

# **Iowa County Health Snapshot Series**

99 county reports prepared for the Iowa State University Extension and Outreach Community and Economic Development Unit



## May 2024

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# **Iowa County Health Snapshot Series**

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### Health in Grundy County: Overview

Dear Community Members & Stakeholders of Grundy County,

We are pleased to share the lowa County Health Snapshot series, a set of reports designed in partnership with lowa State University's Community Economic Development to assess the overall landscape of health and well-being across lowa's 99 counties. The following pages include the health snapshot for your county. The snapshot can be used to see how Grundy County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Grundy County's strengths and opportunities for growth by leveraging data from 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 county ranks compared to all Iowa counties and counties of similar size to Grundy County. 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 county and presents what the rate would be if your county had a standard age distribution. Crude rates can provide a general comparison between counties and age-adjusted rates can give a fairer comparison between counties with different age structures.

### Strengths

Take a look at the top strengths of your county! Below are unadjusted and age-adjusted health measures that represent your county'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 County Rank	Metropolitan Non-Core County Rank	Health Domain	Statewide County Rank	Metropolitan Non-Core County Rank
Mental Health	3rd	2nd	Vision Disability	3rd	3rd
Cognitive Disability	4th	3rd	Chronic Kidney Disease	3rd	3rd
Current Asthma	4th	2nd	Stroke	3rd	3rd
Health Insurance	5th	4th	Coronary Heart Disease	3rd	3rd
Cholesterol Screening	5th	2nd	Self-care Disability	3rd	3rd

### **Opportunities**

Below are health measures that represent potential areas for growth in your county. We recommend increasing investment in these areas to support community health and well-being.

	Crude		Age	-Adjusted	
Health Domain	Statewide County Rank	Metropolitan Non-Core County Rank	Health Domain	Statewide County Rank	Metropolitan Non-Core County Rank
Binge Drinking	92nd	10th	Binge Drinking	98th	12th
Mammography	79th	10th	Core preventive services for older men	80th	12th
Core preventive services for older men	79th	12th	Taking BP Medication	78th	6th
Cancer (except skin)	55th	11th	Mammography	74th	10th
Arthritis	52nd	9th	Arthritis	49th	9th

Please review the rest of the report to learn more about your county and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Grundy County.

Sincerely,

Show

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

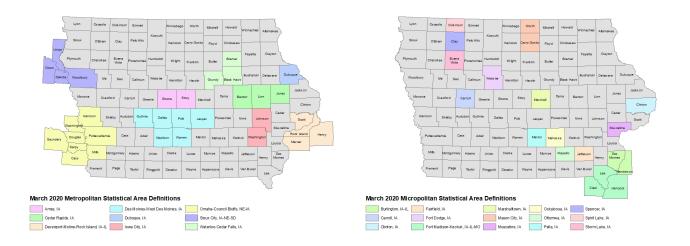
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Grundy County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Grundy County, a review of risky behaviors in the county, 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 Grundy County compares to the rest of the state and similarly-sized counties.

With a population of 12,347, Grundy County's similarly sized counties are defined as metropolitan non-core counties. In Iowa, metropolitan non-core counties have an average population of 29,821, and there are 12 counties that are considered metropolitan non-core counties. To learn more about the county population classifications used in this report, please see the information below the table as well as Appendix 3.

Group	Population Avg.	Number of Counties
Metropolitan Core	175,797	9
Micropolitan	30,839	15
Metropolitan Non-Core	29,821	12
Rural	12,547	63
Total		99

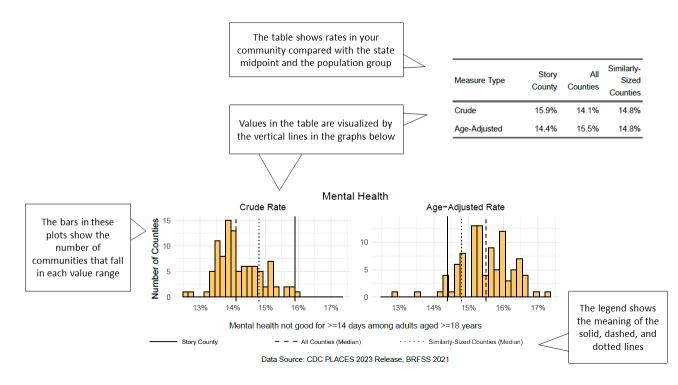
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps below. Metropolitan core counties are those counties in metropolitan areas that have the city that defines the metropolitan area (e.g., Des Moines and Polk County for the Des Moines Metropolitan Area). Metropolitan non-core counties are those that fall within the metropolitan area, but do not have the core city of the metropolitan area (e.g., Dallas and Jasper Counties in the Des Moines Metropolitan Area).

#### https://www.icip.iastate.edu/maps/refmaps/cofips



#### Using Story County 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 county's crude and age-adjusted rate estimates alongside their averages across all lowa counties and similarly-sized counties. The images below show the distribution of the health measure across counties. The vertical lines correspond with the values in the table to show the estimate for the specific county compared to counties across the state. The solid black line in each plot represents the county rate, with the dashed lines indicating the average rate for all lowa counties and the dotted lines showing the average rate for similarly-sized counties.



The example graphic above displays the poor mental health rate in Story County, Iowa. The left plot shows the crude rate of poor mental health in the county. 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 Story County has a higher crude rate of poor mental health than most counties 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 counties, indicating that when accounting for Story County's unique age distribution, Story County'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**

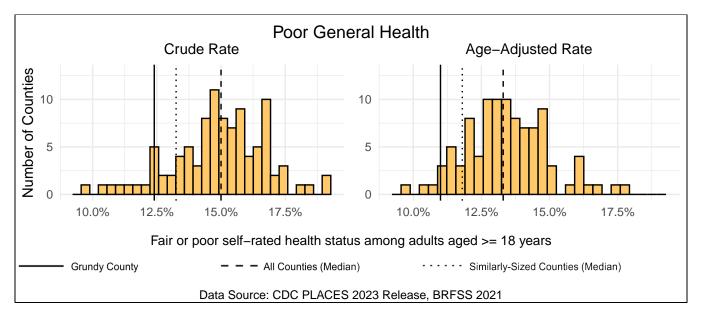
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Grundy County has a crude rate of 12.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 9th out of 99 lowa counties (4th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 11.0%, which ranks 4th out of 99 lowa counties (4th out of 12 similarly-sized counties).

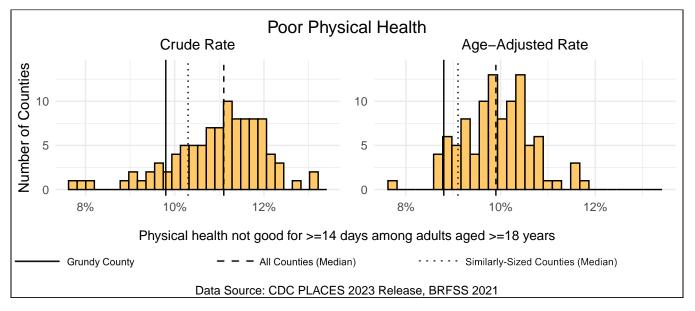
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	12.4%	15.0%	13.2%
Age-Adjusted	11.0%	13.3%	11.8%



#### **Poor Physical Health**

Grundy County has a crude rate of 9.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 13th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 8.8%, which ranks 6th out of 99 lowa counties (4th out of 12 similarly-sized counties).

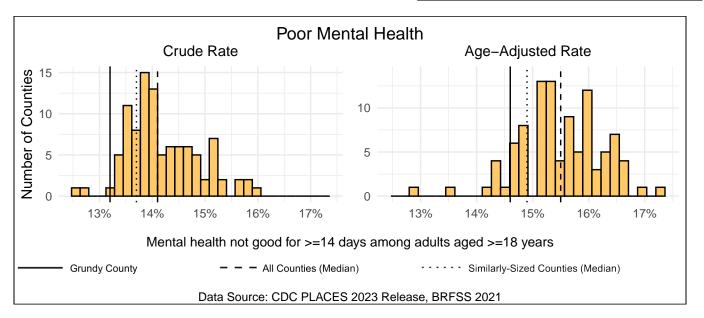
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	9.8%	11.1%	10.3%
Age-Adjusted	8.8%	9.9%	9.1%



#### **Poor Mental Health**

Grundy County has a crude rate of 13.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 3rd out of 99 lowa counties (2nd out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 14.6%, which ranks 9th out of 99 lowa counties (4th out of 12 similarly-sized counties).

Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	13.2%	14.1%	13.7%
Age-Adjusted	14.6%	15.5%	14.9%



### **Health Risk Behaviors**

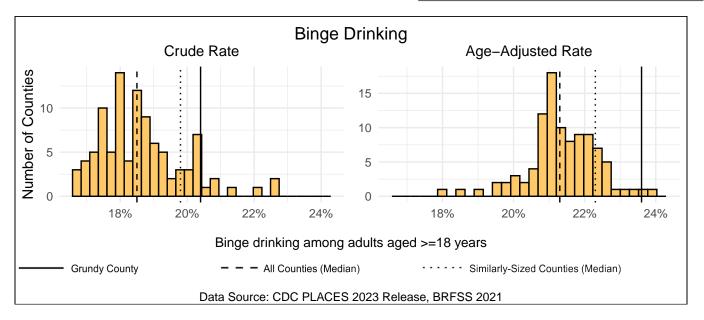
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Grundy County has a crude rate of 20.4% for binge drinking among adults aged >=18 years, which ranks 92nd out of 99 lowa counties (10th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 23.6%, which ranks 98th out of 99 lowa counties (12th out of 12 similarly-sized counties).

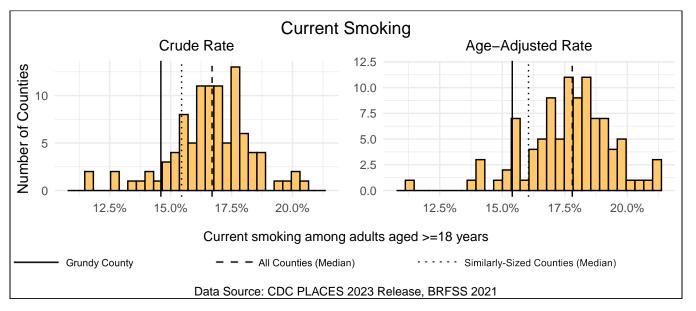
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	20.4%	18.5%	19.8%
Age-Adjusted	23.6%	21.3%	22.3%



#### **Current Smoking**

Grundy County has a crude rate of 14.6% for current smoking among adults aged >=18 years, which ranks 9th out of 99 Iowa counties (4th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 15.4%, which ranks 9th out of 99 Iowa counties (5th out of 12 similarlysized counties).

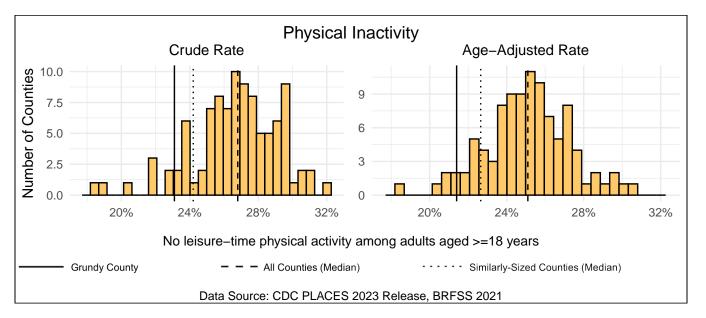
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	14.6%	16.7%	15.4%
Age-Adjusted	15.4%	17.8%	16.0%



#### **Physical Inactivity**

Grundy County has a crude rate of 23.1% for no leisuretime physical activity among adults aged >=18 years, which ranks 9th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 21.4%, which ranks 5th out of 99 lowa counties (4th out of 12 similarly-sized counties).

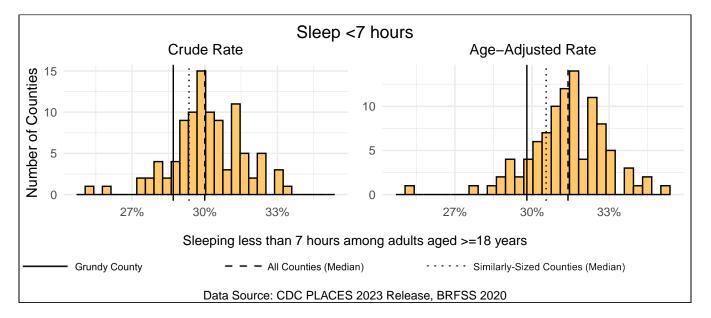
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	23.1%	26.8%	24.2%
Age-Adjusted	21.4%	25.1%	22.6%



#### Sleep <7 hours

Grundy County has a crude rate of 28.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 13th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 29.8%, which ranks 12th out of 99 lowa counties (5th out of 12 similarly-sized counties).

Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	28.7%	30.0%	29.4%
Age-Adjusted	29.8%	31.4%	30.5%



### **Health Outcomes**

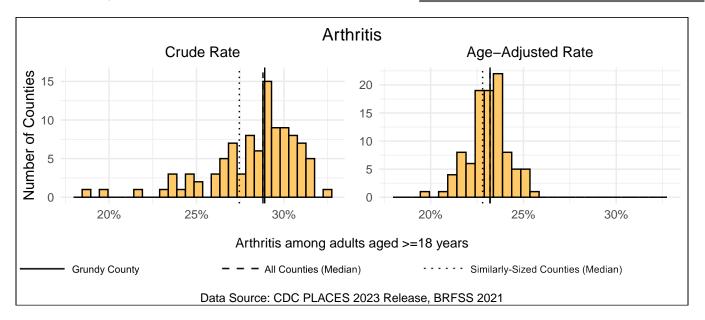
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Grundy County has a crude rate of 28.9% for arthritis among adults aged >=18 years, which ranks 52nd out of 99 lowa counties (9th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 23.2%, which ranks 49th out of 99 lowa counties (9th out of 12 similarlysized counties).

