



## 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 Traer: Overview

Dear Community Members & Stakeholders of Traer,

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 Traer ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Traer'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 Traer. 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
Sleep <7 hours	40th	7th	High Blood Pressure	37th	10th
Annual Checkup	50th	9th	Core preventive services for older men	54th	8th
Current Smoking	55th	9th	Core preventive services for older women	60th	9th
Core preventive services for older men	65th	6th	Annual Checkup	74th	17th
Mental Health	80th	11th	Sleep <7 hours	92nd	16th

# 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
Cancer (except skin)	872nd	119th	Obesity	715th	113th
Arthritis	803rd	109th	Arthritis	574th	94th
Hearing Disability	781st	102nd	Taking BP Medication	537th	81st
Chronic Kidney Disease	732nd	91st	Binge Drinking	478th	69th
Coronary Heart Disease	696th	91st	Mammography	464th	73rd

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 Traer.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

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## How to Use this Report

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

With a population of 1,441, Traer’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

# Health Status

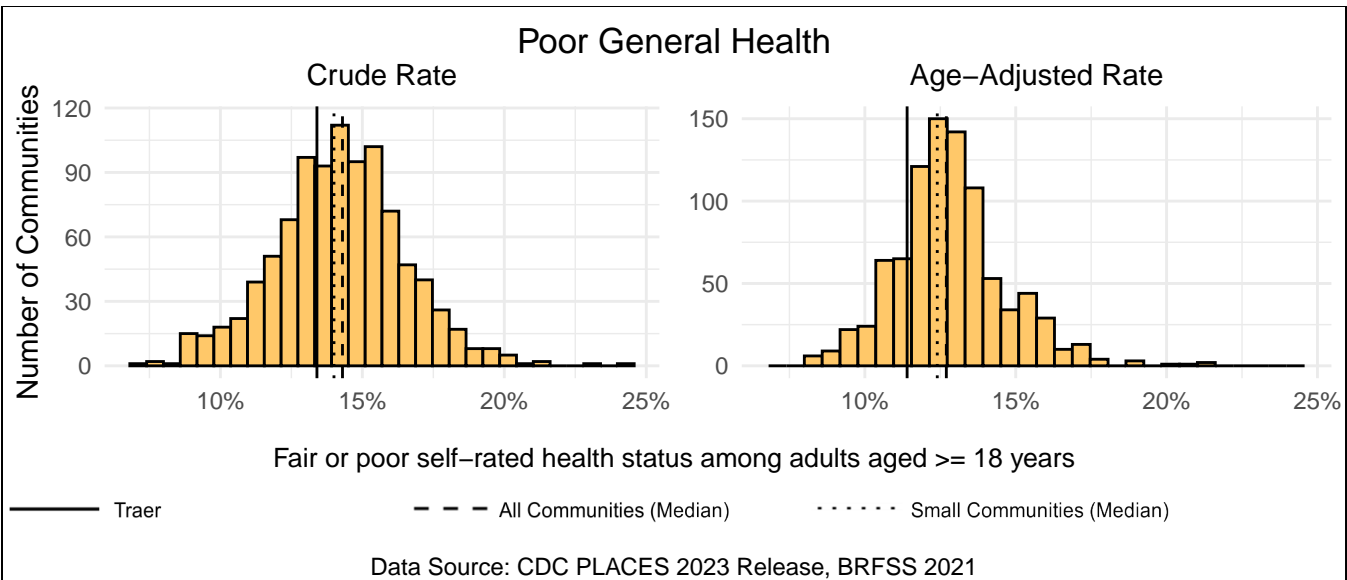
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Traer has a crude rate of 13.4% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 329th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Traer is 11.4%, which ranks 169th out of 905 Iowa communities (35th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.0%
Age-Adjusted	11.4%	12.7%	12.4%

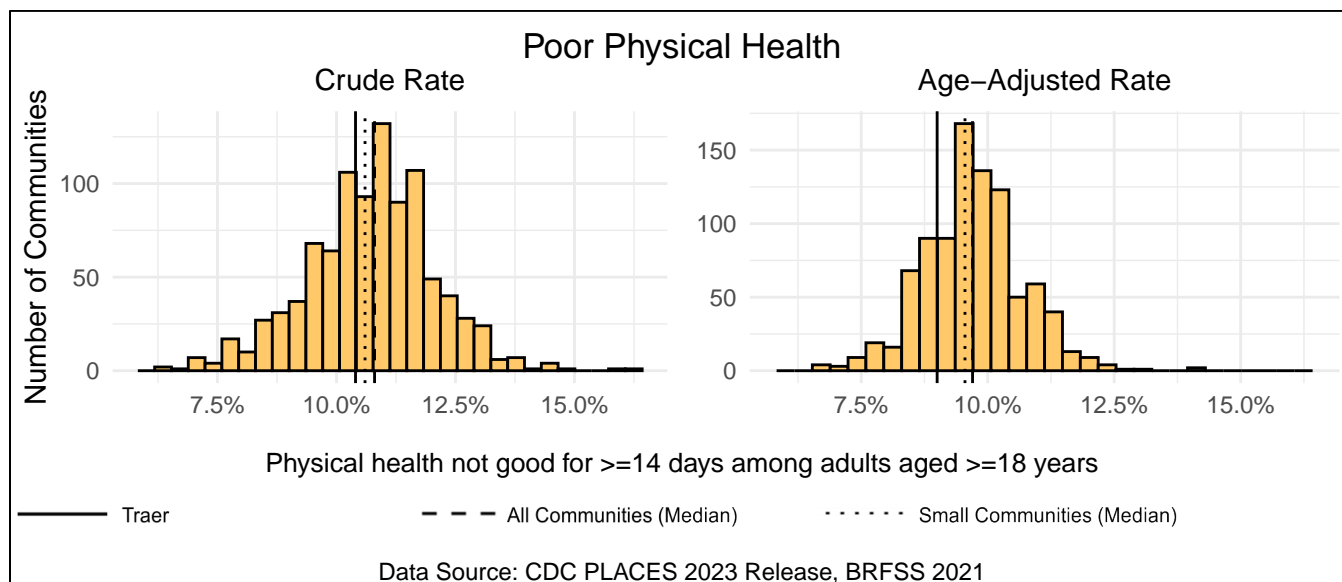




## Poor Physical Health

Traer has a crude rate of 10.4% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 354th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Traer is 9.0%, which ranks 181st out of 905 Iowa communities (36th out of 138 small communities).

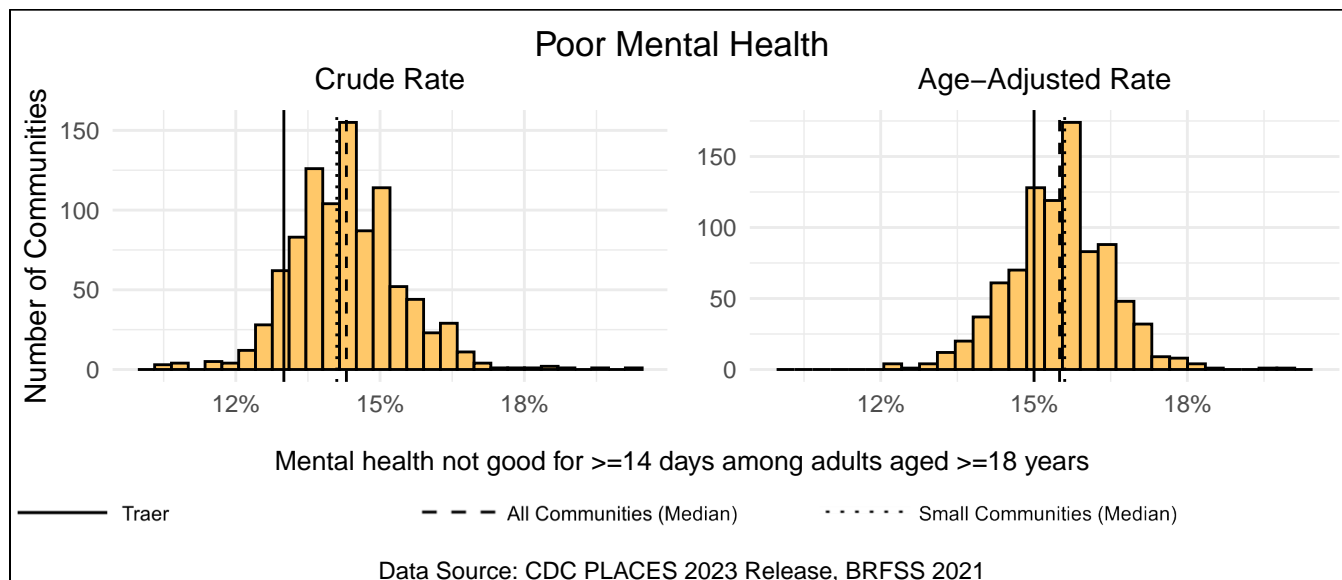
Measure Type	Traer	All Comm.	Small Comm.
Crude	10.4%	10.8%	10.6%
Age-Adjusted	9.0%	9.7%	9.6%



## Poor Mental Health

Traer has a crude rate of 13.0% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Traer is 15.0%, which ranks 241st out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	13.0%	14.3%	14.1%
Age-Adjusted	15.0%	15.5%	15.6%



# Health Risk Behaviors

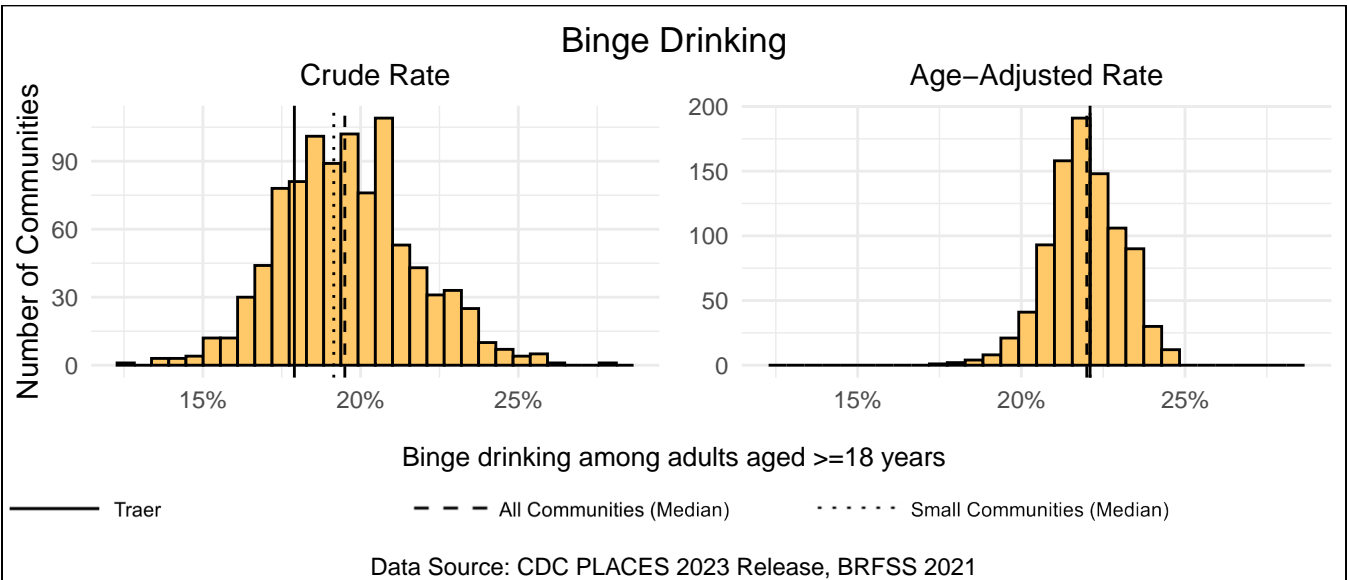
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Traer has a crude rate of 17.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 203rd out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Traer is 22.1%, which ranks 478th out of 905 Iowa communities (69th out of 138 small communities).

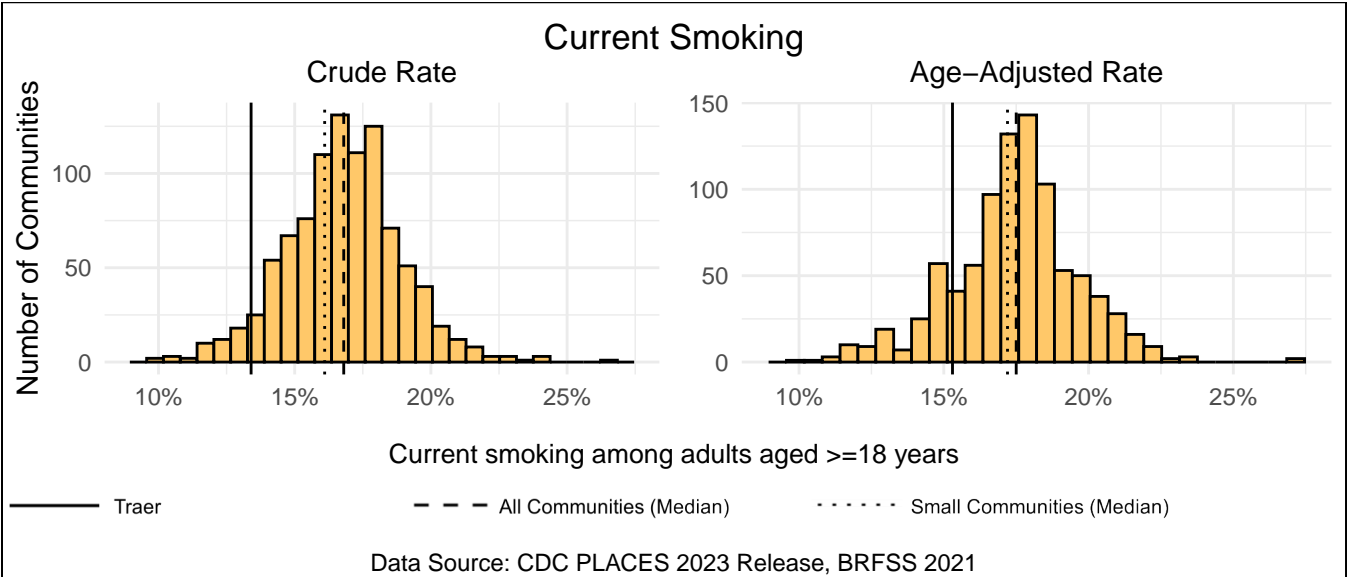
Measure Type	Traer	All Comm.	Small Comm.
Crude	17.9%	19.5%	19.1%
Age-Adjusted	22.1%	22.0%	22.1%



# Current Smoking

Traer has a crude rate of 13.4% for current smoking among adults aged  $\geq 18$  years, which ranks 55th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Traer is 15.3%, which ranks 143rd out of 905 Iowa communities (28th out of 138 small communities).

