



## Iowa County Health Snapshot Series

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



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*By Matthew Voss & Shawn Dorius*

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# Iowa County Health Snapshot Series

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# Health in Tama County: Overview

Dear Community Members & Stakeholders of Tama County,

We are pleased to share the Iowa County 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's 99 counties. The following pages include the health snapshot for your county. The snapshot can be used to see how Tama County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Tama 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 Tama 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	Rural County Rank	Health Domain	Statewide County Rank	Rural County Rank
Annual Checkup	10th	8th	Cancer (except skin)	8th	4th
Core preventive services for older men	17th	6th	Annual Checkup	10th	3rd
Core preventive services for older women	21st	5th	Binge Drinking	14th	6th
Binge Drinking	25th	20th	Core preventive services for older women	15th	3rd
Sleep <7 hours	31st	19th	Core preventive services for older men	16th	6th



# 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	Rural County Rank	Health Domain	Statewide County Rank	Rural County Rank
Obesity	97th	62nd	Obesity	98th	62nd
Any Disability	95th	59th	Any Disability	94th	59th
Colorectal Cancer Screening	95th	61st	Physical Health	94th	59th
Physical Health	94th	58th	Mobility Disability	93rd	58th
General Health	93rd	59th	Hearing Disability	93rd	58th

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 Tama County.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

# How to Use this Report

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

With a population of 16,867, Tama County’s similarly sized counties are defined as rural counties. In Iowa, rural counties have an average population of 12,547, and there are 63 counties that are considered rural 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

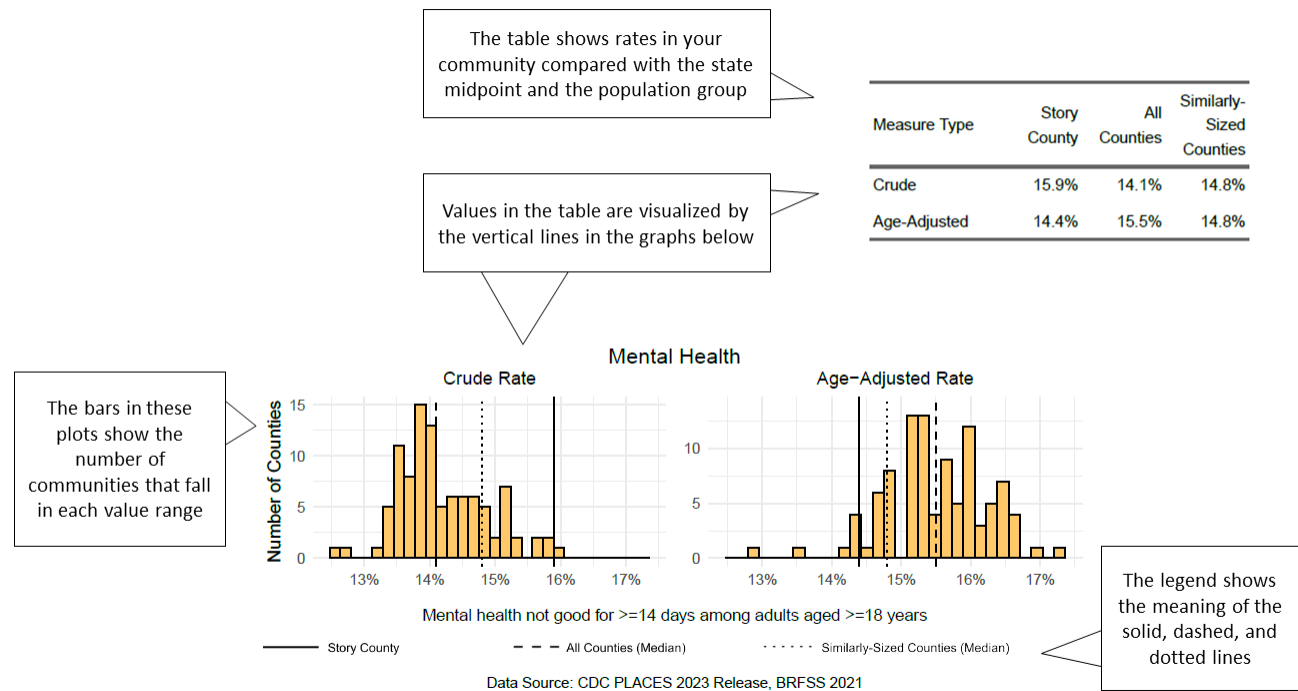
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps 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 Iowa 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 Iowa 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

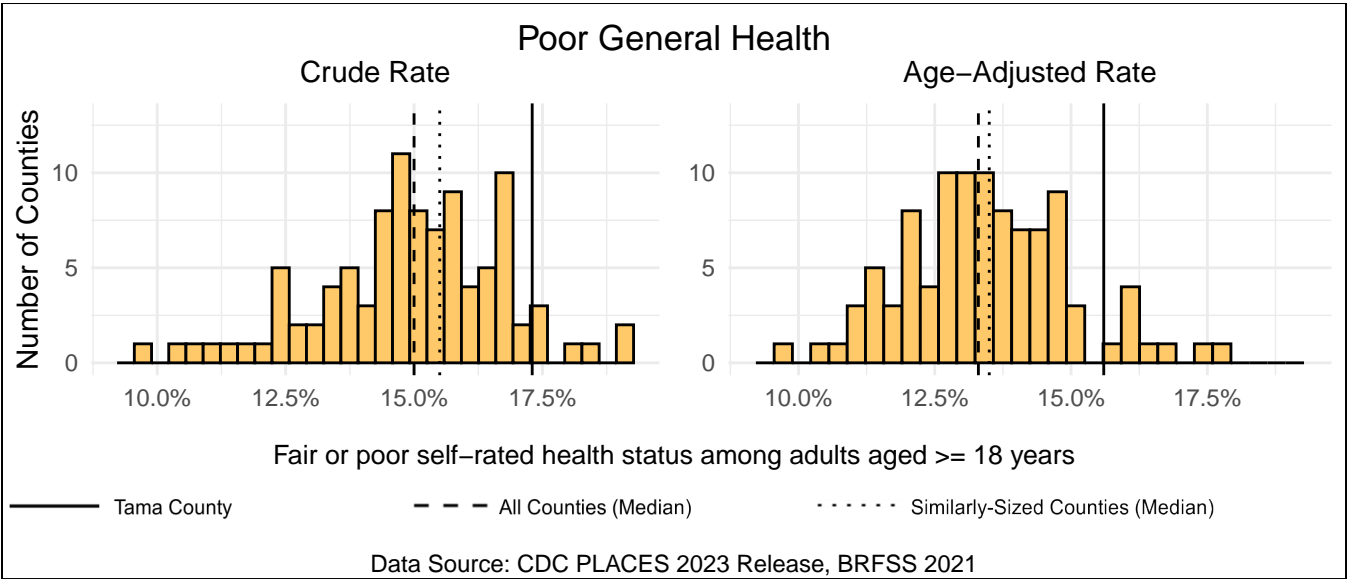
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Tama County has a crude rate of 17.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 93rd out of 99 Iowa counties (59th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 15.6%, which ranks 91st out of 99 Iowa counties (59th out of 63 similarly-sized counties).

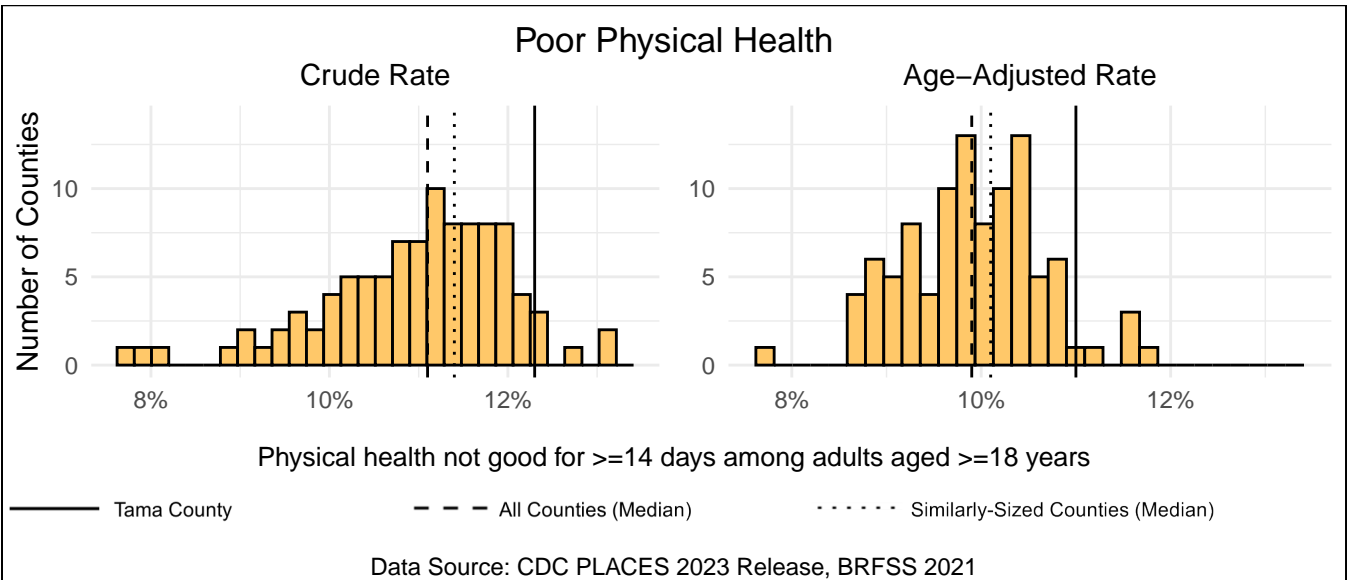
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	17.3%	15.0%	15.5%
Age-Adjusted	15.6%	13.3%	13.5%



# Poor Physical Health

Tama County has a crude rate of 12.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 94th out of 99 Iowa counties (58th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 11.0%, which ranks 94th out of 99 Iowa counties (59th out of 63 similarly-sized counties).