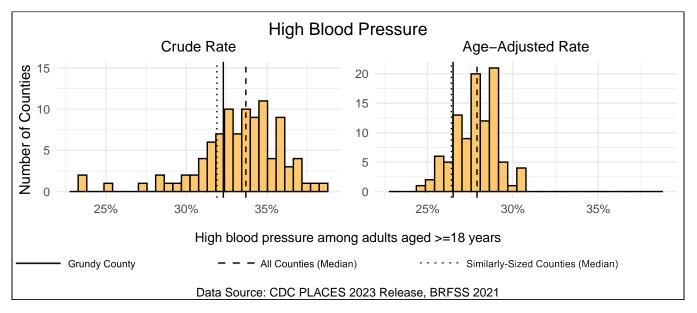
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	28.9%	28.8%	27.4%
Age-Adjusted	23.2%	23.2%	22.8%



#### **High Blood Pressure**

Grundy County has a crude rate of 32.3% for high blood pressure among adults aged >=18 years, which ranks 28th out of 99 lowa counties (7th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 26.5%, which ranks 15th out of 99 lowa counties (7th out of 12 similarly-sized counties).

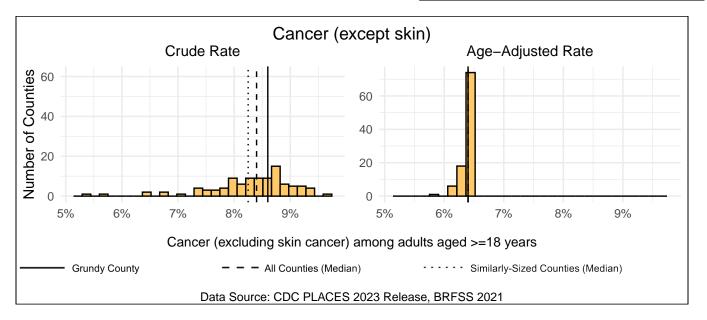
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	32.3%	33.7%	31.9%
Age-Adjusted	26.5%	27.9%	26.4%



#### Cancer (except skin)

Grundy County has a crude rate of 8.6% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 55th out of 99 lowa counties (11th out of 12 similarlysized counties). The age-adjusted rate for Grundy County is 6.4%, which ranks 26th out of 99 lowa counties (3rd out of 12 similarly-sized counties).

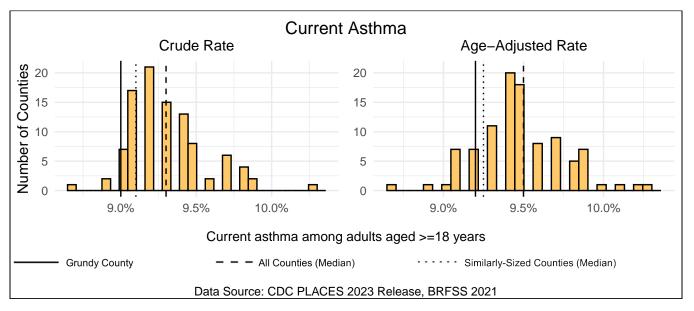
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	8.6%	8.4%	8.2%
Age-Adjusted	6.4%	6.4%	6.4%



#### **Current Asthma**

Grundy County has a crude rate of 9.0% for current asthma among adults aged >=18 years, which ranks 4th out of 99 lowa counties (2nd out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 9.2%, which ranks 11th out of 99 lowa counties (5th out of 12 similarly-sized counties).

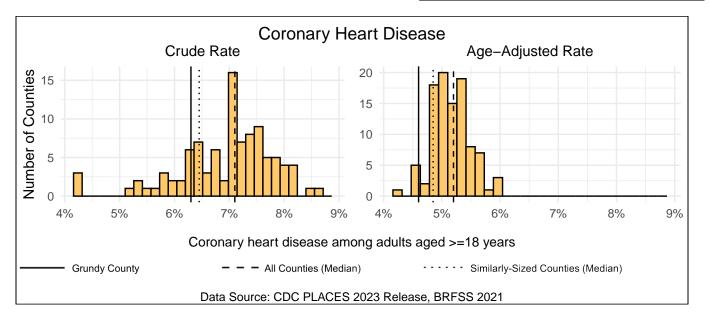
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	9.0%	9.3%	9.1%
Age-Adjusted	9.2%	9.5%	9.2%



#### **Coronary Heart Disease**

Grundy County has a crude rate of 6.3% for coronary heart disease among adults aged >=18 years, which ranks 16th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 4.6%, which ranks 3rd out of 99 lowa counties (3rd out of 12 similarly-sized counties).

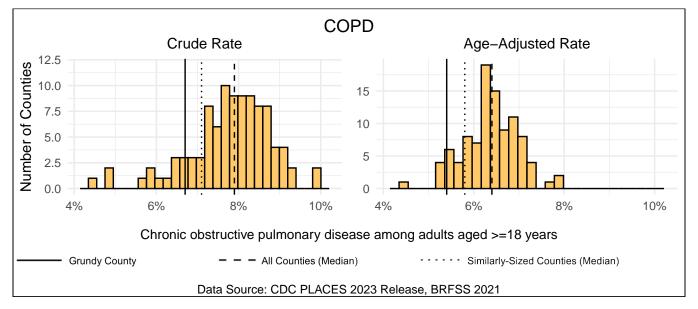
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	6.3%	7.1%	6.4%
Age-Adjusted	4.6%	5.2%	4.8%



#### COPD

Grundy County has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 14th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 5.4%, which ranks 6th out of 99 lowa counties (4th out of 12 similarly-sized counties).

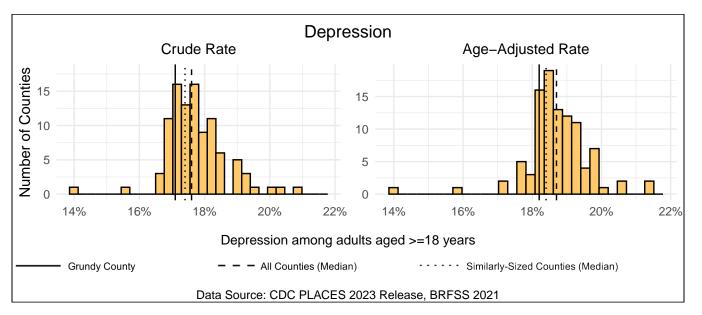
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	6.7%	7.9%	7.1%
Age-Adjusted	5.4%	6.4%	5.8%



#### Depression

Grundy County has a crude rate of 17.1% for depression among adults aged >=18 years, which ranks 17th out of 99 lowa counties (1st out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 18.2%, which ranks 19th out of 99 lowa counties (5th out of 12 similarlysized counties).

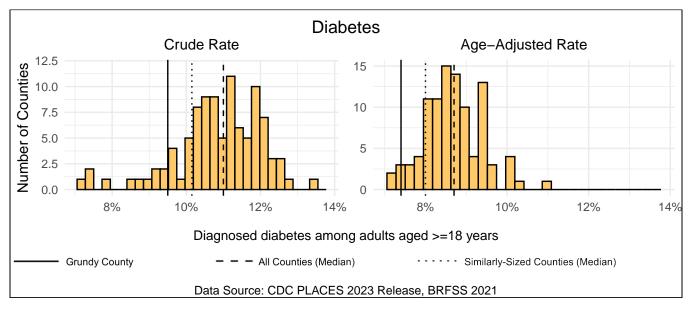
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	17.1%	17.6%	17.4%
Age-Adjusted	18.2%	18.7%	18.4%



#### Diabetes

Grundy County has a crude rate of 9.5% for diagnosed diabetes among adults aged >=18 years, which ranks 10th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 7.4%, which ranks 4th out of 99 lowa counties (3rd out of 12 similarly-sized counties).

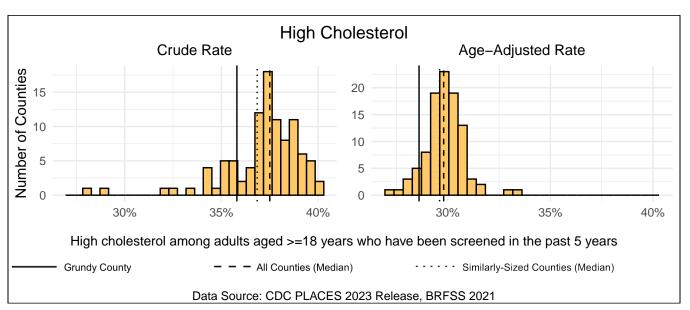
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	9.5%	11.0%	10.1%
Age-Adjusted	7.4%	8.7%	8.0%



#### **High Cholesterol**

Grundy County has a crude rate of 35.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 20th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 28.6%, which ranks 9th out of 99 lowa counties (3rd out of 12 similarlysized counties).

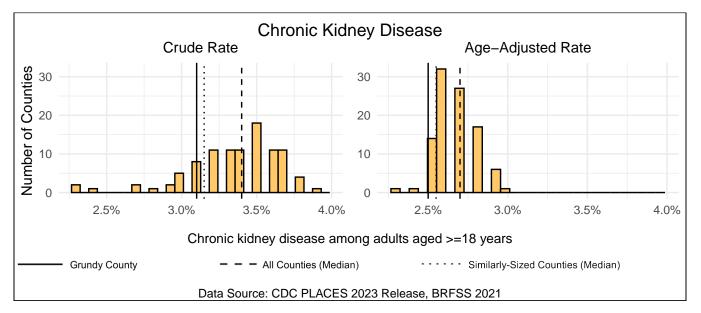
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	35.8%	37.5%	36.8%
Age-Adjusted	28.6%	29.8%	29.6%



#### **Chronic Kidney Disease**

Grundy County has a crude rate of 3.1% for chronic kidney disease among adults aged >=18 years, which ranks 14th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 2.5%, which ranks 3rd out of 99 lowa counties (3rd out of 12 similarly-sized counties).

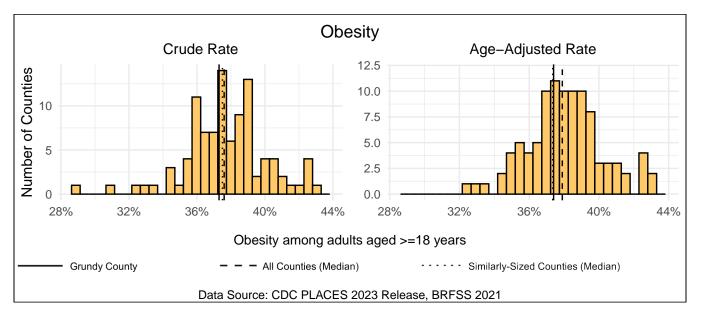
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	3.1%	3.4%	3.2%
Age-Adjusted	2.5%	2.7%	2.5%



#### Obesity

Grundy County has a crude rate of 37.3% for obesity among adults aged >=18 years, which ranks 39th out of 99 lowa counties (6th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 37.4%, which ranks 38th out of 99 lowa counties (7th out of 12 similarlysized counties).

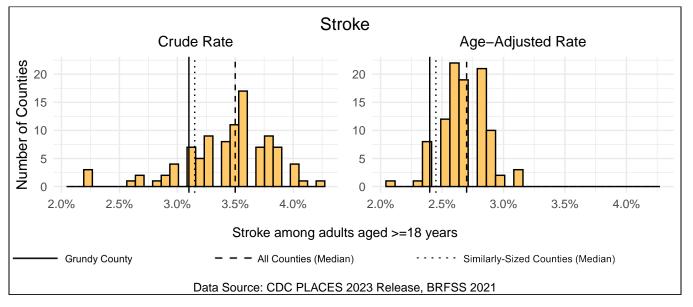
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	37.3%	37.6%	37.5%
Age-Adjusted	37.4%	37.9%	37.3%



#### Stroke

Grundy County has a crude rate of 3.1% for stroke among adults aged >=18 years, which ranks 14th out of 99 Iowa counties (5th out of 12 similarly-sized counties). The ageadjusted rate for Grundy County is 2.4%, which ranks 3rd out of 99 Iowa counties (3rd out of 12 similarly-sized counties).

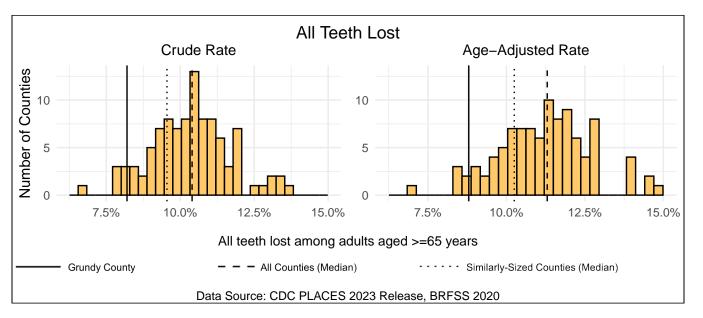
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	3.1%	3.5%	3.2%
Age-Adjusted	2.4%	2.7%	2.4%



#### All Teeth Lost

Grundy County has a crude rate of 8.2% for all teeth lost among adults aged >=65 years, which ranks 6th out of 99 lowa counties (4th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 8.8%, which ranks 5th out of 99 lowa counties (4th out of 12 similarly-sized counties).

Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	8.2%	10.4%	9.6%
Age-Adjusted	8.8%	11.3%	10.2%



### Prevention

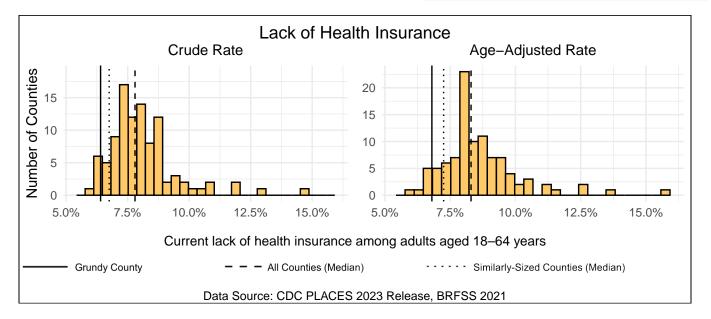
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county's prevention measures, including preventive screenings and doctor 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 county. The link below includes more information about each variable.

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

#### Lack of Health Insurance

Grundy County has a crude rate of 6.4% for current lack of health insurance among adults aged 18–64 years, which ranks 5th out of 99 lowa counties (4th out of 12 similarlysized counties). The age-adjusted rate for Grundy County is 6.8%, which ranks 7th out of 99 lowa counties (4th out of 12 similarly-sized counties).

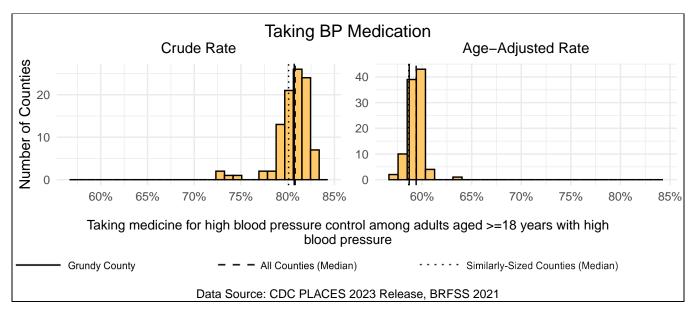
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	6.4%	7.8%	6.8%
Age-Adjusted	6.8%	8.3%	7.2%



#### **Taking BP Medication**

Grundy County has a crude rate of 80.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 52nd out of 99 lowa counties (3rd out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 58.7%, which ranks 78th out of 99 lowa counties (6th out of 12 similarly-sized counties).

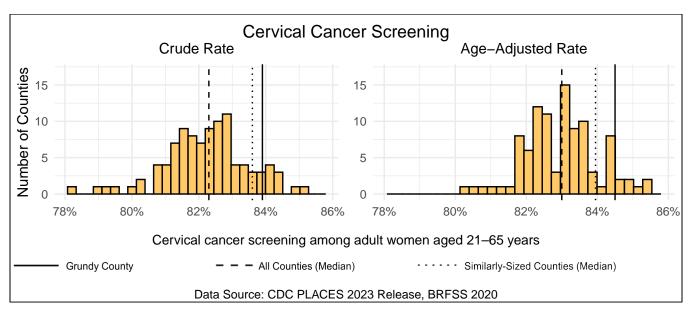
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	80.7%	80.8%	80.1%
Age-Adjusted	58.7%	59.4%	58.6%



#### **Cervical Cancer Screening**

Grundy County has a crude rate of 83.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 10th out of 99 lowa counties (6th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 84.5%, which ranks 8th out of 99 lowa counties (4th out of 12 similarly-sized counties).

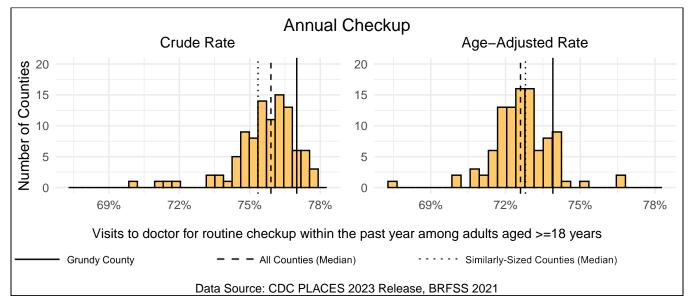
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	83.9%	82.3%	83.6%
Age-Adjusted	84.5%	83.0%	84.0%



#### **Annual Checkup**

Grundy County has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 14th out of 99 lowa counties (1st out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 73.9%, which ranks 11th out of 99 lowa counties (2nd out of 12 similarly-sized counties).

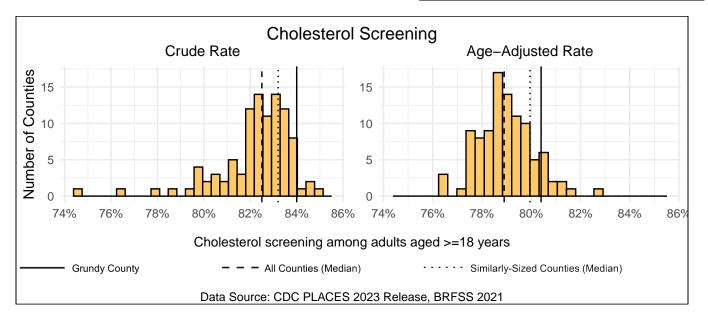
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	77.0%	75.9%	75.3%
Age-Adjusted	73.9%	72.6%	72.8%



#### **Cholesterol Screening**

Grundy County has a crude rate of 84.0% for cholesterol screening among adults aged >=18 years, which ranks 5th out of 99 lowa counties (2nd out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 80.4%, which ranks 10th out of 99 lowa counties (6th out of 12 similarly-sized counties).

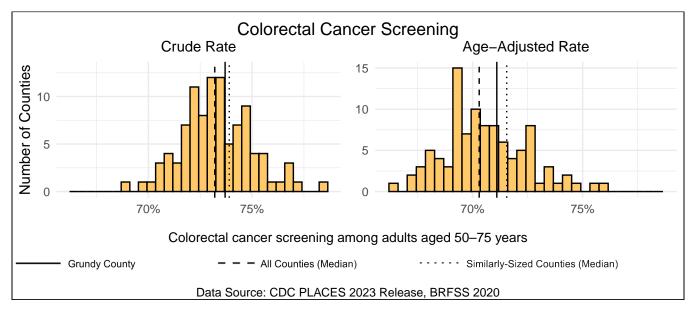
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	84.0%	82.5%	83.2%
Age-Adjusted	80.4%	78.9%	80.0%



#### **Colorectal Cancer Screening**

Grundy County has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 35th out of 99 lowa counties (7th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 71.1%, which ranks 34th out of 99 lowa counties (9th out of 12 similarly-sized counties).

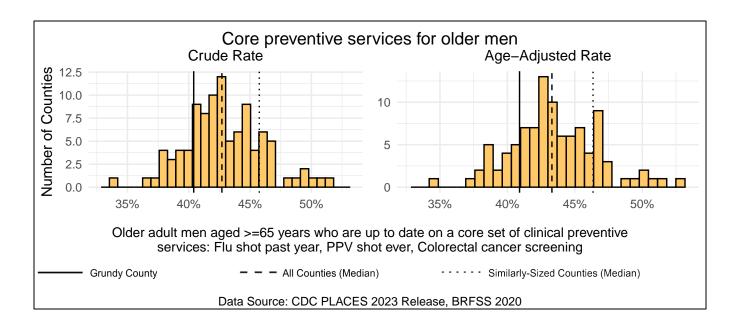
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	73.7%	73.2%	73.9%
Age-Adjusted	71.1%	70.3%	71.6%



#### Core preventive services for older men

Grundy County has a crude rate of 40.4% for older adult men aged >=65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 79th out of 99 lowa counties (12th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 40.9%, which ranks 80th out of 99 lowa counties (12th out of 12 similarlysized counties).

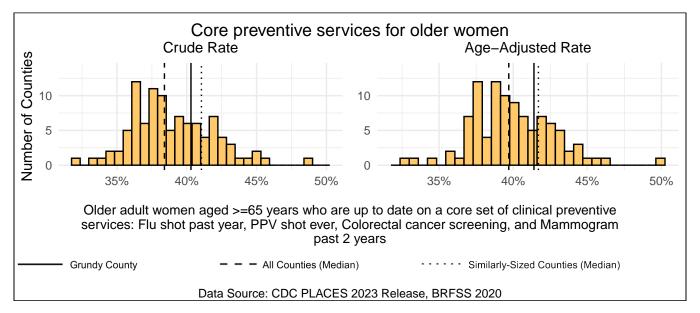
Grundy County	All Counties	Similarly- Sized Counties
40.4%	42.7%	45.8%
40.9%	43.3%	46.4%
	County 40.4%	County Counties 40.4% 42.7%



#### Core preventive services for older women

Grundy County has a crude rate of 40.3% 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 31st out of 99 lowa counties (8th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 41.4%, which ranks 28th out of 99 lowa counties (7th out of 12 similarly-sized counties).

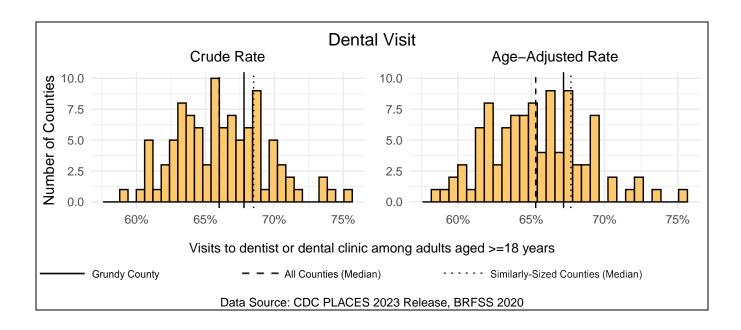
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	40.3%	38.4%	41.0%
Age-Adjusted	41.4%	39.7%	41.7%



#### **Dental Visit**

Grundy County has a crude rate of 67.8% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 32nd out of 99 lowa counties (10th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 67.2%, which ranks 30th out of 99 lowa counties (10th out of 12 similarly-sized counties).

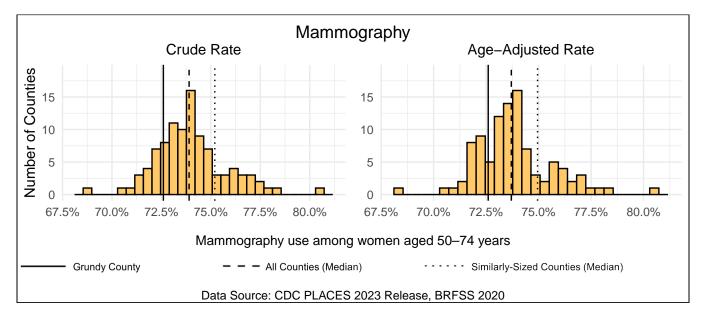
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	67.8%	66.0%	68.5%
Age-Adjusted	67.2%	65.3%	67.7%



#### Mammography

Grundy County has a crude rate of 72.6% for mammography use among women aged 50–74 years, which ranks 79th out of 99 lowa counties (10th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 72.6%, which ranks 74th out of 99 lowa counties (10th out of 12 similarly-sized counties).

Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	72.6%	73.9%	75.2%
Age-Adjusted	72.6%	73.7%	75.0%



### Disability

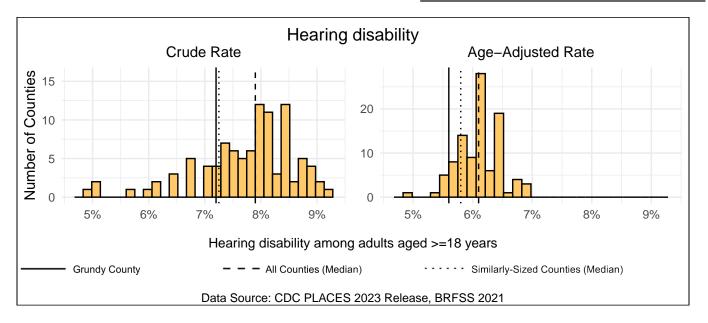
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

#### Hearing disability

Grundy County has a crude rate of 7.2% for hearing disability among adults aged >=18 years, which ranks 20th out of 99 lowa counties (6th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 5.6%, which ranks 8th out of 99 lowa counties (5th out of 12 similarly-sized counties).

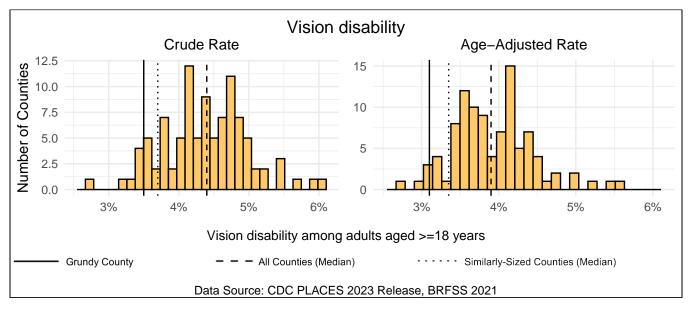
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	7.2%	7.9%	7.2%
Age-Adjusted	5.6%	6.1%	5.8%



#### Vision disability

Grundy County has a crude rate of 3.5% for vision disability among adults aged >=18 years, which ranks 8th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 3.1%, which ranks 3rd out of 99 lowa counties (3rd out of 12 similarly-sized counties).