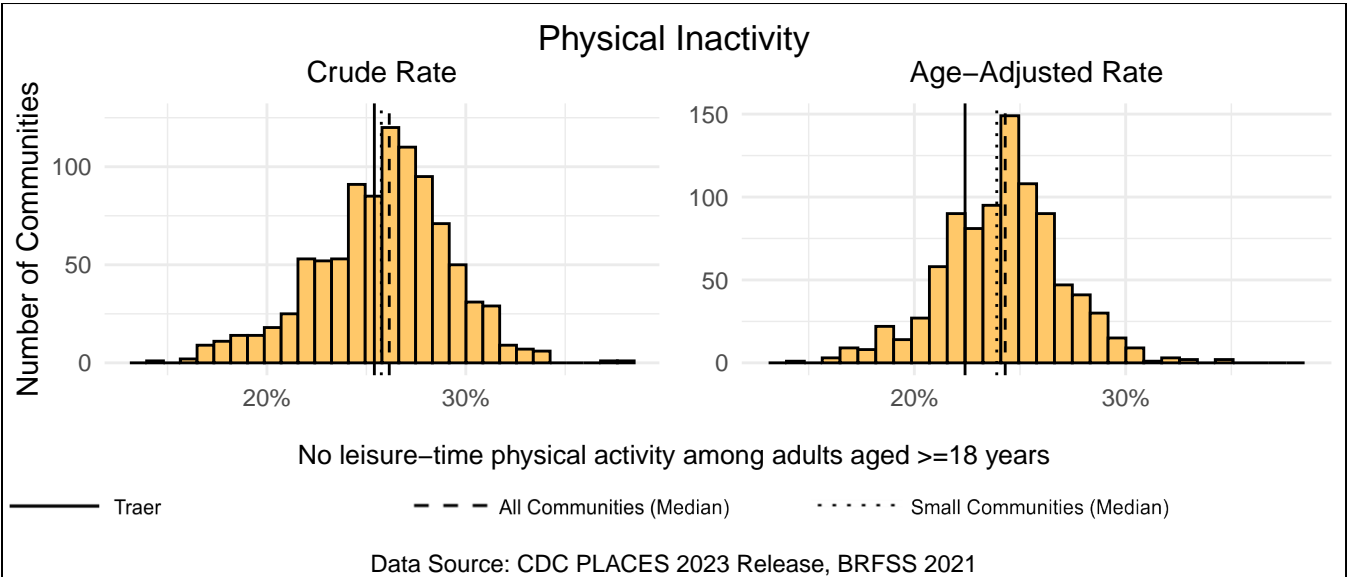
Measure Type	Traer	All Comm.	Small Comm.
Crude	13.4%	16.8%	16.1%
Age-Adjusted	15.3%	17.5%	17.2%



# Physical Inactivity

Traer has a crude rate of 25.4% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 396th out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Traer is 22.4%, which ranks 219th out of 905 Iowa communities (45th out of 138 small communities).

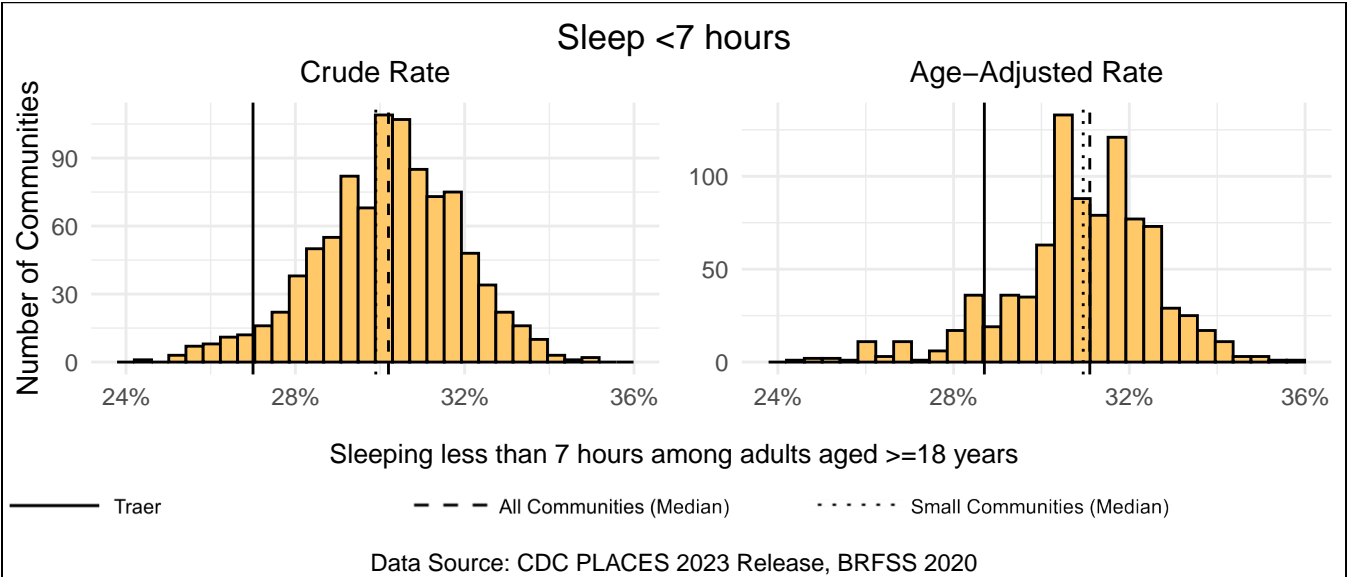
Measure Type	Traer	All Comm.	Small Comm.
Crude	25.4%	26.1%	25.8%
Age-Adjusted	22.4%	24.3%	23.9%



**Sleep <7 hours**

Traer has a crude rate of 27.0% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 40th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Traer is 28.7%, which ranks 92nd out of 905 Iowa communities (16th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	27.0%	30.2%	29.9%
Age-Adjusted	28.7%	31.1%	31.0%



# Health Outcomes

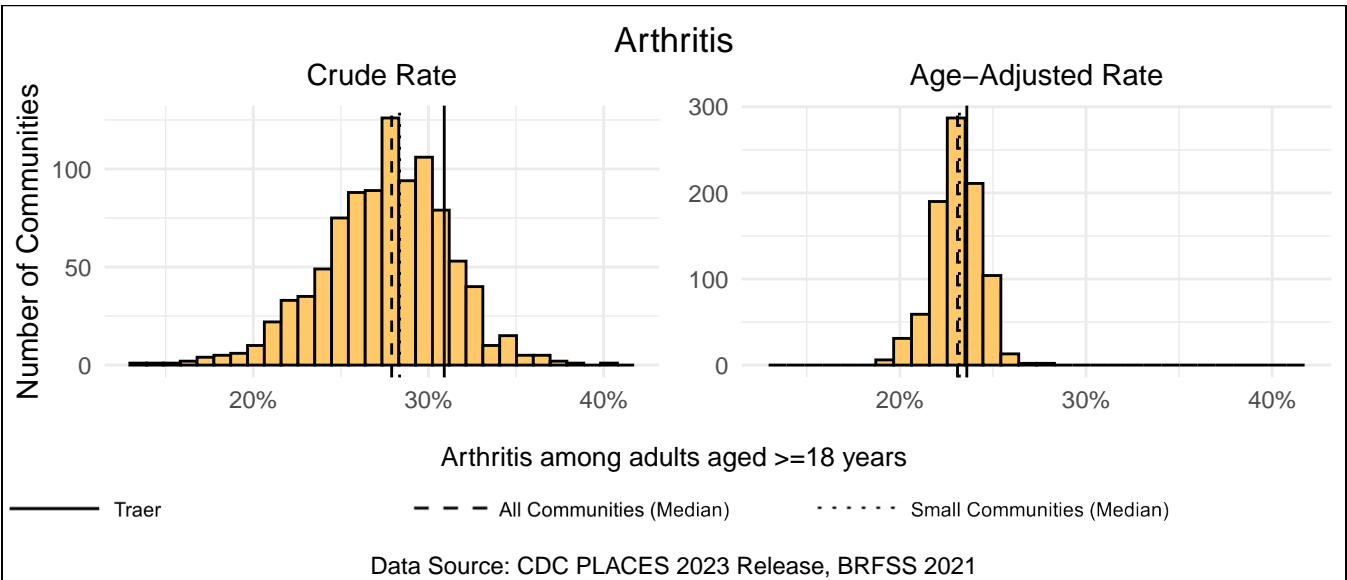
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Traer has a crude rate of 30.9% for arthritis among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Traer is 23.6%, which ranks 574th out of 905 Iowa communities (94th out of 138 small communities).

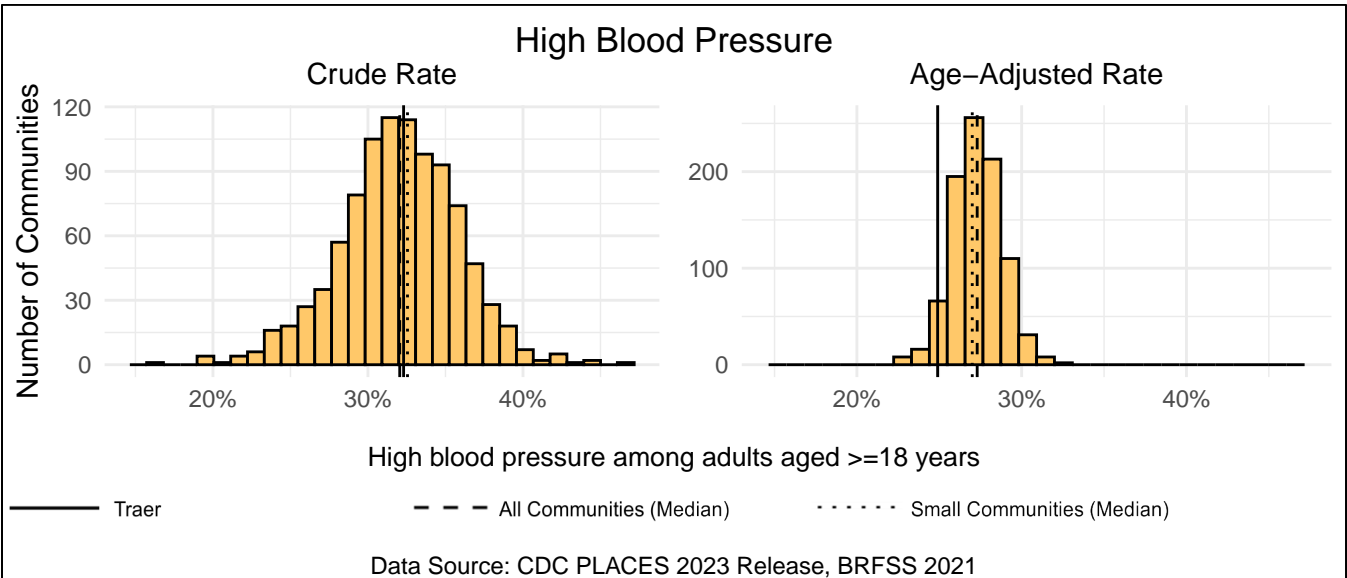
Measure Type	Traer	All Comm.	Small Comm.
Crude	30.9%	27.9%	28.4%
Age-Adjusted	23.6%	23.1%	23.2%



## High Blood Pressure

Traer has a crude rate of 32.3% for high blood pressure among adults aged  $\geq 18$  years, which ranks 495th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Traer is 24.9%, which ranks 37th out of 905 Iowa communities (10th out of 138 small communities).