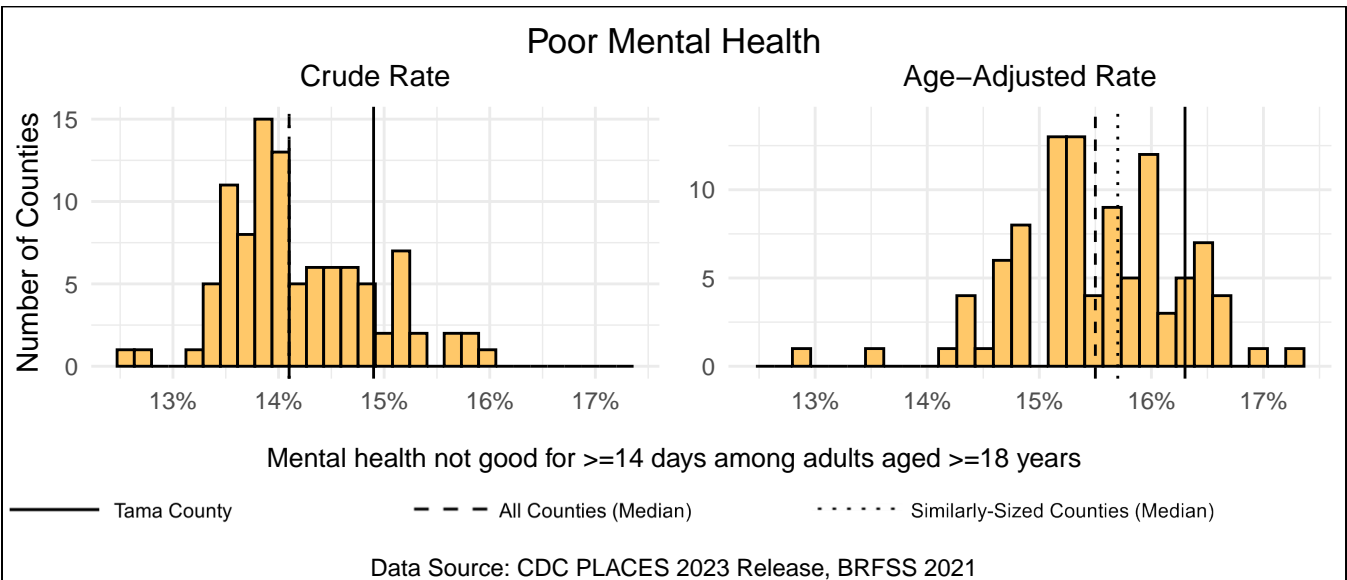
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	12.3%	11.1%	11.4%
Age-Adjusted	11.0%	9.9%	10.1%



# Poor Mental Health

Tama County has a crude rate of 14.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 82nd out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 16.3%, which ranks 82nd out of 99 Iowa counties (49th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	14.9%	14.1%	14.1%
Age-Adjusted	16.3%	15.5%	15.7%



# Health Risk Behaviors

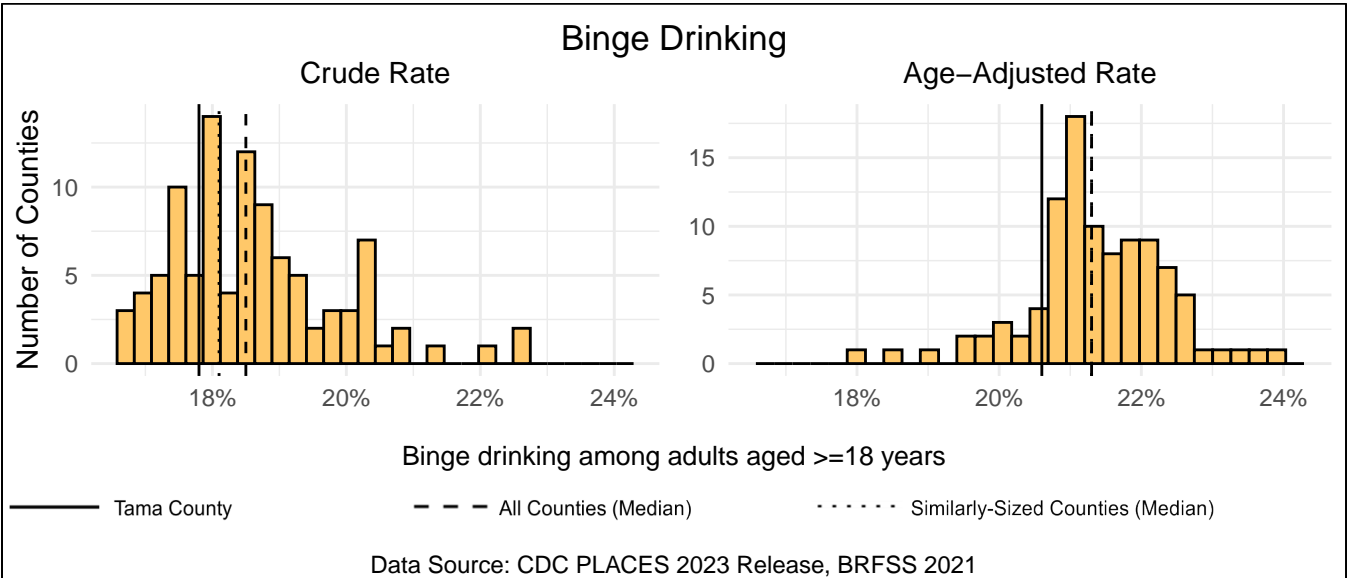
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Tama County has a crude rate of 17.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 25th out of 99 Iowa counties (20th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 20.6%, which ranks 14th out of 99 Iowa counties (6th out of 63 similarly-sized counties).

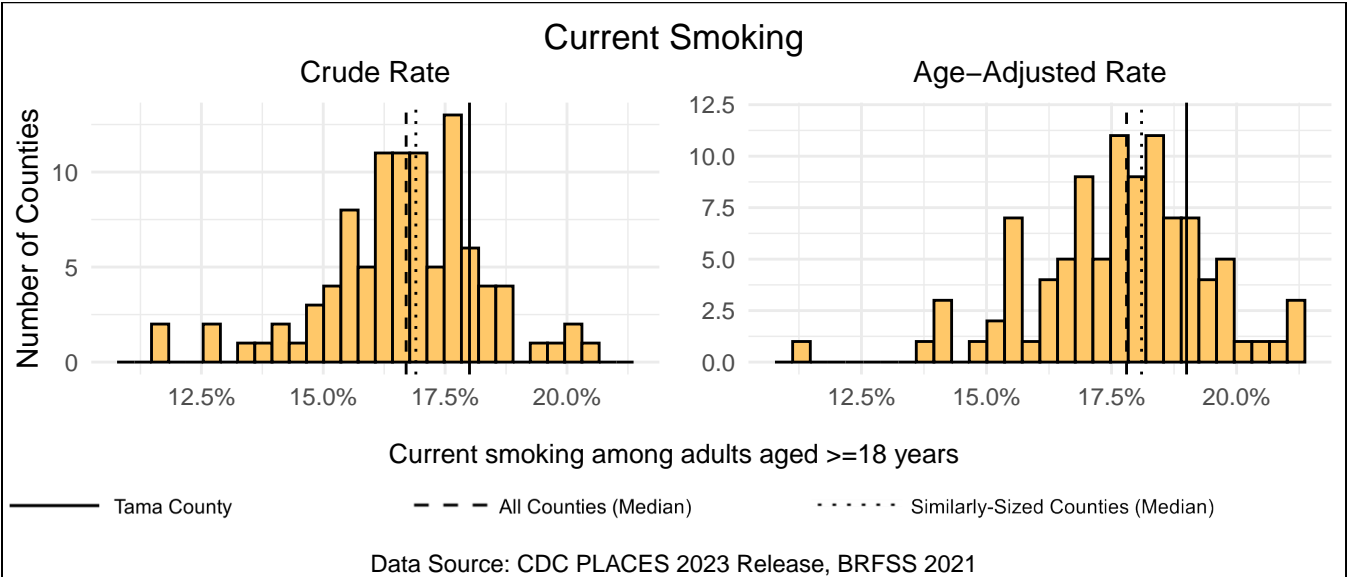
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	17.8%	18.5%	18.1%
Age-Adjusted	20.6%	21.3%	21.3%



## Current Smoking

Tama County has a crude rate of 18.0% for current smoking among adults aged  $\geq 18$  years, which ranks 83rd out of 99 Iowa counties (51st out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 19.0%, which ranks 79th out of 99 Iowa counties (46th out of 63 similarly-sized counties).

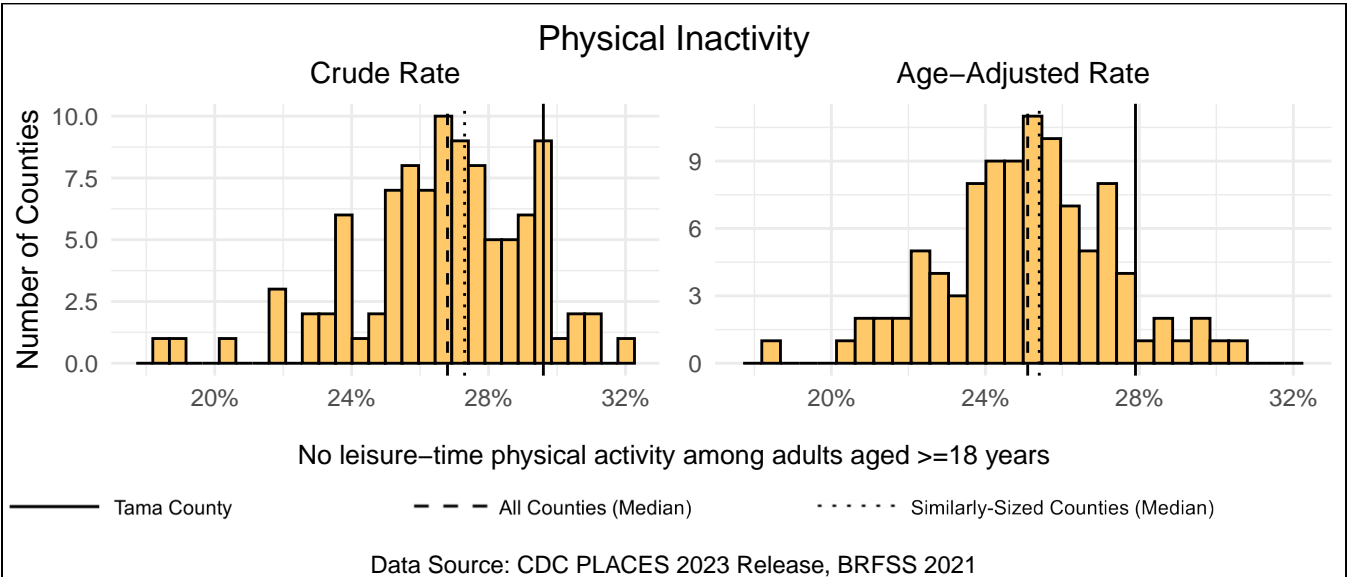
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	18.0%	16.7%	16.9%
Age-Adjusted	19.0%	17.8%	18.1%



## Physical Inactivity

Tama County has a crude rate of 29.6% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 88th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 27.9%, which ranks 92nd out of 99 Iowa counties (59th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	29.6%	26.8%	27.3%
Age-Adjusted	27.9%	25.1%	25.4%