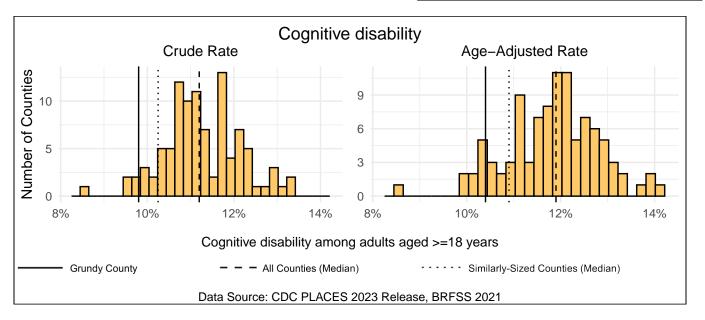
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	3.5%	4.4%	3.7%
Age-Adjusted	3.1%	3.9%	3.3%



#### **Cognitive disability**

Grundy County has a crude rate of 9.8% for cognitive disability among adults aged >=18 years, which ranks 4th out of 99 lowa counties (3rd out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 10.4%, which ranks 6th out of 99 lowa counties (4th out of 12 similarlysized counties).

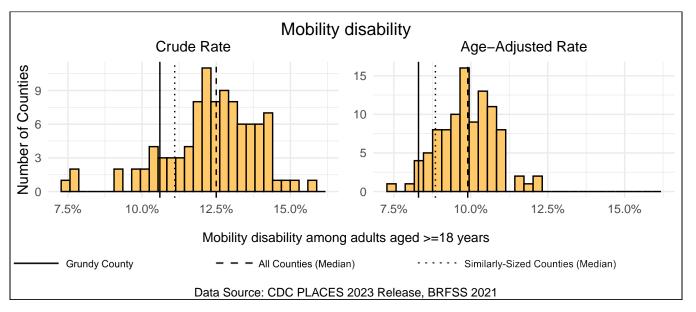
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	9.8%	11.2%	10.2%
Age-Adjusted	10.4%	11.9%	10.9%



#### Mobility disability

Grundy County has a crude rate of 10.6% for mobility disability among adults aged >=18 years, which ranks 14th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 8.3%, which ranks 4th out of 99 lowa counties (3rd out of 12 similarly-sized counties).

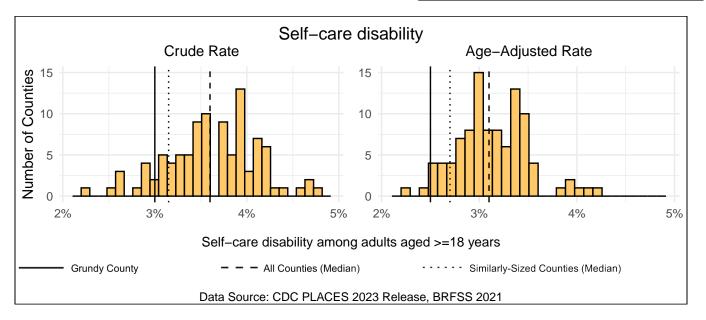
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	10.6%	12.5%	11.1%
Age-Adjusted	8.3%	9.9%	8.8%



#### Self-care disability

Grundy County has a crude rate of 3.0% for self-care disability among adults aged >=18 years, which ranks 11th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 2.5%, which ranks 3rd out of 99 lowa counties (3rd out of 12 similarly-sized counties).

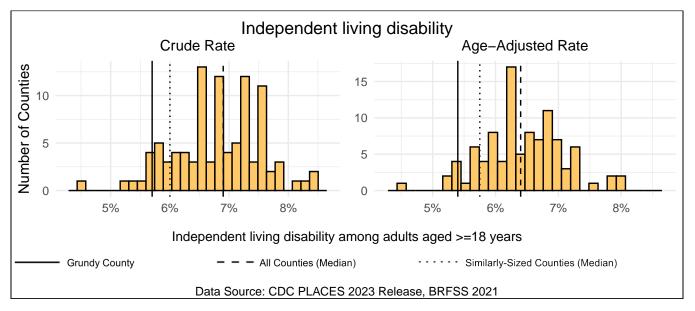
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	3.0%	3.6%	3.2%
Age-Adjusted	2.5%	3.1%	2.7%



#### Independent living disability

Grundy County has a crude rate of 5.7% for independent living disability among adults aged >=18 years, which ranks 6th out of 99 lowa counties (4th out of 12 similarlysized counties). The age-adjusted rate for Grundy County is 5.4%, which ranks 4th out of 99 lowa counties (3rd out of 12 similarly-sized counties).

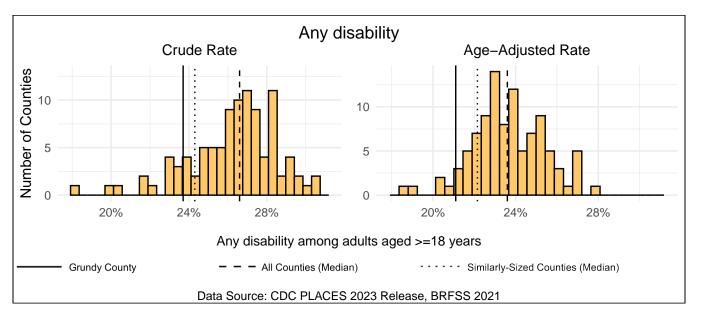
Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	5.7%	6.9%	6.0%
Age-Adjusted	5.4%	6.4%	5.8%



#### Any disability

Grundy County has a crude rate of 23.7% for any disability among adults aged >=18 years, which ranks 14th out of 99 lowa counties (5th out of 12 similarly-sized counties). The age-adjusted rate for Grundy County is 21.1%, which ranks 6th out of 99 lowa counties (4th out of 12 similarlysized counties).

Measure Type	Grundy County	All Counties	Similarly- Sized Counties
Crude	23.7%	26.6%	24.3%
Age-Adjusted	21.1%	23.6%	22.1%



### 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: Grundy County 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	3	13.2% (11.3% - 15.2%)	9	14.6% (12.4% - 16.9%)
Health Status	Physical Health	13	9.8% (8.3% - 11.3%)	6	8.8% (7.4% - 10.2%)
Health Status	General Health	9	12.4% (10.2% - 14.8%)	4	11.0% (9.1% - 13.1%)
Health Risk Behaviors	Binge Drinking	92	20.4% (17.0% - 24.3%)	98	23.6% (19.8% - 28.0%)
Health Risk Behaviors	Physical Inactivity	9	23.1% (18.7% - 27.6%)	5	21.4% (17.2% - 25.7%)
Health Risk Behaviors	Sleep <7 hours	13	28.7% (27.0% - 30.3%)	12	29.8% (28.0% - 31.6%)
Health Risk Behaviors	Current Smoking	9	14.6% (11.5% - 18.0%)	9	15.4% (11.9% - 19.0%)
Health Outcomes	All Teeth Lost	6	8.2% (4.9% - 11.9%)	5	8.8% (5.2% - 12.7%)
Health Outcomes	Diabetes	10	9.5% (7.9% - 11.1%)	4	7.4% (6.2% - 8.7%)
Health Outcomes	Obesity	39	37.3% (30.1% - 44.9%)	38	37.4% (30.3% - 45.0%)
Health Outcomes	Cancer (except skin)	55	8.6% (7.7% - 9.5%)	26	6.4% (5.8% - 7.2%)
Health Outcomes	COPD	14	6.7% (5.5% - 8.0%)	6	5.4% (4.5% - 6.4%)
Health Outcomes	Chronic Kidney Disease	14	3.1% (2.8% - 3.5%)	3	2.5% (2.2% - 2.7%)
Health Outcomes	High Cholesterol	20	35.8% (31.2% - 40.6%)	9	28.6% (24.2% - 33.1%)
Health Outcomes	Current Asthma	4	9.0% (7.8% - 10.2%)	11	9.2% (8.0% - 10.5%)
Health Outcomes	Stroke	14	3.1% (2.7% - 3.6%)	3	2.4% (2.1% - 2.7%)
Health Outcomes	Coronary Heart Disease	16	6.3% (5.4% - 7.3%)	3	4.6% (4.0% - 5.3%)
Health Outcomes	Arthritis	52	28.9% (24.7% - 33.1%)	49	23.2% (19.5% - 27.0%)
Health Outcomes	Depression	17	17.1% (13.9% - 20.6%)	19	18.2% (14.8% - 22.1%)
Health Outcomes	High Blood Pressure	28	32.3% (28.1% - 36.4%)	15	26.5% (22.8% - 30.2%)
Prevention	Health Insurance	5	6.4% (4.8% - 8.3%)	7	6.8% (5.1% - 8.9%)
Prevention	Cholesterol Screening	5	84.0% (81.2% - 86.8%)	10	80.4% (76.9% - 83.8%)
Prevention	Dental Visit	32	67.8% (64.3% - 71.5%)	30	67.2% (63.2% - 71.2%)
Prevention	Colorectal Cancer Screening	35	73.7% (70.7% - 76.6%)	34	71.1% (67.7% - 74.3%)
Prevention	Core preventive services for older men	79	40.4% (32.1% - 49.3%)	80	40.9% (32.5% - 50.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	10	83.9% (81.4% - 86.5%)	8	84.5% (81.9% - 87.0%)
Prevention	Annual Checkup	14	77.0% (72.2% - 81.3%)	11	73.9% (68.6% - 78.6%)
Prevention	Mammography	79	72.6% (68.2% - 76.8%)	74	72.6% (68.0% - 77.1%)
Prevention	Core preventive services for older women	31	40.3% (32.5% - 48.7%)	28	41.4% (33.6% - 49.4%)
Prevention	Taking BP Medication	52	80.7% (77.4% - 83.7%)	78	58.7% (53.4% - 63.7%)
Disability	Vision Disability	8	3.5% (2.9% - 4.1%)	3	3.1% (2.6% - 3.6%)
Disability	Any Disability	14	23.7% (19.9% - 27.4%)	6	21.1% (17.6% - 24.7%)
Disability	Hearing Disability	20	7.2% (6.2% - 8.1%)	8	5.6% (4.8% - 6.3%)
Disability	Mobility Disability	14	10.6% (8.7% - 12.5%)	4	8.3% (6.9% - 9.7%)
Disability	Cognitive Disability	4	9.8% (8.2% - 11.5%)	6	10.4% (8.6% - 12.4%)
Disability	Self-care Disability	11	3.0% (2.5% - 3.5%)	3	2.5% (2.1% - 2.9%)
Disability	Independent Living Disability	6	5.7% (4.8% - 6.8%)	4	5.4% (4.5% - 6.3%)

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

### **Appendix 3: Metropolitan Non-Core Counties**

Grundy County falls into the group of metropolitan non-core counties. In this data, 12 counties fall into this group. The table below lists all counties in the group, sorted by the population estimate in the CDC PLACES dataset.

County	Population Group	Population
Dallas County	Metropolitan Non-Core	103,796
Warren County	Metropolitan Non-Core	53,402
Jasper County	Metropolitan Non-Core	37,764
Benton County	Metropolitan Non-Core	25,691
Bremer County	Metropolitan Non-Core	25,081
Washington County	Metropolitan Non-Core	22,491
Jones County	Metropolitan Non-Core	20,805
Madison County	Metropolitan Non-Core	16,773
Harrison County	Metropolitan Non-Core	14,669
Mills County	Metropolitan Non-Core	14,465
Grundy County	Metropolitan Non-Core	12,347
Guthrie County	Metropolitan Non-Core	10,567

Metropolitan and micropolitan areas can be found in the link and the maps below. https://www.icip.iastate.edu/maps/refmaps/cofips





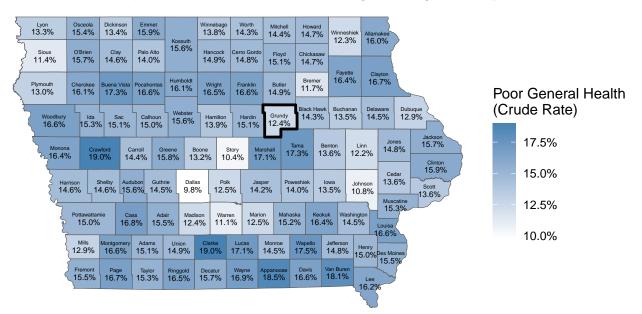
#### March 2020 Metropolitan Statistical Area Definitions

Ames, IA	Des Moines-West Des Moines, IA	Omaha-Council Bluffs, NE-IA
Cedar Rapids, IA	Dubuque, IA	Sloux City, IA-NE-SD
Davenport-Moline-Rock Island, IA-IL	Iowa City, IA	Waterloo-Cedar Falls, IA

#### March 2020 Micropolitan Statistical Area Definitions

Burlington, IA-IL	Fairfield, IA	Marshalltown, IA	Oskaloosa, IA	Spencer, IA
Carroll, IA	Fort Dodge, IA	Mason City, IA	Ottumwa, IA	Spirit Lake, IA
Clinton, IA	Fort Madison-Keokuk, IA-IL-MO	Muscatine, IA	Pella, IA	Storm Lake, IA

