



Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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

Table of contents

Health in Toledo: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Toledo PLACES Data	32
Appendix 3: Small Communities (1,000-2,499)	34

Health in Toledo: Overview

Dear Community Members & Stakeholders of Toledo,

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 Toledo ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Toledo'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 Toledo. 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
Binge Drinking	162nd	30th	Binge Drinking	46th	3rd
Annual Checkup	191st	39th	Cancer (except skin)	74th	4th
Taking BP Medication	310th	58th	Taking BP Medication	79th	11th
Core preventive services for older men	336th	54th	Annual Checkup	86th	18th
Sleep <7 hours	374th	66th	Core preventive services for older men	287th	55th

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
Obesity	934th	138th	Obesity	894th	138th
Dental Visit	930th	137th	Any Disability	889th	138th
Any Disability	928th	134th	Arthritis	882nd	138th
Health Insurance	925th	136th	Dental Visit	881st	137th
Physical Inactivity	923rd	136th	Physical Health	876th	137th

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 Toledo.

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

With a population of 2,047, Toledo's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

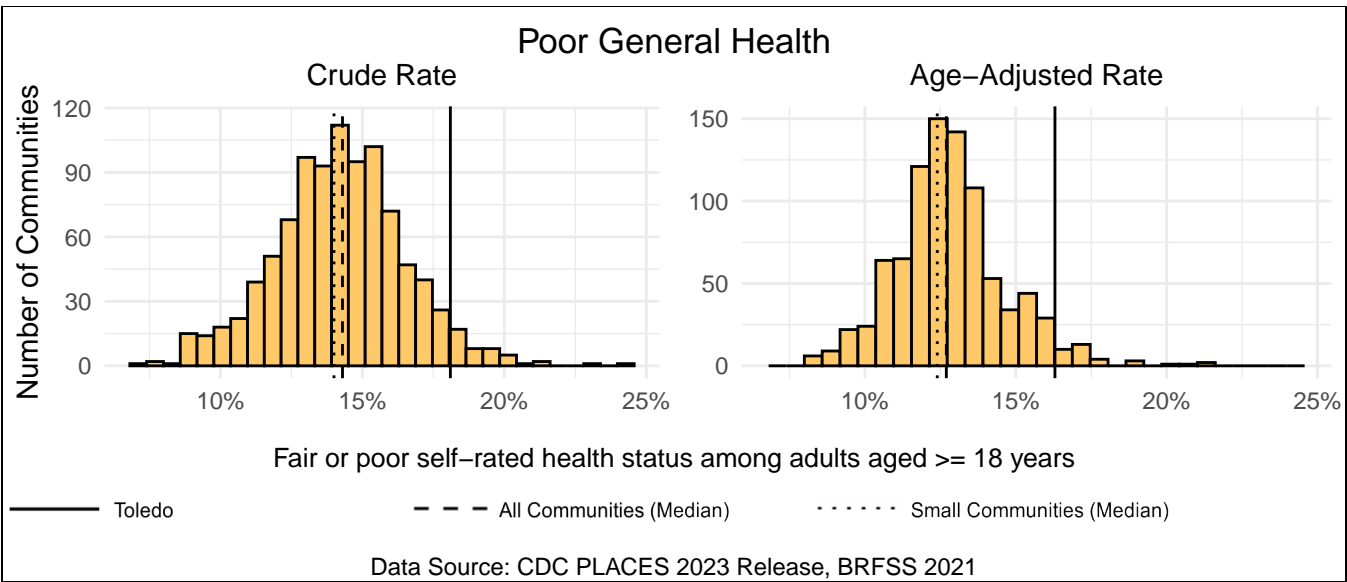
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Toledo has a crude rate of 18.1% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Toledo is 16.3%, which ranks 872nd out of 905 Iowa communities (136th out of 138 small communities).

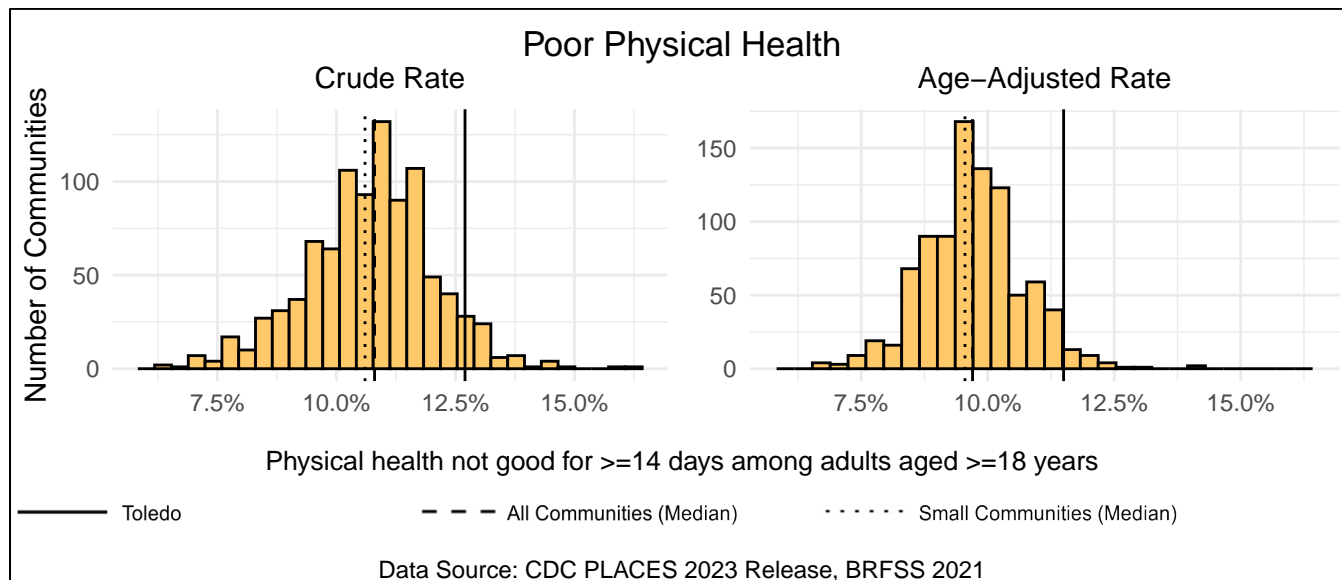
Measure Type	Toledo	All Comm.	Small Comm.
Crude	18.1%	14.3%	14.0%
Age-Adjusted	16.3%	12.7%	12.4%



Poor Physical Health

Toledo has a crude rate of 12.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 893rd out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Toledo is 11.5%, which ranks 876th out of 905 Iowa communities (137th out of 138 small communities).

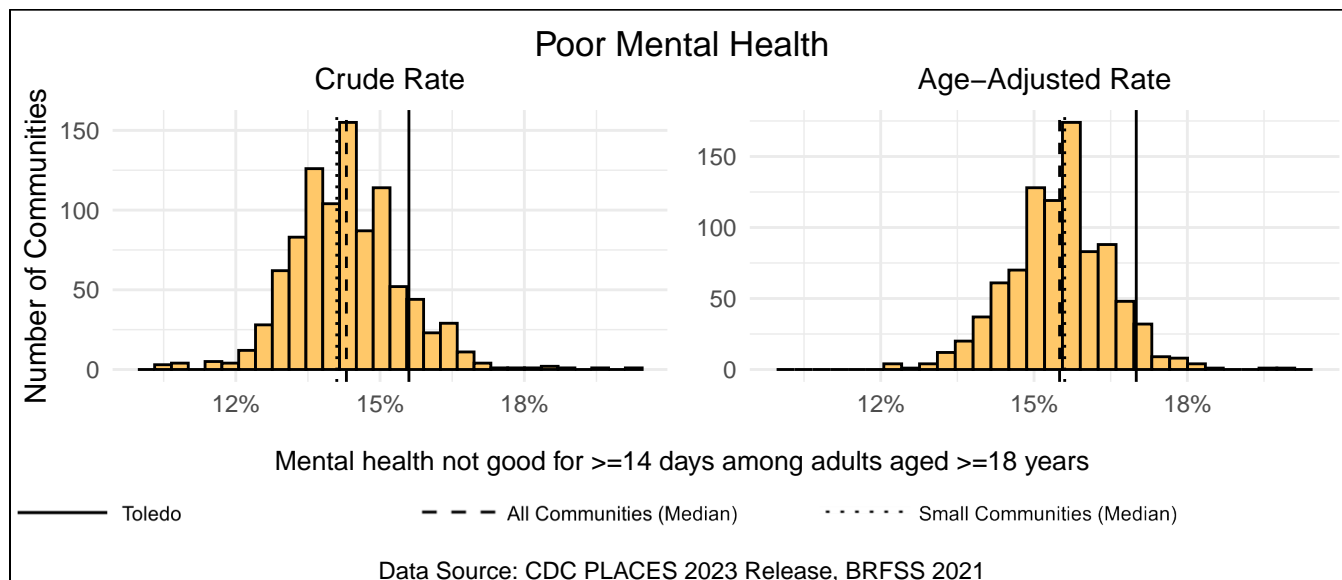
Measure Type	Toledo	All Comm.	Small Comm.
Crude	12.7%	10.8%	10.6%
Age-Adjusted	11.5%	9.7%	9.6%



Poor Mental Health

Toledo has a crude rate of 15.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 840th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Toledo is 17.0%, which ranks 850th out of 905 Iowa communities (134th out of 138 small communities).

Measure Type	Toledo	All Comm.	Small Comm.
Crude	15.6%	14.3%	14.1%
Age-Adjusted	17.0%	15.5%	15.6%



Health Risk Behaviors

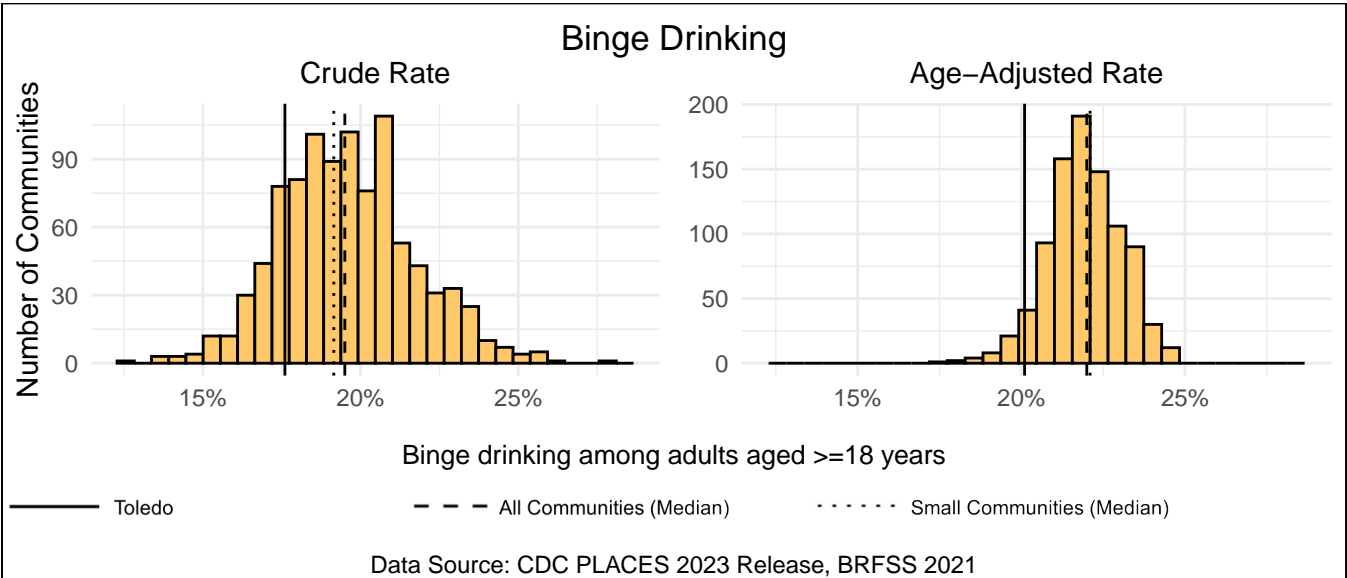
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Toledo has a crude rate of 17.6% for binge drinking among adults aged ≥ 18 years, which ranks 162nd out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Toledo is 20.1%, which ranks 46th out of 905 Iowa communities (3rd out of 138 small communities).

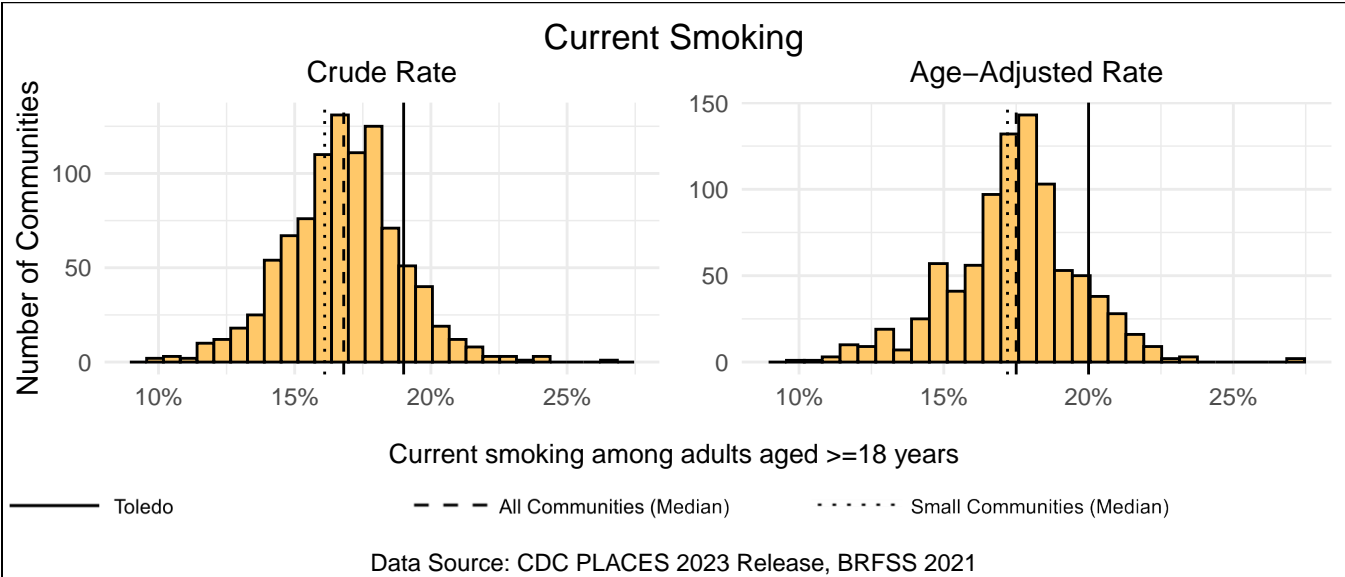
Measure Type	Toledo	All Comm.	Small Comm.
Crude	17.6%	19.5%	19.1%
Age-Adjusted	20.1%	22.0%	22.1%



Current Smoking

Toledo has a crude rate of 19.0% for current smoking among adults aged ≥ 18 years, which ranks 828th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Toledo is 20.0%, which ranks 797th out of 905 Iowa communities (129th out of 138 small communities).

