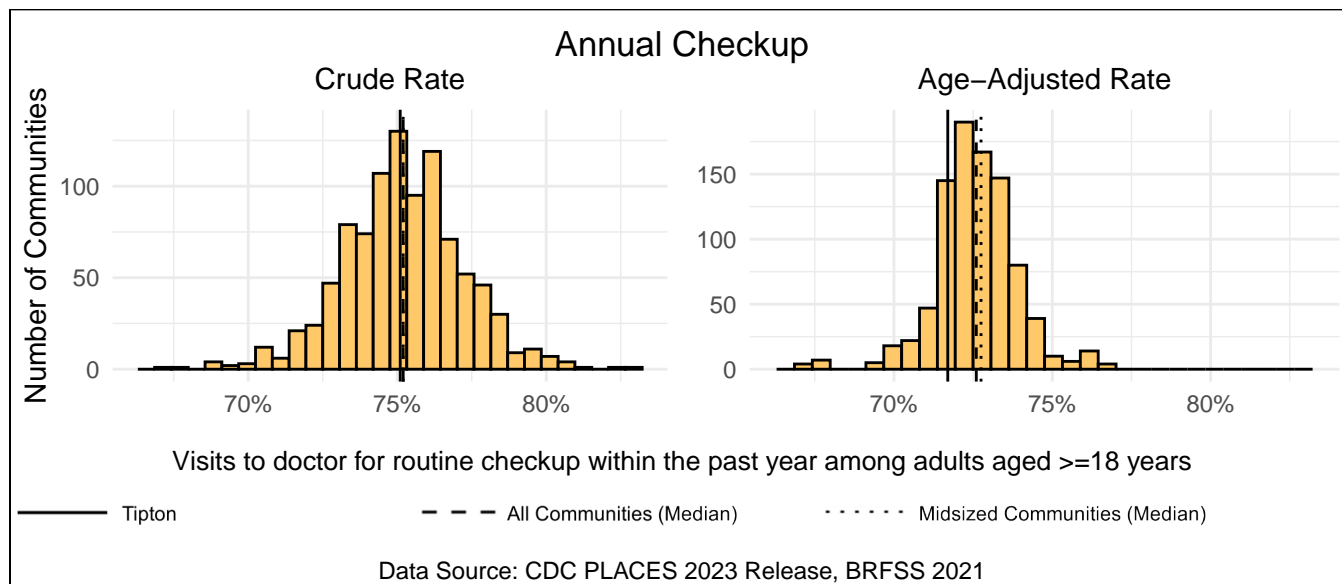
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	84.4%	83.3%	82.9%
Age-Adjusted	84.0%	83.2%	83.2%



Annual Checkup

Tipton has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Tipton is 71.7%, which ranks 720th out of 905 Iowa communities (85th out of 102 midsize communities).

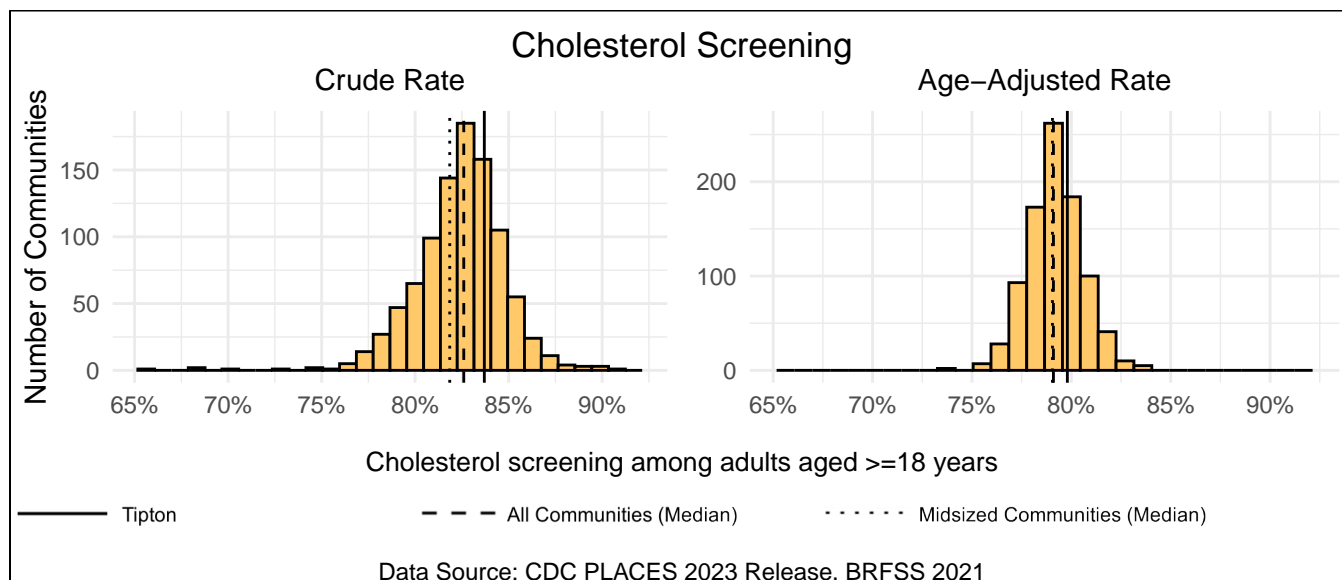
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	75.1%	75.2%	75.2%
Age-Adjusted	71.7%	72.6%	72.8%



Cholesterol Screening

Tipton has a crude rate of 83.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 262nd out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Tipton is 79.8%, which ranks 271st out of 905 Iowa communities (33rd out of 102 midsize communities).