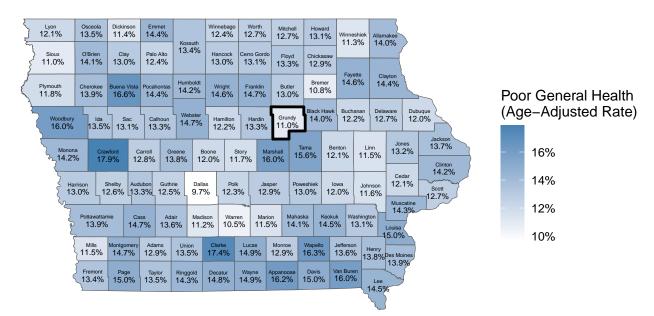
# **Appendix 4: County Maps**



### Poor General Health

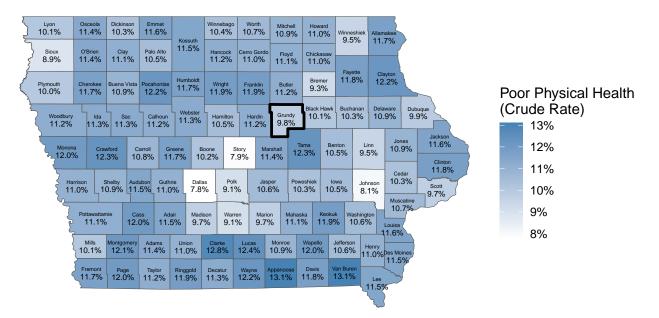
Fair or poor self-rated health status among adults aged >= 18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

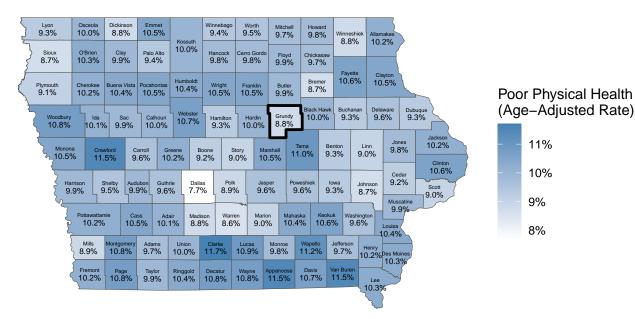


## Poor Physical Health

Physical health not good for >=14 days among adults aged >=18 years

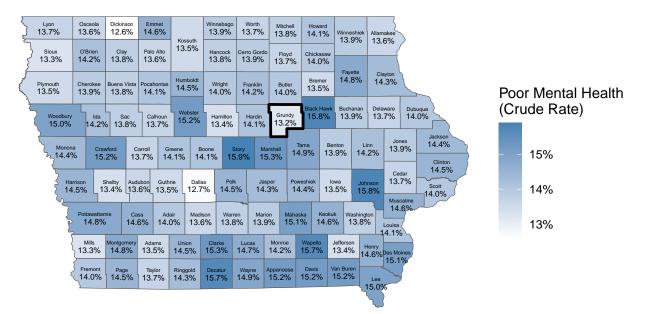


Data Source: CDC PLACES 2023 Release, BRFSS 2021

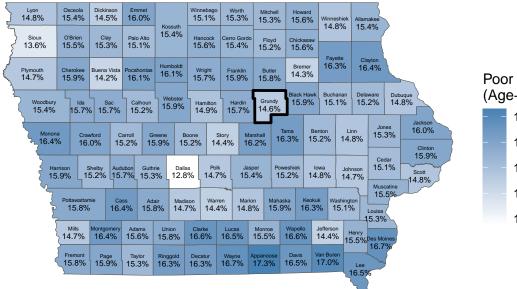


## Poor Mental Health

Mental health not good for >=14 days among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

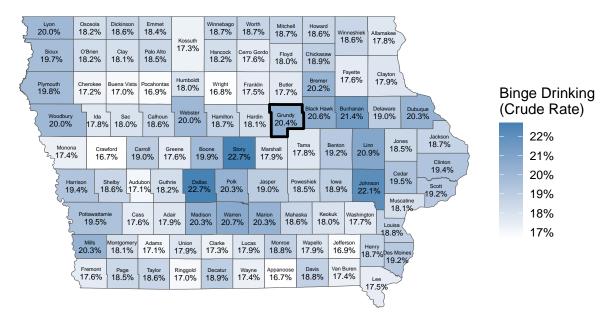


Poor Mental Health (Age-Adjusted Rate)



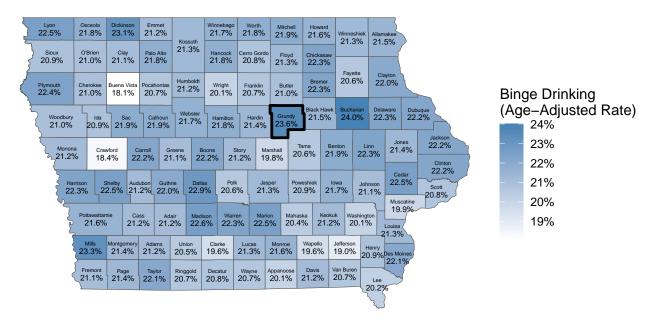
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# **Binge Drinking**



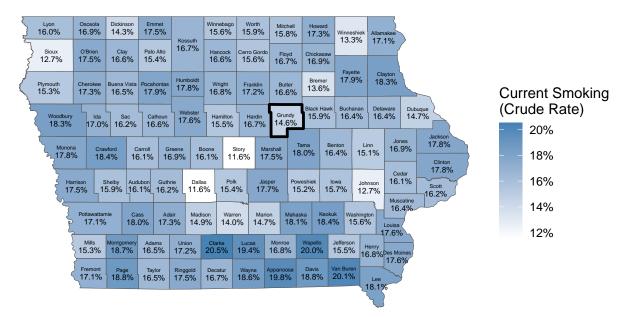
### Binge drinking among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

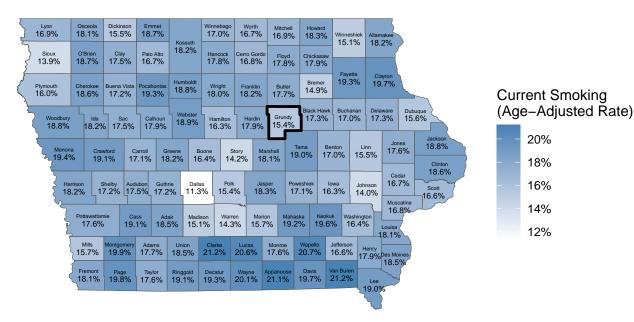


# **Current Smoking**

Current smoking among adults aged >=18 years

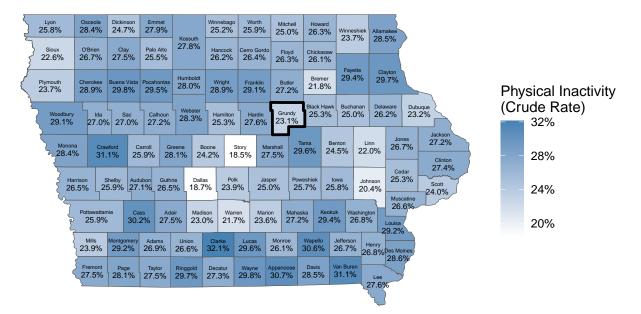


Data Source: CDC PLACES 2023 Release, BRFSS 2021

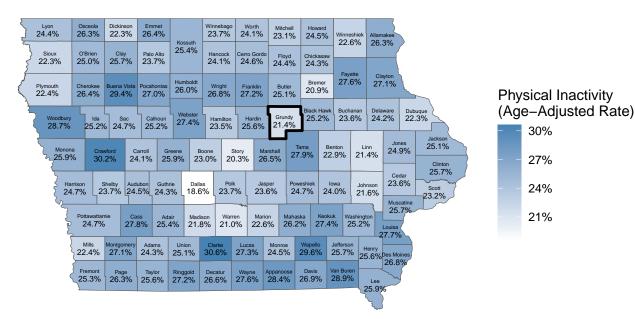


# **Physical Inactivity**

No leisure-time physical activity among adults aged >=18 years



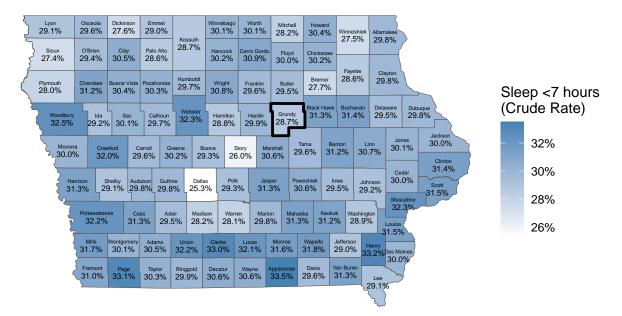
Data Source: CDC PLACES 2023 Release, BRFSS 2021



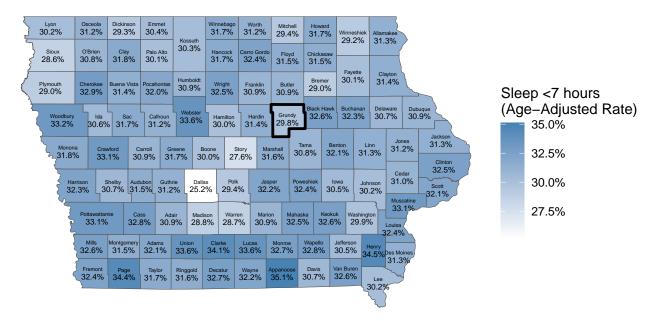
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

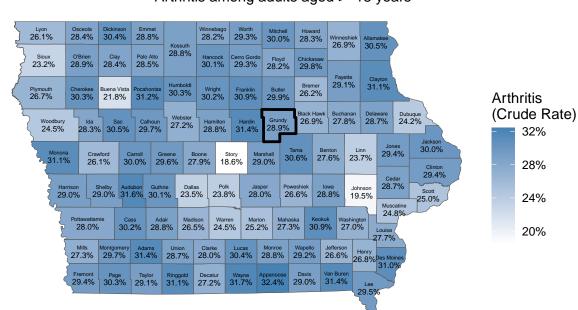
Sleeping less than 7 hours among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2020

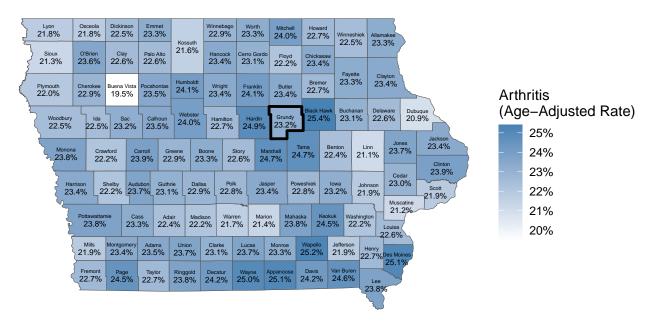


## Arthritis



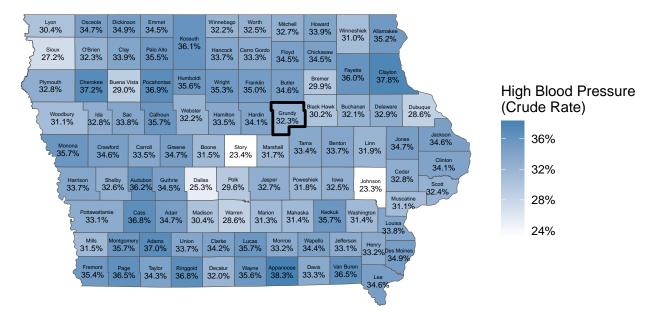
Arthritis among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

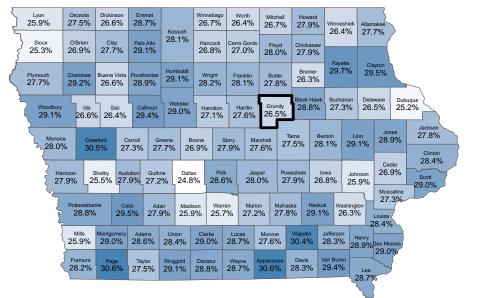


## **High Blood Pressure**

High blood pressure among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021



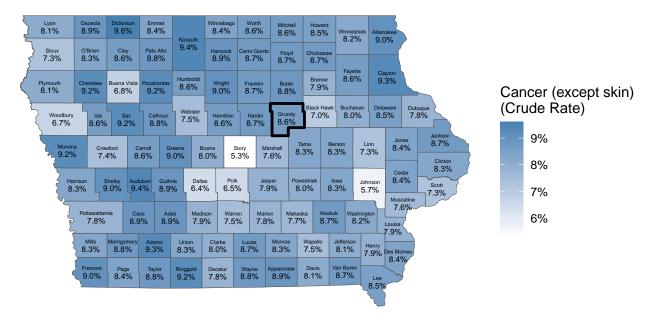
High Blood Pressure (Age–Adjusted Rate)



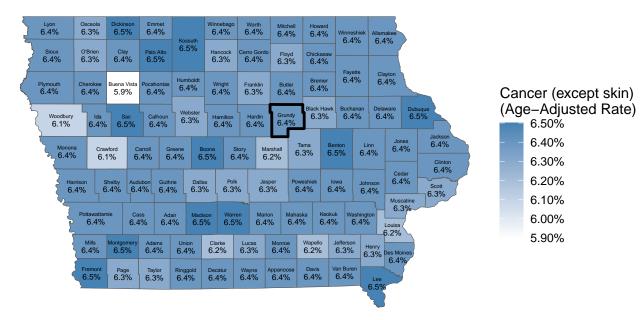
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cancer (except skin)