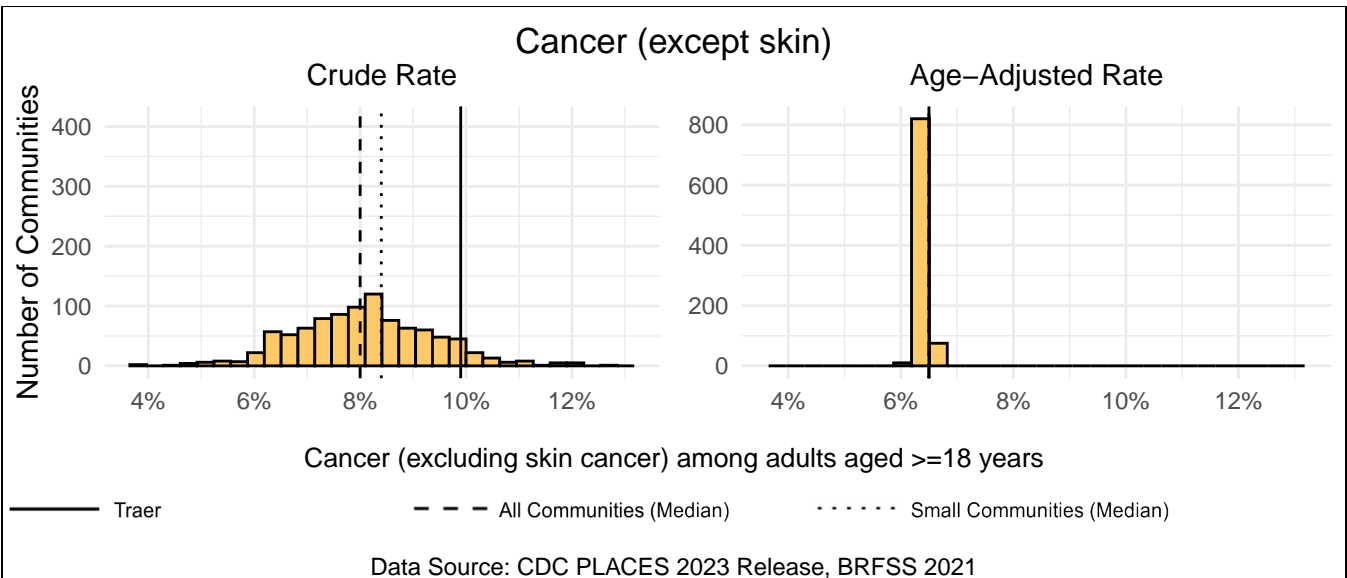
Measure Type	Traer	All Comm.	Small Comm.
Crude	32.3%	32.0%	32.5%
Age-Adjusted	24.9%	27.3%	27.0%



## Cancer (except skin)

Traer has a crude rate of 9.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 872nd out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Traer is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

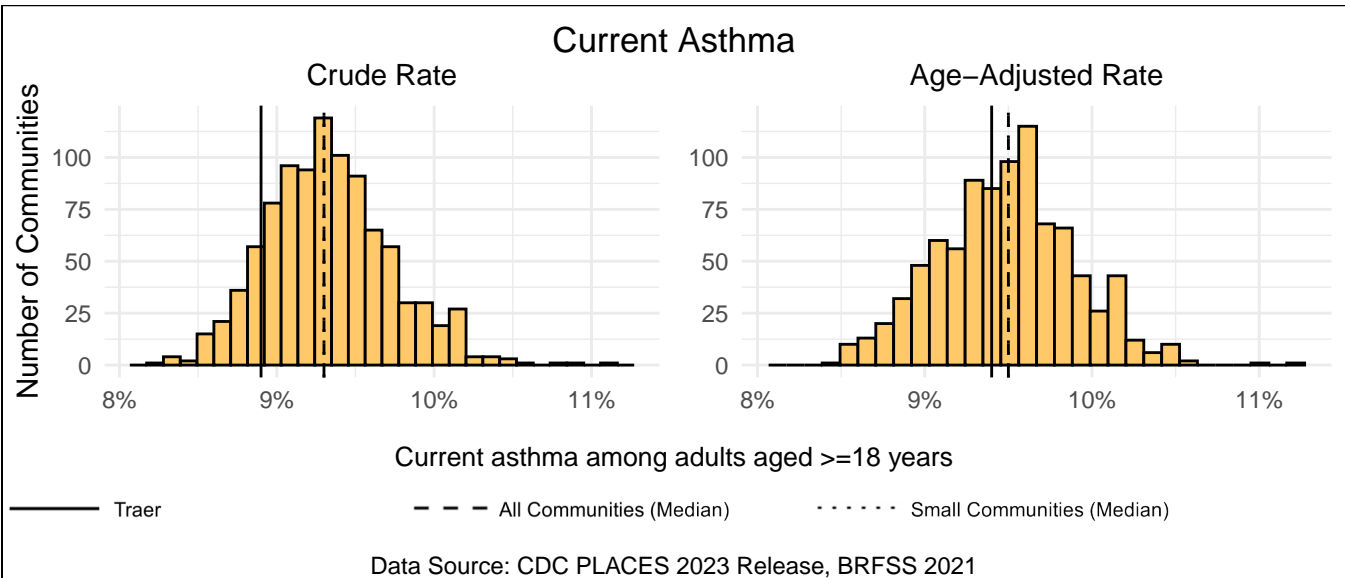
Measure Type	Traer	All Comm.	Small Comm.
Crude	9.9%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Traer has a crude rate of 8.9% for current asthma among adults aged  $\geq 18$  years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Traer is 9.4%, which ranks 330th out of 905 Iowa communities (48th out of 138 small communities).

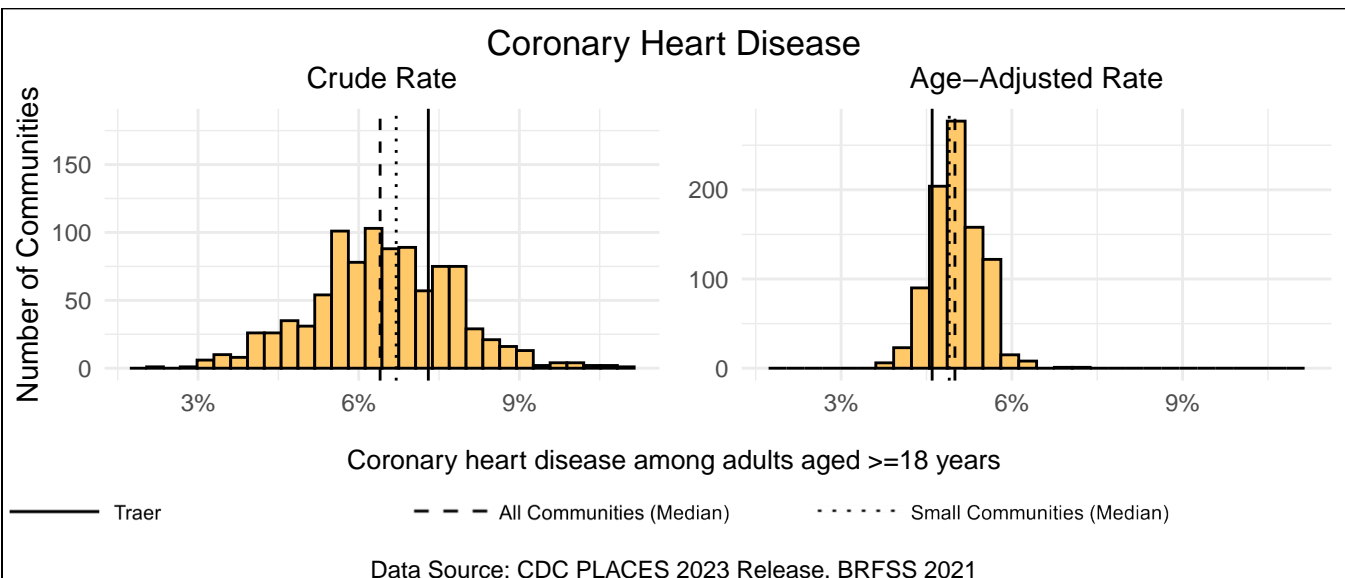
Measure Type	Traer	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.5%



## Coronary Heart Disease

Traer has a crude rate of 7.3% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Traer is 4.6%, which ranks 120th out of 905 Iowa communities (24th out of 138 small communities).

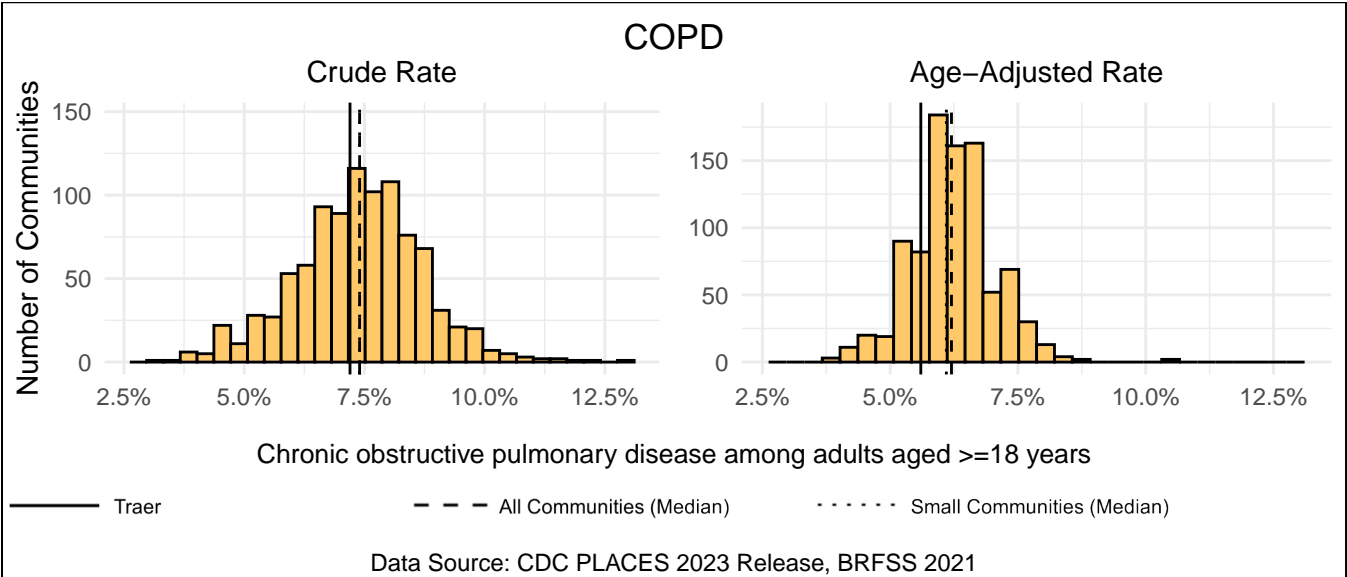
Measure Type	Traer	All Comm.	Small Comm.
Crude	7.3%	6.4%	6.7%
Age-Adjusted	4.6%	5.0%	4.9%



# COPD

Traer has a crude rate of 7.2% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 395th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Traer is 5.6%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

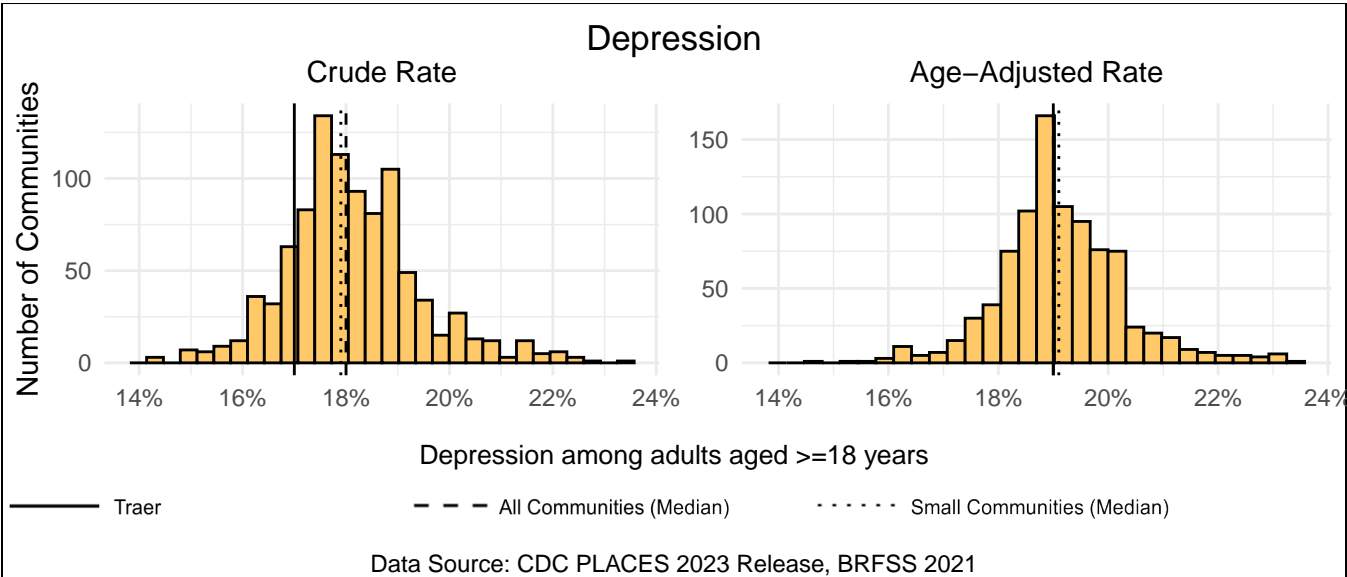
Measure Type	Traer	All Comm.	Small Comm.
Crude	7.2%	7.4%	7.4%
Age-Adjusted	5.6%	6.2%	6.1%



# Depression

Traer has a crude rate of 17.0% for depression among adults aged  $\geq 18$  years, which ranks 143rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Traer is 19.0%, which ranks 420th out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	17.0%	18.0%	17.9%
Age-Adjusted	19.0%	19.0%	19.1%

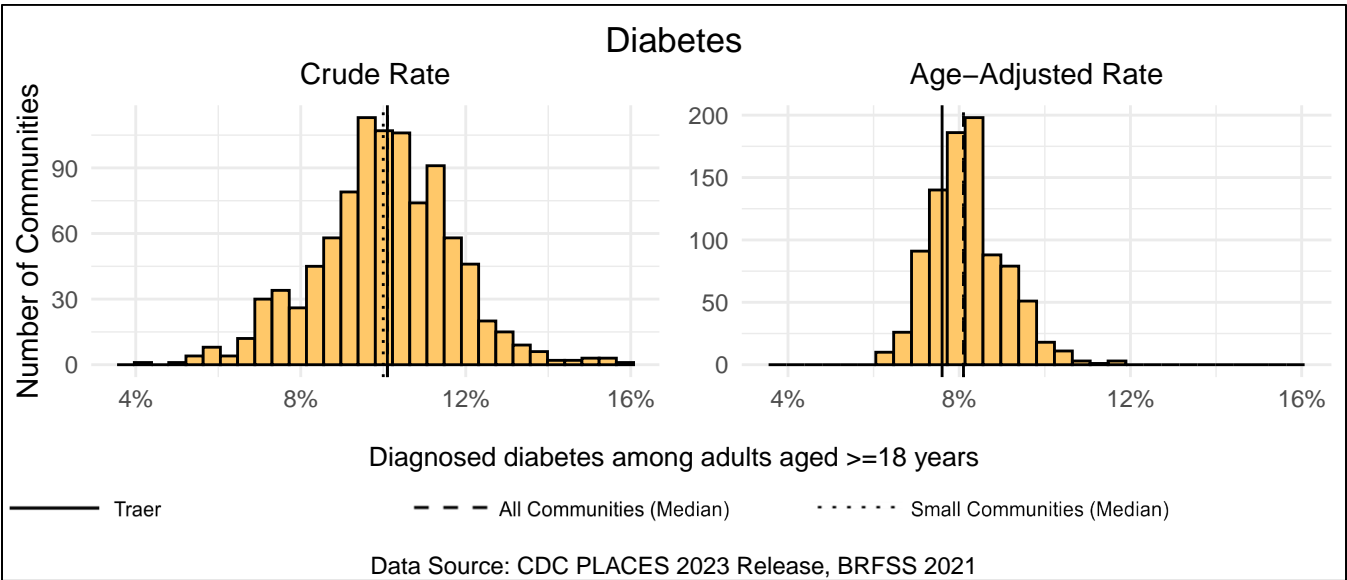




# Diabetes

Traer has a crude rate of 10.1% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 470th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Traer is 7.6%, which ranks 190th out of 905 Iowa communities (38th out of 138 small communities).