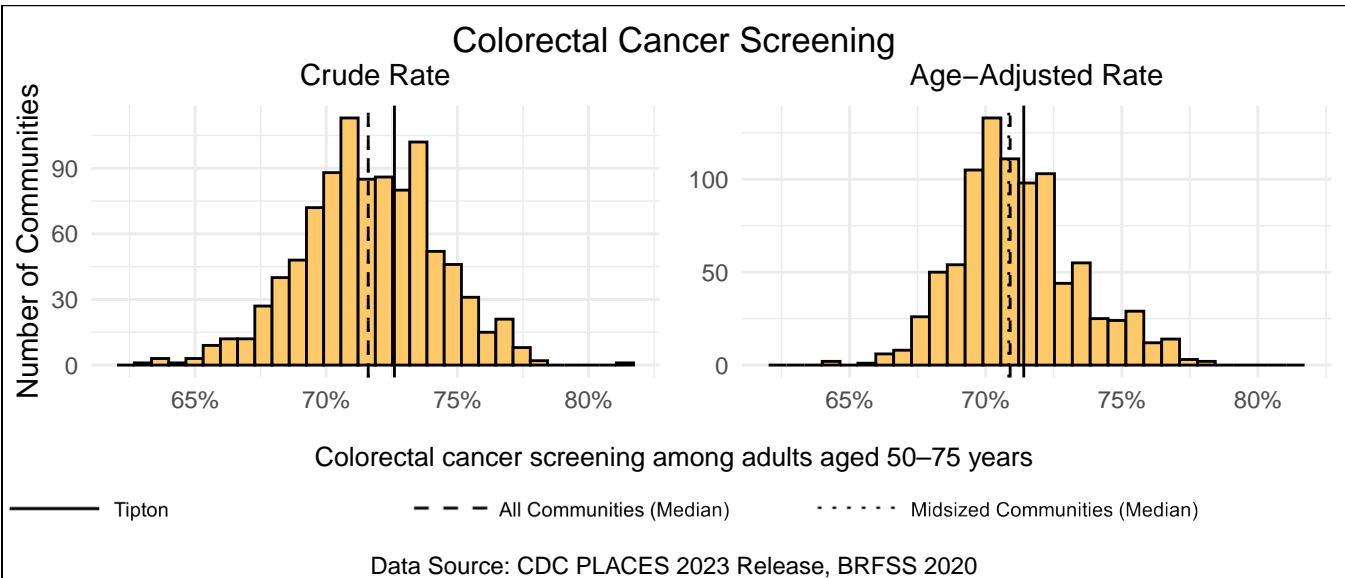
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	83.7%	82.6%	81.8%
Age-Adjusted	79.8%	79.1%	79.0%



Colorectal Cancer Screening

Tipton has a crude rate of 72.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 347th out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Tipton is 71.4%, which ranks 381st out of 905 Iowa communities (46th out of 102 mid-sized communities).

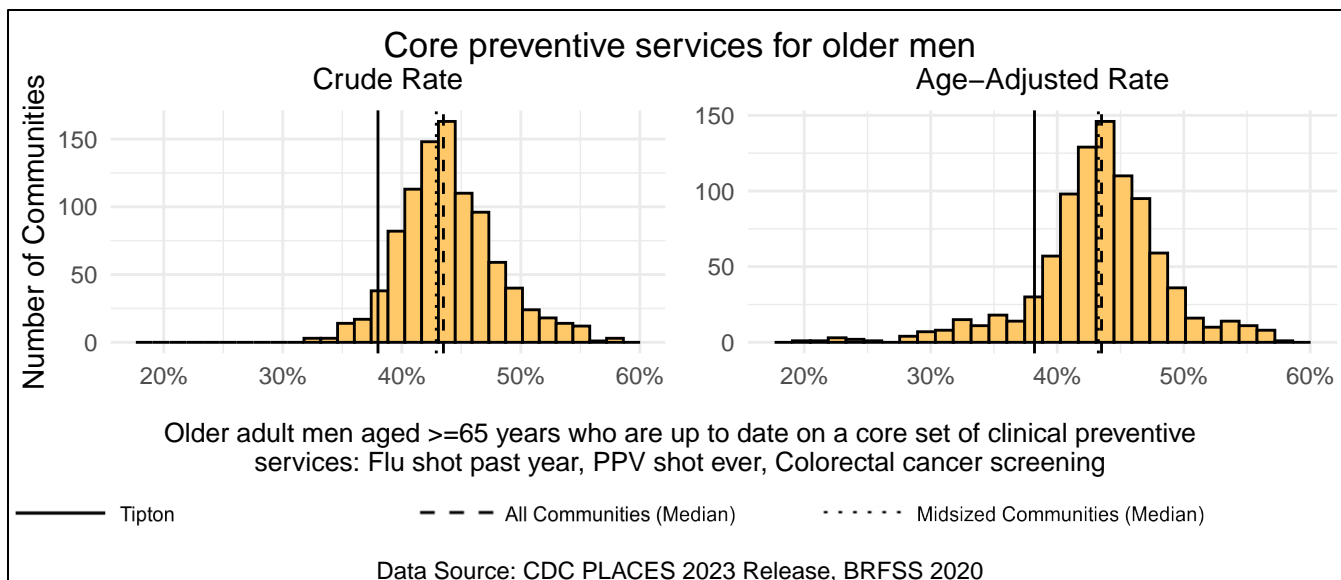
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	72.6%	71.6%	71.6%
Age-Adjusted	71.4%	70.9%	70.8%