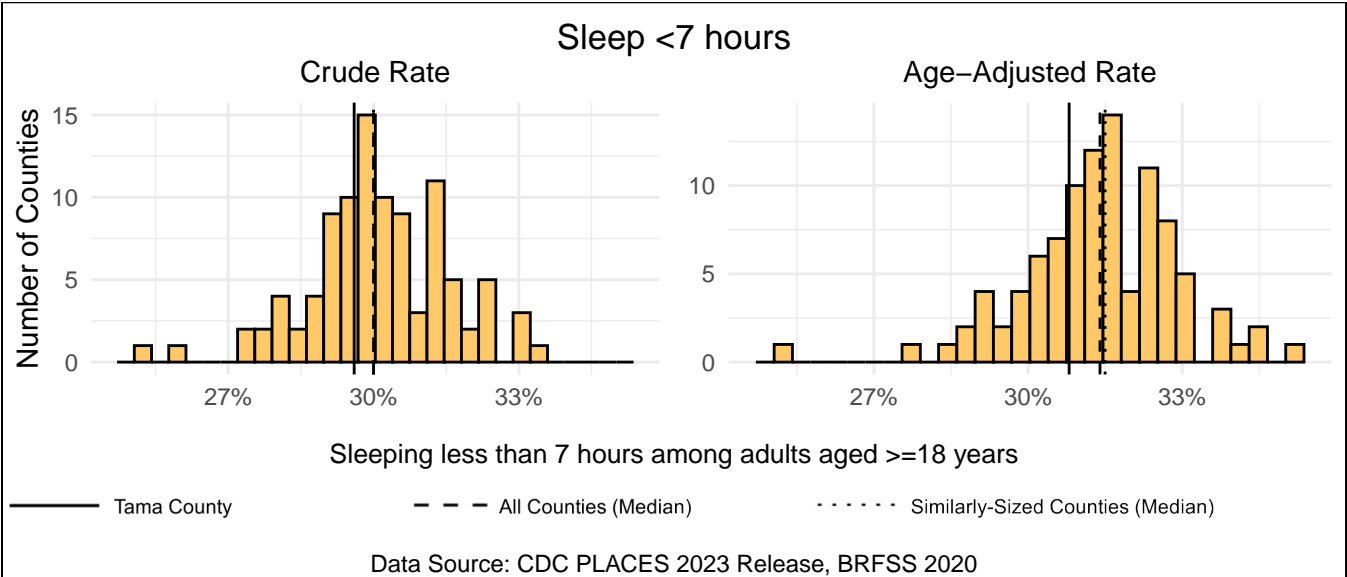




# Sleep <7 hours

Tama County has a crude rate of 29.6% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 31st out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 30.8%, which ranks 29th out of 99 Iowa counties (17th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	29.6%	30.0%	30.0%
Age-Adjusted	30.8%	31.4%	31.5%



# Health Outcomes

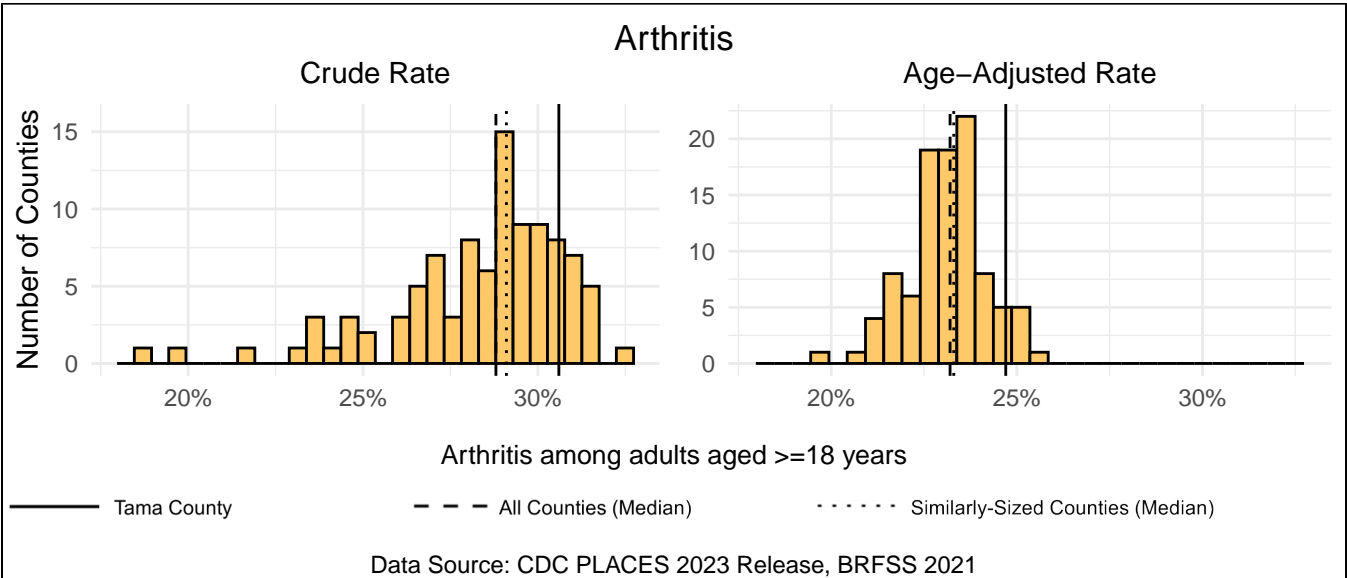
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Tama County has a crude rate of 30.6% for arthritis among adults aged  $\geq 18$  years, which ranks 86th out of 99 Iowa counties (51st out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 24.7%, which ranks 92nd out of 99 Iowa counties (60th out of 63 similarly-sized counties).

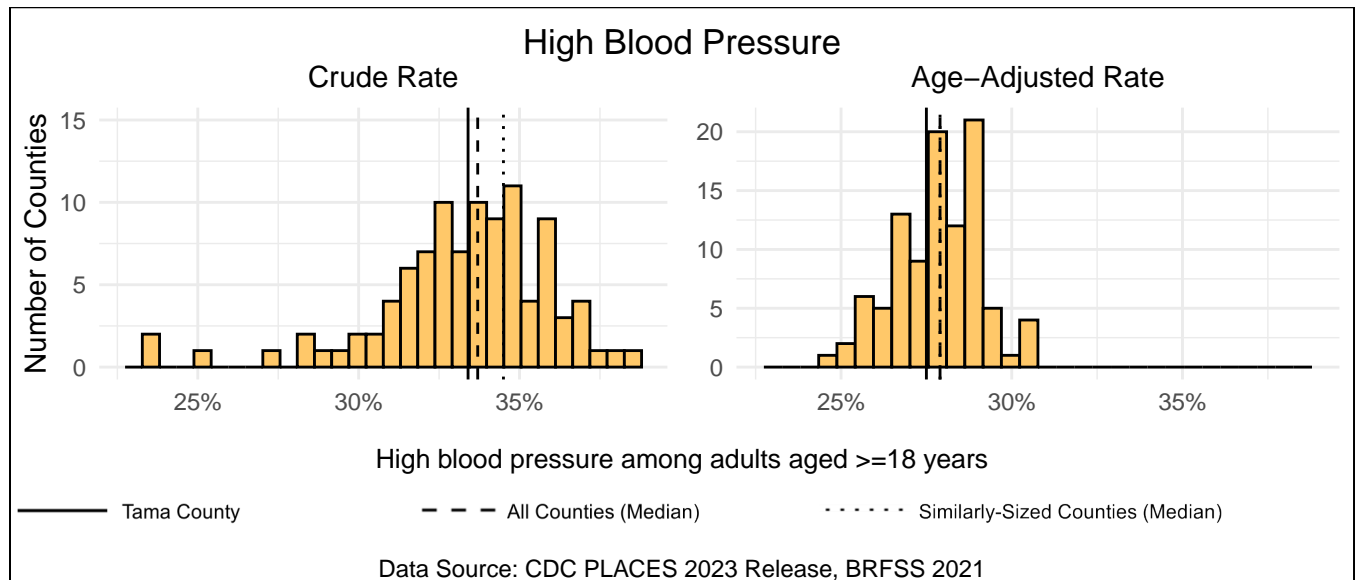
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	30.6%	28.8%	29.1%
Age-Adjusted	24.7%	23.2%	23.3%



## High Blood Pressure

Tama County has a crude rate of 33.4% for high blood pressure among adults aged  $\geq 18$  years, which ranks 46th out of 99 Iowa counties (21st out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 27.5%, which ranks 34th out of 99 Iowa counties (18th out of 63 similarly-sized counties).

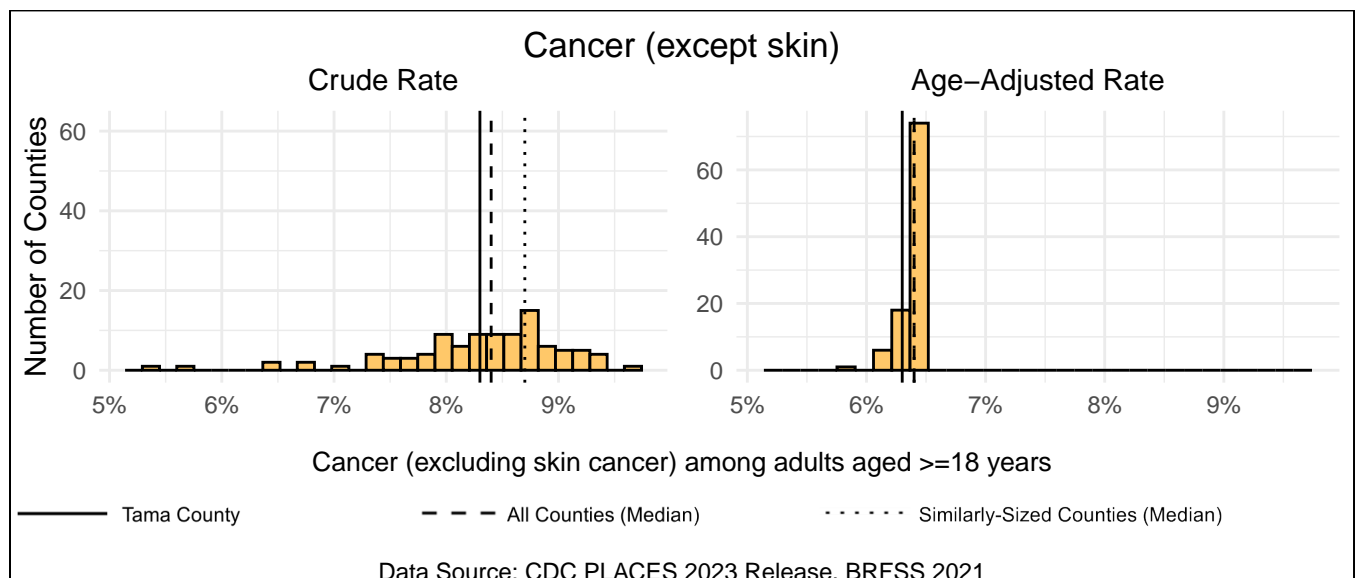
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	33.4%	33.7%	34.5%
Age-Adjusted	27.5%	27.9%	27.9%



## Cancer (except skin)

Tama County has a crude rate of 8.3% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 37th out of 99 Iowa counties (14th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 6.3%, which ranks 8th out of 99 Iowa counties (4th out of 63 similarly-sized counties).