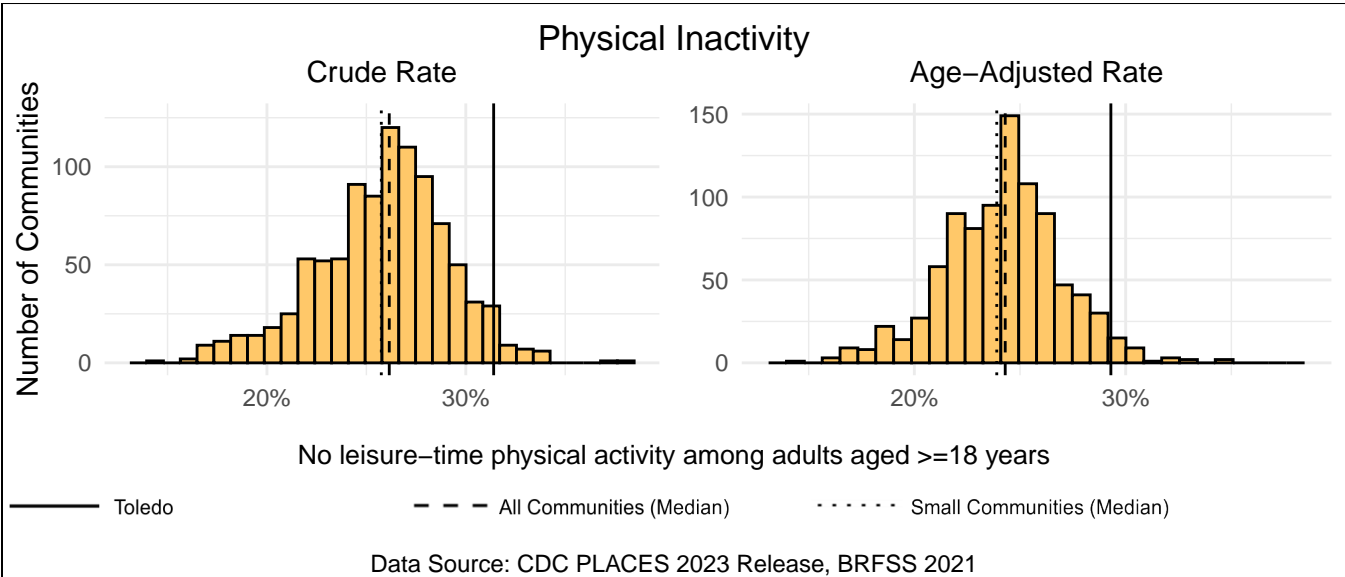
Measure Type	Toledo	All Comm.	Small Comm.
Crude	19.0%	16.8%	16.1%
Age-Adjusted	20.0%	17.5%	17.2%



Physical Inactivity

Toledo has a crude rate of 31.4% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 923rd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Toledo is 29.3%, which ranks 875th out of 905 Iowa communities (136th out of 138 small communities).

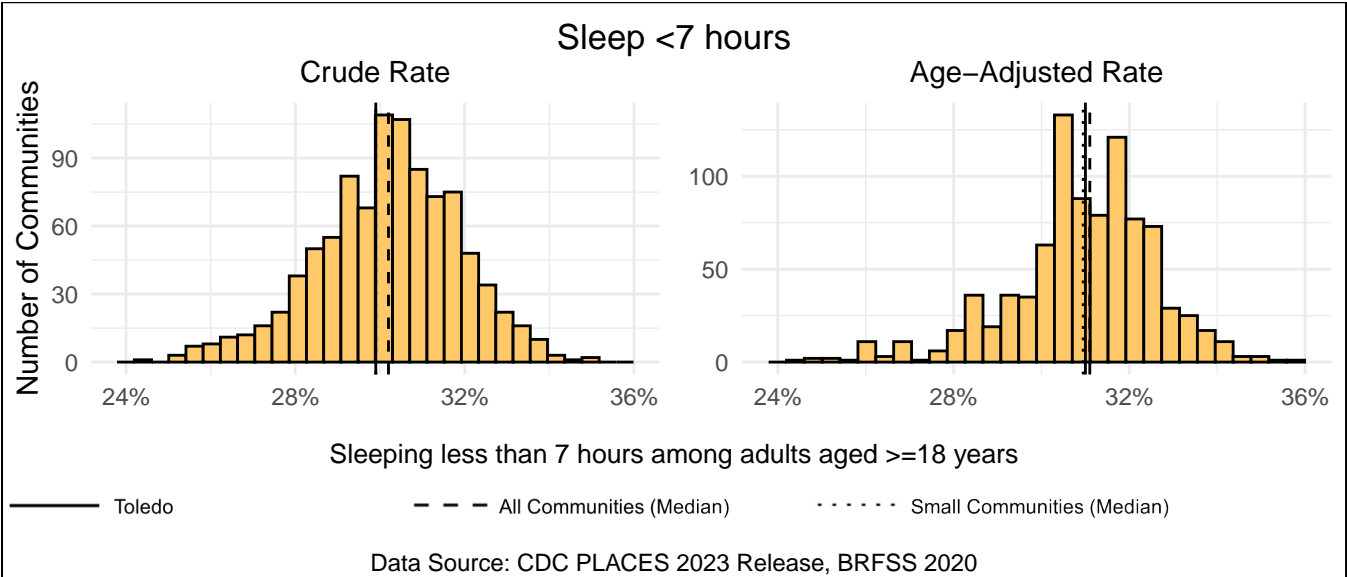
Measure Type	Toledo	All Comm.	Small Comm.
Crude	31.4%	26.1%	25.8%
Age-Adjusted	29.3%	24.3%	23.9%



Sleep <7 hours

Toledo has a crude rate of 29.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 374th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Toledo is 31.0%, which ranks 417th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	Toledo	All Comm.	Small Comm.
Crude	29.9%	30.2%	29.9%
Age-Adjusted	31.0%	31.1%	31.0%



Health Outcomes

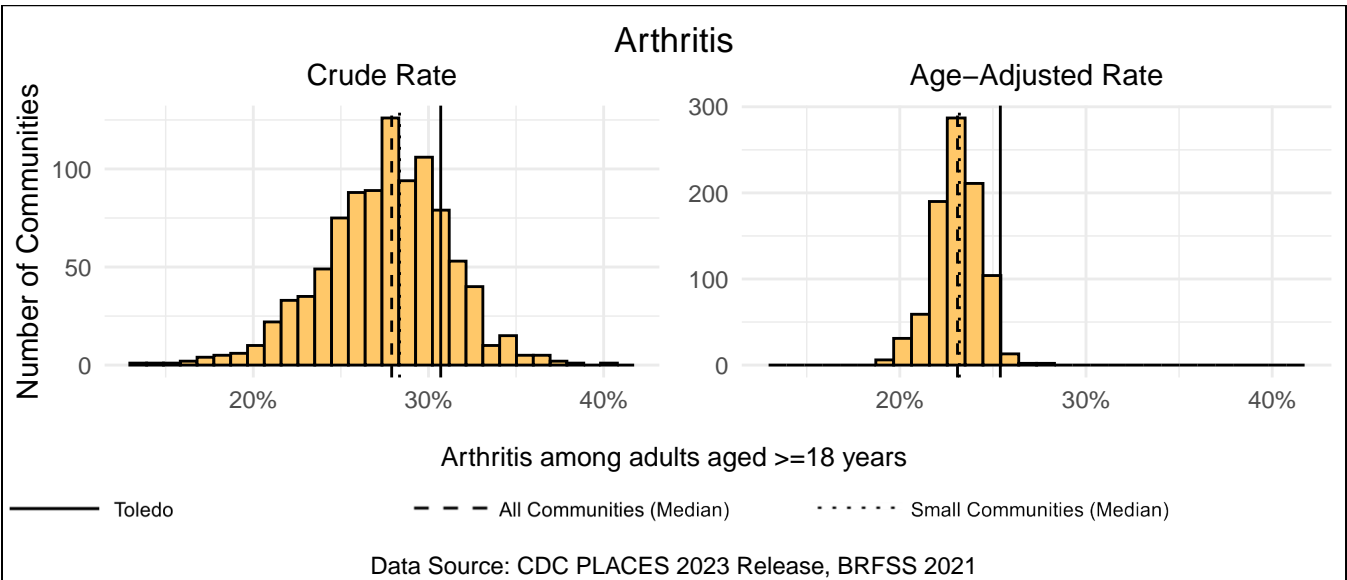
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Toledo has a crude rate of 30.7% for arthritis among adults aged ≥ 18 years, which ranks 786th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Toledo is 25.4%, which ranks 882nd out of 905 Iowa communities (138th out of 138 small communities).

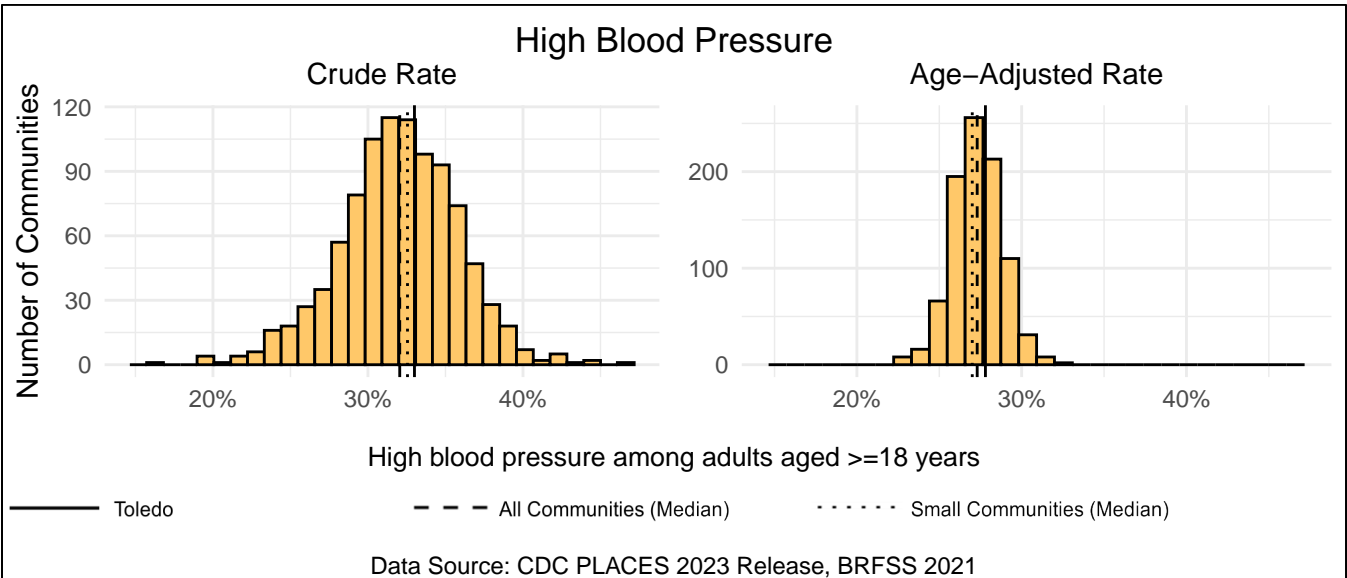
Measure Type	Toledo	All Comm.	Small Comm.
Crude	30.7%	27.9%	28.4%
Age-Adjusted	25.4%	23.1%	23.2%



High Blood Pressure

Toledo has a crude rate of 33.0% for high blood pressure among adults aged ≥ 18 years, which ranks 576th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Toledo is 27.8%, which ranks 572nd out of 905 Iowa communities (96th out of 138 small communities).