Core preventive services for older men

Tipton has a crude rate of 38.0% 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 904th out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Tipton is 38.2%, which ranks 802nd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

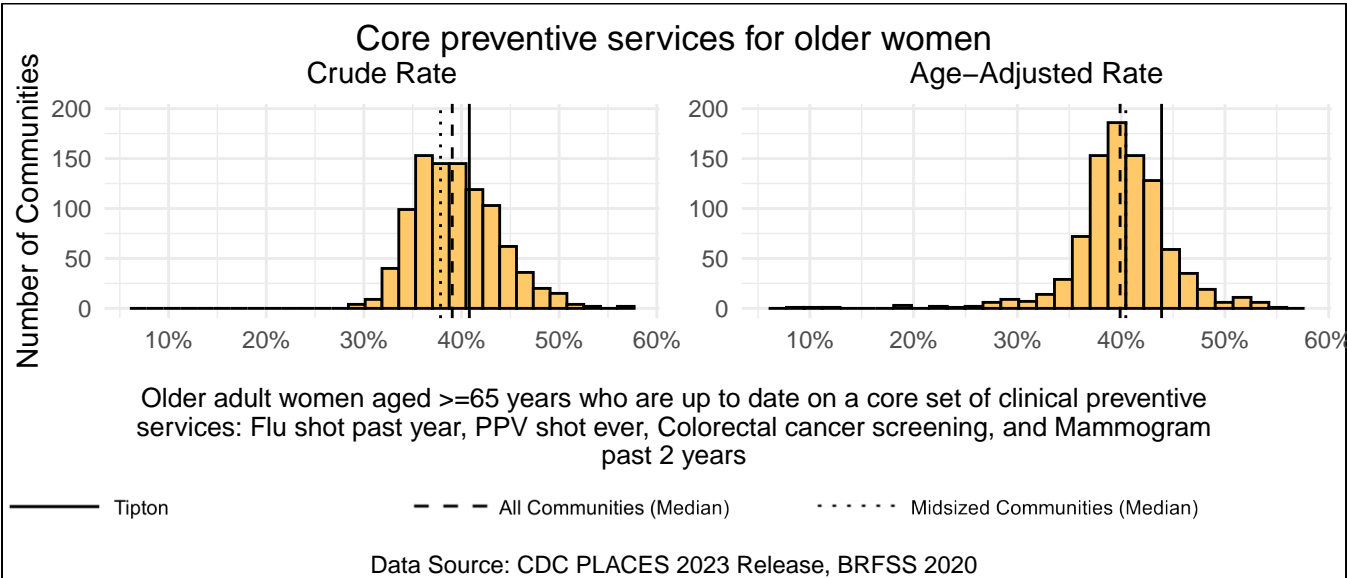
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	38.0%	43.5%	42.9%
Age-Adjusted	38.2%	43.5%	43.2%



Core preventive services for older women

Tipton has a crude rate of 40.8% 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 326th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 43.9%, which ranks 138th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

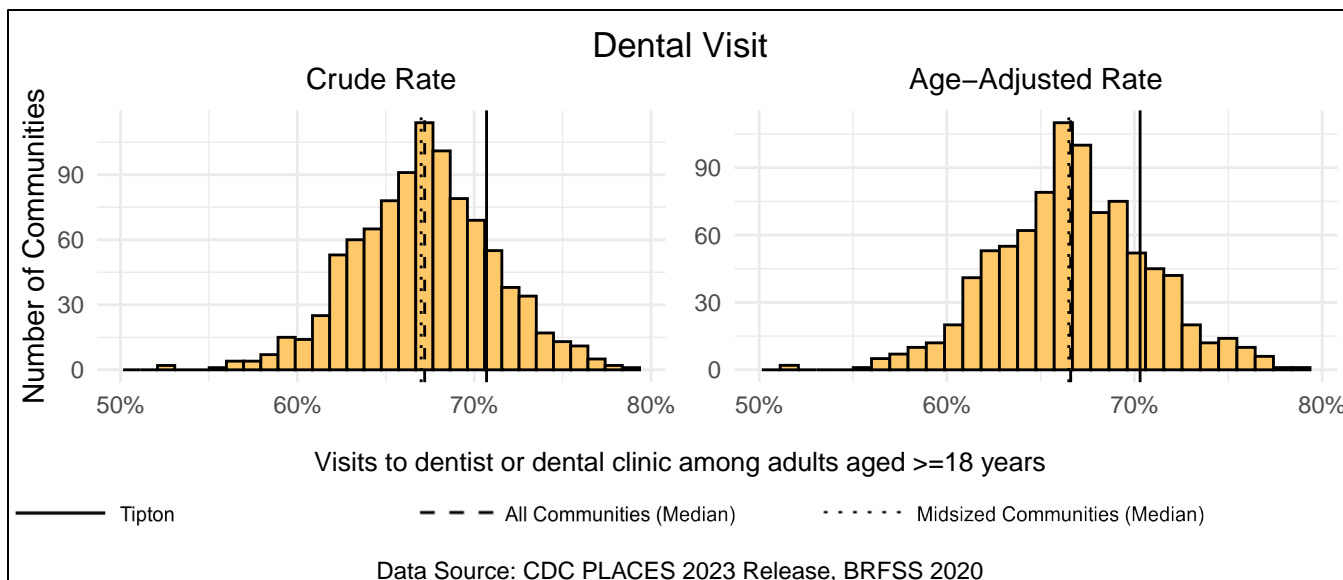
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	40.8%	39.0%	37.8%
Age-Adjusted	43.9%	39.9%	40.4%



Dental Visit

Tipton has a crude rate of 70.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 167th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 70.3%, which ranks 162nd out of 905 Iowa communities (29th out of 102 mid-sized communities).