Cancer (excluding skin cancer) among adults aged >=18 years

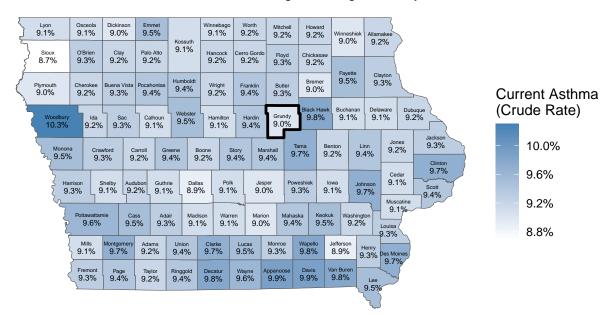


Data Source: CDC PLACES 2023 Release, BRFSS 2021

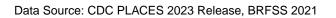


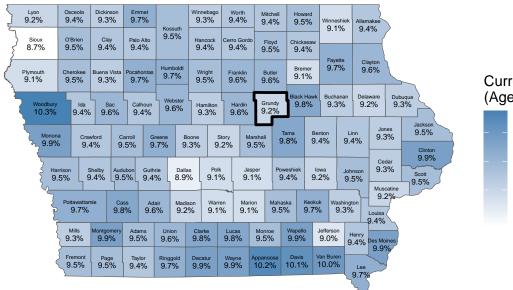
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Current Asthma

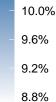


Current asthma among adults aged >=18 years



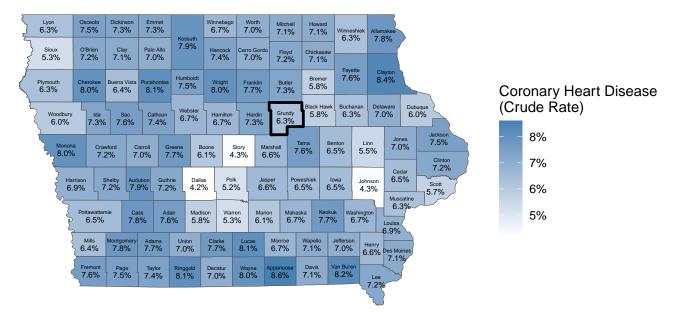


Current Asthma (Age–Adjusted Rate)

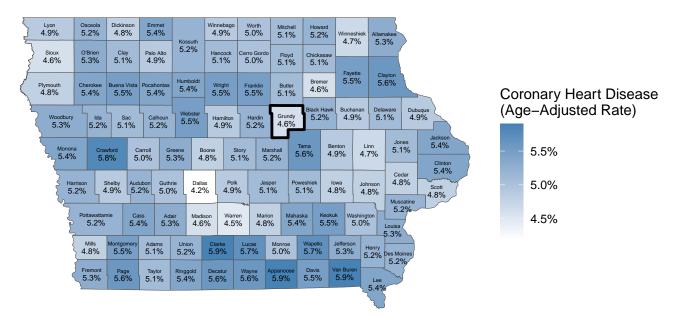


# **Coronary Heart Disease**

### Coronary heart disease among adults aged >=18 years

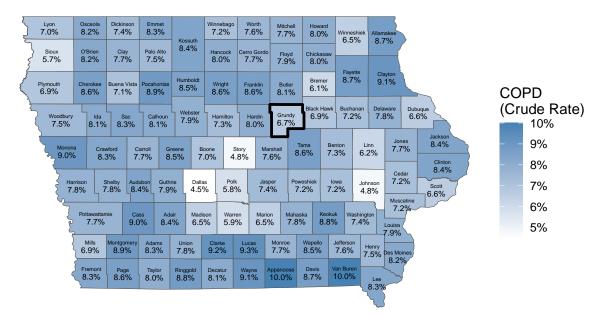


Data Source: CDC PLACES 2023 Release, BRFSS 2021

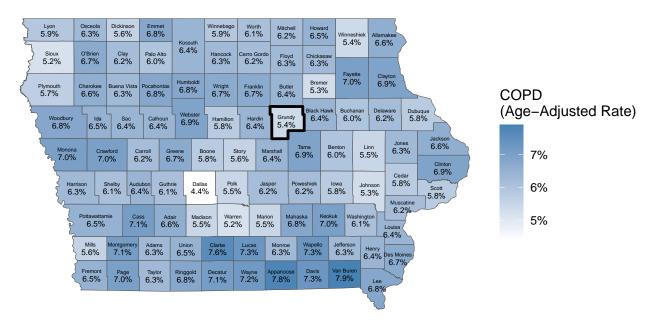


# COPD

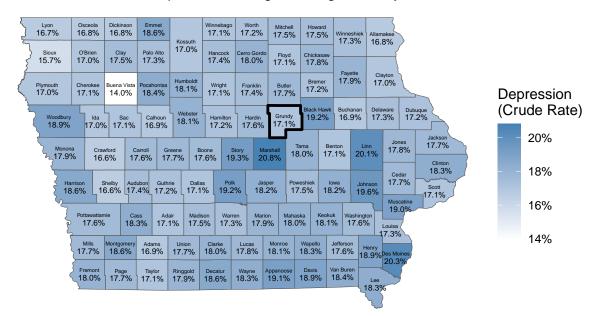
Chronic obstructive pulmonary disease among adults aged >=18 years



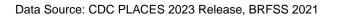
Data Source: CDC PLACES 2023 Release, BRFSS 2021

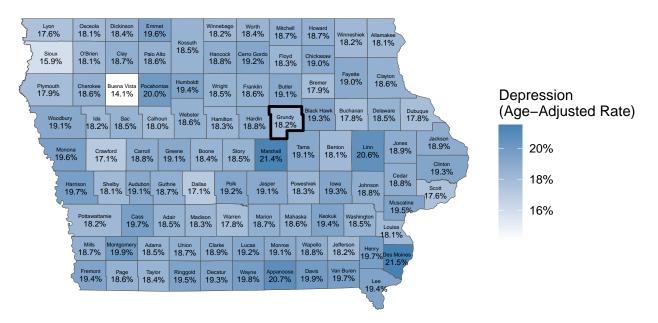


### Depression

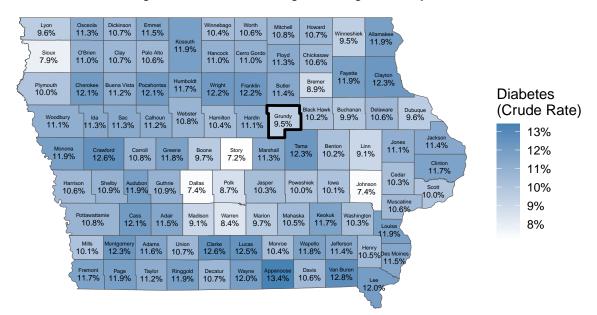


Depression among adults aged >=18 years



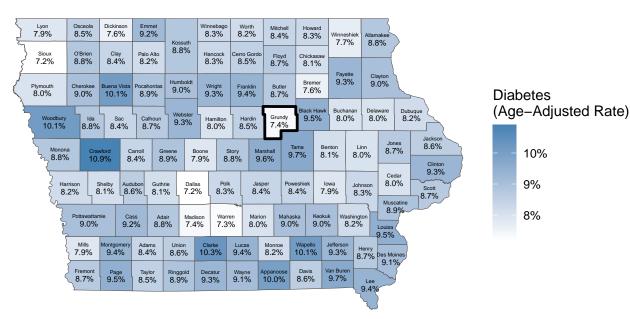


### Diabetes



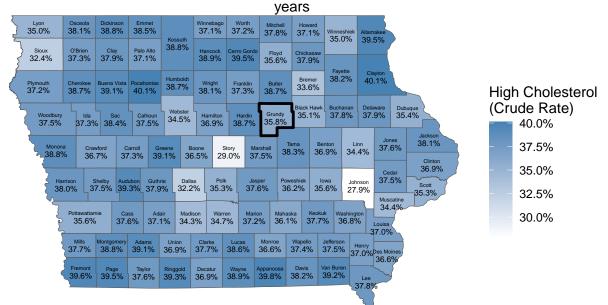
Diagnosed diabetes among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

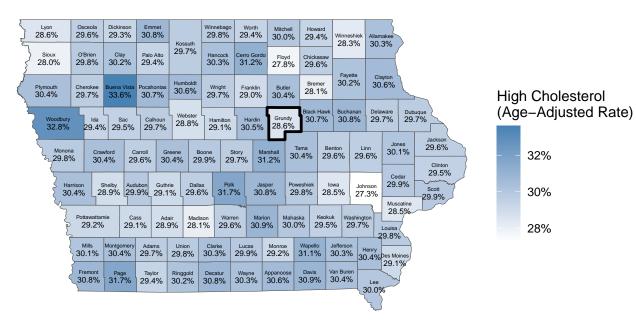


# **High Cholesterol**

High cholesterol among adults aged >=18 years who have been screened in the past 5

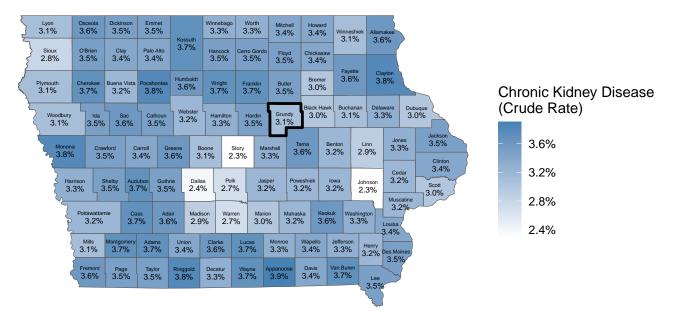


Data Source: CDC PLACES 2023 Release, BRFSS 2021

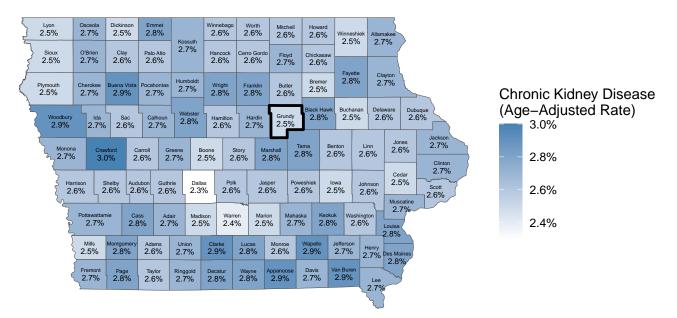


# Chronic Kidney Disease

Chronic kidney disease among adults aged >=18 years

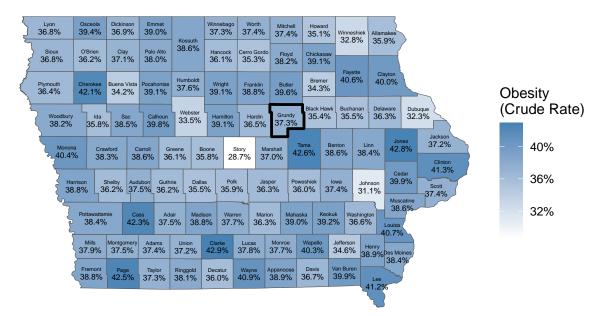


Data Source: CDC PLACES 2023 Release, BRFSS 2021

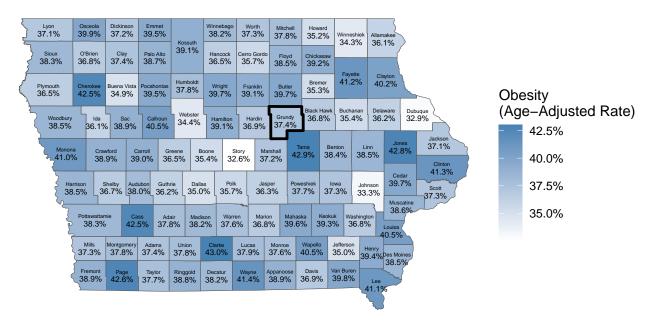


# Obesity

Obesity among adults aged >=18 years

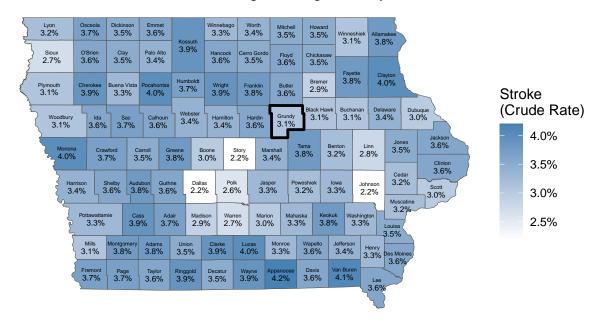


Data Source: CDC PLACES 2023 Release, BRFSS 2021

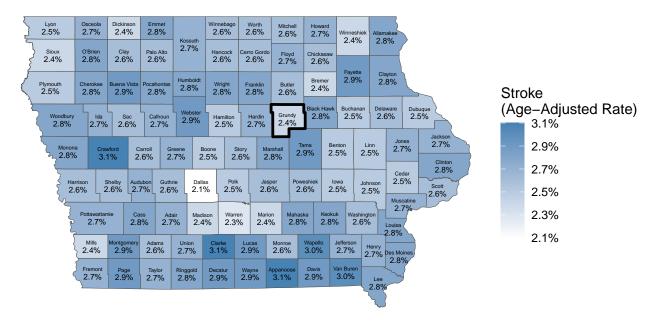


### Stroke

Stroke among adults aged >=18 years

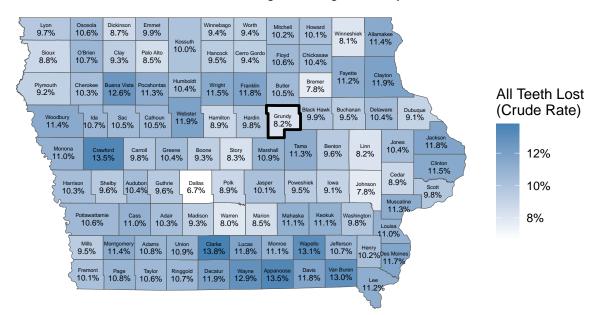


Data Source: CDC PLACES 2023 Release, BRFSS 2021



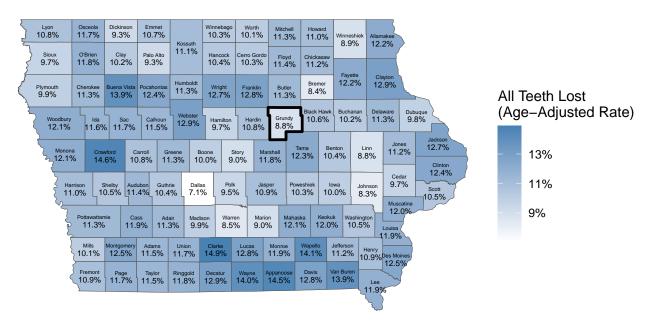
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# All Teeth Lost