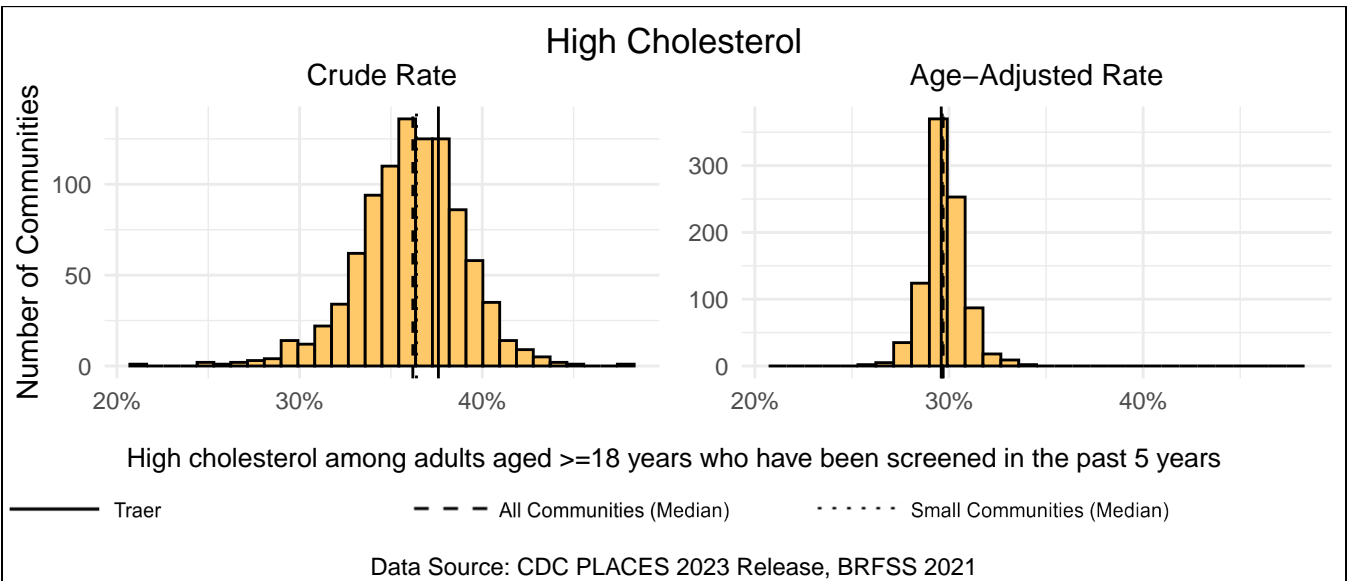
Measure Type	Traer	All Comm.	Small Comm.
Crude	10.1%	10.1%	10.0%
Age-Adjusted	7.6%	8.1%	8.1%



# High Cholesterol

Traer has a crude rate of 37.6% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 662nd out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Traer is 29.6%, which ranks 379th out of 905 Iowa communities (63rd out of 138 small communities).

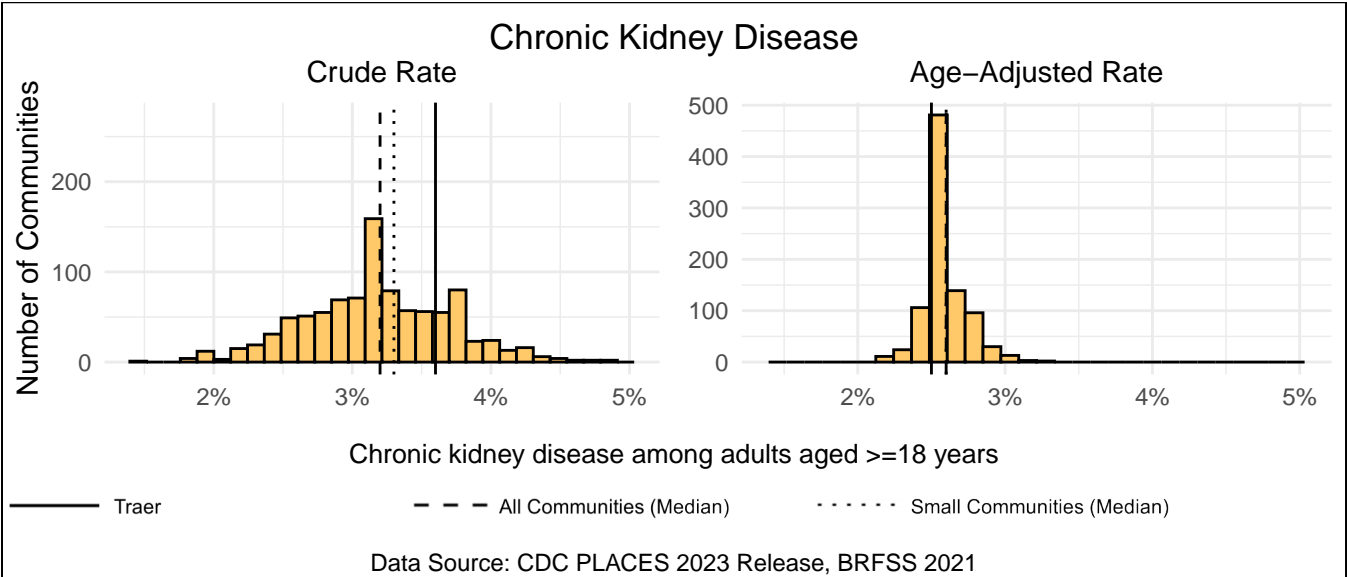
Measure Type	Traer	All Comm.	Small Comm.
Crude	37.6%	36.2%	36.4%
Age-Adjusted	29.6%	29.7%	29.6%



# Chronic Kidney Disease

Traer has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Traer is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

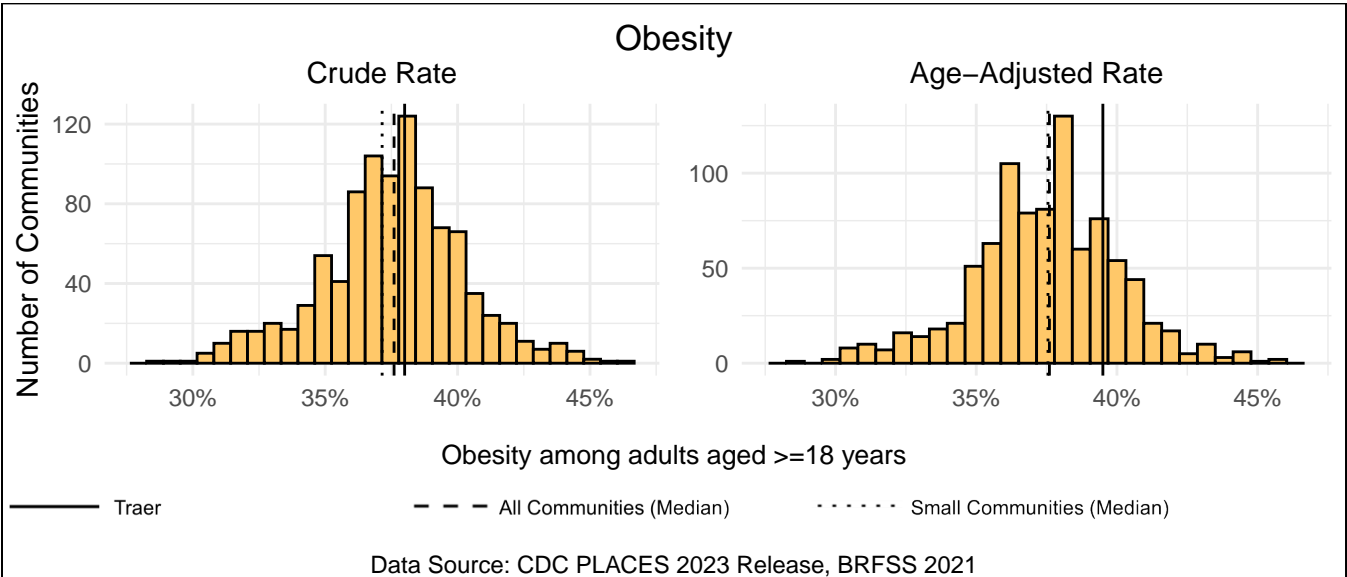
Measure Type	Traer	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Traer has a crude rate of 38.0% for obesity among adults aged  $\geq 18$  years, which ranks 537th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Traer is 39.5%, which ranks 715th out of 905 Iowa communities (113th out of 138 small communities).

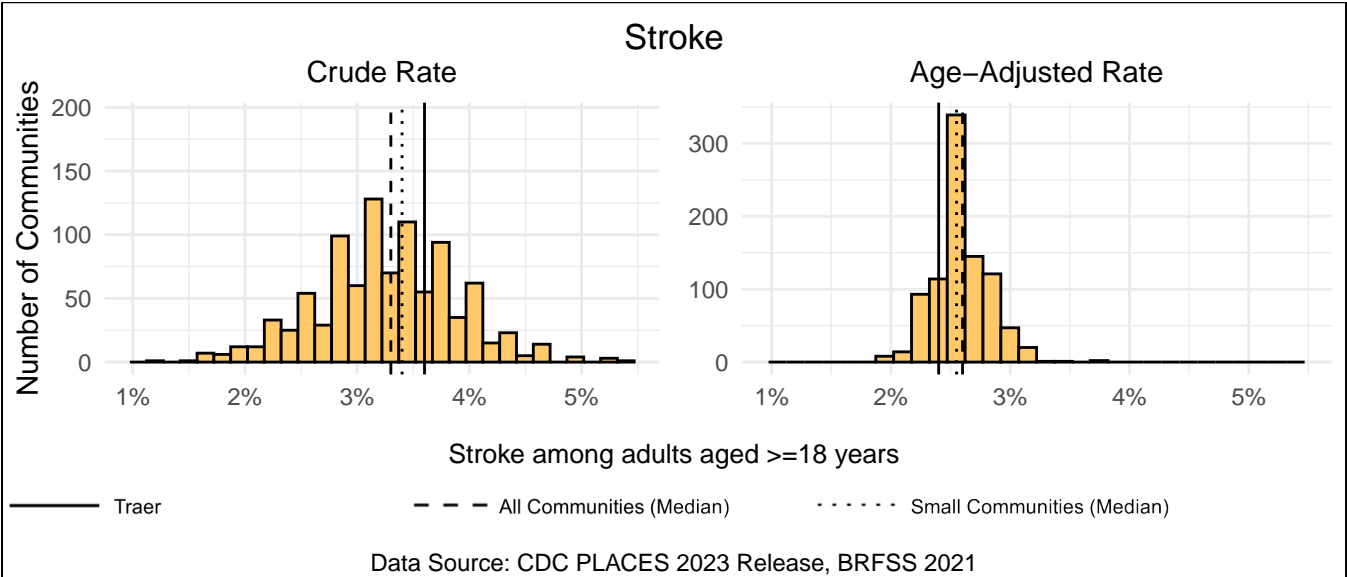
Measure Type	Traer	All Comm.	Small Comm.
Crude	38.0%	37.6%	37.2%
Age-Adjusted	39.5%	37.6%	37.5%



# Stroke

Traer has a crude rate of 3.6% for stroke among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Traer is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