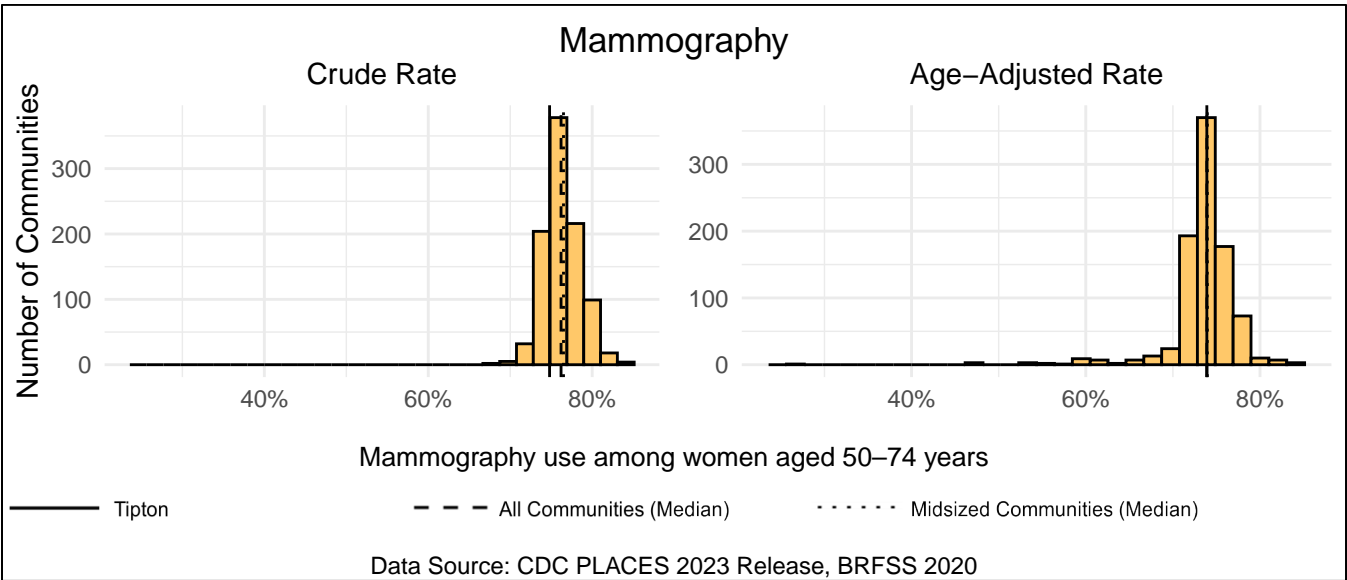
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	70.7%	67.2%	67.0%
Age-Adjusted	70.3%	66.6%	66.5%



Mammography

Tipton has a crude rate of 74.8% for mammography use among women aged 50–74 years, which ranks 716th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 73.9%, which ranks 434th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	74.8%	76.2%	76.5%
Age-Adjusted	73.9%	73.9%	74.0%



Disability

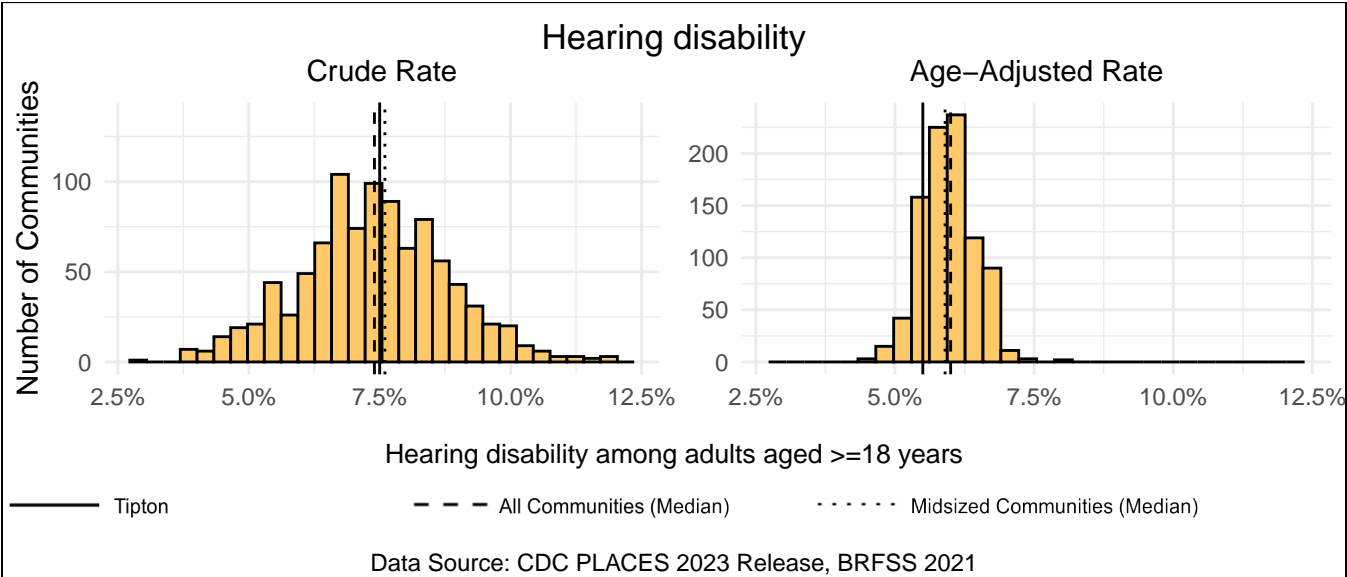
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Tipton has a crude rate of 7.5% for hearing disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 5.5%, which ranks 110th out of 905 Iowa communities (25th out of 102 mid-sized communities).