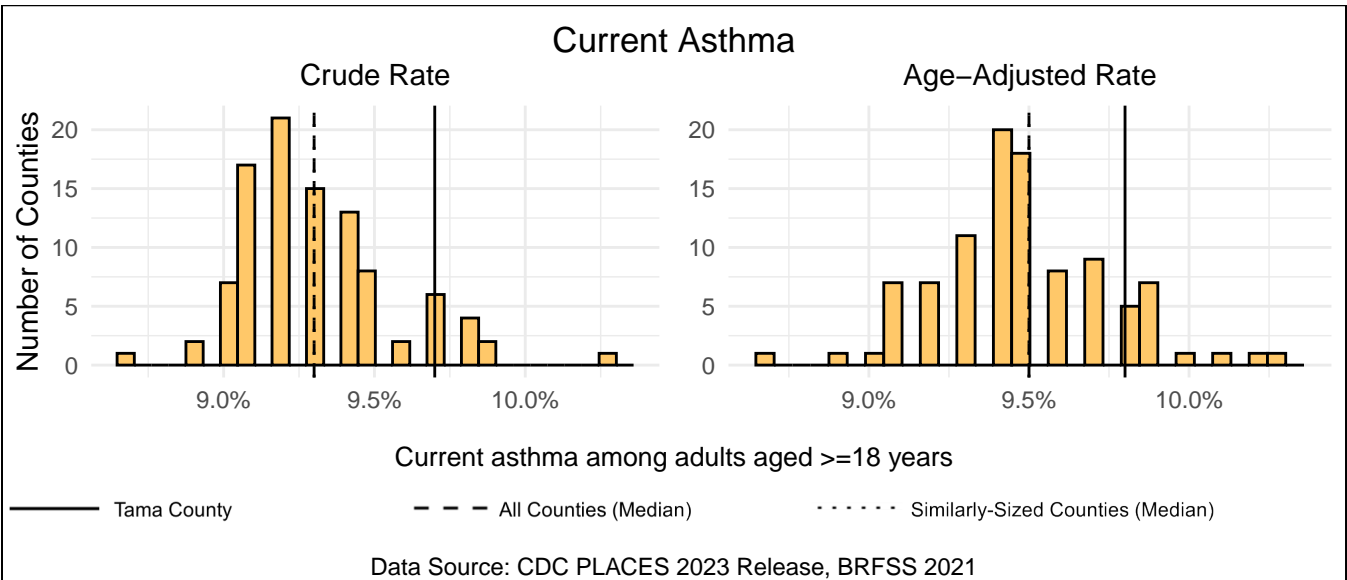
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	8.3%	8.4%	8.7%
Age-Adjusted	6.3%	6.4%	6.4%



# Current Asthma

Tama County has a crude rate of 9.7% for current asthma among adults aged  $\geq 18$  years, which ranks 87th out of 99 Iowa counties (57th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 9.8%, which ranks 84th out of 99 Iowa counties (53rd out of 63 similarly-sized counties).

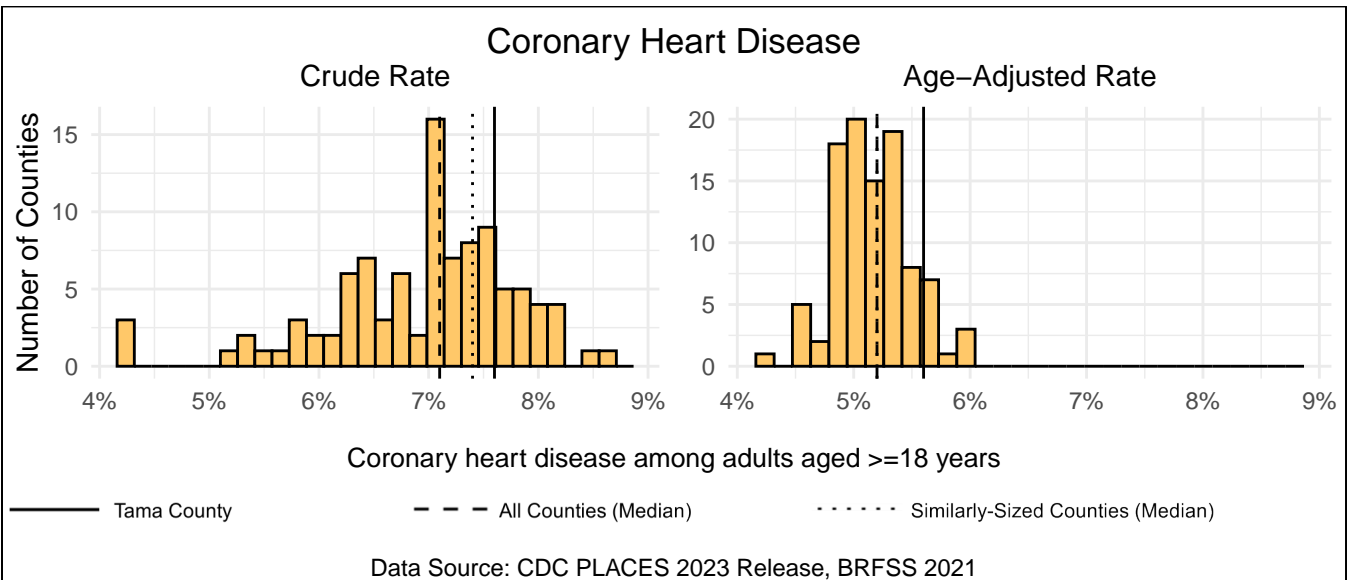
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



# Coronary Heart Disease

Tama County has a crude rate of 7.6% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 75th out of 99 Iowa counties (39th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 5.6%, which ranks 89th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

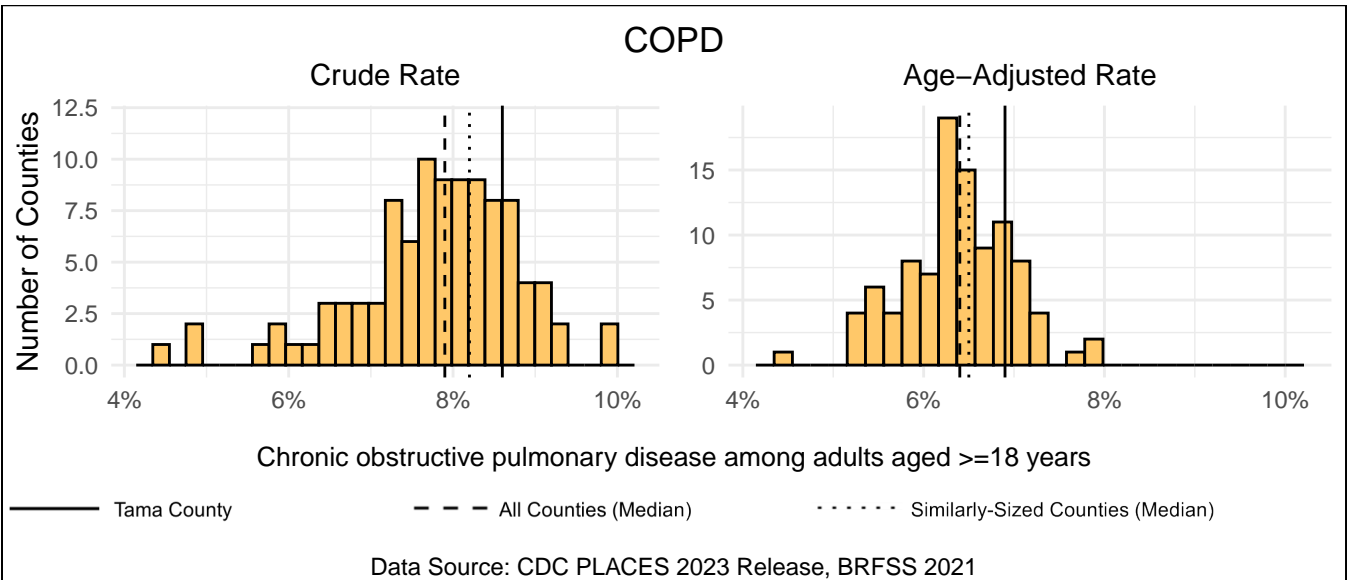
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	7.6%	7.1%	7.4%
Age-Adjusted	5.6%	5.2%	5.2%



# COPD

Tama County has a crude rate of 8.6% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 80th out of 99 Iowa counties (44th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 6.9%, which ranks 81st out of 99 Iowa counties (48th out of 63 similarly-sized counties).

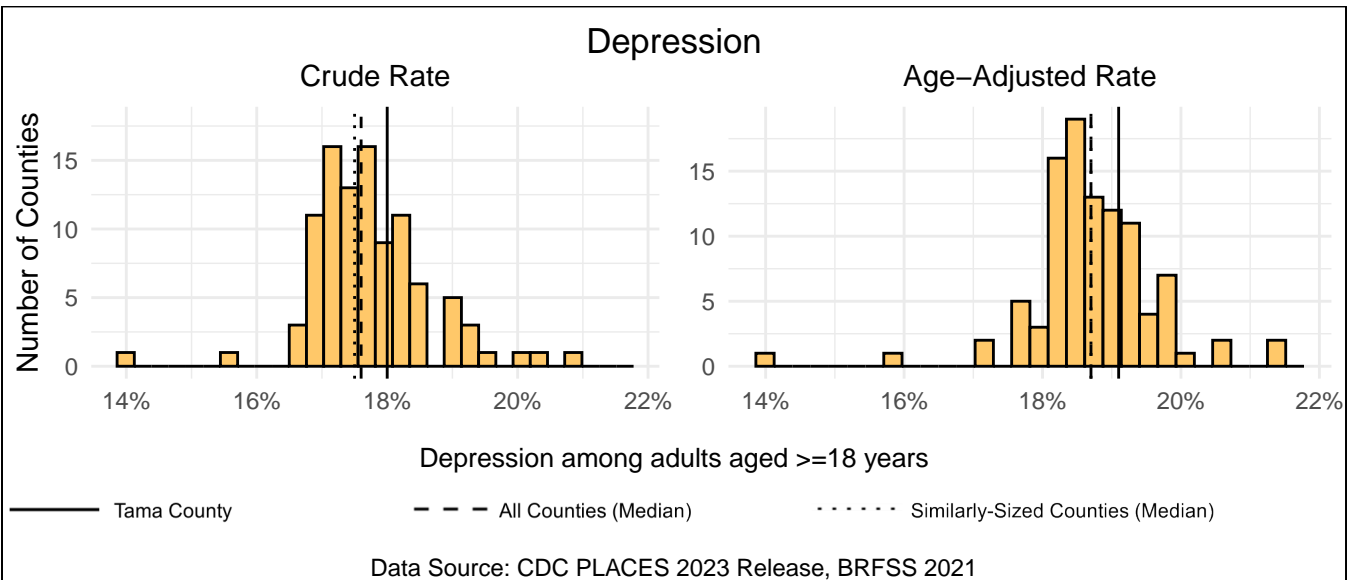
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	8.6%	7.9%	8.2%
Age-Adjusted	6.9%	6.4%	6.5%



# Depression

Tama County has a crude rate of 18.0% for depression among adults aged  $\geq 18$  years, which ranks 66th out of 99 Iowa counties (47th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 19.1%, which ranks 66th out of 99 Iowa counties (42nd out of 63 similarly-sized counties).