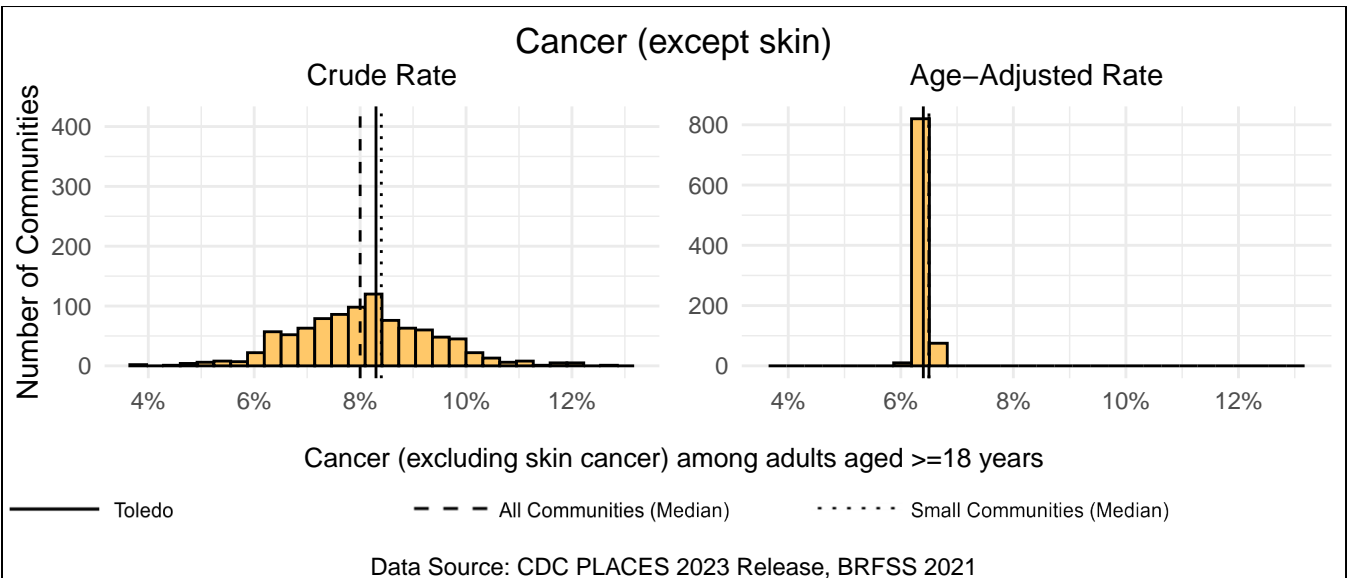
Measure Type	Toledo	All Comm.	Small Comm.
Crude	33.0%	32.0%	32.5%
Age-Adjusted	27.8%	27.3%	27.0%



Cancer (except skin)

Toledo has a crude rate of 8.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 544th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Toledo is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

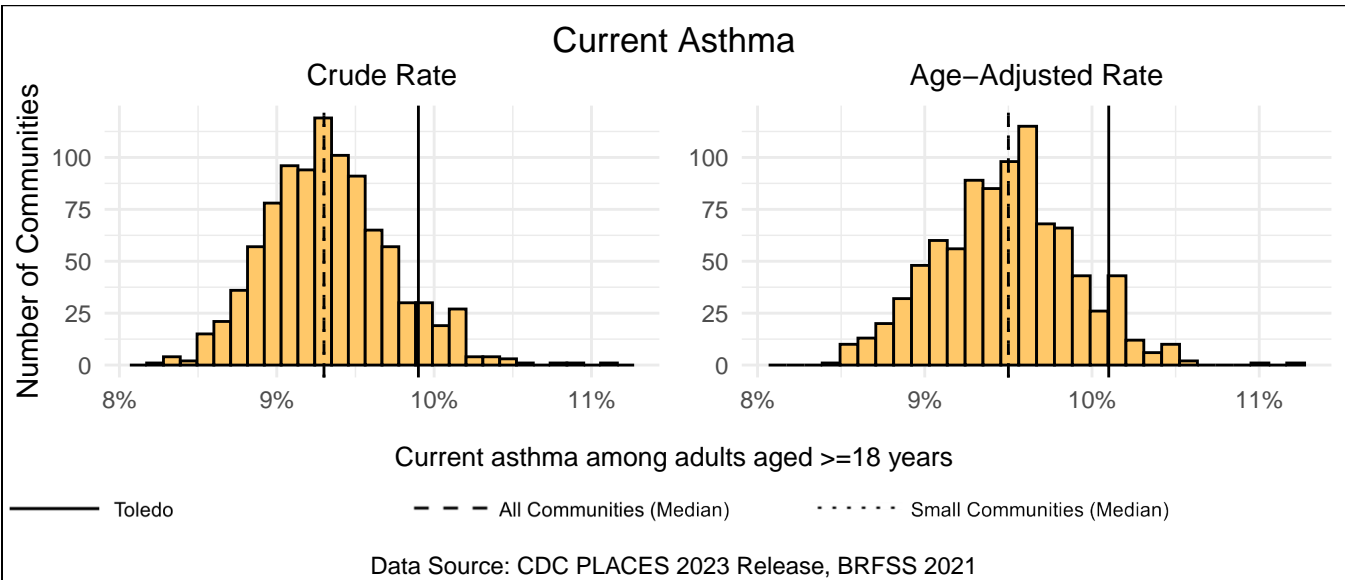
Measure Type	Toledo	All Comm.	Small Comm.
Crude	8.3%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Toledo has a crude rate of 9.9% for current asthma among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Toledo is 10.1%, which ranks 831st out of 905 Iowa communities (132nd out of 138 small communities).

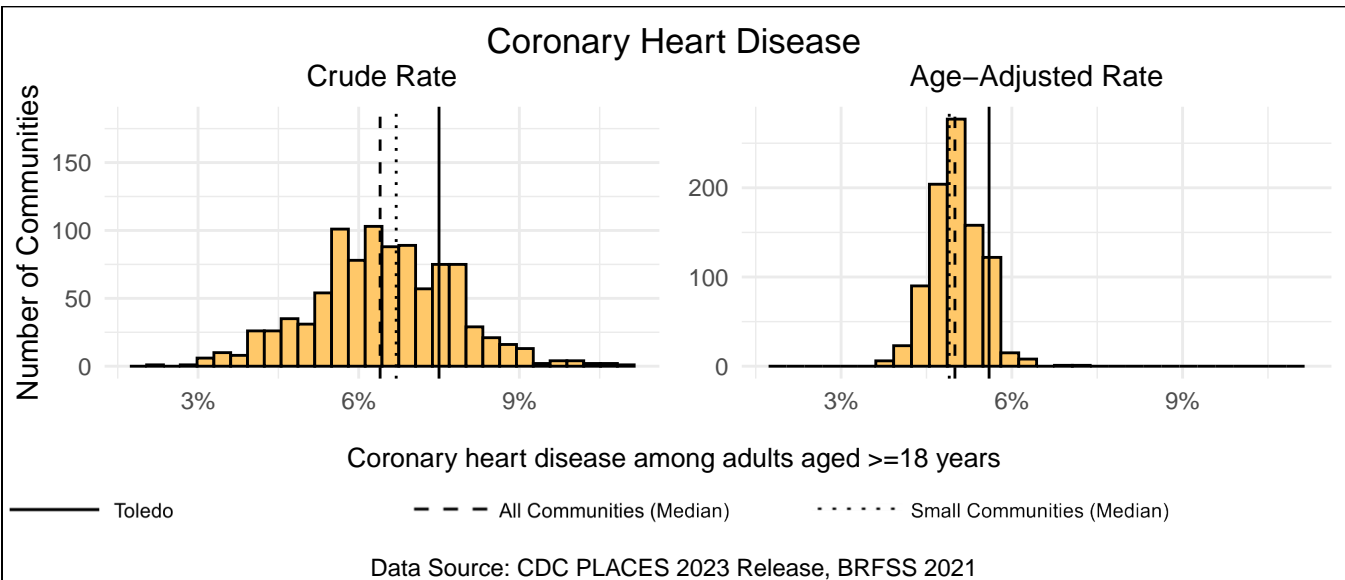
Measure Type	Toledo	All Comm.	Small Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.1%	9.5%	9.5%



Coronary Heart Disease

Toledo has a crude rate of 7.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 747th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Toledo is 5.6%, which ranks 797th out of 905 Iowa communities (130th out of 138 small communities).

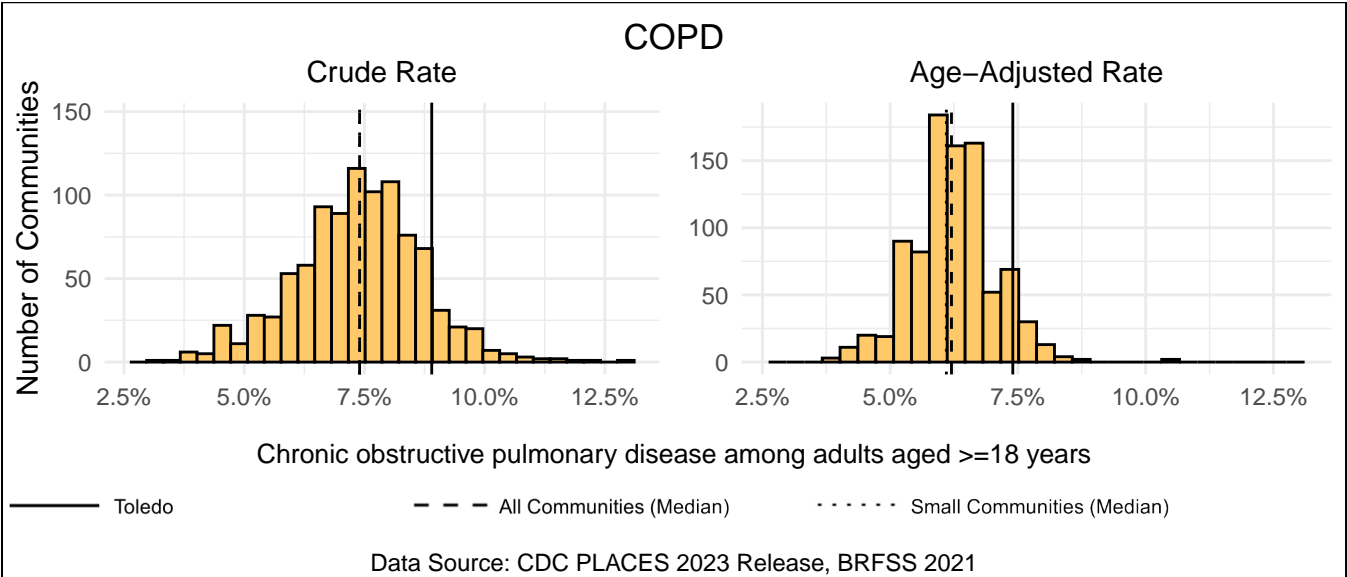
Measure Type	Toledo	All Comm.	Small Comm.
Crude	7.5%	6.4%	6.7%
Age-Adjusted	5.6%	5.0%	4.9%



COPD

Toledo has a crude rate of 8.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 847th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Toledo is 7.4%, which ranks 822nd out of 905 Iowa communities (130th out of 138 small communities).

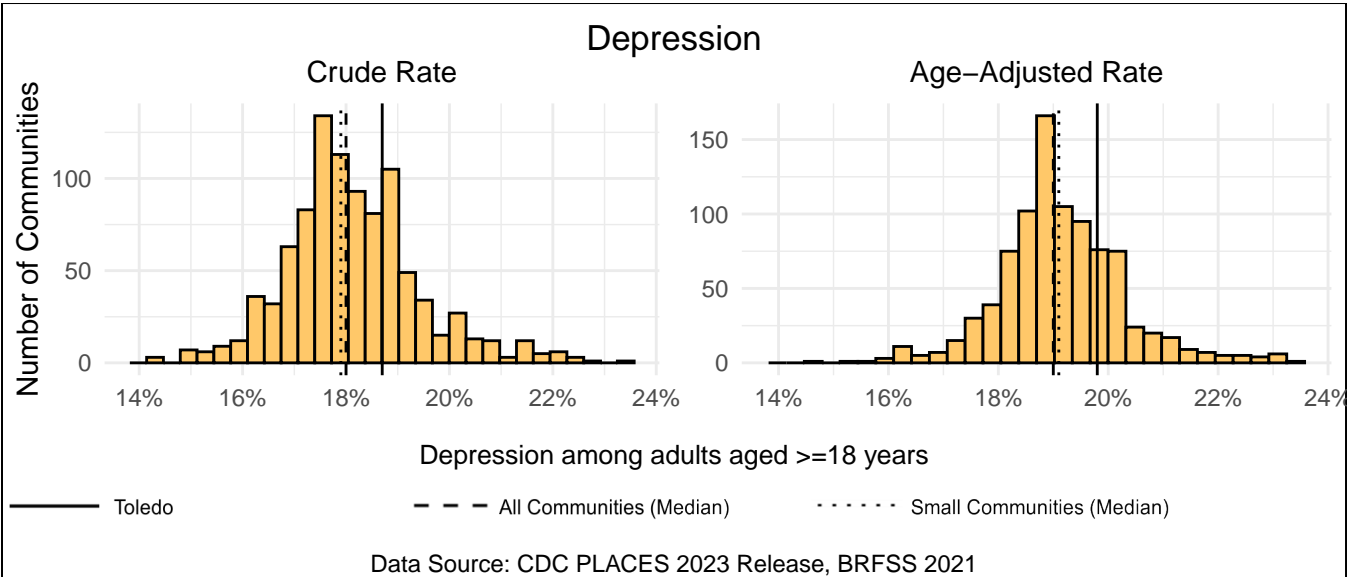
Measure Type	Toledo	All Comm.	Small Comm.
Crude	8.9%	7.4%	7.4%
Age-Adjusted	7.4%	6.2%	6.1%



Depression

Toledo 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 Toledo is 19.8%, which ranks 675th out of 905 Iowa communities (104th out of 138 small communities).