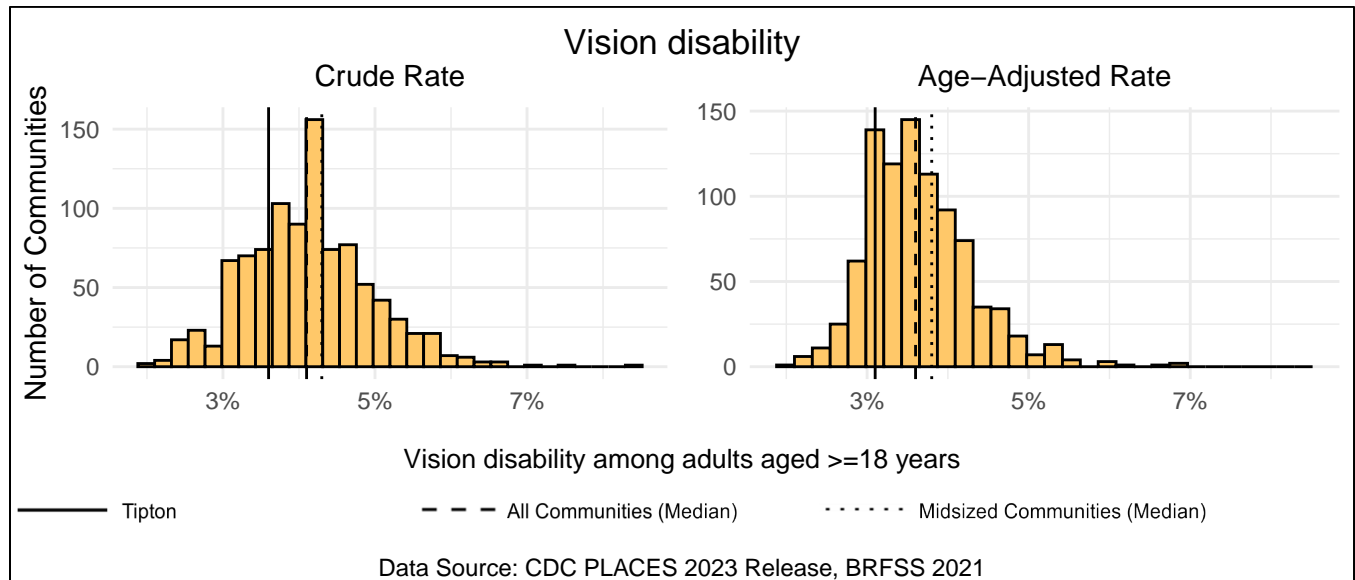
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	7.5%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.9%



Vision disability

Tipton has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Tipton is 3.1%, which ranks 135th out of 905 Iowa communities (24th out of 102 midsize communities).

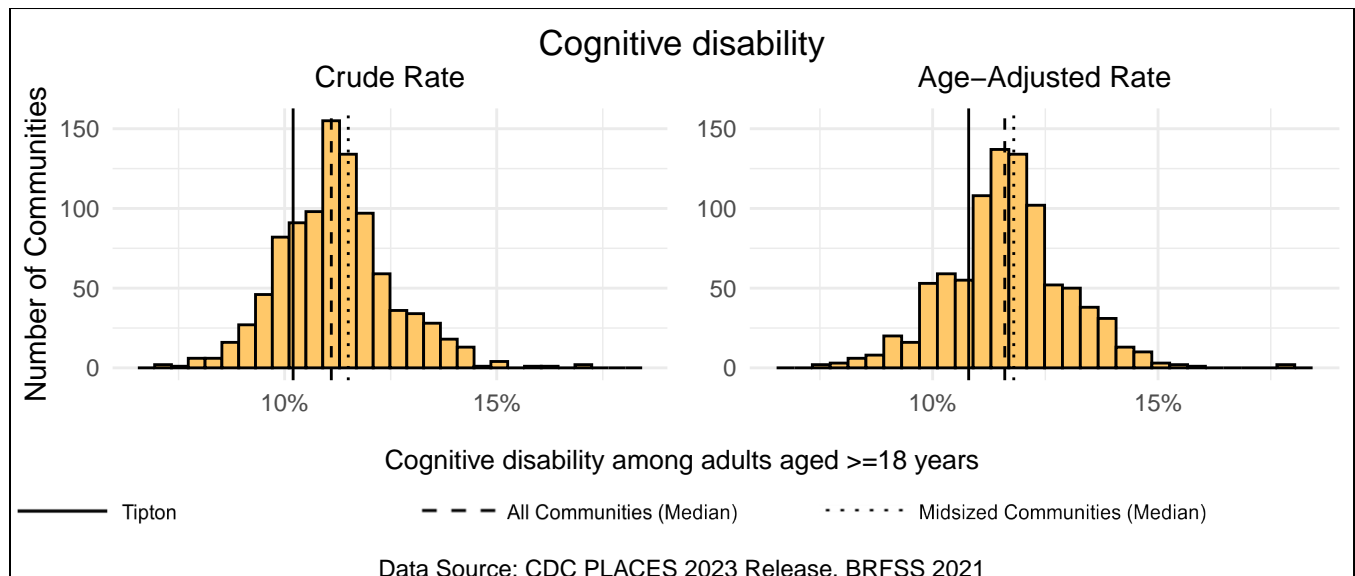
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	3.6%	4.1%	4.3%
Age-Adjusted	3.1%	3.6%	3.8%



Cognitive disability

Tipton has a crude rate of 10.2% for cognitive disability among adults aged ≥ 18 years, which ranks 187th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Tipton is 10.8%, which ranks 204th out of 905 Iowa communities (32nd out of 102 midsize communities).