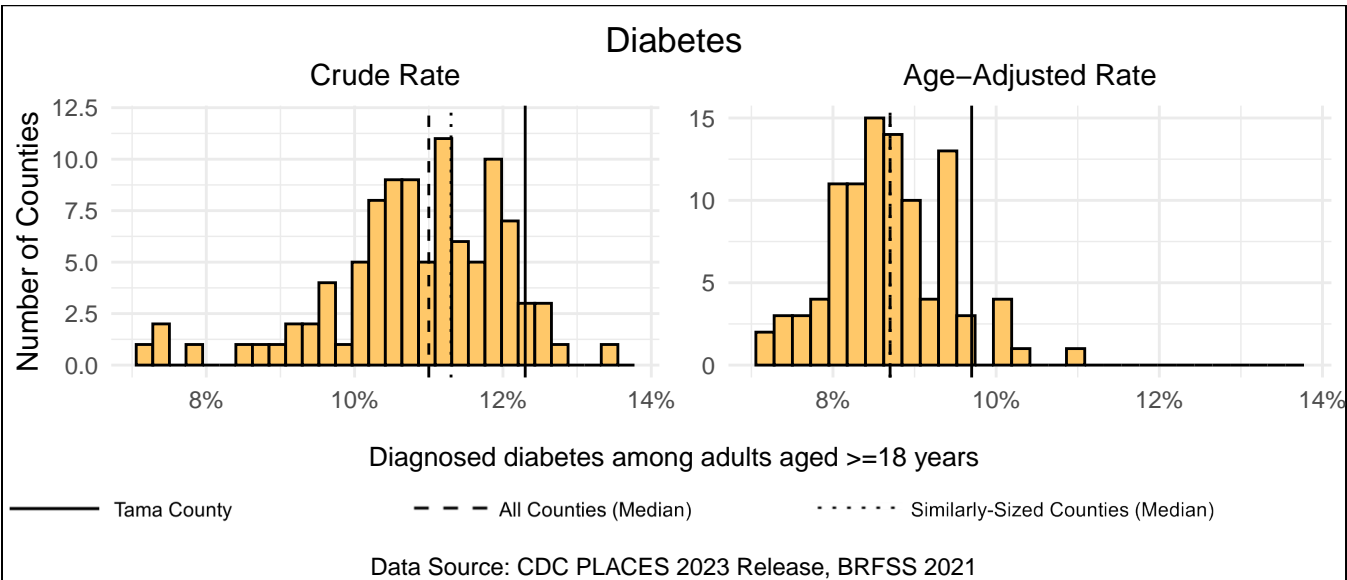
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	18.0%	17.6%	17.5%
Age-Adjusted	19.1%	18.7%	18.7%



# Diabetes

Tama County has a crude rate of 12.3% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 92nd out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 9.7%, which ranks 92nd out of 99 Iowa counties (59th out of 63 similarly-sized counties).

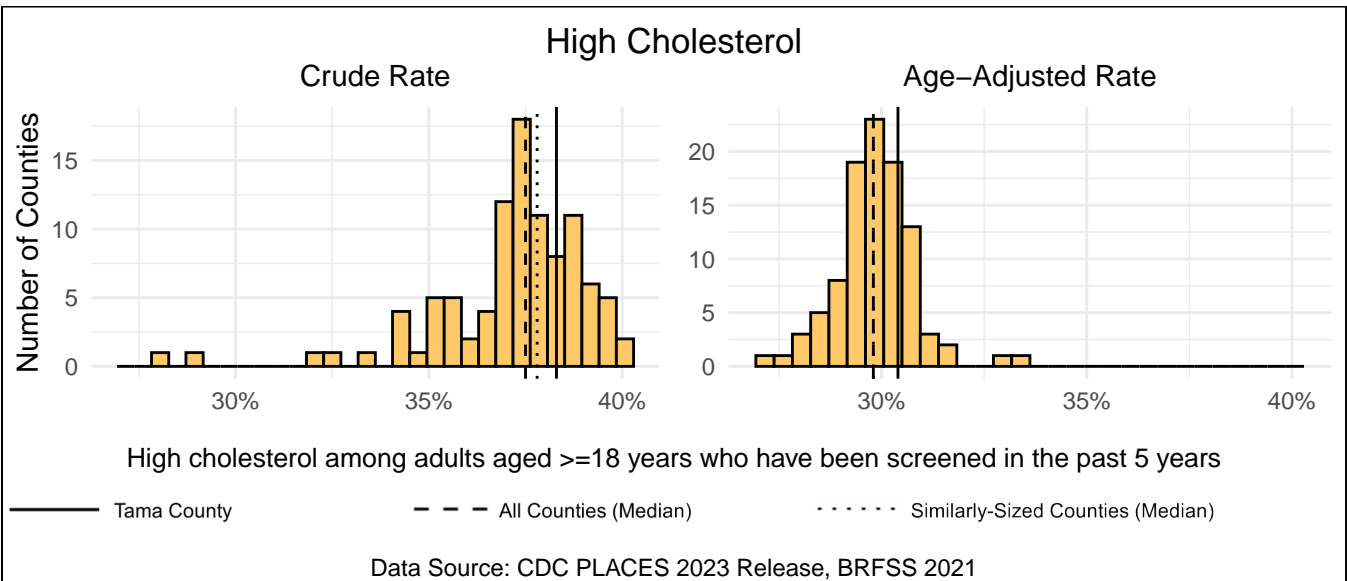
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	12.3%	11.0%	11.3%
Age-Adjusted	9.7%	8.7%	8.7%



# High Cholesterol

Tama County has a crude rate of 38.3% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 73rd out of 99 Iowa counties (40th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 30.4%, which ranks 71st out of 99 Iowa counties (45th out of 63 similarly-sized counties).

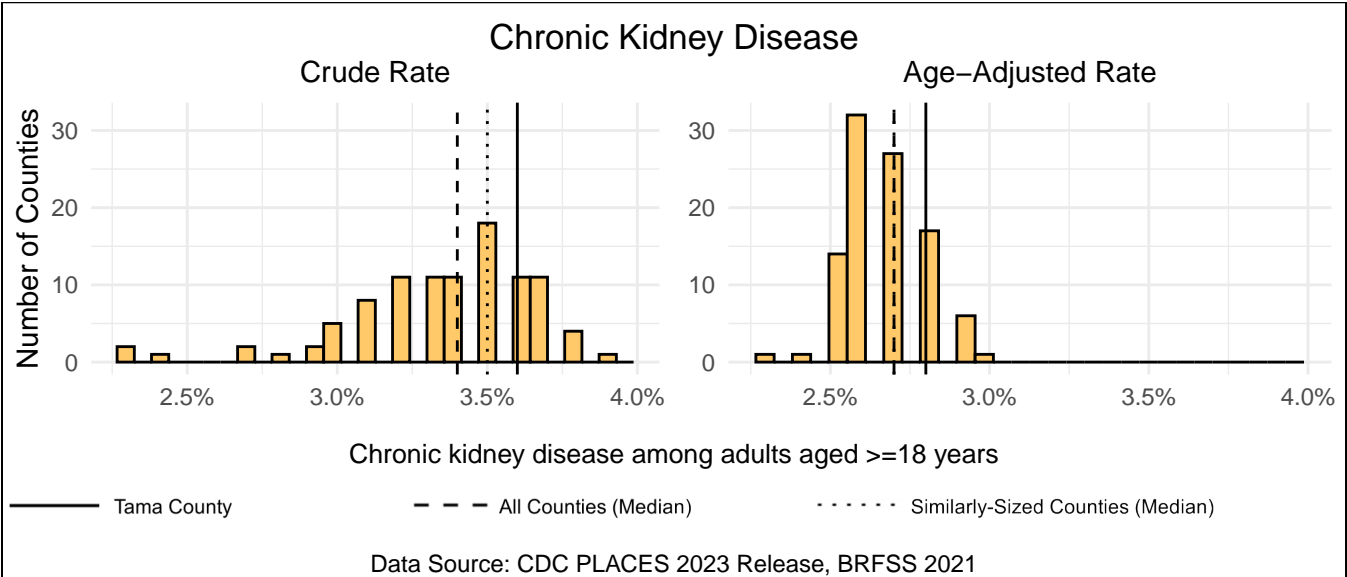
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	38.3%	37.5%	37.8%
Age-Adjusted	30.4%	29.8%	29.8%



## Chronic Kidney Disease

Tama County has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 73rd out of 99 Iowa counties (37th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 2.8%, which ranks 76th out of 99 Iowa counties (47th out of 63 similarly-sized counties).

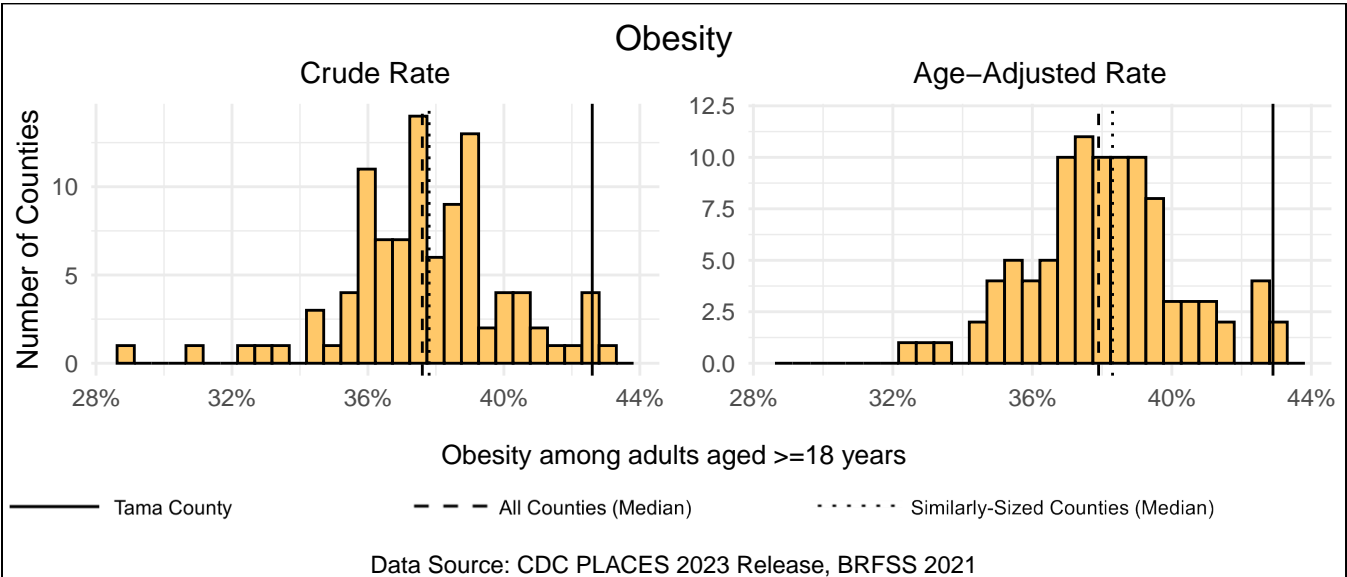
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	3.6%	3.4%	3.5%
Age-Adjusted	2.8%	2.7%	2.7%