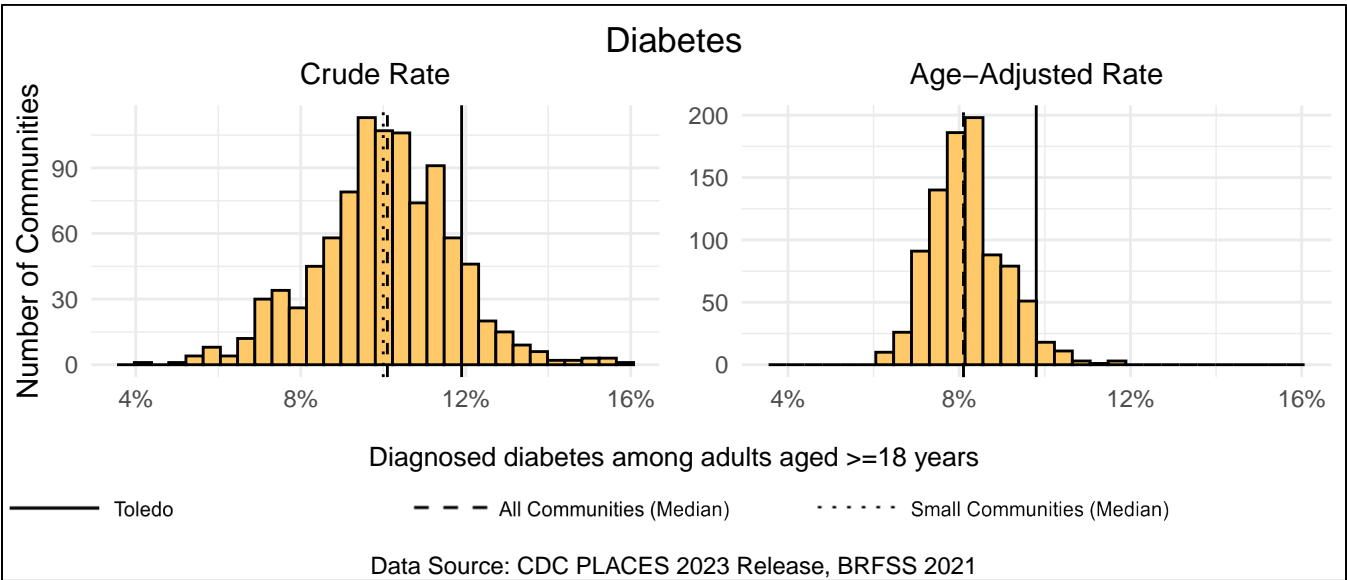
Measure Type	Toledo	All Comm.	Small Comm.
Crude	18.7%	18.0%	17.9%
Age-Adjusted	19.8%	19.0%	19.1%



Diabetes

Toledo has a crude rate of 11.9% for diagnosed diabetes among adults aged >=18 years, which ranks 852nd out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Toledo is 9.8%, which ranks 864th out of 905 Iowa communities (135th out of 138 small communities).

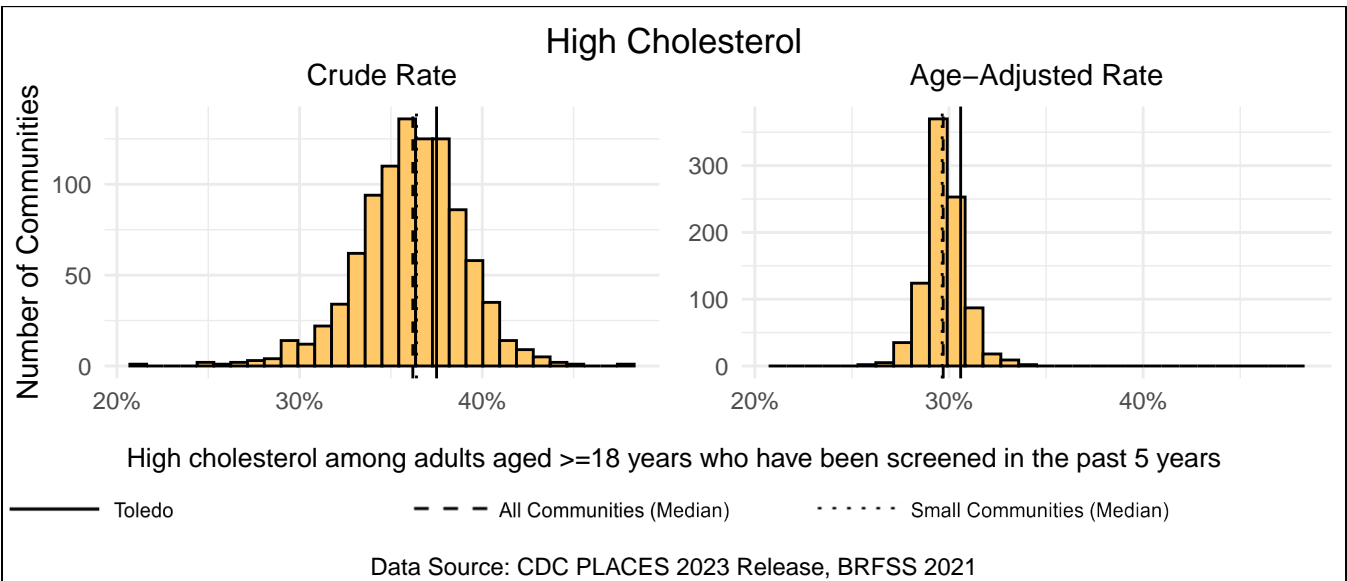
Measure Type	Toledo	All Comm.	Small Comm.
Crude	11.9%	10.1%	10.0%
Age-Adjusted	9.8%	8.1%	8.1%



High Cholesterol

Toledo has a crude rate of 37.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 652nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Toledo is 30.6%, which ranks 731st out of 905 Iowa communities (118th out of 138 small communities).

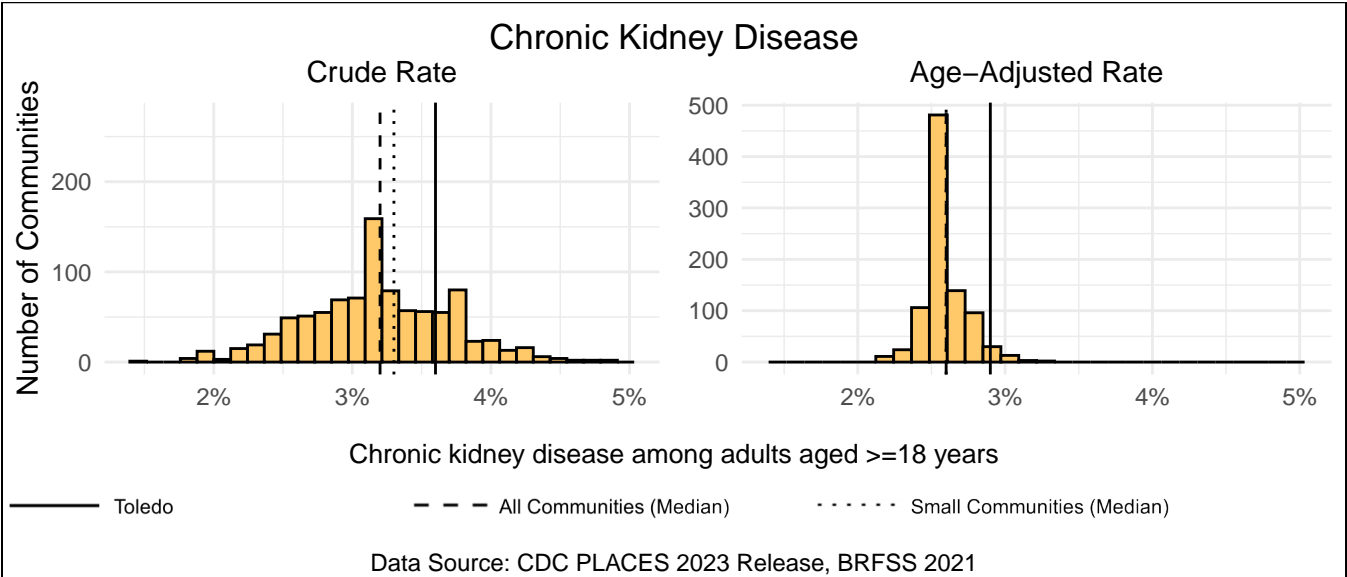
Measure Type	Toledo	All Comm.	Small Comm.
Crude	37.5%	36.2%	36.4%
Age-Adjusted	30.6%	29.7%	29.6%



Chronic Kidney Disease

Toledo has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Toledo is 2.9%, which ranks 858th out of 905 Iowa communities (136th out of 138 small communities).

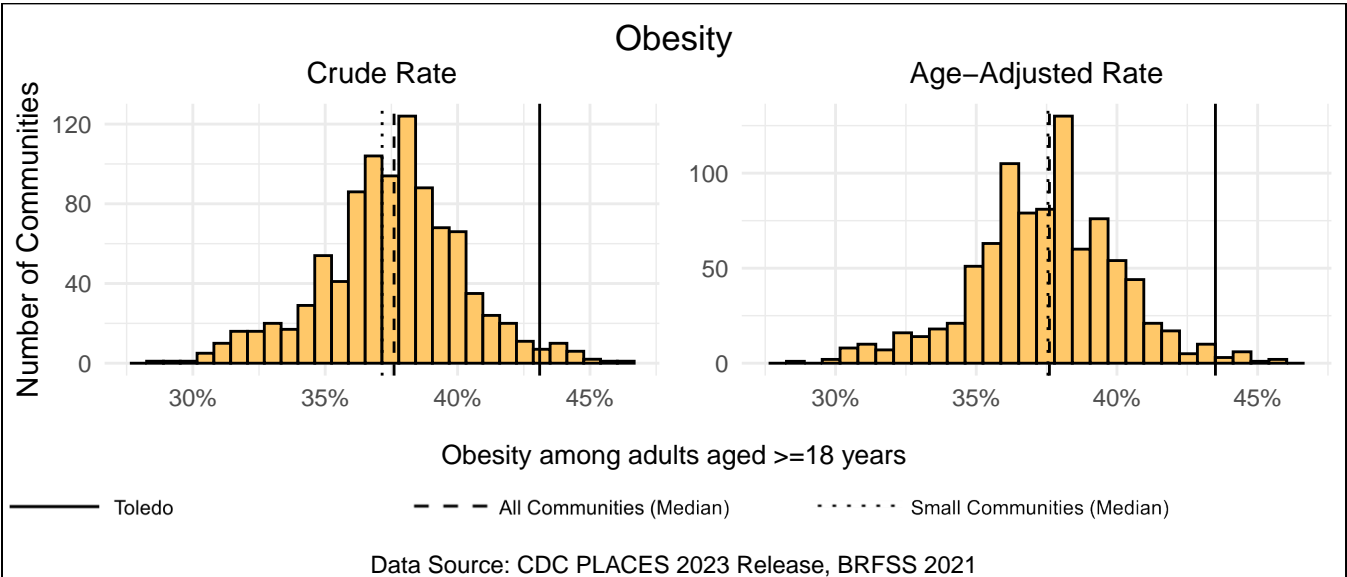
Measure Type	Toledo	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Toledo has a crude rate of 43.1% for obesity among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Toledo is 43.5%, which ranks 894th out of 905 Iowa communities (138th out of 138 small communities).

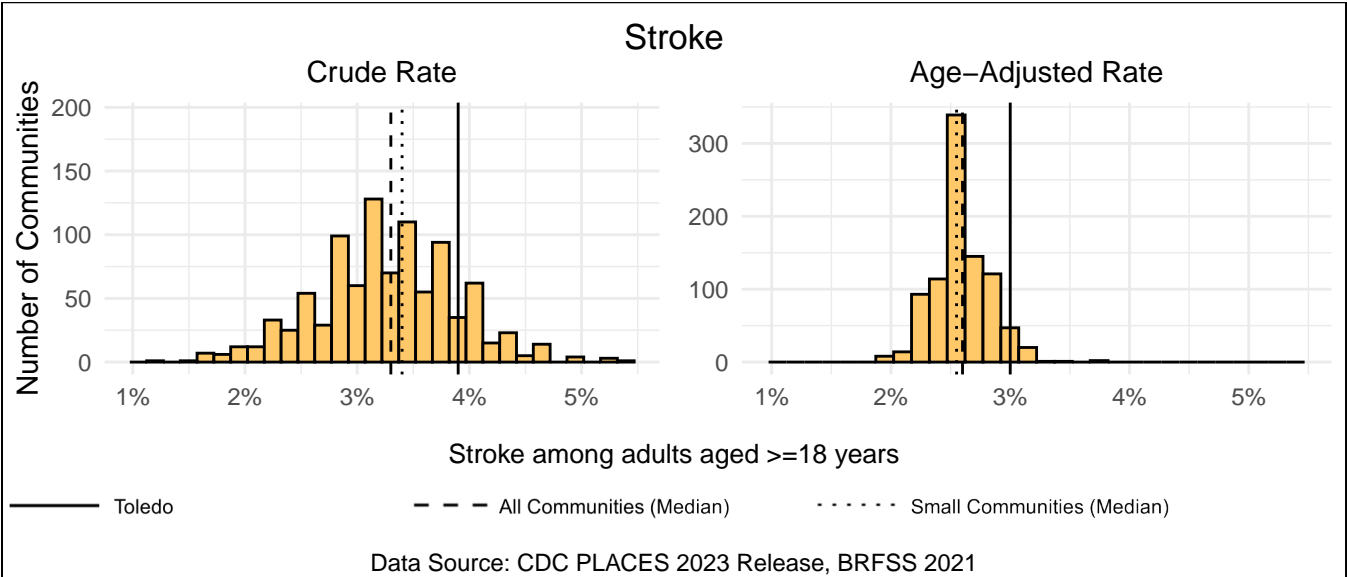
Measure Type	Toledo	All Comm.	Small Comm.
Crude	43.1%	37.6%	37.2%
Age-Adjusted	43.5%	37.6%	37.5%



Stroke

Toledo has a crude rate of 3.9% for stroke among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Toledo is 3.0%, which ranks 835th out of 905 Iowa communities (133rd out of 138 small communities).