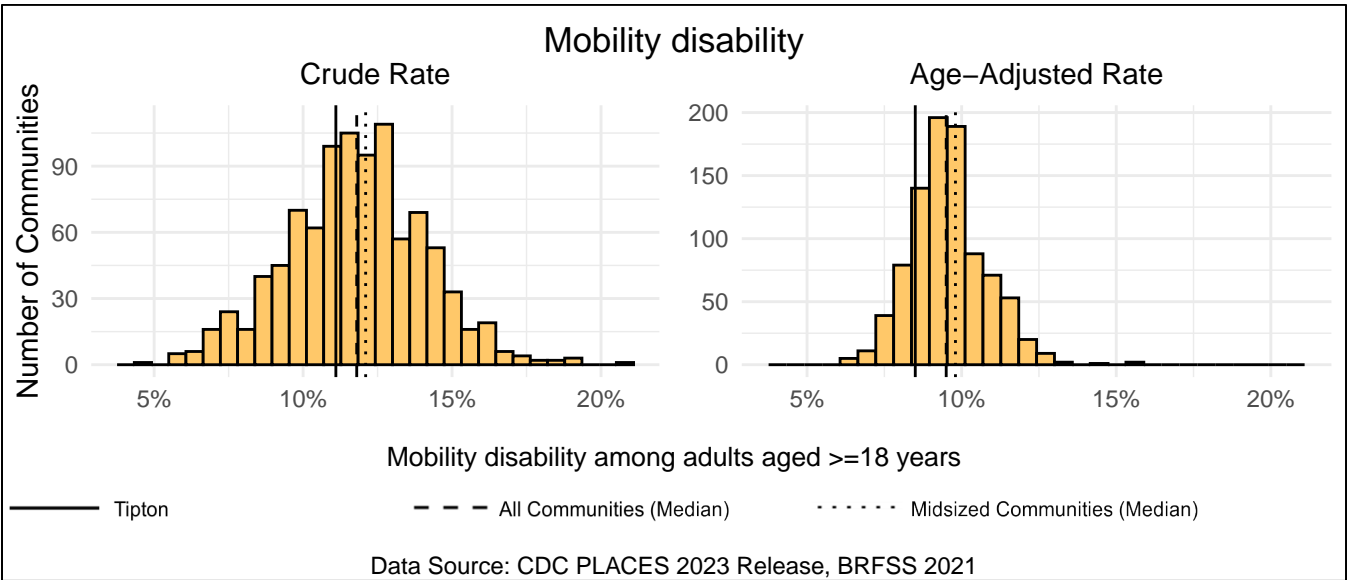
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	10.2%	11.1%	11.5%
Age-Adjusted	10.8%	11.6%	11.8%



Mobility disability

Tipton has a crude rate of 11.1% for mobility disability among adults aged >=18 years, which ranks 347th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 8.5%, which ranks 159th out of 905 Iowa communities (26th out of 102 mid-sized communities).

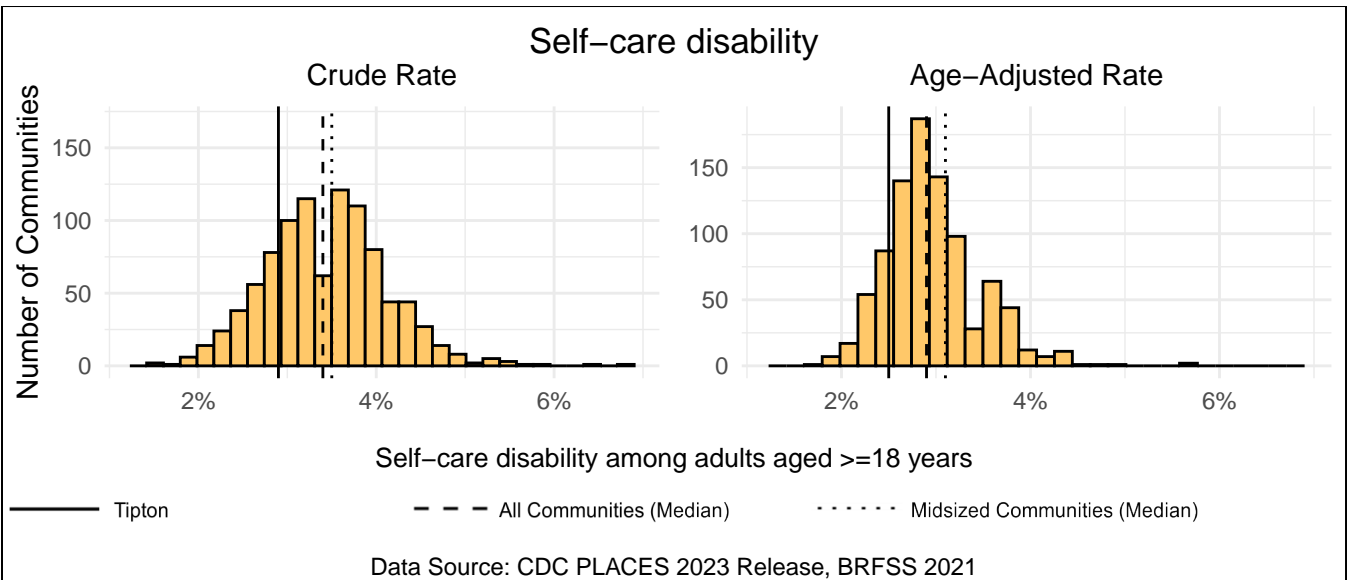
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	11.1%	11.8%	12.1%
Age-Adjusted	8.5%	9.5%	9.8%



Self-care disability

Tipton has a crude rate of 2.9% for self-care disability among adults aged >=18 years, which ranks 179th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Tipton is 2.5%, which ranks 123rd out of 905 Iowa communities (23rd out of 102 mid-sized communities).