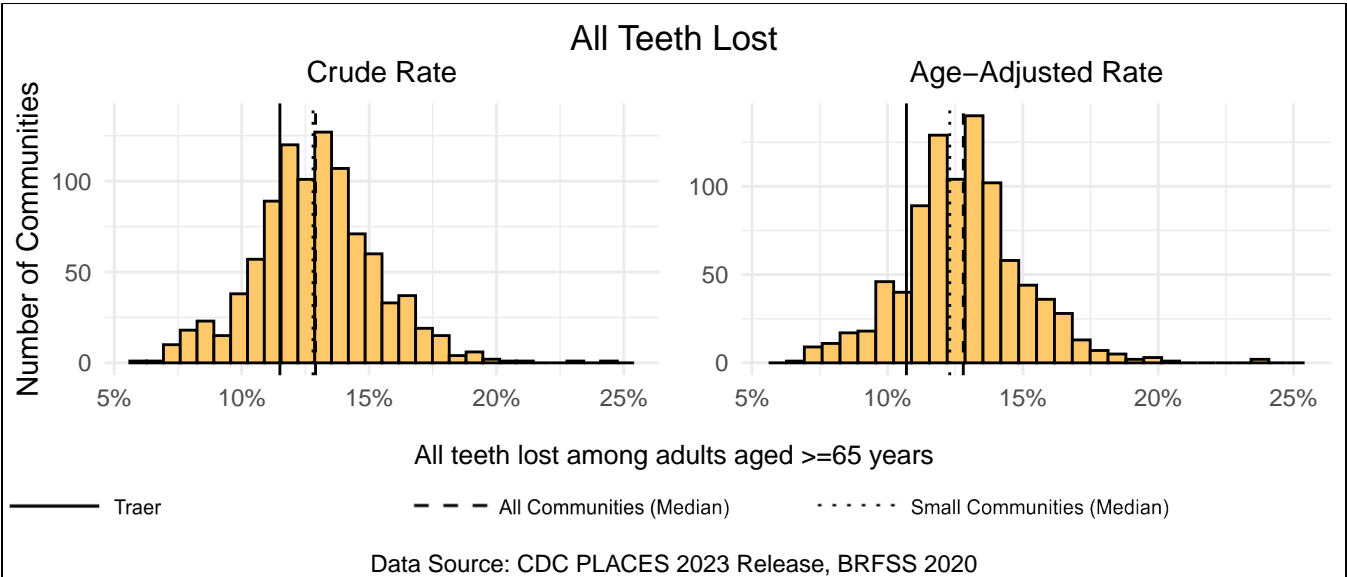
Measure Type	Traer	All Comm.	Small Comm.
Crude	3.6%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



# All Teeth Lost

Traer has a crude rate of 11.5% for all teeth lost among adults aged  $\geq 65$  years, which ranks 236th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Traer is 10.7%, which ranks 128th out of 905 Iowa communities (26th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	11.5%	12.9%	12.8%
Age-Adjusted	10.7%	12.8%	12.3%



# Prevention

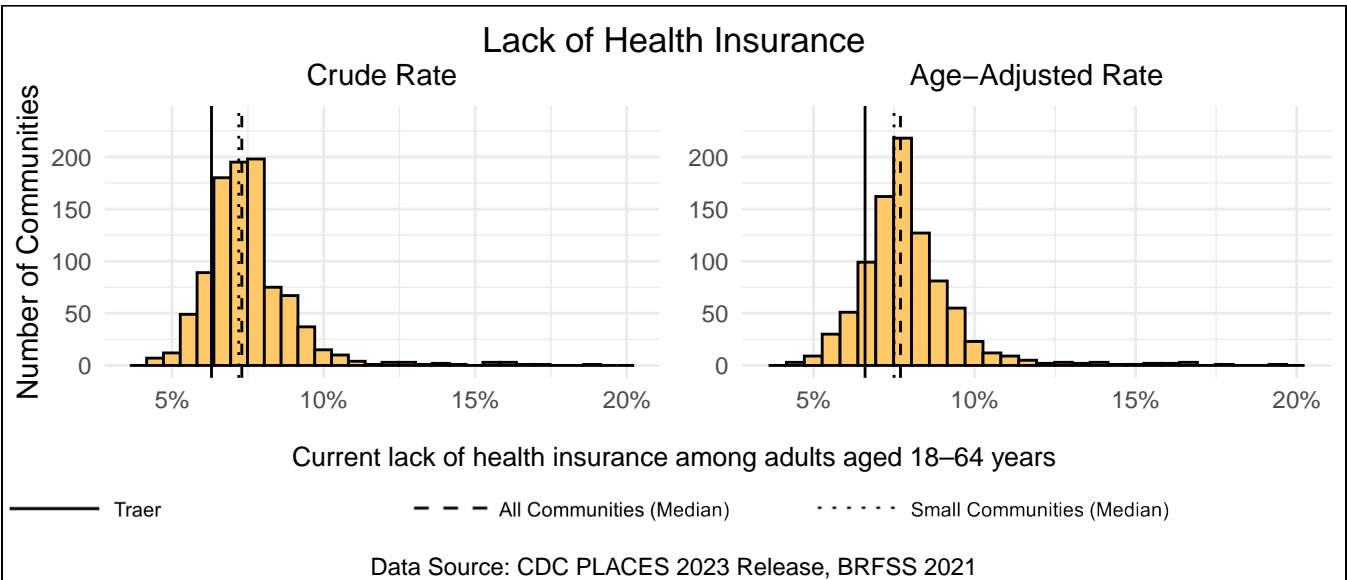
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Traer has a crude rate of 6.3% for current lack of health insurance among adults aged 18–64 years, which ranks 133rd out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Traer is 6.6%, which ranks 123rd out of 905 Iowa communities (24th out of 138 small communities).

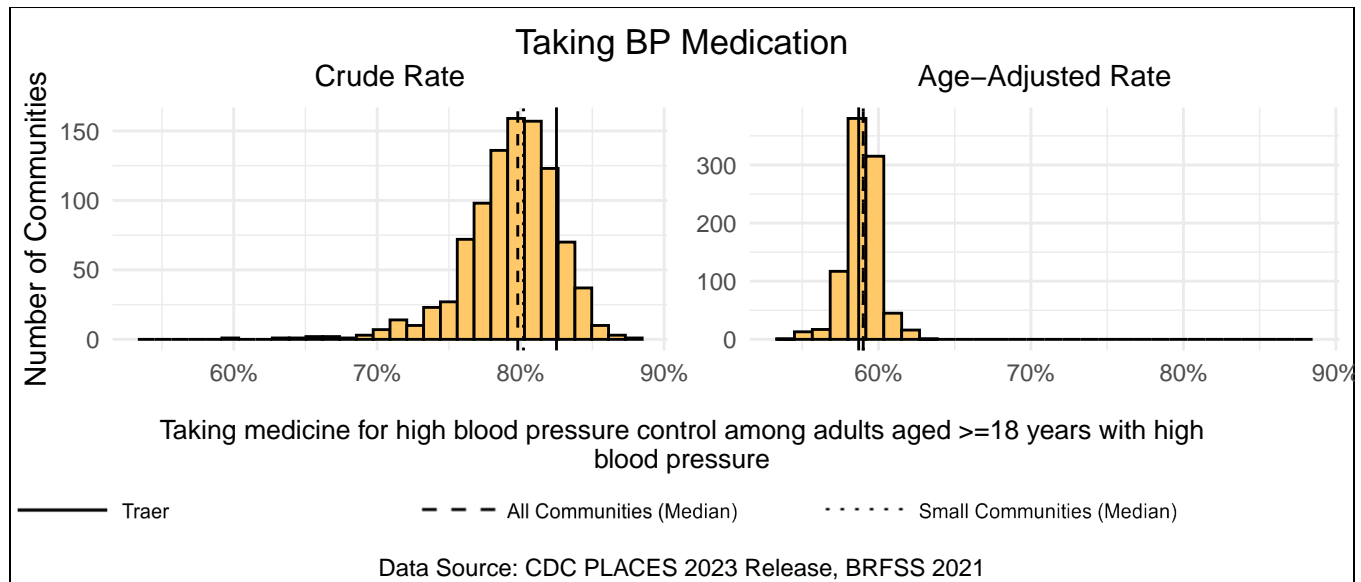
Measure Type	Traer	All Comm.	Small Comm.
Crude	6.3%	7.3%	7.2%
Age-Adjusted	6.6%	7.7%	7.5%



## Taking BP Medication

Traer has a crude rate of 82.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 126th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Traer is 58.7%, which ranks 537th out of 905 Iowa communities (81st out of 138 small communities).

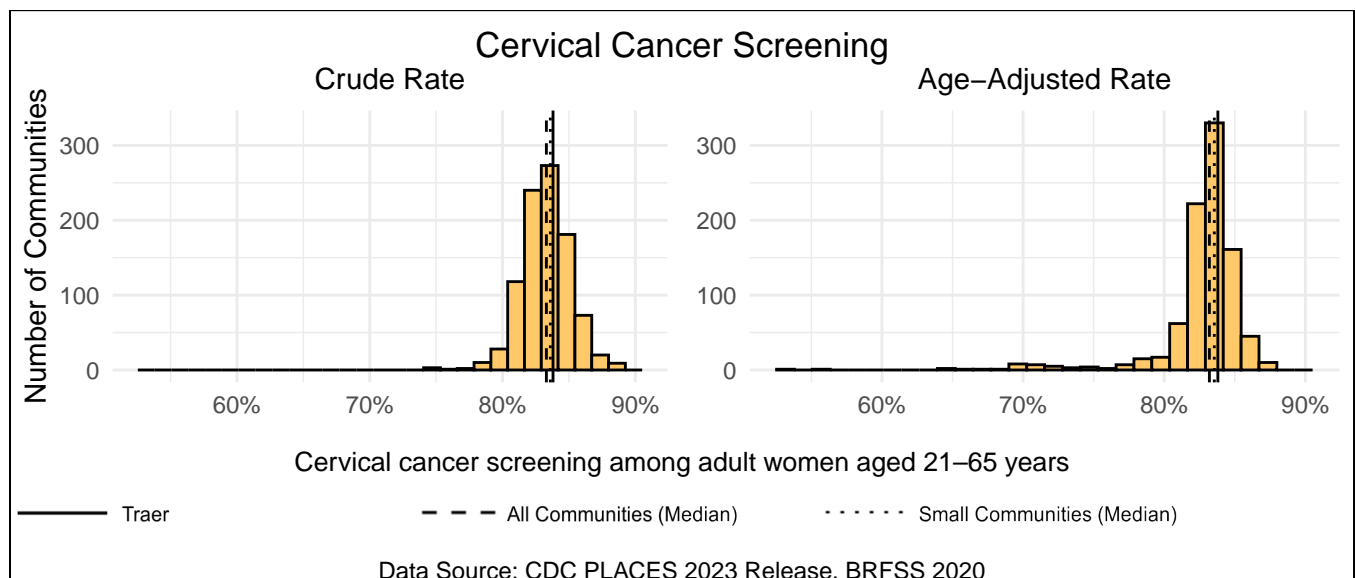
Measure Type	Traer	All Comm.	Small Comm.
Crude	82.5%	79.8%	80.2%
Age-Adjusted	58.7%	59.0%	59.0%



## Cervical Cancer Screening

Traer has a crude rate of 83.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 352nd out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Traer is 83.8%, which ranks 268th out of 905 Iowa communities (55th out of 138 small communities).

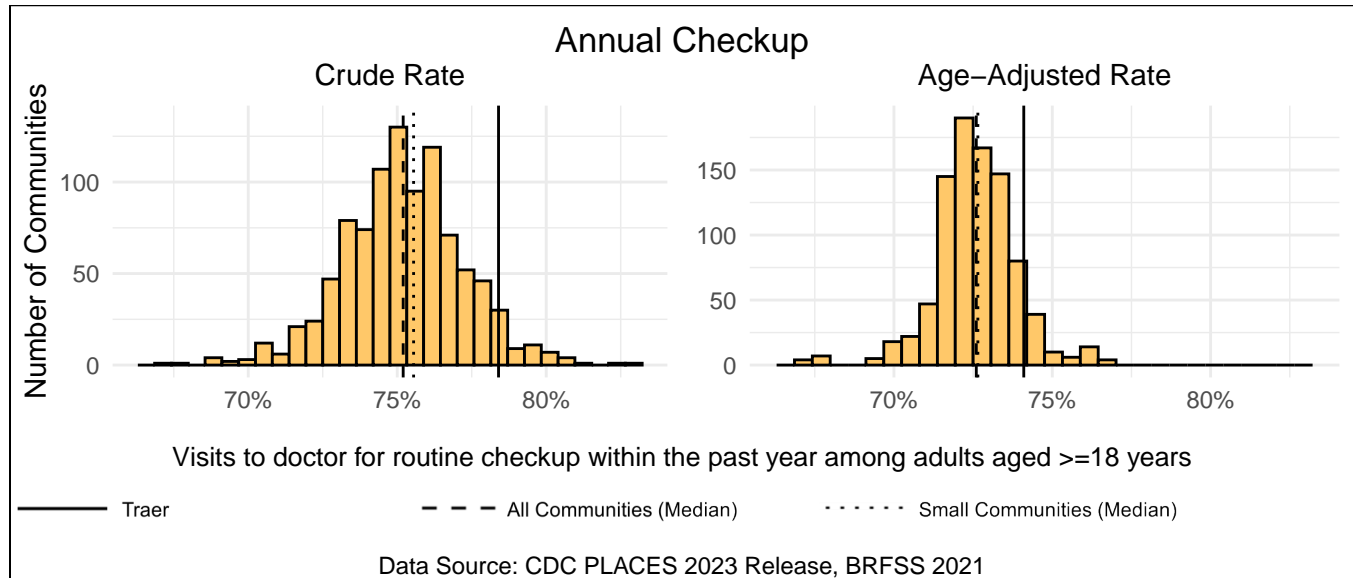
Measure Type	Traer	All Comm.	Small Comm.
Crude	83.8%	83.3%	83.6%
Age-Adjusted	83.8%	83.2%	83.5%



## Annual Checkup

Traer has a crude rate of 78.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 50th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Traer is 74.1%, which ranks 74th out of 905 Iowa communities (17th out of 138 small communities).