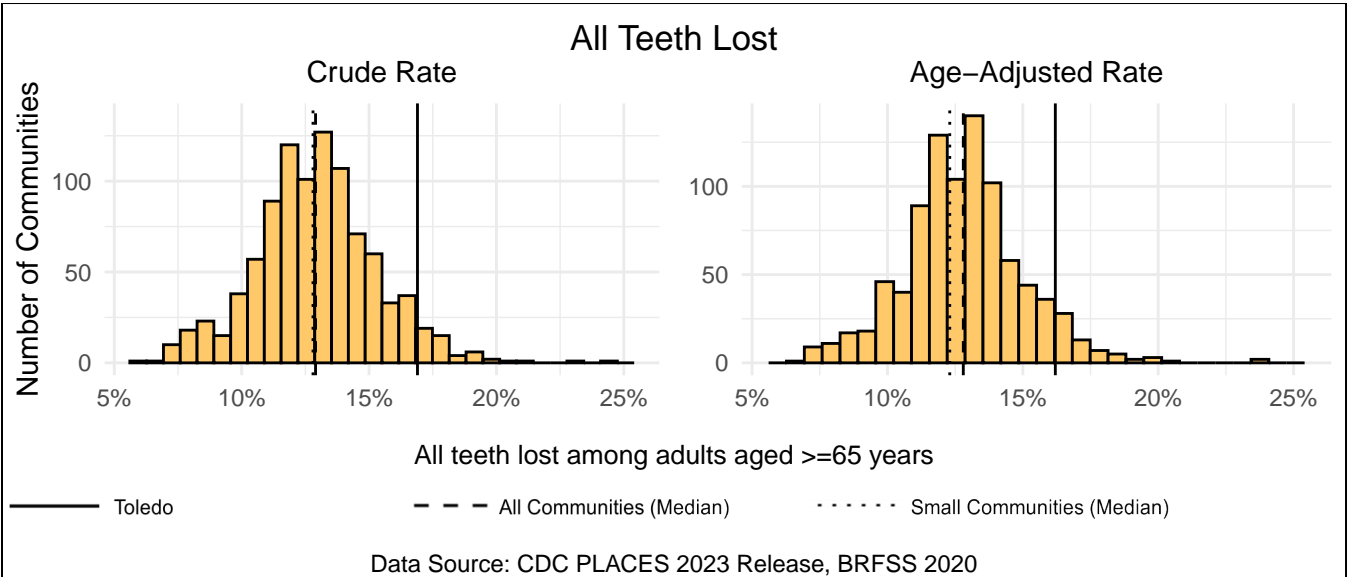
Measure Type	Toledo	All Comm.	Small Comm.
Crude	3.9%	3.3%	3.4%
Age-Adjusted	3.0%	2.6%	2.5%



All Teeth Lost

Toledo has a crude rate of 16.9% for all teeth lost among adults aged >=65 years, which ranks 909th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Toledo is 16.2%, which ranks 845th out of 905 Iowa communities (134th out of 138 small communities).

Measure Type	Toledo	All Comm.	Small Comm.
Crude	16.9%	12.9%	12.8%
Age-Adjusted	16.2%	12.8%	12.3%



Prevention

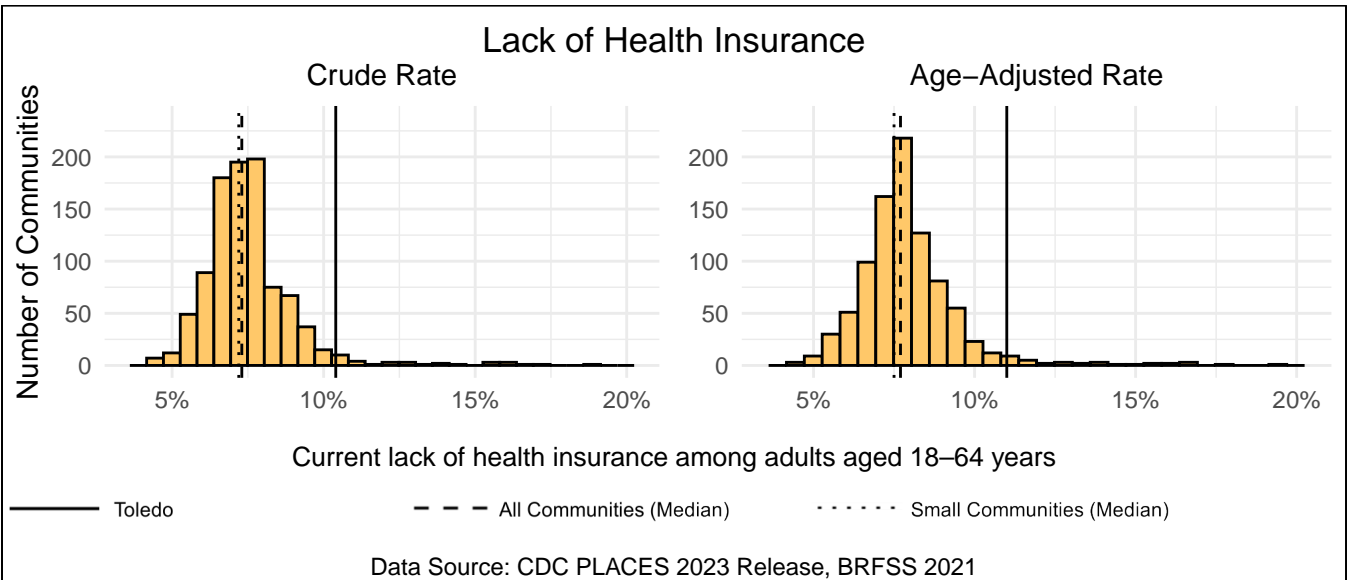
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Toledo has a crude rate of 10.4% for current lack of health insurance among adults aged 18–64 years, which ranks 925th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Toledo is 11.0%, which ranks 873rd out of 905 Iowa communities (136th out of 138 small communities).

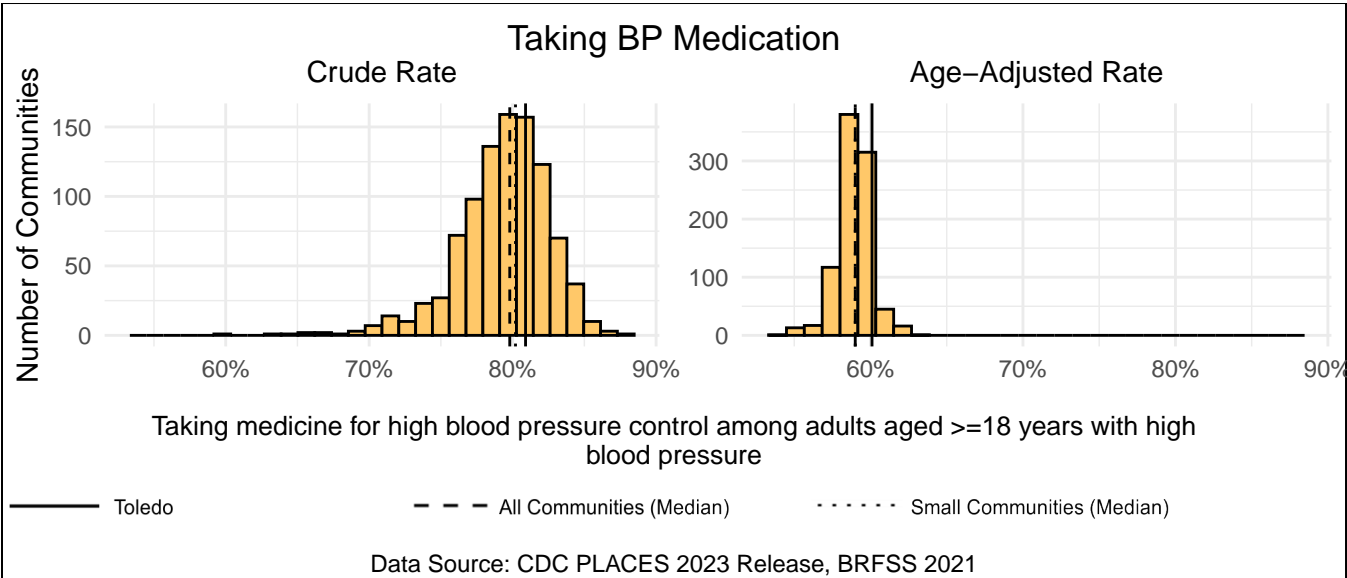
Measure Type	Toledo	All Comm.	Small Comm.
Crude	10.4%	7.3%	7.2%
Age-Adjusted	11.0%	7.7%	7.5%



Taking BP Medication

Toledo has a crude rate of 80.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 310th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Toledo is 60.1%, which ranks 79th out of 905 Iowa communities (11th out of 138 small communities).

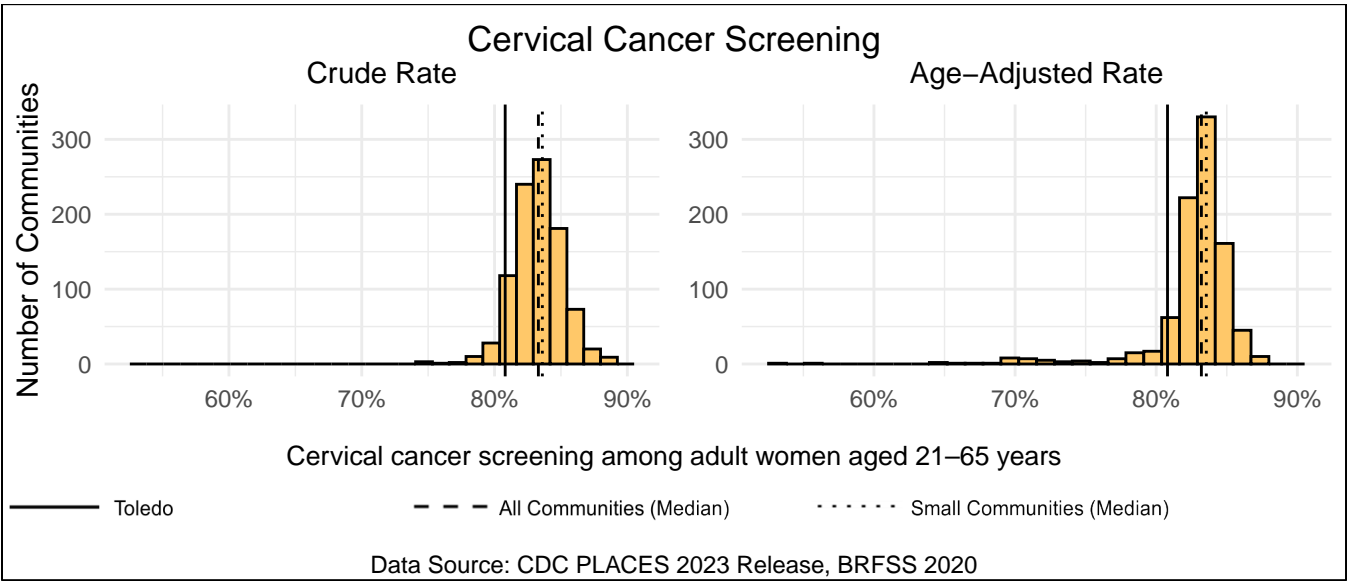
Measure Type	Toledo	All Comm.	Small Comm.
Crude	80.9%	79.8%	80.2%
Age-Adjusted	60.1%	59.0%	59.0%



Cervical Cancer Screening

Toledo has a crude rate of 80.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 878th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Toledo is 80.8%, which ranks 823rd out of 905 Iowa communities (137th out of 138 small communities).

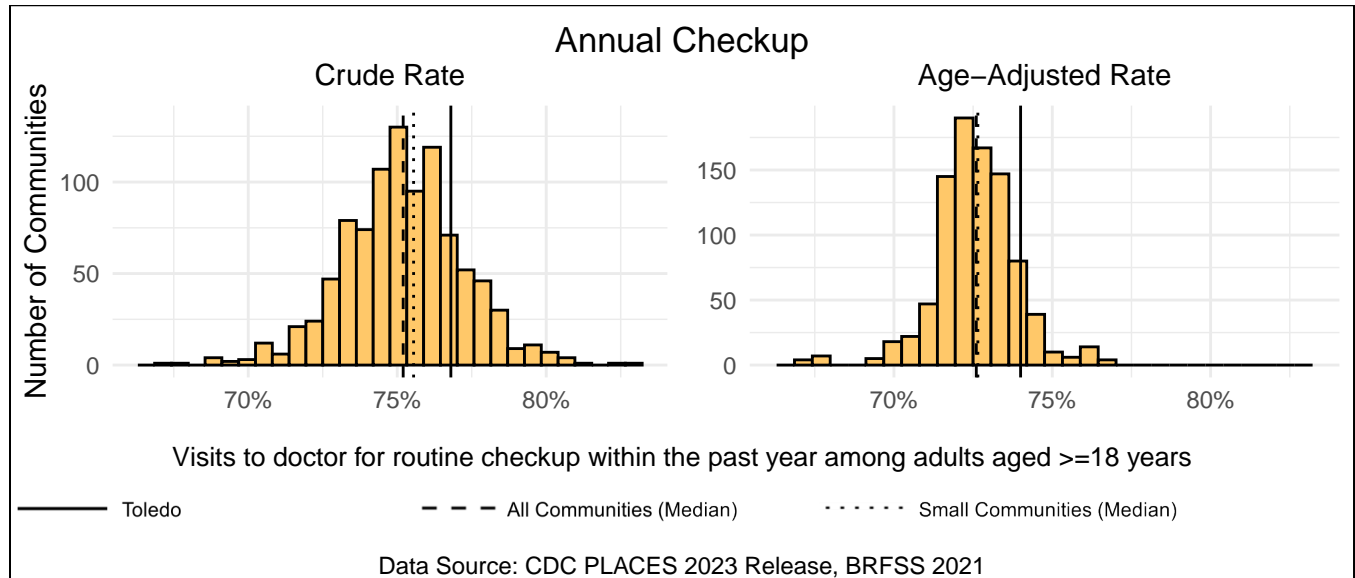
Measure Type	Toledo	All Comm.	Small Comm.
Crude	80.8%	83.3%	83.6%
Age-Adjusted	80.8%	83.2%	83.5%



Annual Checkup

Toledo has a crude rate of 76.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 191st out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Toledo is 74.0%, which ranks 86th out of 905 Iowa communities (18th out of 138 small communities).