## Obesity

Tama County has a crude rate of 42.6% for obesity among adults aged  $\geq 18$  years, which ranks 97th out of 99 Iowa counties (62nd out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 42.9%, which ranks 98th out of 99 Iowa counties (62nd out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	42.6%	37.6%	37.8%
Age-Adjusted	42.9%	37.9%	38.3%

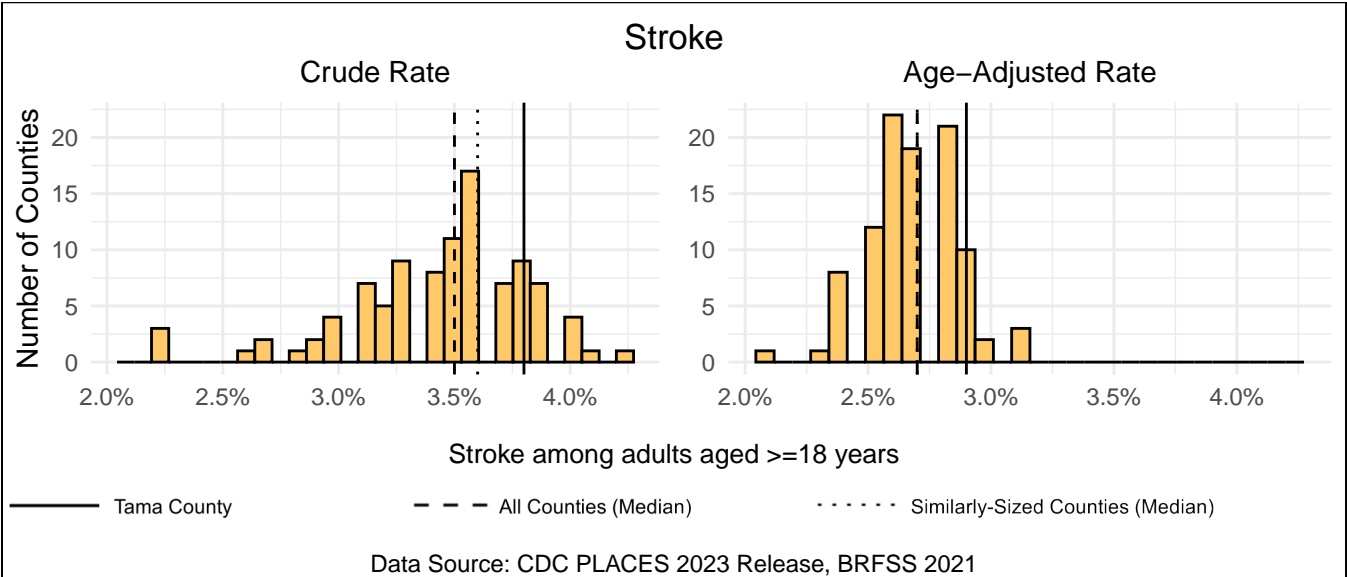




# Stroke

Tama County has a crude rate of 3.8% for stroke among adults aged  $\geq 18$  years, which ranks 78th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 2.9%, which ranks 85th out of 99 Iowa counties (52nd out of 63 similarly-sized counties).

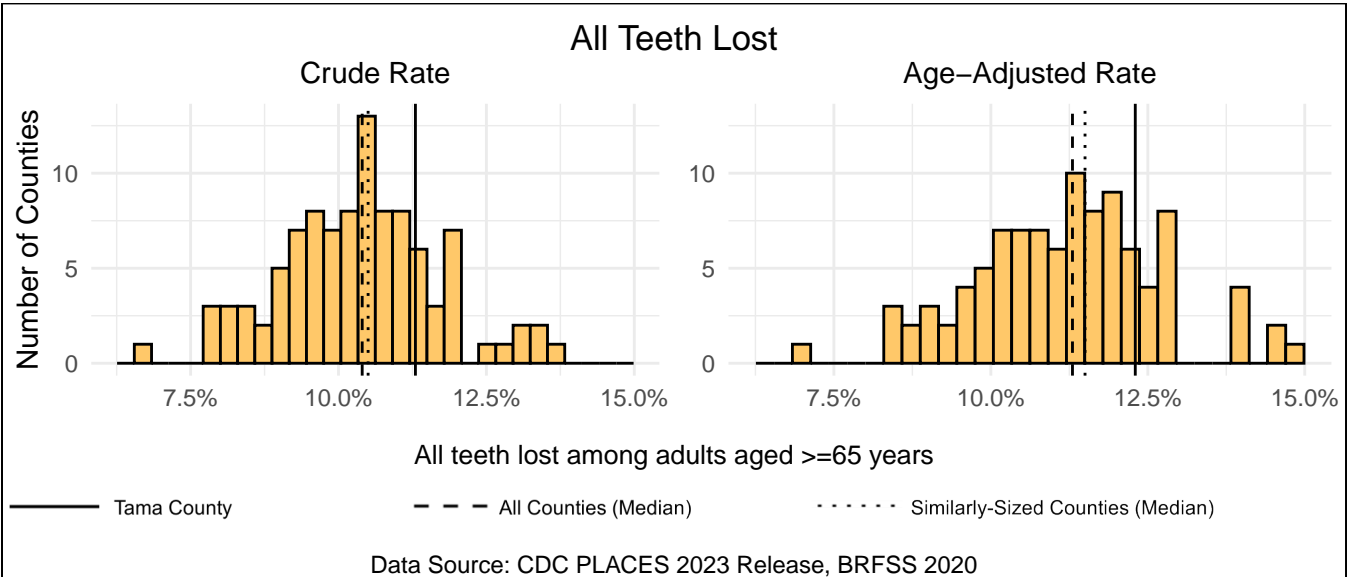
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	3.8%	3.5%	3.6%
Age-Adjusted	2.9%	2.7%	2.7%



# All Teeth Lost

Tama County has a crude rate of 11.3% for all teeth lost among adults aged  $\geq 65$  years, which ranks 77th out of 99 Iowa counties (48th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 12.3%, which ranks 80th out of 99 Iowa counties (49th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	11.3%	10.4%	10.5%
Age-Adjusted	12.3%	11.3%	11.5%



# Prevention

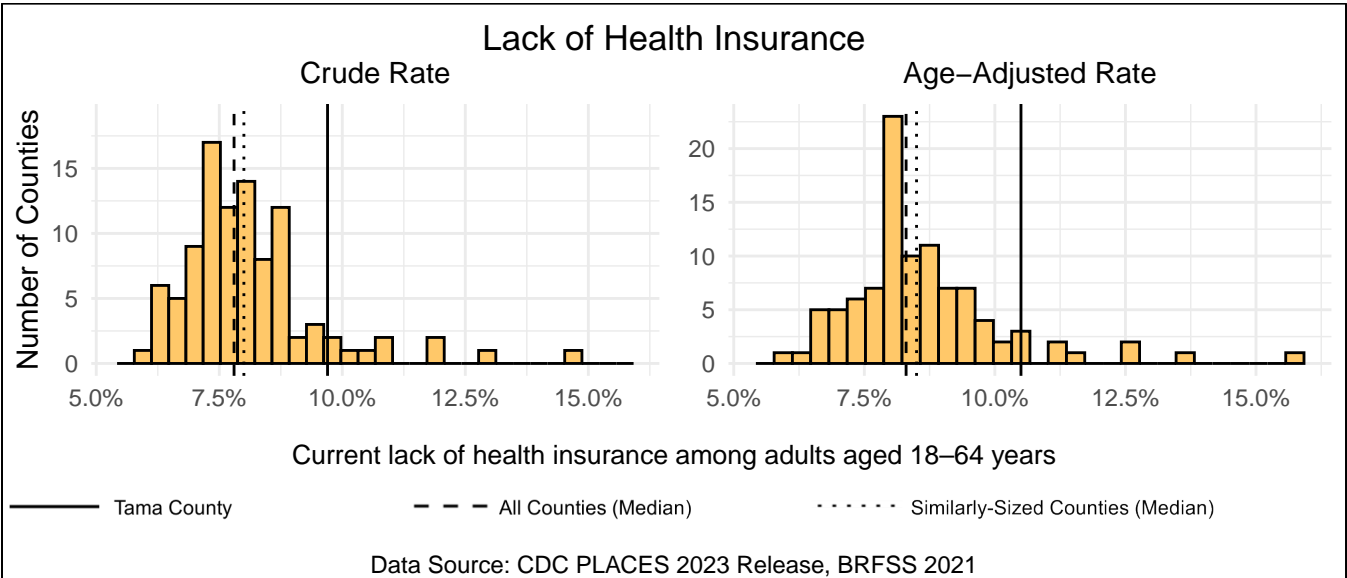
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Tama County has a crude rate of 9.7% for current lack of health insurance among adults aged 18–64 years, which ranks 90th out of 99 Iowa counties (59th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 10.5%, which ranks 90th out of 99 Iowa counties (59th out of 63 similarly-sized counties).