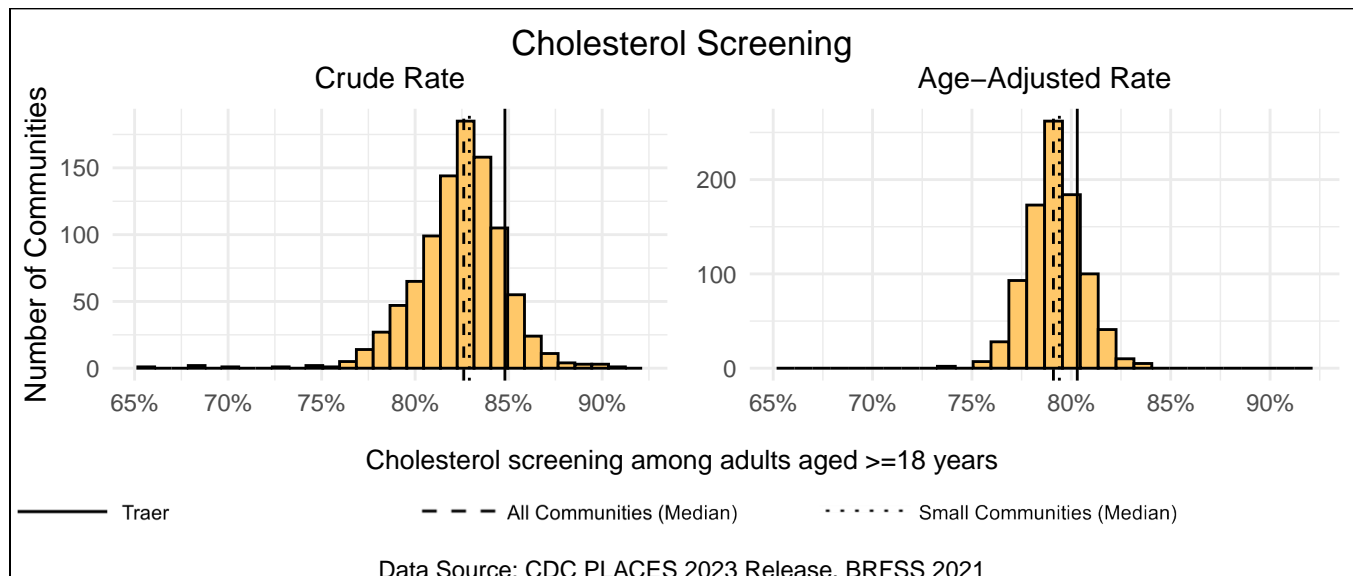
Measure Type	Traer	All Comm.	Small Comm.
Crude	78.4%	75.2%	75.5%
Age-Adjusted	74.1%	72.6%	72.6%



## Cholesterol Screening

Traer has a crude rate of 84.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 116th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Traer is 80.3%, which ranks 179th out of 905 Iowa communities (34th out of 138 small communities).

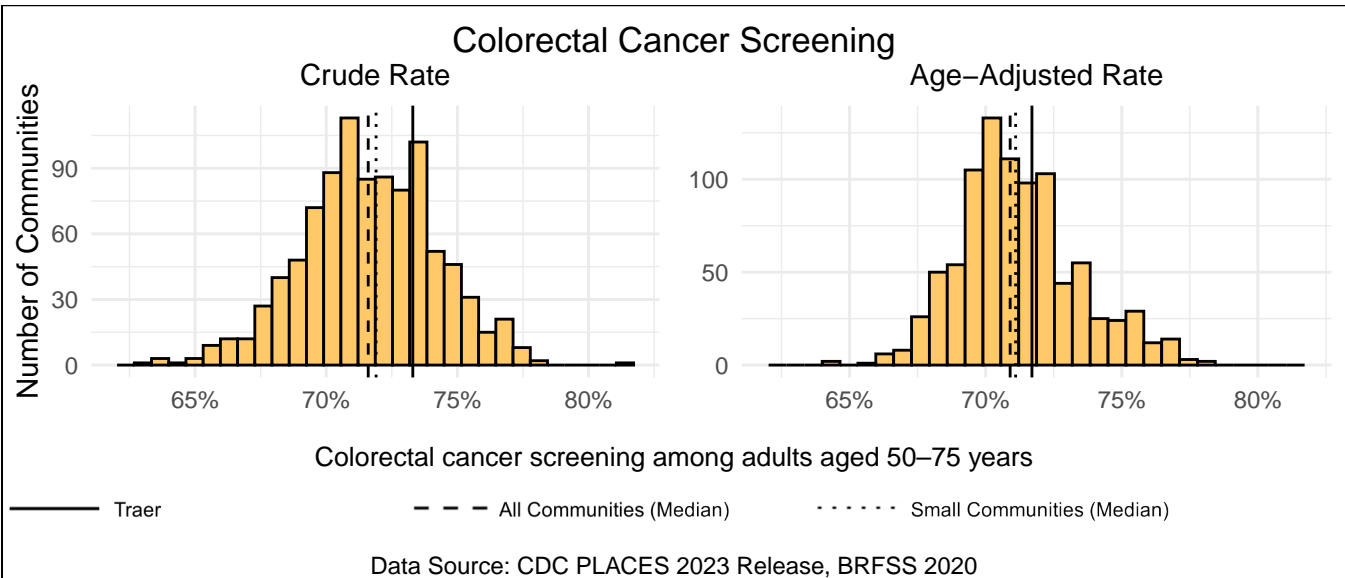
Measure Type	Traer	All Comm.	Small Comm.
Crude	84.8%	82.6%	82.9%
Age-Adjusted	80.3%	79.1%	79.4%



# Colorectal Cancer Screening

Traer has a crude rate of 73.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 246th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Traer is 71.7%, which ranks 326th out of 905 Iowa communities (59th out of 138 small communities).

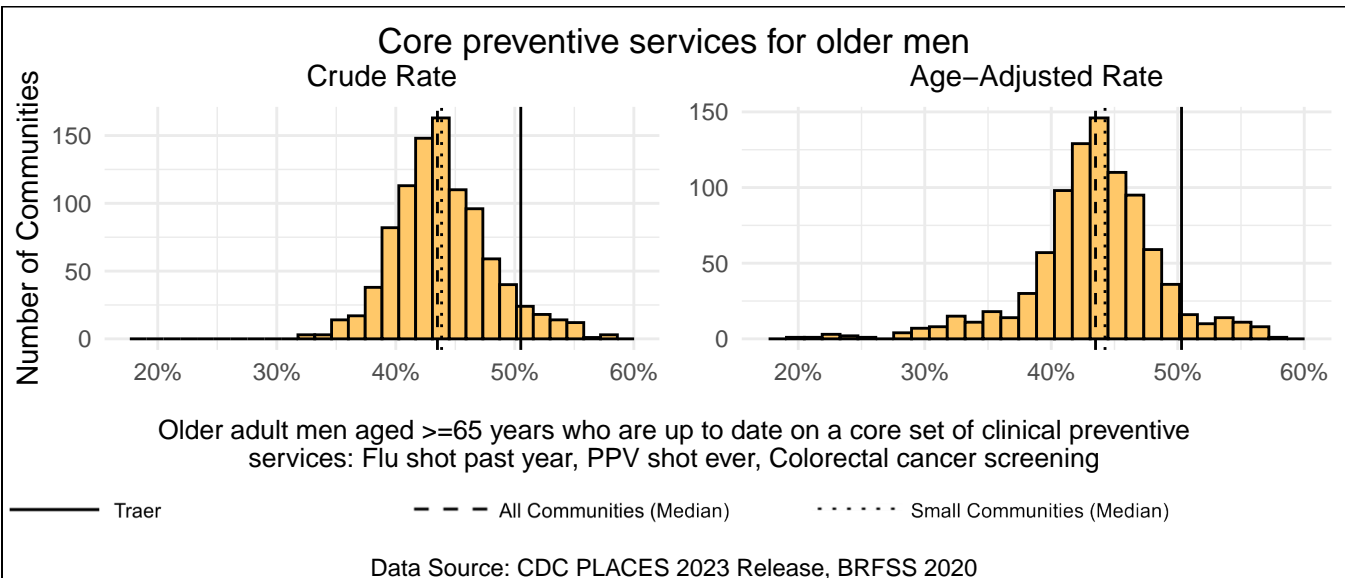
Measure Type	Traer	All Comm.	Small Comm.
Crude	73.3%	71.6%	71.9%
Age-Adjusted	71.7%	70.9%	71.1%



# Core preventive services for older men

Traer has a crude rate of 50.5% 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 65th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Traer is 50.3%, which ranks 54th out of 905 Iowa communities (8th out of 138 small communities).

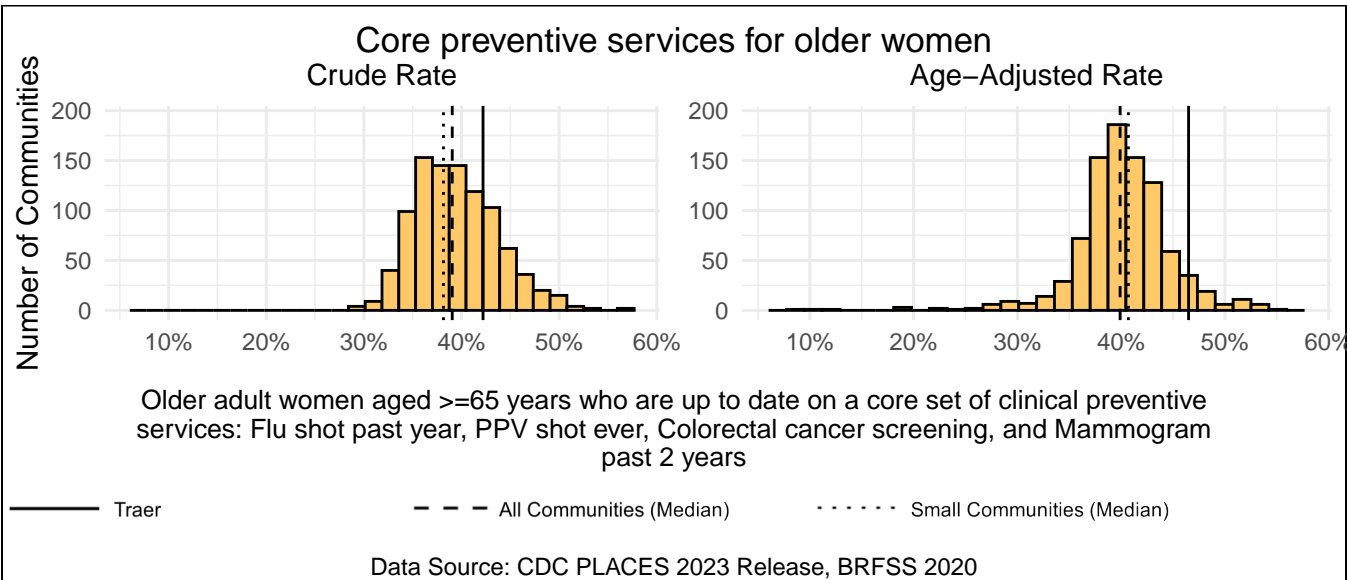
Measure Type	Traer	All Comm.	Small Comm.
Crude	50.5%	43.5%	43.8%
Age-Adjusted	50.3%	43.5%	44.2%



### Core preventive services for older women

Traer has a crude rate of 42.2% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 241st out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Traer is 46.5%, which ranks 60th out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	42.2%	39.0%	38.2%
Age-Adjusted	46.5%	39.9%	40.7%

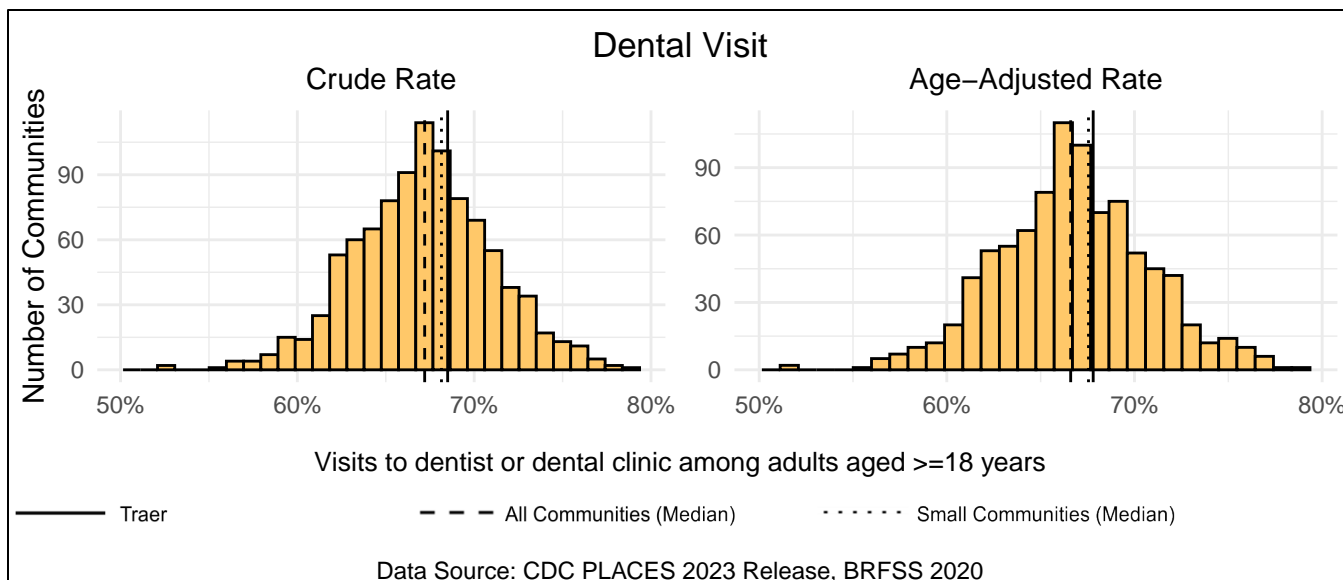


### Dental Visit

Traer has a crude rate of 68.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 334th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Traer is 67.8%, which ranks 330th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	68.5%	67.2%	68.2%
Age-Adjusted	67.8%	66.6%	67.5%