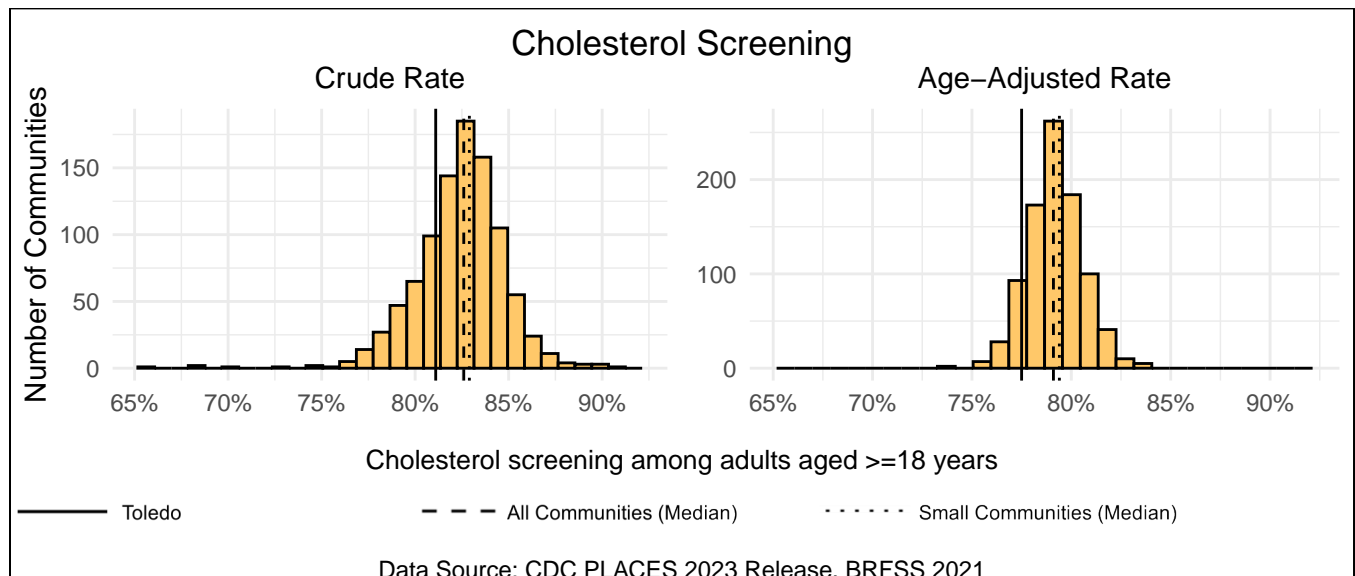
Measure Type	Toledo	All Comm.	Small Comm.
Crude	76.8%	75.2%	75.5%
Age-Adjusted	74.0%	72.6%	72.6%



Cholesterol Screening

Toledo has a crude rate of 81.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 719th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Toledo is 77.5%, which ranks 805th out of 905 Iowa communities (129th out of 138 small communities).

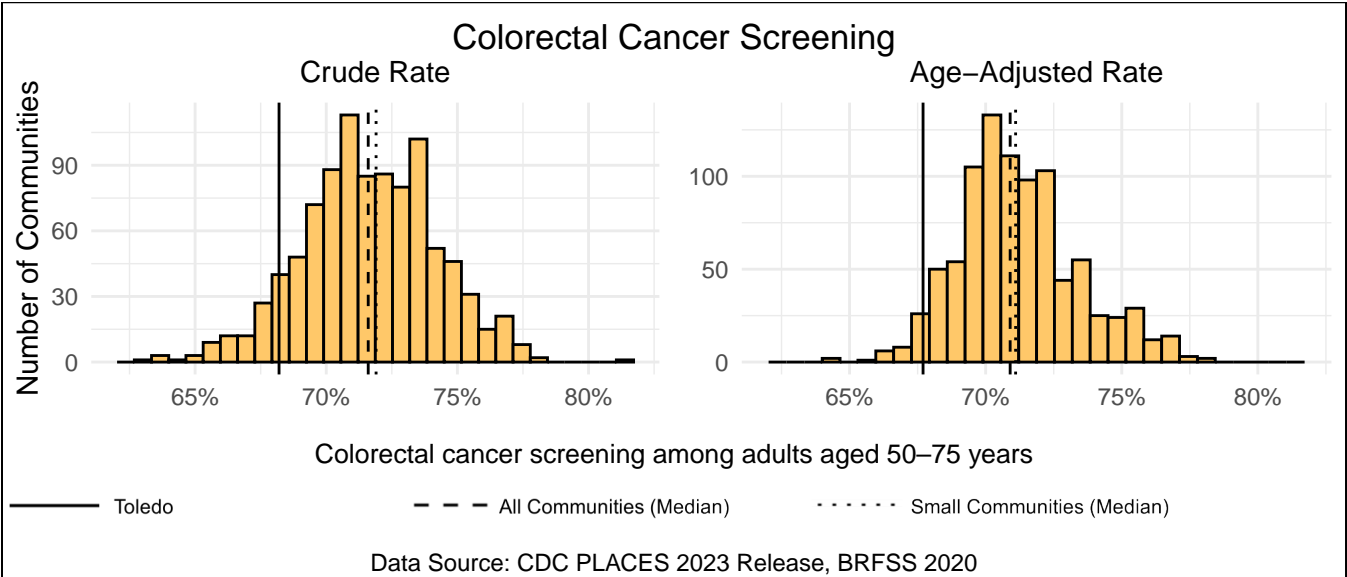
Measure Type	Toledo	All Comm.	Small Comm.
Crude	81.1%	82.6%	82.9%
Age-Adjusted	77.5%	79.1%	79.4%



Colorectal Cancer Screening

Toledo has a crude rate of 68.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 876th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Toledo is 67.7%, which ranks 873rd out of 905 Iowa communities (136th out of 138 small communities).

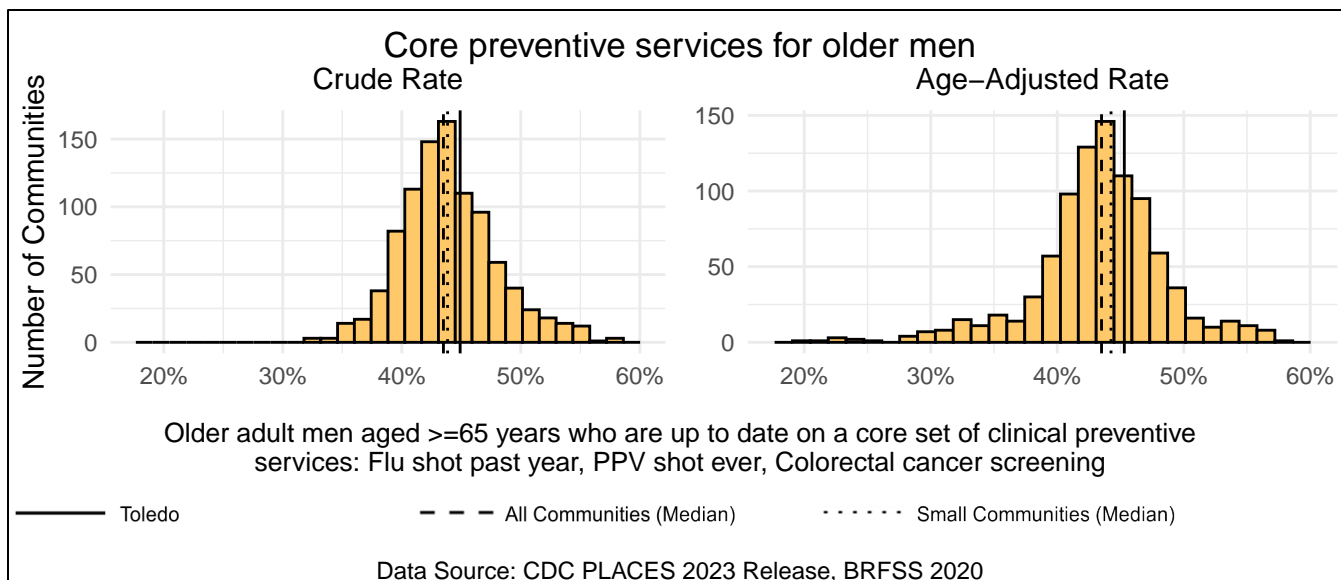
Measure Type	Toledo	All Comm.	Small Comm.
Crude	68.2%	71.6%	71.9%
Age-Adjusted	67.7%	70.9%	71.1%



Core preventive services for older men

Toledo has a crude rate of 44.9% 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 336th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Toledo is 45.3%, which ranks 287th out of 905 Iowa communities (55th out of 138 small communities).

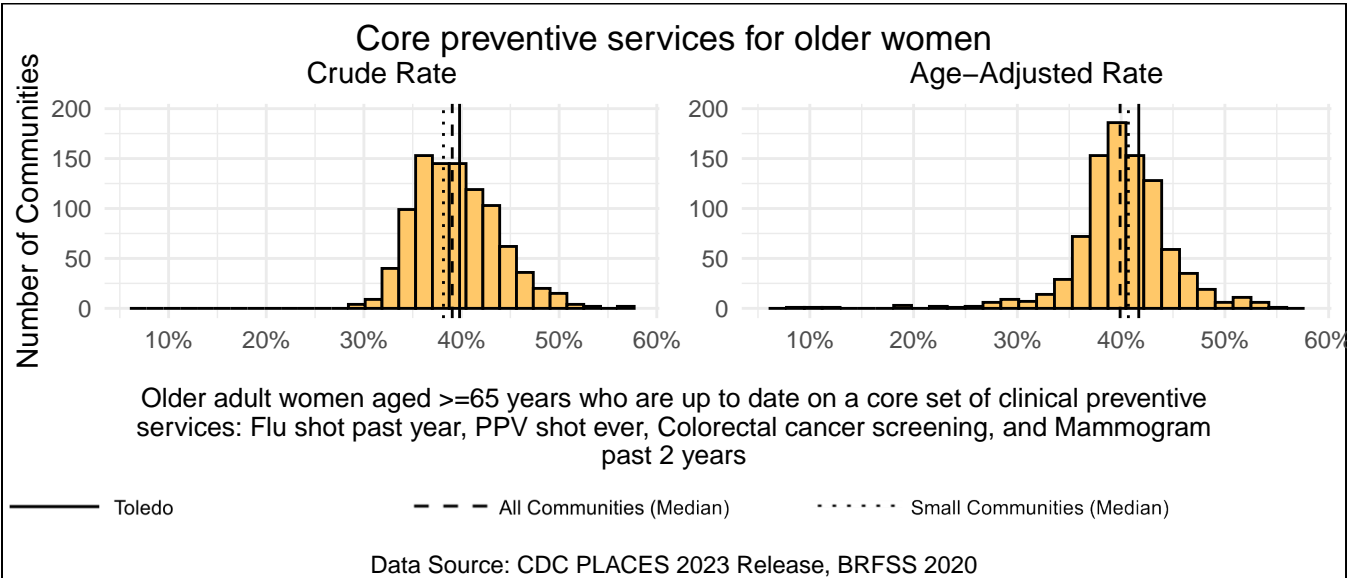
Measure Type	Toledo	All Comm.	Small Comm.
Crude	44.9%	43.5%	43.8%
Age-Adjusted	45.3%	43.5%	44.2%



Core preventive services for older women

Toledo has a crude rate of 39.8% 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 407th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Toledo is 41.7%, which ranks 296th out of 905 Iowa communities (56th out of 138 small communities).

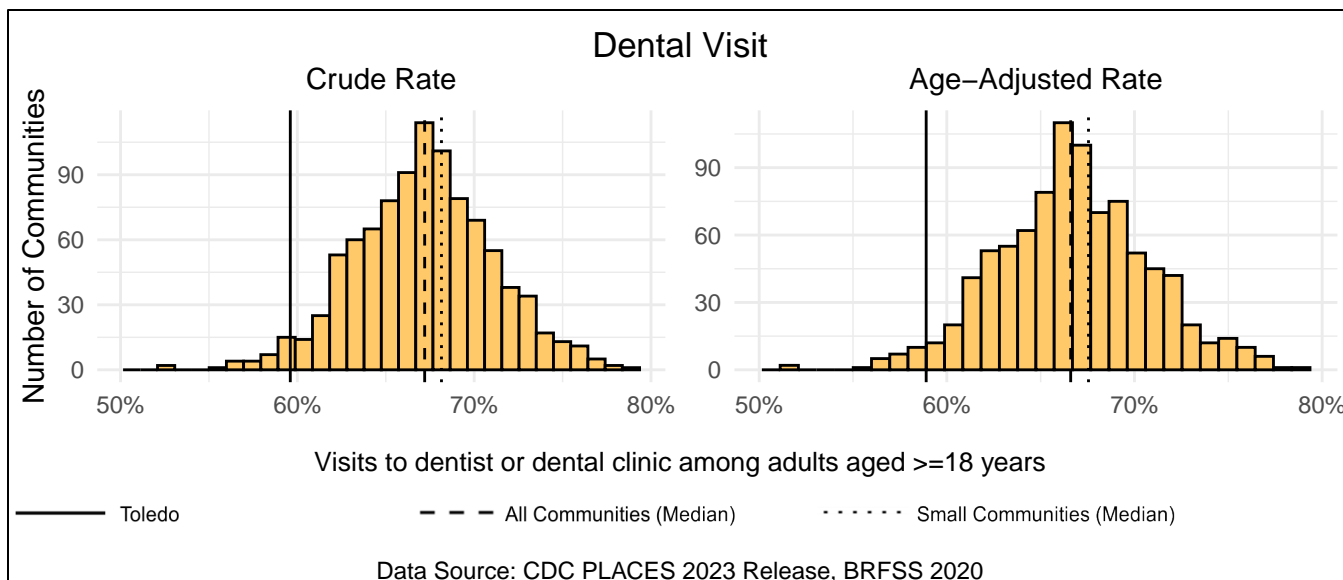
Measure Type	Toledo	All Comm.	Small Comm.
Crude	39.8%	39.0%	38.2%
Age-Adjusted	41.7%	39.9%	40.7%



Dental Visit

Toledo has a crude rate of 59.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Toledo is 58.9%, which ranks 881st out of 905 Iowa communities (137th out of 138 small communities).