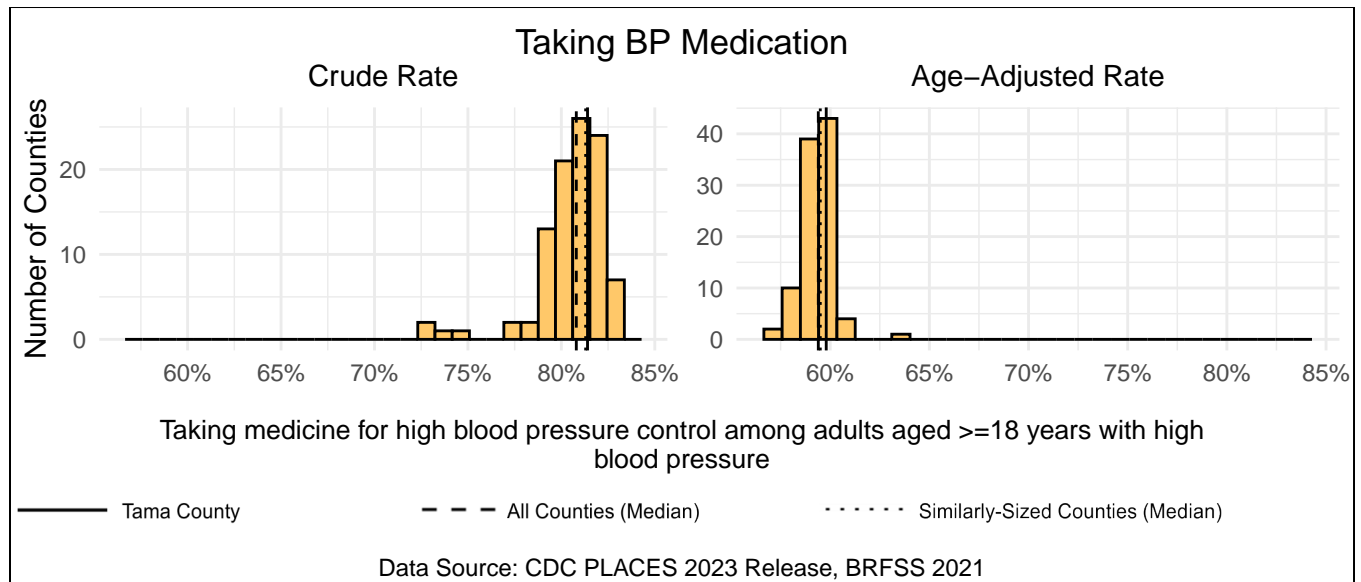
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	9.7%	7.8%	8.0%
Age-Adjusted	10.5%	8.3%	8.5%



## Taking BP Medication

Tama County has a crude rate of 81.4% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 32nd out of 99 Iowa counties (29th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 59.8%, which ranks 26th out of 99 Iowa counties (14th out of 63 similarly-sized counties).

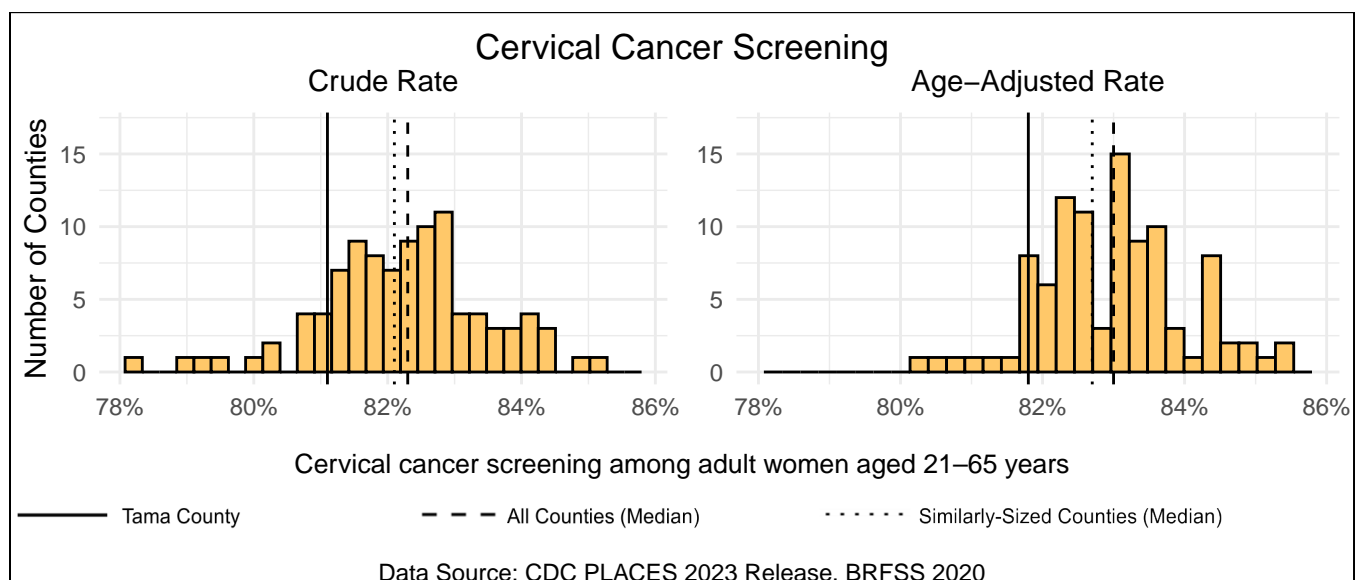
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	81.4%	80.8%	81.3%
Age-Adjusted	59.8%	59.4%	59.5%



## Cervical Cancer Screening

Tama County has a crude rate of 81.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 85th out of 99 Iowa counties (55th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 81.8%, which ranks 87th out of 99 Iowa counties (55th out of 63 similarly-sized counties).

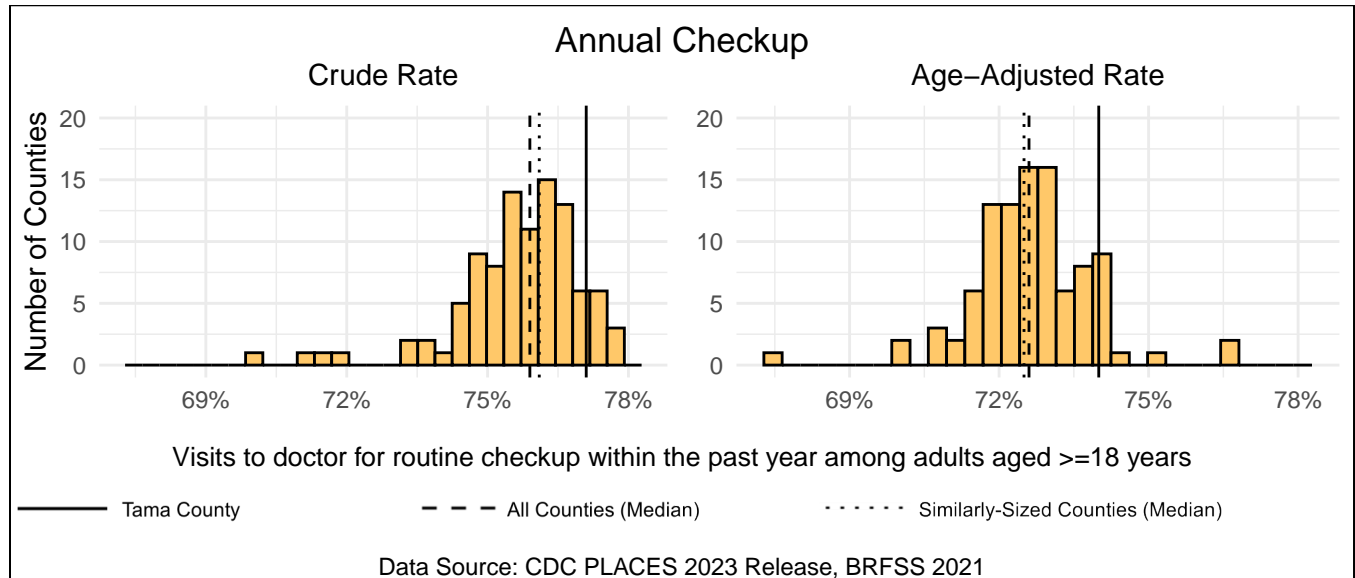
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	81.1%	82.3%	82.1%
Age-Adjusted	81.8%	83.0%	82.7%



## Annual Checkup

Tama County has a crude rate of 77.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 10th out of 99 Iowa counties (8th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 74.0%, which ranks 10th out of 99 Iowa counties (3rd out of 63 similarly-sized counties).

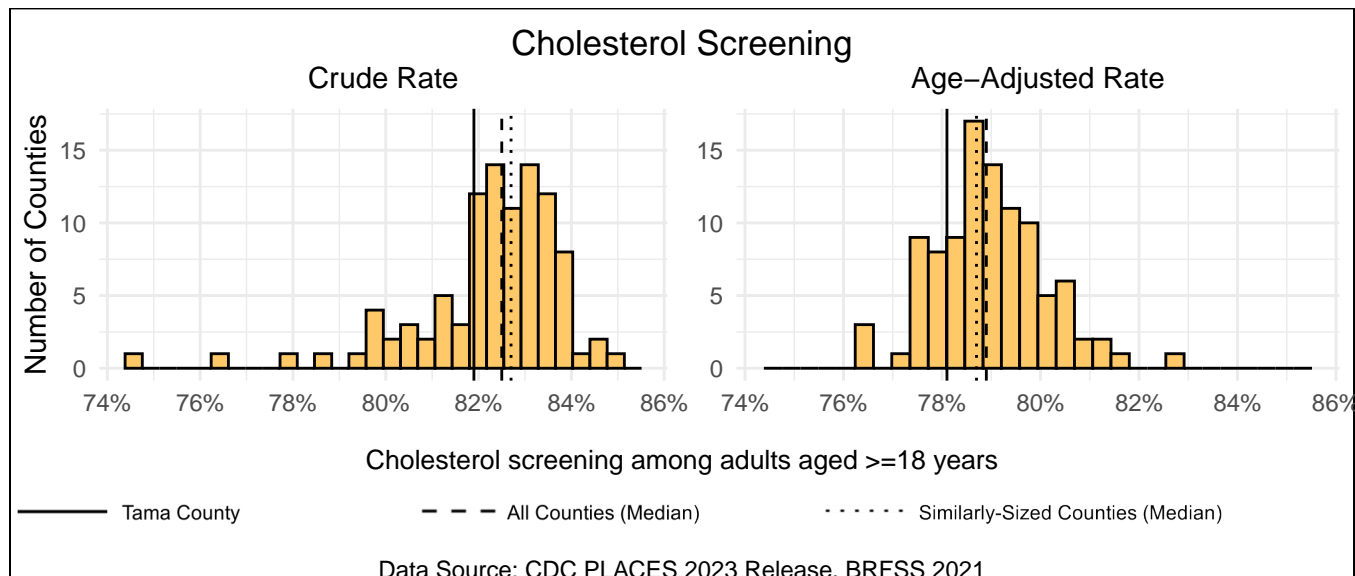
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	77.1%	75.9%	76.1%
Age-Adjusted	74.0%	72.6%	72.5%



## Cholesterol Screening

Tama County has a crude rate of 81.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 69th out of 99 Iowa counties (47th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 78.1%, which ranks 78th out of 99 Iowa counties (45th out of 63 similarly-sized counties).