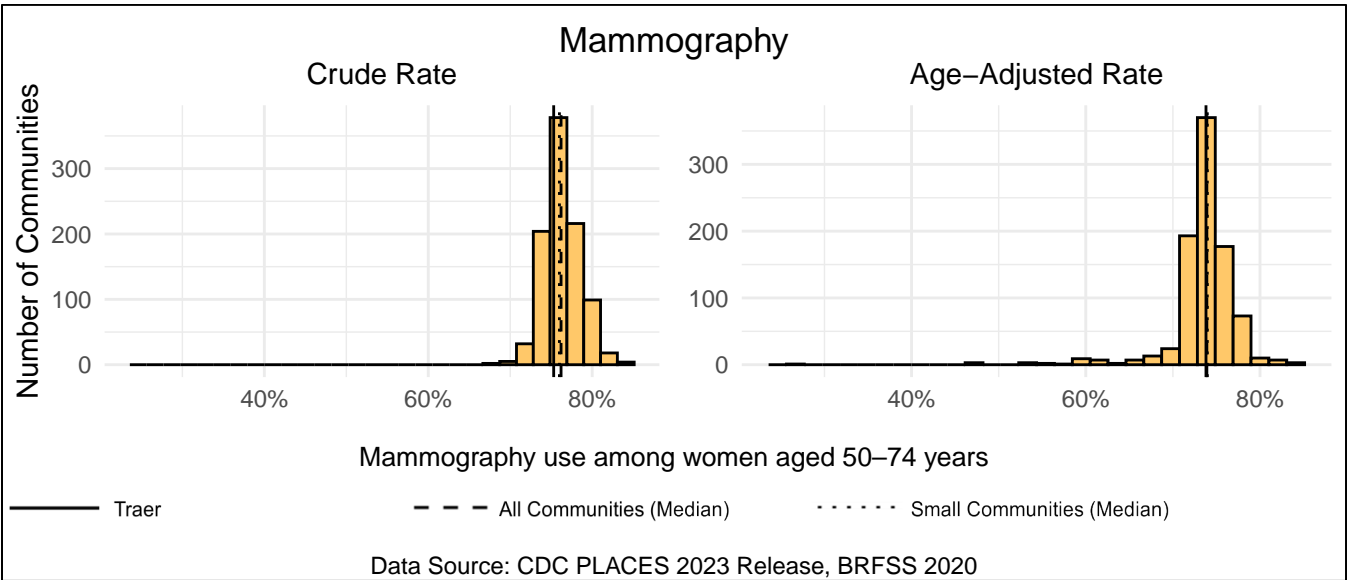




# Mammography

Traer has a crude rate of 75.3% for mammography use among women aged 50–74 years, which ranks 642nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Traer is 73.8%, which ranks 464th out of 905 Iowa communities (73rd out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	75.3%	76.2%	76.0%
Age-Adjusted	73.8%	73.9%	74.0%



# Disability

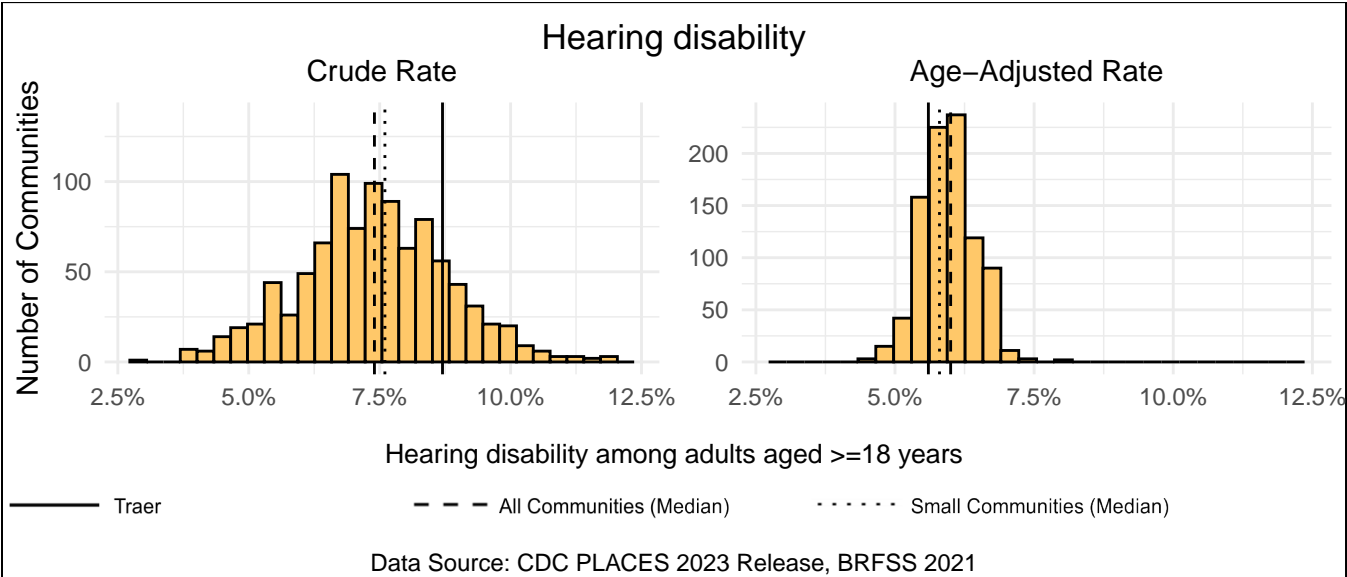
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Traer has a crude rate of 8.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Traer is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

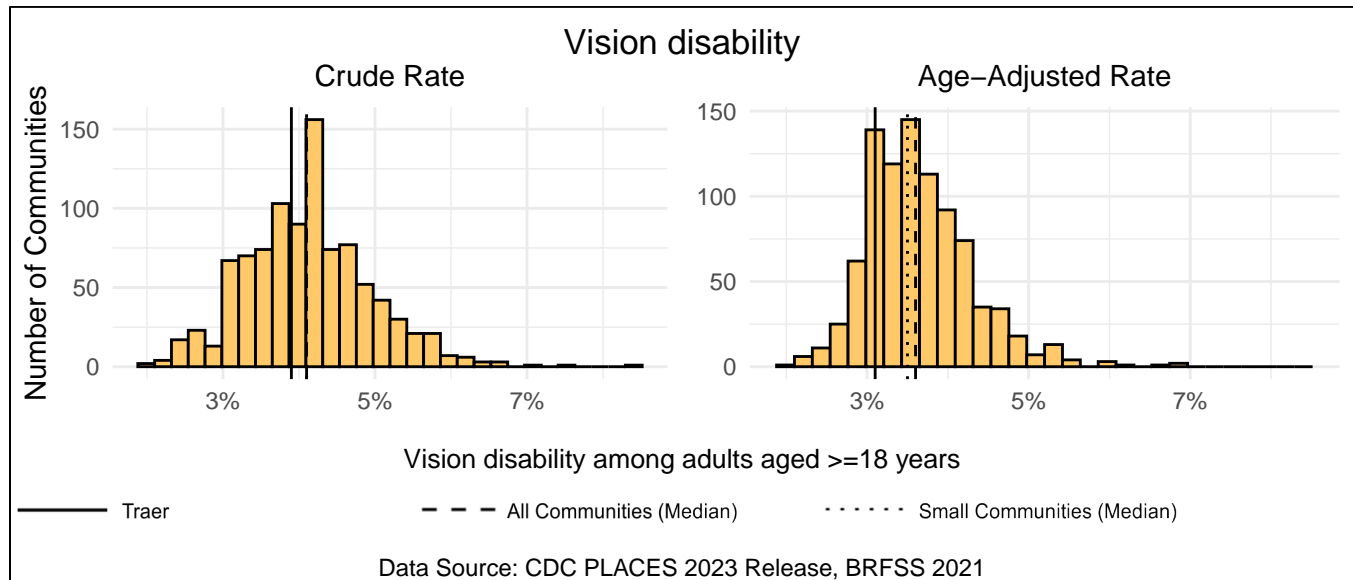
Measure Type	Traer	All Comm.	Small Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%



## Vision disability

Traer has a crude rate of 3.9% for vision disability among adults aged  $\geq 18$  years, which ranks 374th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Traer is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

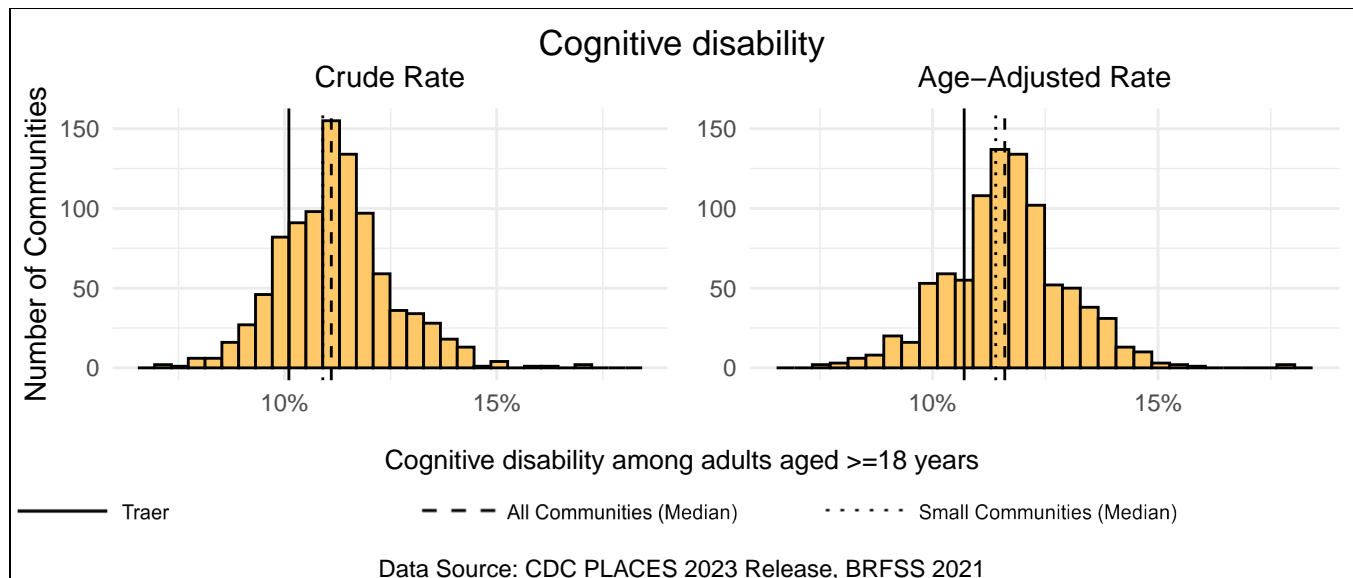
Measure Type	Traer	All Comm.	Small Comm.
Crude	3.9%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%



## Cognitive disability

Traer has a crude rate of 10.1% for cognitive disability among adults aged  $\geq 18$  years, which ranks 162nd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Traer is 10.7%, which ranks 189th out of 905 Iowa communities (36th out of 138 small communities).

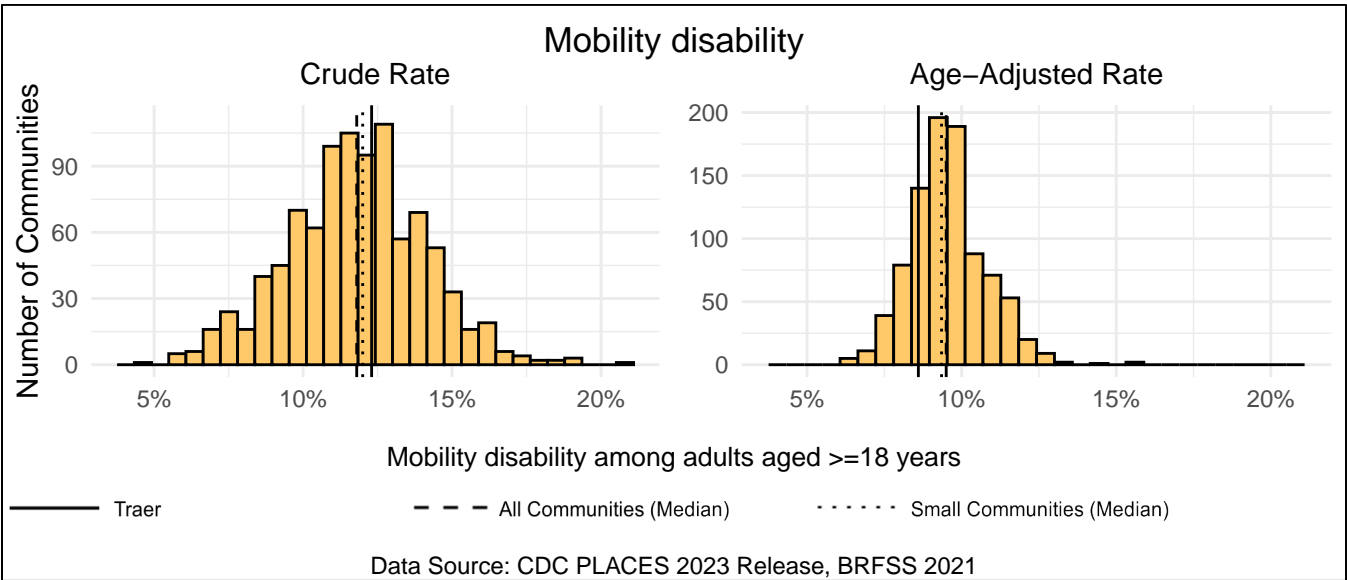
Measure Type	Traer	All Comm.	Small Comm.
Crude	10.1%	11.1%	10.9%
Age-Adjusted	10.7%	11.6%	11.4%



# Mobility disability

Traer has a crude rate of 12.3% for mobility disability among adults aged >=18 years, which ranks 559th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Traer is 8.6%, which ranks 181st out of 905 Iowa communities (34th out of 138 small communities).