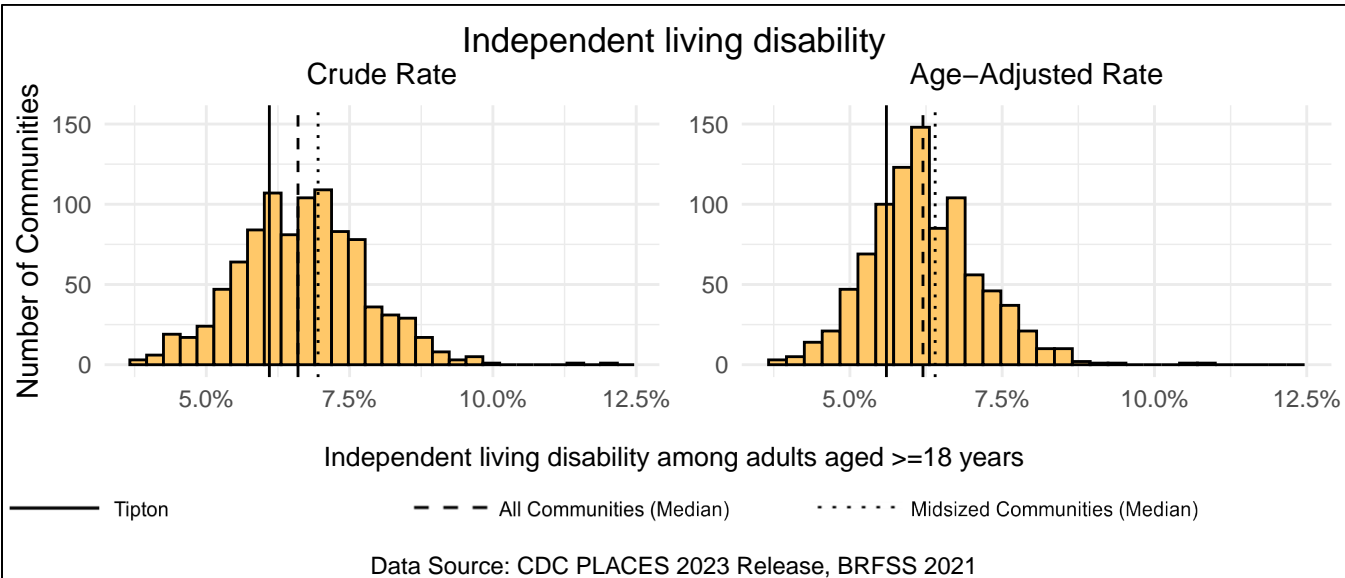
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	2.9%	3.4%	3.5%
Age-Adjusted	2.5%	2.9%	3.1%



Independent living disability

Tipton has a crude rate of 6.1% for independent living disability among adults aged ≥ 18 years, which ranks 265th out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Tipton is 5.6%, which ranks 186th out of 905 Iowa communities (27th out of 102 midsized communities).

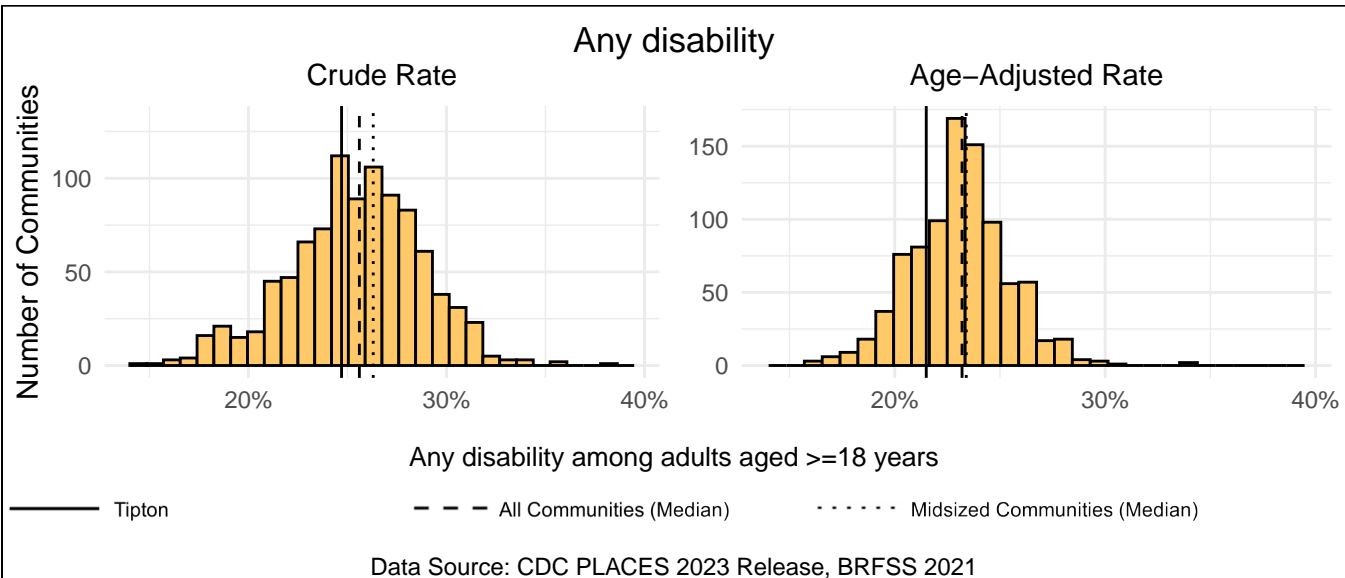
Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	6.1%	6.6%	7.0%
Age-Adjusted	5.6%	6.2%	6.4%



Any disability

Tipton has a crude rate of 24.7% for any disability among adults aged ≥ 18 years, which ranks 372nd out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Tipton is 21.5%, which ranks 202nd out of 905 Iowa communities (32nd out of 102 midsized communities).