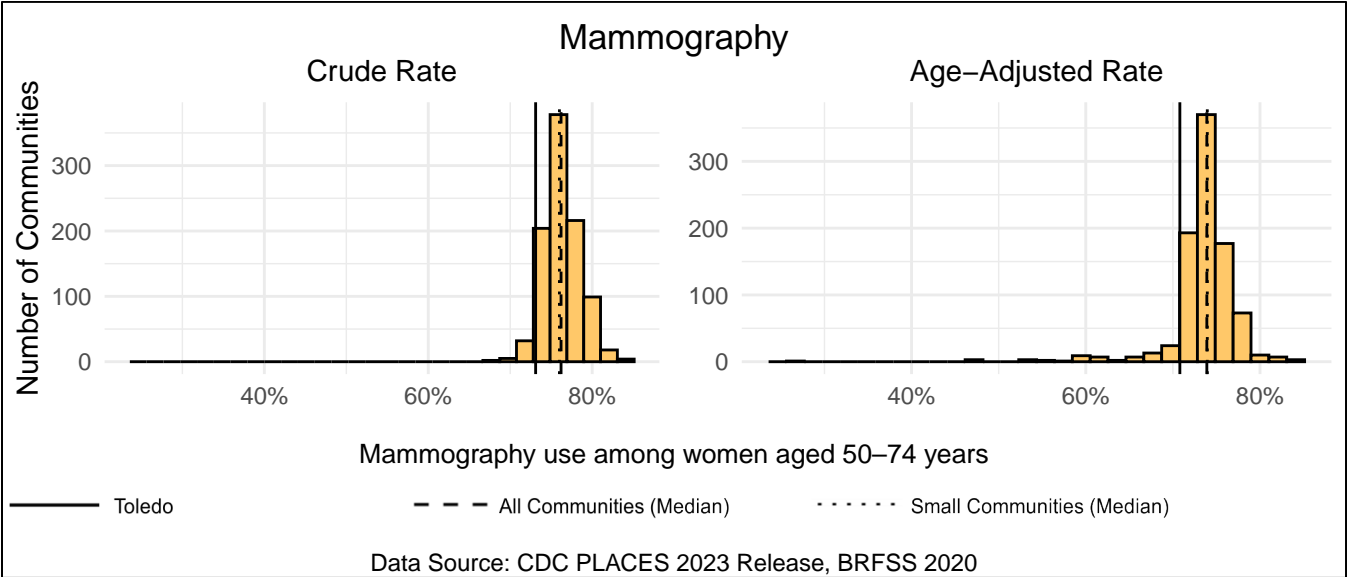
Measure Type	Toledo	All Comm.	Small Comm.
Crude	59.6%	67.2%	68.2%
Age-Adjusted	58.9%	66.6%	67.5%



Mammography

Toledo has a crude rate of 73.1% for mammography use among women aged 50–74 years, which ranks 904th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Toledo is 70.8%, which ranks 830th out of 905 Iowa communities (132nd out of 138 small communities).

Measure Type	Toledo	All Comm.	Small Comm.
Crude	73.1%	76.2%	76.0%
Age-Adjusted	70.8%	73.9%	74.0%



Disability

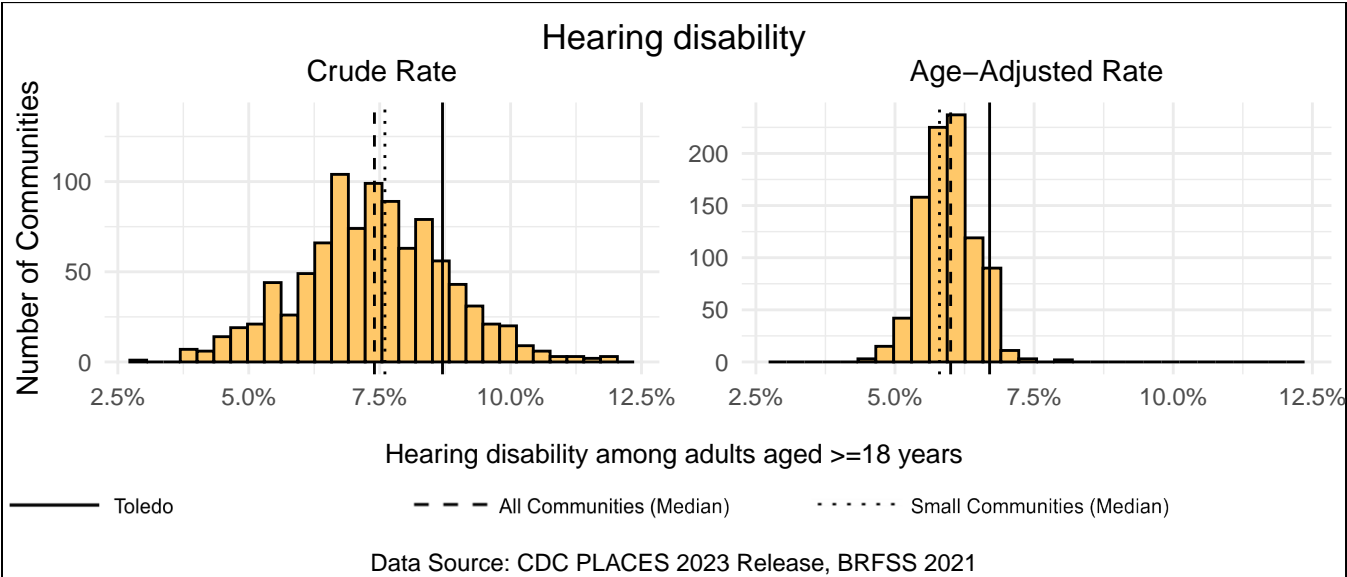
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Toledo has a crude rate of 8.7% for hearing disability among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Toledo is 6.7%, which ranks 838th out of 905 Iowa communities (134th out of 138 small communities).

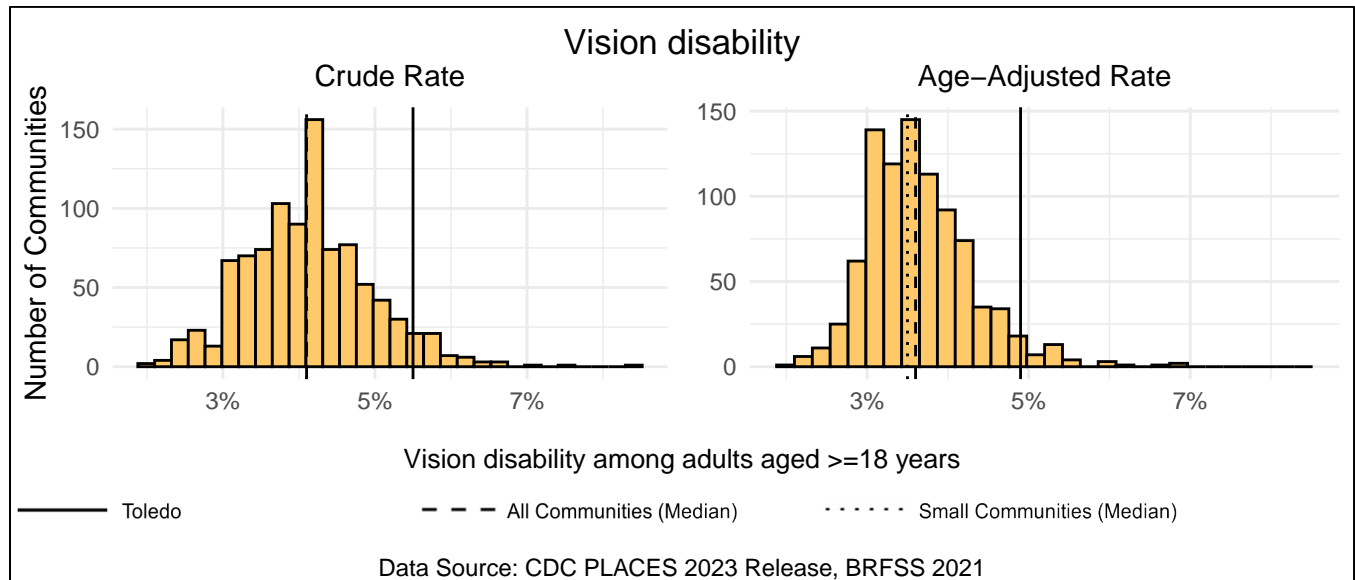
Measure Type	Toledo	All Comm.	Small Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	6.7%	6.0%	5.8%



Vision disability

Toledo has a crude rate of 5.5% for vision disability among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Toledo is 4.9%, which ranks 867th out of 905 Iowa communities (135th out of 138 small communities).

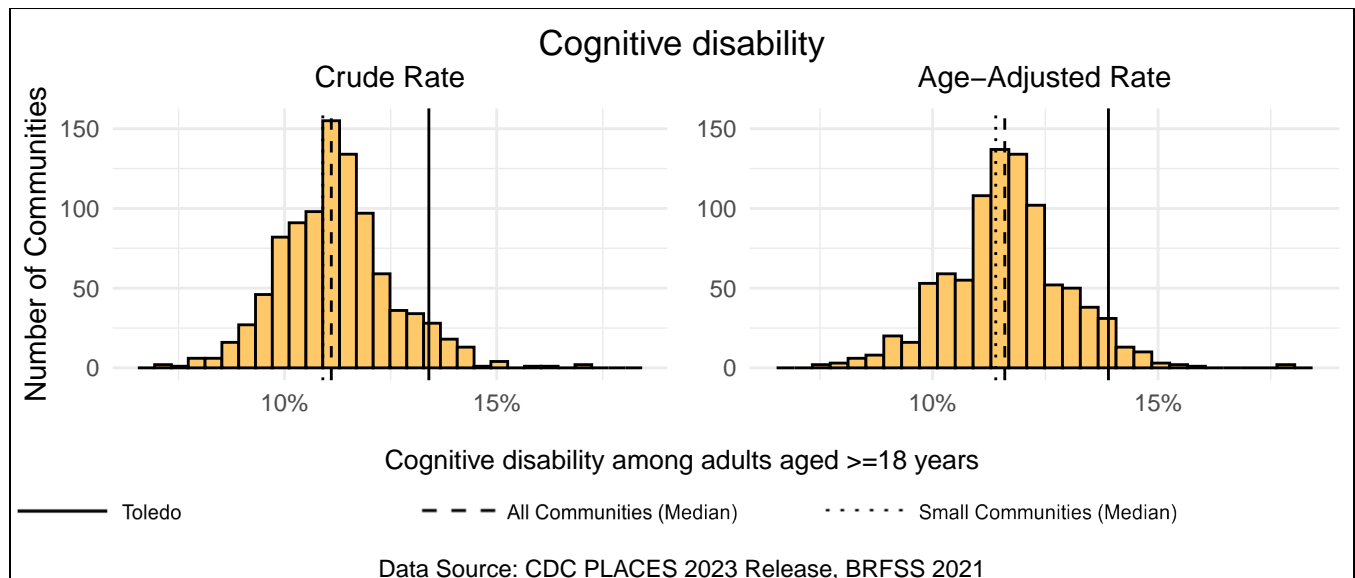
Measure Type	Toledo	All Comm.	Small Comm.
Crude	5.5%	4.1%	4.1%
Age-Adjusted	4.9%	3.6%	3.5%



Cognitive disability

Toledo has a crude rate of 13.4% for cognitive disability among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Toledo is 13.9%, which ranks 866th out of 905 Iowa communities (135th out of 138 small communities).

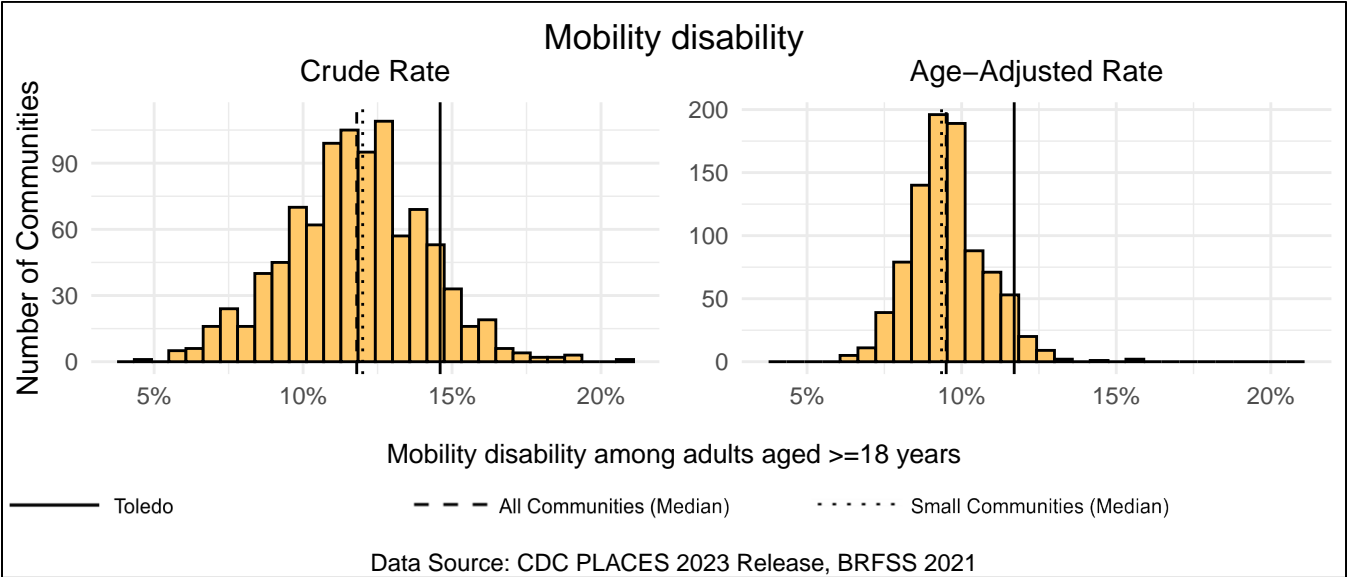
Measure Type	Toledo	All Comm.	Small Comm.
Crude	13.4%	11.1%	10.9%
Age-Adjusted	13.9%	11.6%	11.4%



Mobility disability

Toledo has a crude rate of 14.6% for mobility disability among adults aged ≥ 18 years, which ranks 861st out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Toledo is 11.7%, which ranks 858th out of 905 Iowa communities (135th out of 138 small communities).