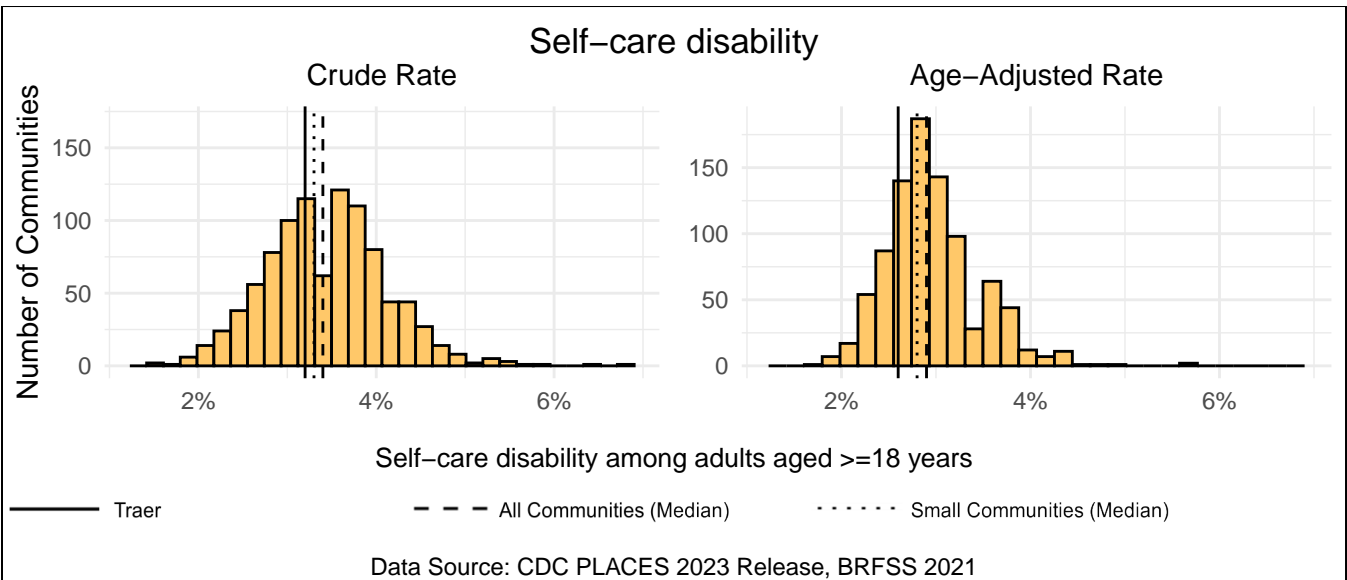
Measure Type	Traer	All Comm.	Small Comm.
Crude	12.3%	11.8%	12.0%
Age-Adjusted	8.6%	9.5%	9.4%



# Self-care disability

Traer has a crude rate of 3.2% for self-care disability among adults aged >=18 years, which ranks 320th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Traer is 2.6%, which ranks 167th out of 905 Iowa communities (32nd out of 138 small communities).

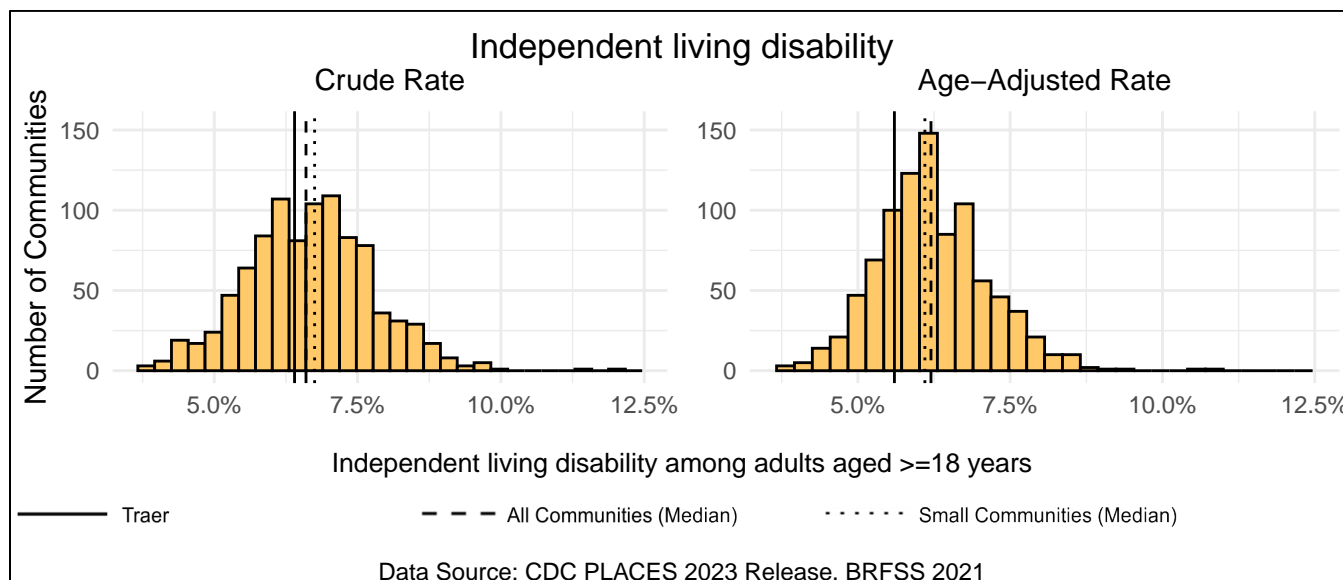
Measure Type	Traer	All Comm.	Small Comm.
Crude	3.2%	3.4%	3.3%
Age-Adjusted	2.6%	2.9%	2.8%



## Independent living disability

Traer has a crude rate of 6.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 372nd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Traer is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

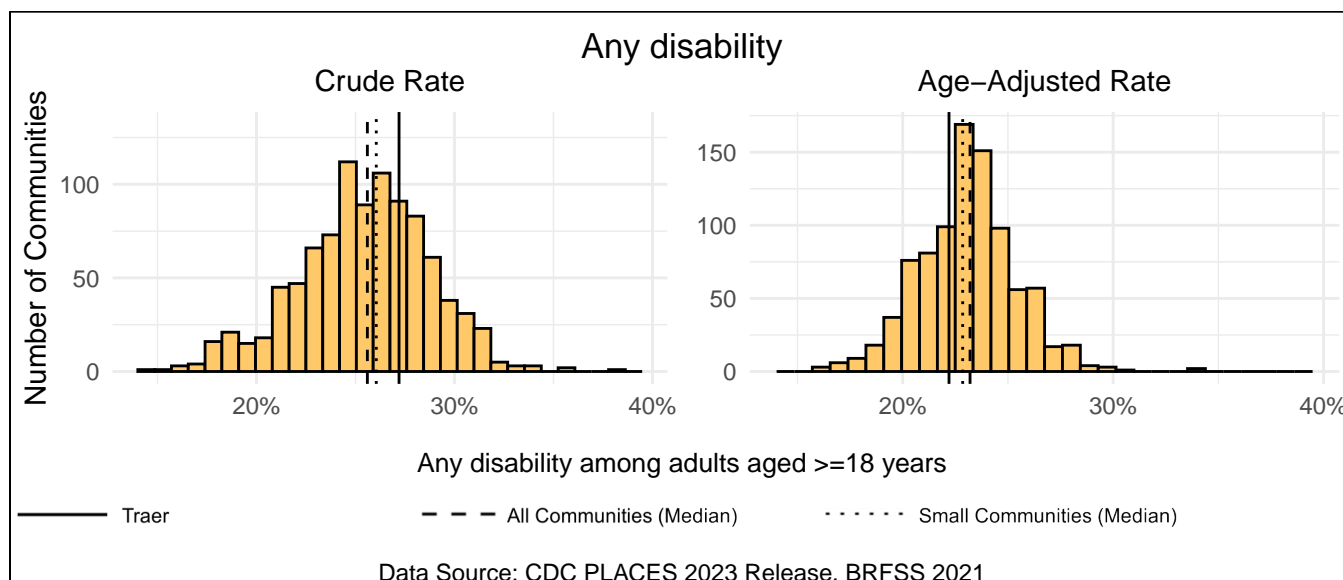
Measure Type	Traer	All Comm.	Small Comm.
Crude	6.4%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



## Any disability

Traer has a crude rate of 27.2% for any disability among adults aged  $\geq 18$  years, which ranks 657th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Traer is 22.2%, which ranks 277th out of 905 Iowa communities (49th out of 138 small communities).

Measure Type	Traer	All Comm.	Small Comm.
Crude	27.2%	25.6%	26.0%
Age-Adjusted	22.2%	23.2%	22.8%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



## Appendix 2: Traer PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	329	13.4% (10.9% - 16.3%)	169	11.4% (9.4% - 13.7%)
Health Status	Mental Health	80	13.0% (11.2% - 15.1%)	241	15.0% (12.8% - 17.4%)
Health Status	Physical Health	354	10.4% (8.6% - 12.2%)	181	9.0% (7.7% - 10.5%)
Health Risk Behaviors	Sleep <7 hours	40	27.0% (25.1% - 28.5%)	92	28.7% (26.8% - 30.4%)
Health Risk Behaviors	Physical Inactivity	396	25.4% (20.3% - 30.9%)	219	22.4% (18.1% - 27.0%)
Health Risk Behaviors	Binge Drinking	203	17.9% (14.7% - 21.4%)	478	22.1% (18.4% - 26.2%)
Health Risk Behaviors	Current Smoking	55	13.4% (10.6% - 16.6%)	143	15.3% (11.6% - 19.0%)
Health Outcomes	All Teeth Lost	236	11.5% (6.7% - 18.2%)	128	10.7% (6.9% - 15.6%)
Health Outcomes	Diabetes	470	10.1% (8.4% - 11.9%)	190	7.6% (6.3% - 9.0%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.1% - 4.1%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	High Blood Pressure	495	32.3% (28.3% - 36.4%)	37	24.9% (21.3% - 28.5%)
Health Outcomes	Obesity	537	38.0% (31.2% - 45.1%)	715	39.5% (32.5% - 46.4%)
Health Outcomes	Arthritis	803	30.9% (26.8% - 35.2%)	574	23.6% (20.0% - 27.3%)
Health Outcomes	Cancer (except skin)	872	9.9% (8.8% - 11.0%)	418	6.5% (5.8% - 7.3%)
Health Outcomes	Current Asthma	80	8.9% (7.8% - 10.1%)	330	9.4% (8.2% - 10.6%)
Health Outcomes	High Cholesterol	662	37.6% (33.0% - 42.4%)	379	29.6% (25.4% - 34.1%)
Health Outcomes	COPD	395	7.2% (5.7% - 8.9%)	162	5.6% (4.6% - 6.8%)
Health Outcomes	Depression	143	17.0% (13.9% - 20.4%)	420	19.0% (15.6% - 22.6%)
Health Outcomes	Stroke	648	3.6% (3.0% - 4.4%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	Coronary Heart Disease	696	7.3% (6.1% - 8.6%)	120	4.6% (3.9% - 5.3%)
Prevention	Annual Checkup	50	78.4% (73.7% - 82.4%)	74	74.1% (69.1% - 78.8%)
Prevention	Health Insurance	133	6.3% (4.6% - 8.3%)	123	6.6% (4.9% - 8.8%)
Prevention	Core preventive services for older men	65	50.5% (41.2% - 59.7%)	54	50.3% (42.3% - 59.0%)
Prevention	Colorectal Cancer Screening	246	73.3% (70.1% - 76.4%)	326	71.7% (68.3% - 75.1%)
Prevention	Dental Visit	334	68.5% (64.8% - 72.3%)	330	67.8% (63.8% - 71.7%)
Prevention	Cholesterol Screening	116	84.8% (81.9% - 87.5%)	179	80.3% (76.7% - 83.9%)



Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	352	83.8% (81.2% - 86.2%)	268	83.8% (81.0% - 86.1%)
Prevention	Mammography	642	75.3% (70.8% - 79.6%)	464	73.8% (69.4% - 78.4%)
Prevention	Core preventive services for older women	241	42.2% (33.2% - 52.0%)	60	46.5% (38.3% - 54.7%)
Prevention	Taking BP Medication	126	82.5% (79.2% - 85.3%)	537	58.7% (53.5% - 63.6%)
Disability	Hearing Disability	781	8.7% (7.4% - 10.0%)	163	5.6% (4.8% - 6.4%)
Disability	Mobility Disability	559	12.3% (9.7% - 14.8%)	181	8.6% (7.1% - 10.2%)
Disability	Cognitive Disability	162	10.1% (8.3% - 12.1%)	189	10.7% (8.8% - 12.7%)
Disability	Independent Living Disability	372	6.4% (5.1% - 7.9%)	186	5.6% (4.6% - 6.5%)
Disability	Vision Disability	374	3.9% (3.1% - 4.8%)	135	3.1% (2.6% - 3.7%)
Disability	Any Disability	657	27.2% (22.9% - 31.4%)	277	22.2% (18.6% - 26.1%)
Disability	Self-care Disability	320	3.2% (2.6% - 3.9%)	167	2.6% (2.2% - 3.0%)

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)

Traer 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		