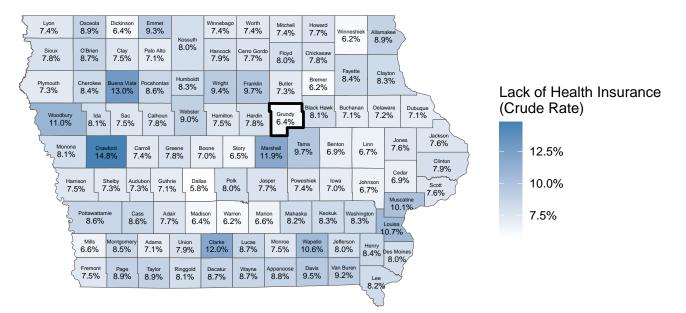
All teeth lost among adults aged >=65 years

Data Source: CDC PLACES 2023 Release, BRFSS 2020

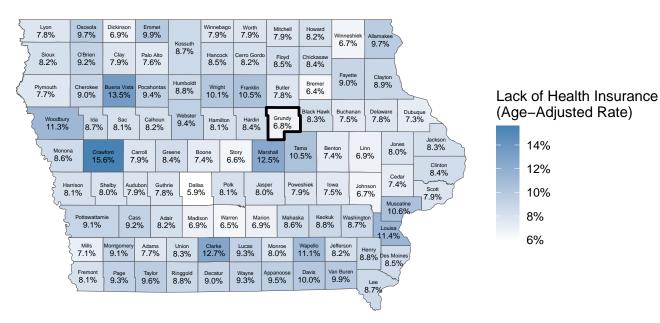


# Lack of Health Insurance

Current lack of health insurance among adults aged 18-64 years



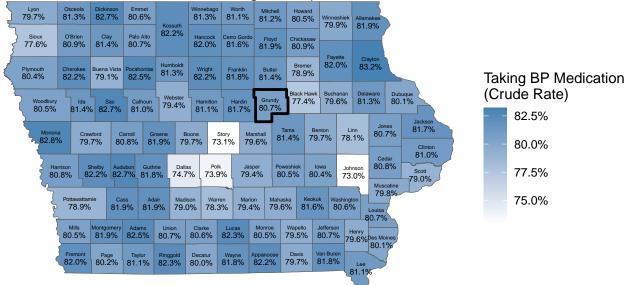
Data Source: CDC PLACES 2023 Release, BRFSS 2021



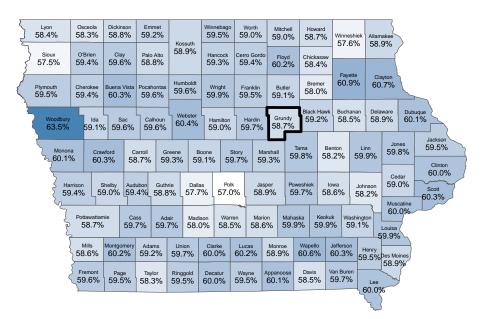
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## **Taking BP Medication**

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021



**Taking BP Medication** (Age-Adjusted Rate)



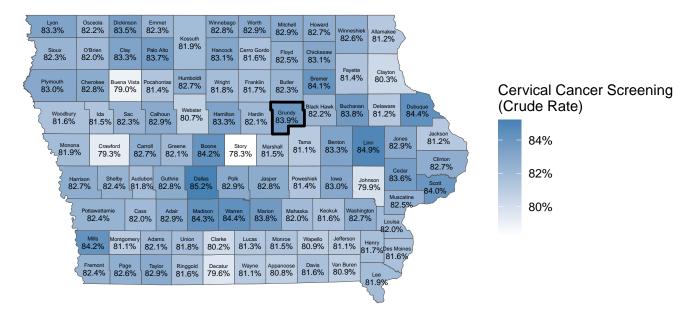
59%

58% 57%

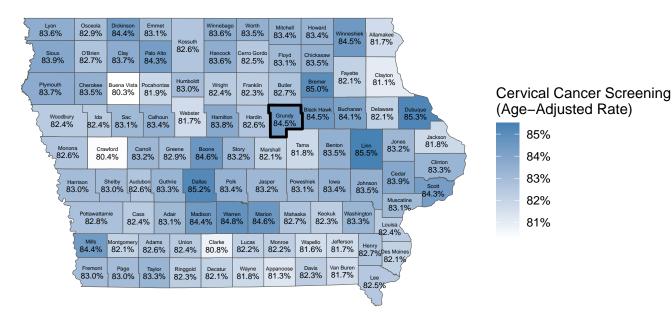
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# **Cervical Cancer Screening**

Cervical cancer screening among adult women aged 21-65 years



Data Source: CDC PLACES 2023 Release, BRFSS 2020



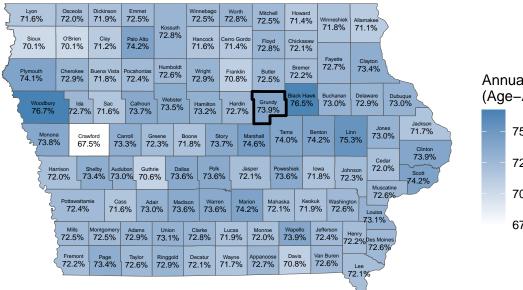
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

years Lyon 74.3% 76.2% Mitchell 75.9% 76.0% 76.7% 75.7% 75.7% Howard 74.7% Vinneshiek 74.8% Allamakee 75.4% 77.1% O'Brien 73.4% Sioux 71.5% Clay 74.7% Palo Alto Floyd 76.4% Chickasaw 75.8% 75.6% 75.1% 76.1% 77.7% Bremer 74.6% Wright 76.8% 76.1% Plymouth 76.8% Cherokee 77.1% Pocahonta: 76.8% Butler 76.2% 73.2% Franklin 74.7% Annual Checkup (Crude Rate) Buchanan 75.6% Dubuque 75.0% 77.5% 76.4% Ida Sac 76.1% 76.0% Calhoun 77.1% 75.4% Hardin 76.3% 77.7% Hamilton 76.6% 75.5% 76.1% 76% Monona 77.8% Crawford 69.9% 76.6% Greene 76.3% Story 72.0% 77.0% Marshall 76.7% 77.1% 74.4% 76.7% 76.8% Cedar 75.3% 74% Harrison 75.2% Jasper 74.7% 77.4% 77.4% 73.8% Johnson 71.2% 74.9% 74.0% 76.1% 75.0% Scott 75.9% Muscatir 74.7% 72% Pottawattam 74.8% Mahaska 74.3% Cass 75.6% 76.6% Madison 76.0% Warren 75.2% Marion 76.5% 75.5% Washingtor 75.5% **76.0%** 70% Henry 74.7% Des Moin 75.8° Monroe 75.1% Mills 75.7% Clarke Lucas 75.6% 75.8% Wapello 75.9% 76.1% 77.3% 76.0% 75.1% Davis 73.7% Van Buren 76.4% Decatur 74.3% Page 76.5% Taylor 76.4% Ringgold 77.2% 75.5% 76.7% 76.2% 75.4%

Visits to doctor for routine checkup within the past year among adults aged >=18

#### Data Source: CDC PLACES 2023 Release, BRFSS 2021

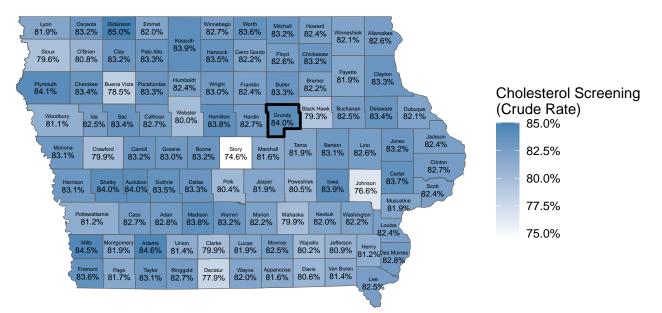


#### Annual Checkup (Age-Adjusted Rate)

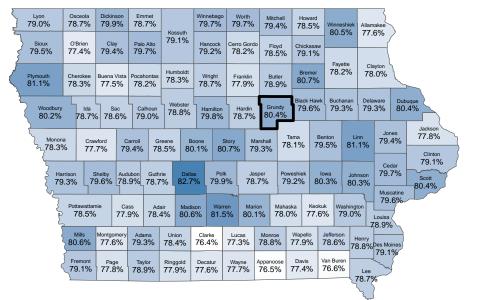
75.0% 72.5% 70.0% 67.5%

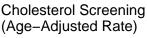
# **Cholesterol Screening**

### Cholesterol screening among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021





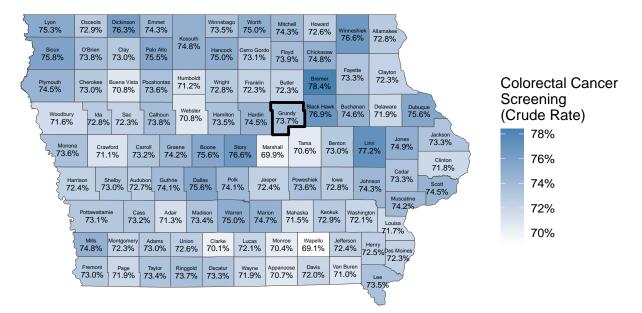


78%

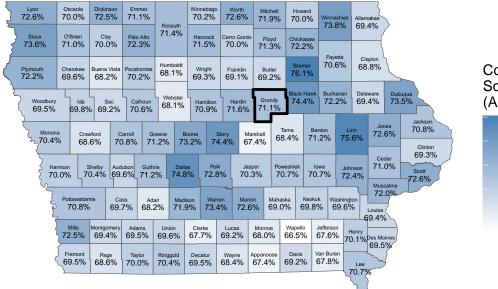
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# **Colorectal Cancer Screening**

Colorectal cancer screening among adults aged 50-75 years



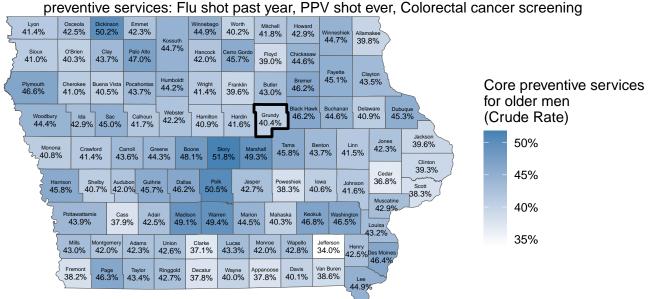
Data Source: CDC PLACES 2023 Release, BRFSS 2020



Colorectal Cancer Screening (Age-Adjusted Rate) 76% 74% 72% 70% 68%

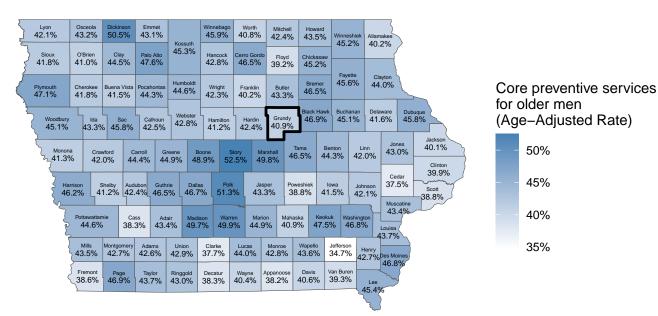
Data Source: CDC PLACES 2023 Release, BRFSS 2020