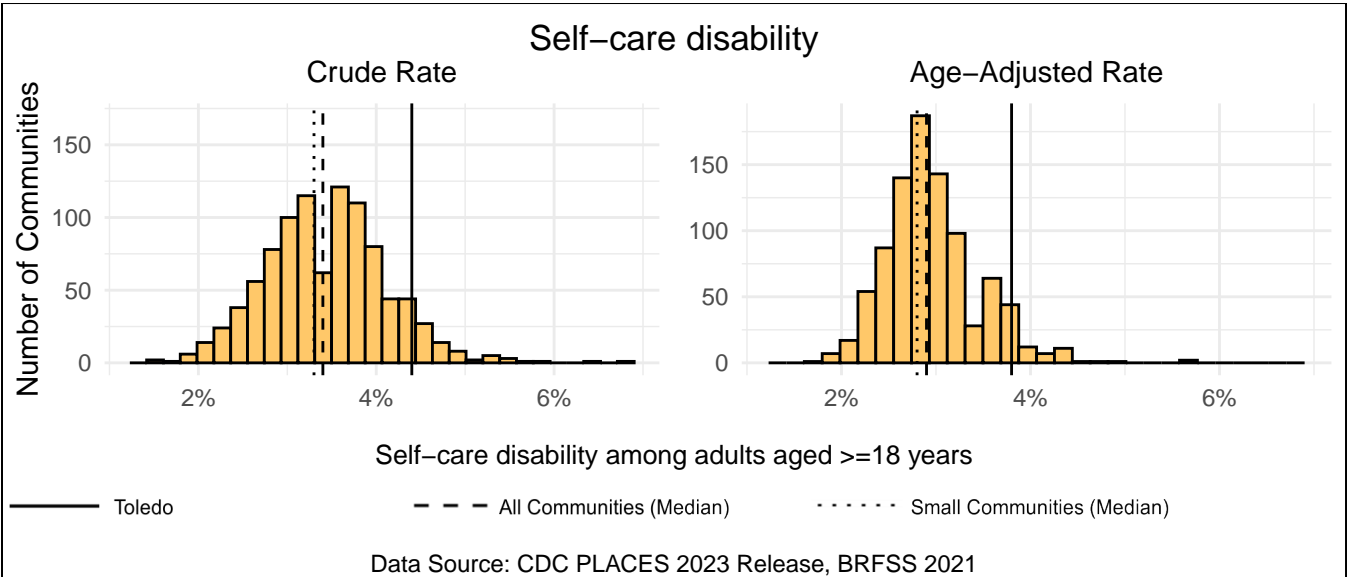
Measure Type	Toledo	All Comm.	Small Comm.
Crude	14.6%	11.8%	12.0%
Age-Adjusted	11.7%	9.5%	9.4%



Self-care disability

Toledo has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Toledo is 3.8%, which ranks 839th out of 905 Iowa communities (133rd out of 138 small communities).

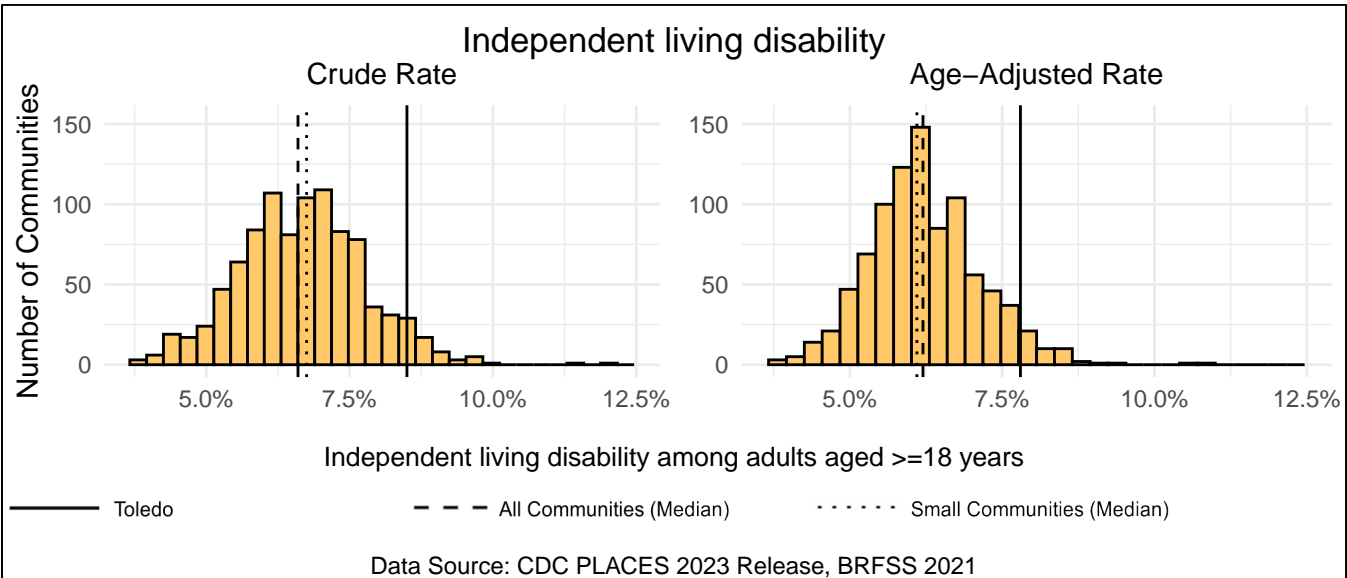
Measure Type	Toledo	All Comm.	Small Comm.
Crude	4.4%	3.4%	3.3%
Age-Adjusted	3.8%	2.9%	2.8%



Independent living disability

Toledo has a crude rate of 8.5% for independent living disability among adults aged ≥ 18 years, which ranks 905th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Toledo is 7.8%, which ranks 859th out of 905 Iowa communities (133rd out of 138 small communities).

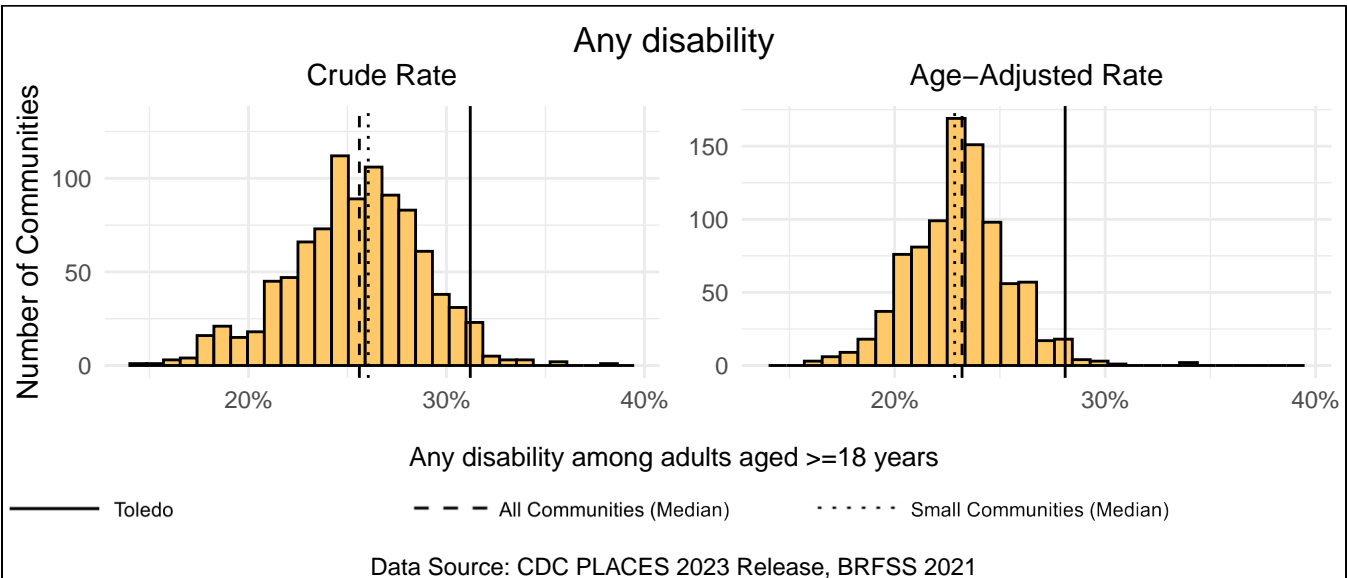
Measure Type	Toledo	All Comm.	Small Comm.
Crude	8.5%	6.6%	6.8%
Age-Adjusted	7.8%	6.2%	6.1%



Any disability

Toledo has a crude rate of 31.2% for any disability among adults aged ≥ 18 years, which ranks 928th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Toledo is 28.1%, which ranks 889th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Toledo	All Comm.	Small Comm.
Crude	31.2%	25.6%	26.0%
Age-Adjusted	28.1%	23.2%	22.8%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Toledo PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	840	15.6% (13.5% - 17.9%)	850	17.0% (14.8% - 19.3%)
Health Status	Physical Health	893	12.7% (10.9% - 14.6%)	876	11.5% (9.9% - 13.2%)
Health Status	General Health	916	18.1% (15.3% - 21.1%)	872	16.3% (14.0% - 18.9%)
Health Risk Behaviors	Physical Inactivity	923	31.4% (26.2% - 36.8%)	875	29.3% (24.6% - 34.1%)
Health Risk Behaviors	Binge Drinking	162	17.6% (14.5% - 21.0%)	46	20.1% (16.6% - 24.0%)
Health Risk Behaviors	Current Smoking	828	19.0% (15.6% - 22.9%)	797	20.0% (16.6% - 23.7%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.8% - 31.1%)	417	31.0% (29.7% - 32.1%)
Health Outcomes	High Cholesterol	652	37.5% (33.1% - 42.2%)	731	30.6% (26.4% - 35.0%)
Health Outcomes	Cancer (except skin)	544	8.3% (7.5% - 9.2%)	74	6.4% (5.7% - 7.1%)
Health Outcomes	Obesity	934	43.1% (36.0% - 50.1%)	894	43.5% (36.6% - 50.6%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	858	2.9% (2.6% - 3.2%)
Health Outcomes	High Blood Pressure	576	33.0% (29.0% - 37.1%)	572	27.8% (24.2% - 31.5%)
Health Outcomes	All Teeth Lost	909	16.9% (12.1% - 22.5%)	845	16.2% (11.6% - 21.3%)
Health Outcomes	Diabetes	852	11.9% (10.2% - 13.8%)	864	9.8% (8.3% - 11.3%)
Health Outcomes	COPD	847	8.9% (7.5% - 10.5%)	822	7.4% (6.3% - 8.7%)
Health Outcomes	Depression	673	18.7% (15.4% - 22.4%)	675	19.8% (16.4% - 23.5%)
Health Outcomes	Stroke	797	3.9% (3.4% - 4.4%)	835	3.0% (2.6% - 3.3%)
Health Outcomes	Current Asthma	868	9.9% (8.7% - 11.2%)	831	10.1% (8.9% - 11.4%)
Health Outcomes	Coronary Heart Disease	747	7.5% (6.5% - 8.5%)	797	5.6% (4.9% - 6.3%)
Health Outcomes	Arthritis	786	30.7% (26.6% - 35.0%)	882	25.4% (21.7% - 29.1%)
Prevention	Cervical Cancer Screening	878	80.8% (78.5% - 83.0%)	823	80.8% (78.7% - 82.9%)
Prevention	Core preventive services for older men	336	44.9% (37.0% - 52.8%)	287	45.3% (37.1% - 53.3%)
Prevention	Cholesterol Screening	719	81.1% (78.1% - 84.1%)	805	77.5% (73.8% - 80.9%)
Prevention	Annual Checkup	191	76.8% (72.2% - 80.9%)	86	74.0% (68.8% - 78.5%)
Prevention	Colorectal Cancer Screening	876	68.2% (65.4% - 71.2%)	873	67.7% (64.8% - 70.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	310	80.9% (77.7% - 83.8%)	79	60.1% (55.0% - 65.0%)
Prevention	Core preventive services for older women	407	39.8% (33.4% - 45.9%)	296	41.7% (35.2% - 47.9%)
Prevention	Health Insurance	925	10.4% (8.3% - 12.7%)	873	11.0% (8.8% - 13.4%)
Prevention	Mammography	904	73.1% (69.1% - 77.1%)	830	70.8% (66.7% - 74.9%)
Prevention	Dental Visit	930	59.6% (56.5% - 62.6%)	881	58.9% (55.8% - 62.1%)
Disability	Mobility Disability	861	14.6% (12.4% - 17.0%)	858	11.7% (9.9% - 13.5%)
Disability	Self-care Disability	875	4.4% (3.8% - 5.1%)	839	3.8% (3.3% - 4.3%)
Disability	Independent Living Disability	905	8.5% (7.3% - 9.8%)	859	7.8% (6.7% - 8.9%)
Disability	Cognitive Disability	900	13.4% (11.5% - 15.6%)	866	13.9% (11.9% - 15.9%)
Disability	Vision Disability	895	5.5% (4.7% - 6.3%)	867	4.9% (4.2% - 5.6%)
Disability	Hearing Disability	781	8.7% (7.7% - 9.8%)	838	6.7% (5.9% - 7.5%)
Disability	Any Disability	928	31.2% (27.0% - 35.6%)	889	28.1% (24.2% - 32.0%)

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: Small Communities (1,000-2,499)

Toledo 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		