Measure Type	Tipton	All Comm.	Midsized Comm.
Crude	24.7%	25.6%	26.3%
Age-Adjusted	21.5%	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: Tipton 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	221	9.9% (8.3% - 11.6%)	140	8.8% (7.5% - 10.3%)
Health Status	Mental Health	141	13.3% (11.5% - 15.4%)	210	14.9% (12.8% - 17.4%)
Health Status	General Health	260	13.0% (10.7% - 15.5%)	179	11.5% (9.5% - 13.8%)
Health Risk Behaviors	Current Smoking	204	15.3% (12.1% - 18.8%)	230	16.4% (12.6% - 20.3%)
Health Risk Behaviors	Sleep <7 hours	314	29.6% (27.8% - 31.1%)	354	30.7% (28.9% - 32.3%)
Health Risk Behaviors	Physical Inactivity	366	25.2% (20.4% - 30.5%)	296	23.1% (18.5% - 28.2%)
Health Risk Behaviors	Binge Drinking	511	19.7% (16.3% - 23.3%)	714	22.9% (19.0% - 27.1%)
Health Outcomes	Diabetes	275	9.3% (7.7% - 10.9%)	147	7.5% (6.3% - 8.8%)
Health Outcomes	Coronary Heart Disease	438	6.4% (5.4% - 7.3%)	120	4.6% (3.9% - 5.2%)
Health Outcomes	High Blood Pressure	440	31.8% (27.3% - 35.9%)	191	26.1% (22.4% - 30.0%)
Health Outcomes	All Teeth Lost	271	11.7% (7.4% - 17.1%)	167	11.1% (7.4% - 15.5%)
Health Outcomes	Current Asthma	80	8.9% (7.7% - 10.1%)	185	9.2% (8.0% - 10.5%)
Health Outcomes	COPD	274	6.8% (5.5% - 8.1%)	162	5.6% (4.7% - 6.8%)
Health Outcomes	Arthritis	499	28.1% (23.7% - 32.3%)	321	22.7% (19.1% - 26.5%)
Health Outcomes	Obesity	586	38.3% (30.8% - 46.2%)	635	38.8% (31.3% - 46.8%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.6%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Cancer (except skin)	658	8.7% (7.9% - 9.7%)	74	6.4% (5.8% - 7.2%)
Health Outcomes	Stroke	397	3.2% (2.7% - 3.7%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	Depression	220	17.3% (14.0% - 20.6%)	330	18.8% (15.4% - 22.5%)
Health Outcomes	High Cholesterol	482	36.3% (31.6% - 41.1%)	379	29.6% (25.1% - 34.2%)
Prevention	Health Insurance	217	6.7% (5.1% - 8.8%)	193	7.0% (5.3% - 9.1%)
Prevention	Core preventive services for older women	326	40.8% (32.6% - 49.8%)	138	43.9% (35.8% - 51.9%)
Prevention	Taking BP Medication	358	80.5% (77.2% - 83.5%)	631	58.5% (53.2% - 63.2%)
Prevention	Dental Visit	167	70.7% (67.3% - 74.0%)	162	70.3% (66.7% - 73.5%)
Prevention	Cholesterol Screening	262	83.7% (80.7% - 86.5%)	271	79.8% (76.3% - 83.4%)
Prevention	Core preventive services for older men	904	38.0% (29.9% - 46.8%)	802	38.2% (30.3% - 46.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	347	72.6% (69.7% - 75.6%)	381	71.4% (68.4% - 74.7%)
Prevention	Annual Checkup	490	75.1% (70.1% - 79.5%)	720	71.7% (66.2% - 76.8%)
Prevention	Mammography	716	74.8% (70.6% - 79.1%)	434	73.9% (69.0% - 78.1%)
Prevention	Cervical Cancer Screening	231	84.4% (81.9% - 86.9%)	232	84.0% (81.6% - 86.6%)
Disability	Any Disability	372	24.7% (20.6% - 28.7%)	202	21.5% (18.1% - 25.5%)
Disability	Independent Living Disability	265	6.1% (5.0% - 7.3%)	186	5.6% (4.7% - 6.6%)
Disability	Mobility Disability	347	11.1% (9.0% - 13.3%)	159	8.5% (7.1% - 10.1%)
Disability	Vision Disability	229	3.6% (3.0% - 4.4%)	135	3.1% (2.6% - 3.6%)
Disability	Hearing Disability	497	7.5% (6.5% - 8.6%)	110	5.5% (4.8% - 6.3%)
Disability	Self-care Disability	179	2.9% (2.5% - 3.5%)	123	2.5% (2.1% - 2.9%)
Disability	Cognitive Disability	187	10.2% (8.5% - 12.1%)	204	10.8% (8.9% - 13.0%)

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)

Tipton 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