### Core preventive services for older men

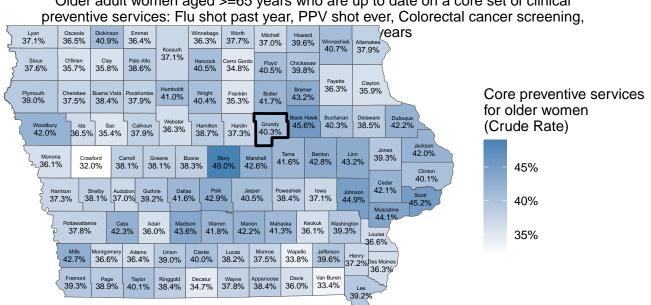


Older adult men aged >=65 years who are up to date on a core set of clinical preventive services: Flu shot past year, PPV shot ever, Colorectal cancer screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

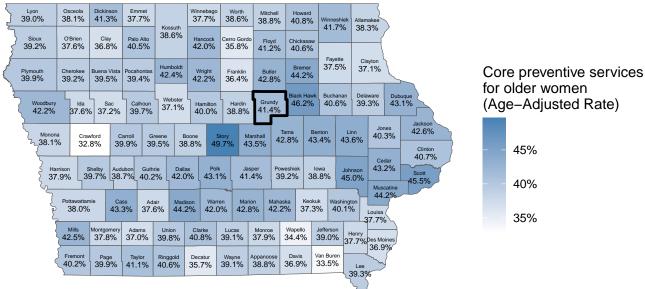


### Core preventive services for older women



Older adult women aged >=65 years who are up to date on a core set of clinical

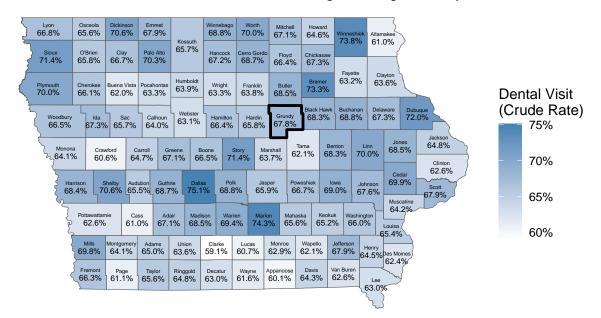
Data Source: CDC PLACES 2023 Release, BRFSS 2020



for older women (Age-Adjusted Rate)

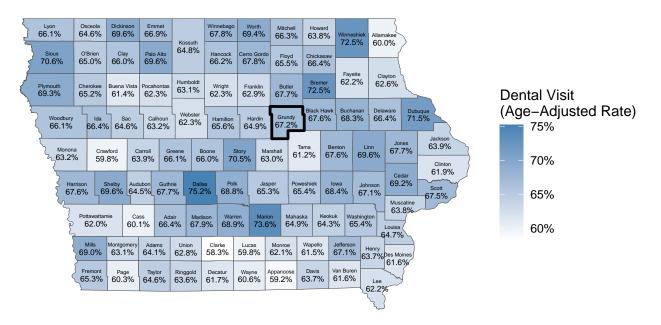


### **Dental Visit**

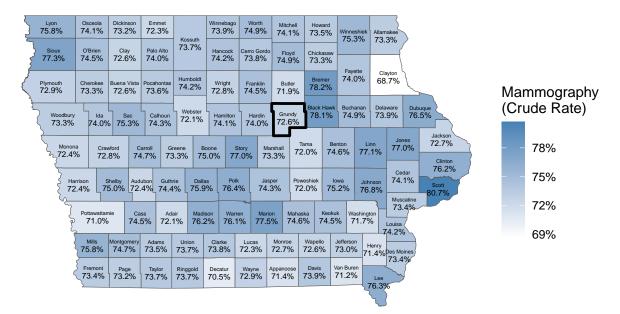


Visits to dentist or dental clinic among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2020

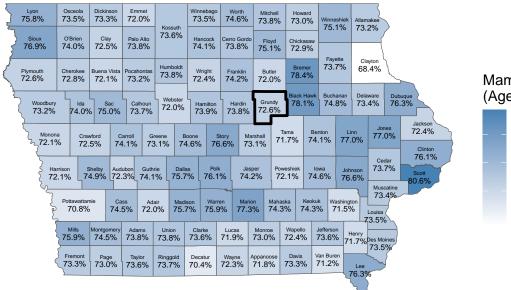


## Mammography



### Mammography use among women aged 50-74 years

Data Source: CDC PLACES 2023 Release, BRFSS 2020

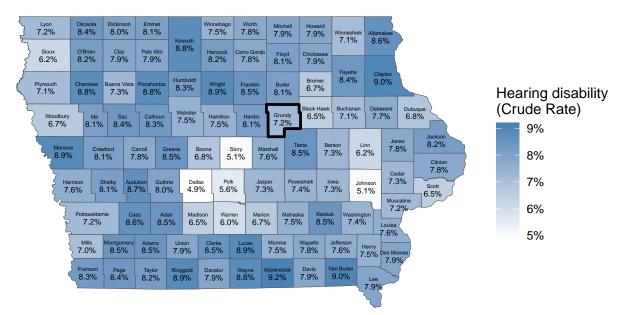


Mammography (Age–Adjusted Rate)

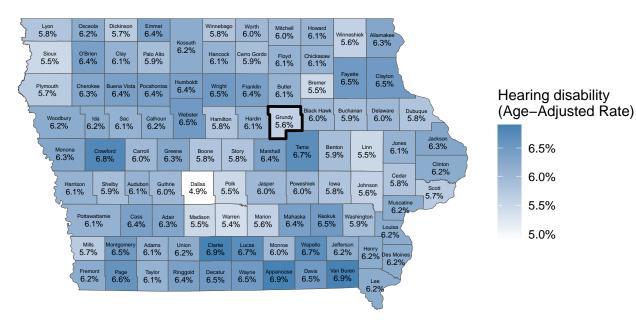


# Hearing disability

### Hearing disability among adults aged >=18 years

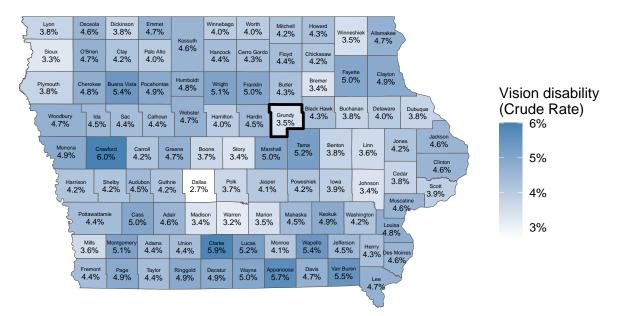


Data Source: CDC PLACES 2023 Release, BRFSS 2021

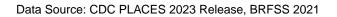


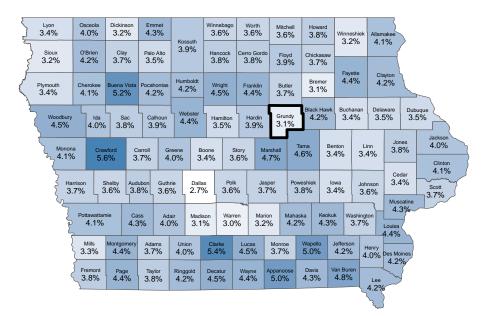
Data Source: CDC PLACES 2023 Release, BRFSS 2021

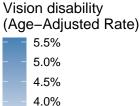
# Vision disability



### Vision disability among adults aged >=18 years



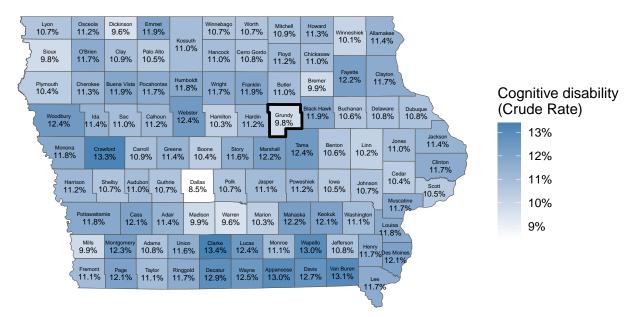






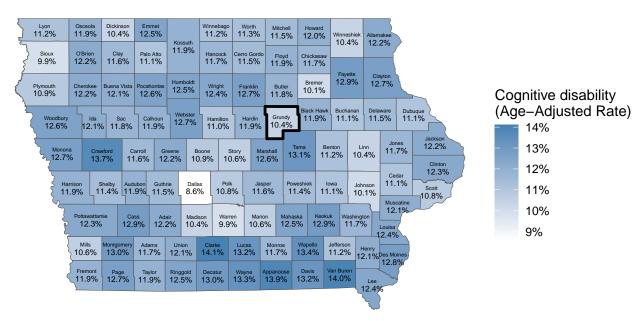
3.0%

# Cognitive disability

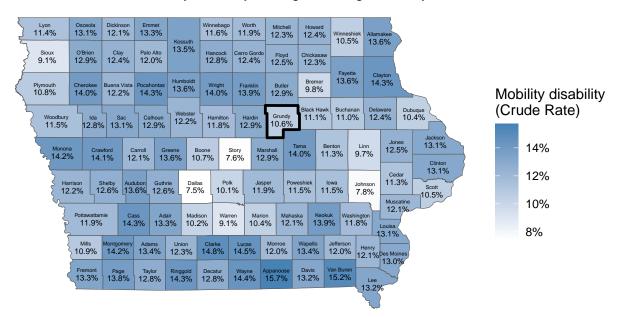


### Cognitive disability among adults aged >=18 years

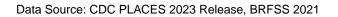
Data Source: CDC PLACES 2023 Release, BRFSS 2021

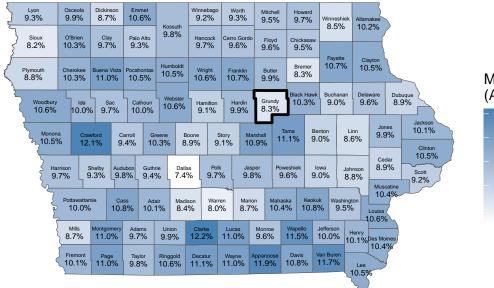


# Mobility disability



### Mobility disability among adults aged >=18 years





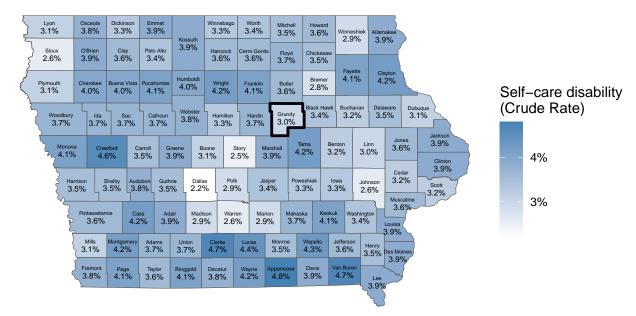
Mobility disability (Age–Adjusted Rate)

> - 11% - 10% - 9%

8%

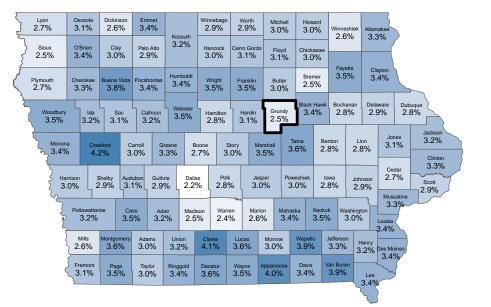
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

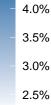


### Self-care disability among adults aged >=18 years

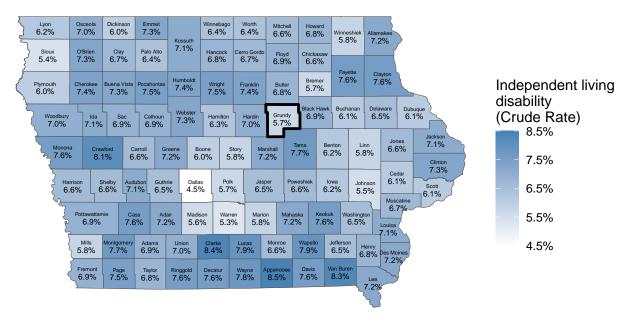
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Self-care disability (Age-Adjusted Rate)

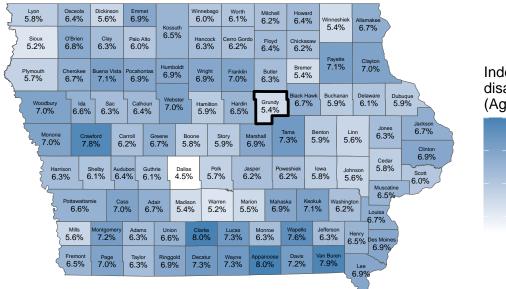


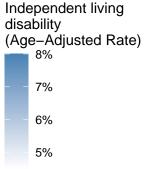
# Independent living disability



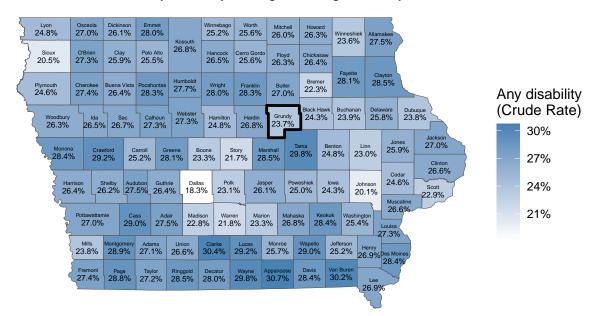
### Independent living disability among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021





# Any disability



Any disability among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