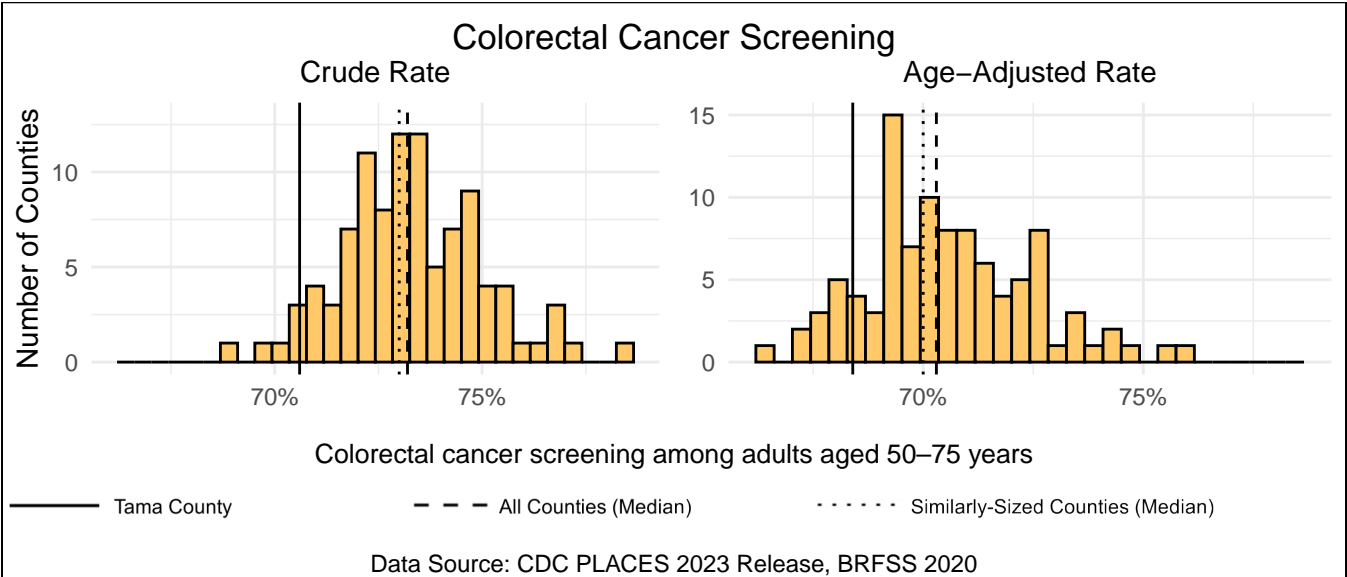
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	81.9%	82.5%	82.7%
Age-Adjusted	78.1%	78.9%	78.7%



### Colorectal Cancer Screening

Tama County has a crude rate of 70.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 95th out of 99 Iowa counties (61st out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 68.4%, which ranks 87th out of 99 Iowa counties (56th out of 63 similarly-sized counties).

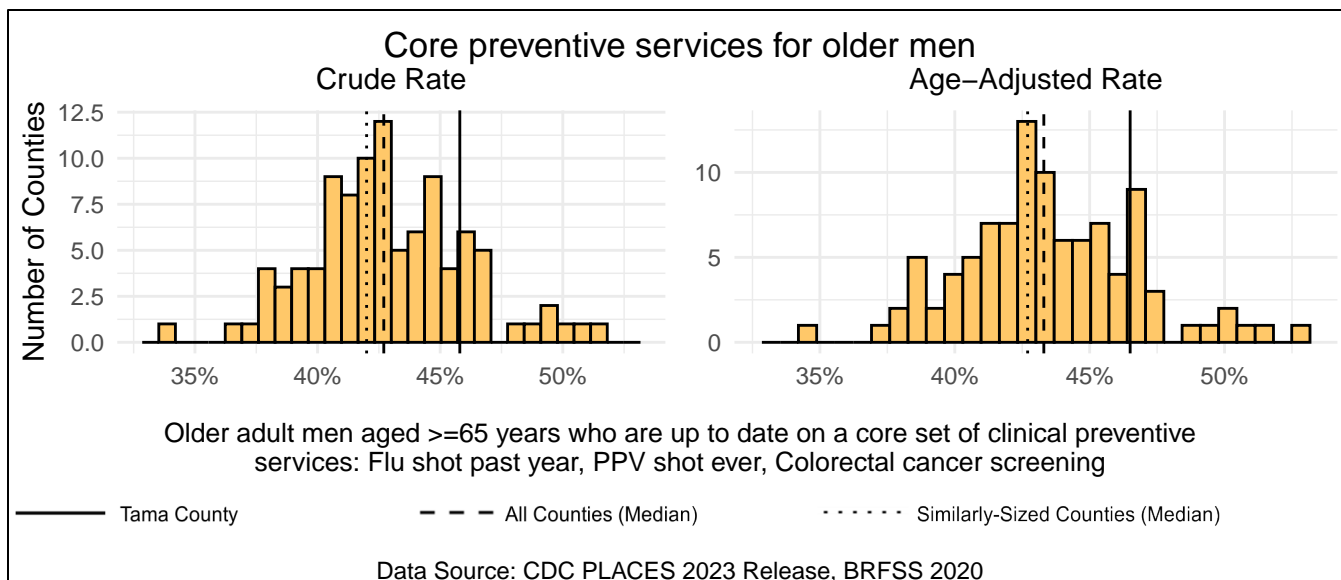
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	70.6%	73.2%	73.0%
Age-Adjusted	68.4%	70.3%	70.0%



### Core preventive services for older men

Tama County has a crude rate of 45.8% for older adult men 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, which ranks 17th out of 99 Iowa counties (6th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 46.5%, which ranks 16th out of 99 Iowa counties (6th out of 63 similarly-sized counties).

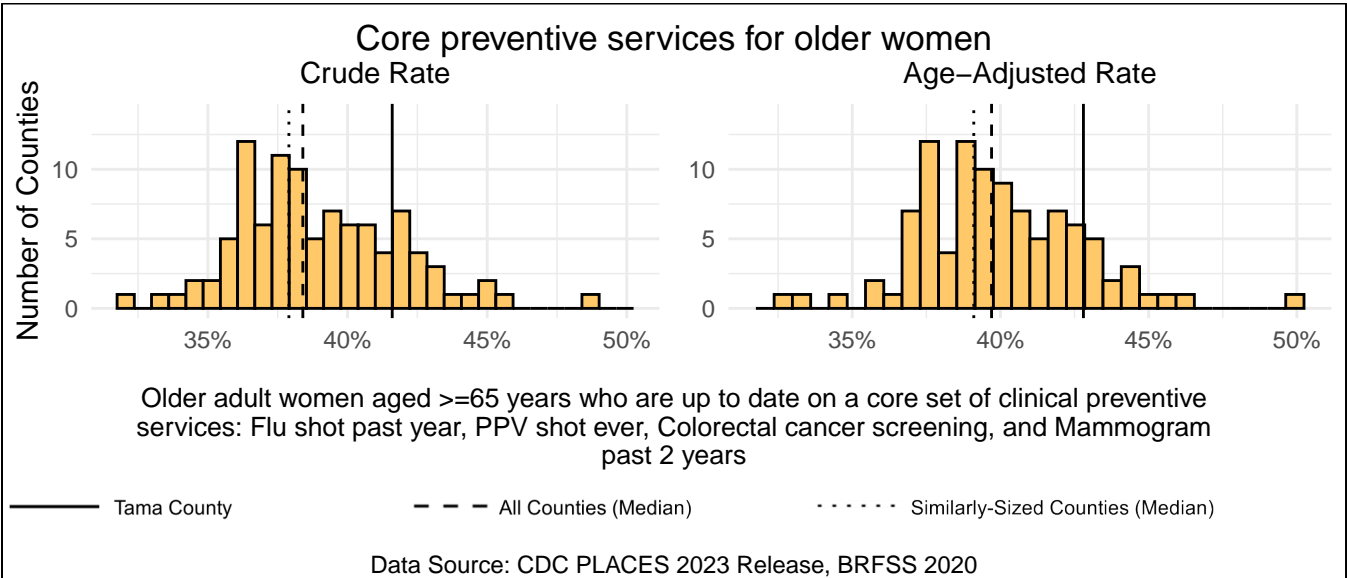
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	45.8%	42.7%	42.0%
Age-Adjusted	46.5%	43.3%	42.7%



### Core preventive services for older women

Tama County has a crude rate of 41.6% 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 21st out of 99 Iowa counties (5th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 42.8%, which ranks 15th out of 99 Iowa counties (3rd out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	41.6%	38.4%	37.9%
Age-Adjusted	42.8%	39.7%	39.1%

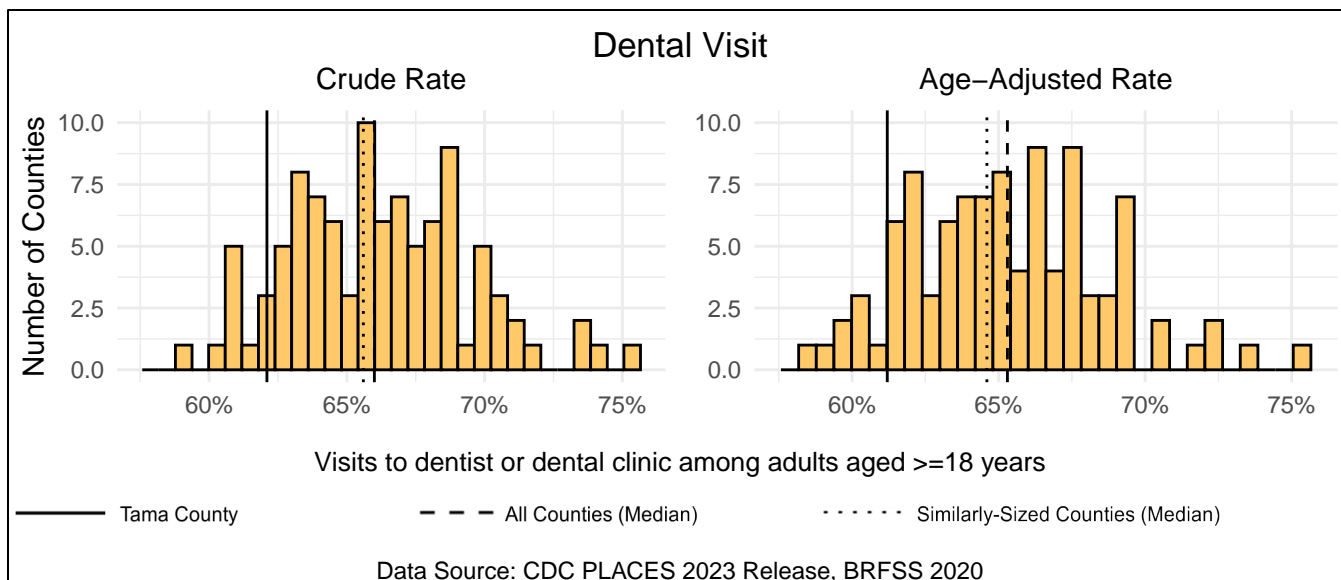


### Dental Visit

Tama County has a crude rate of 62.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 89th out of 99 Iowa counties (55th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 61.2%, which ranks 91st out of 99 Iowa counties (55th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	62.1%	66.0%	65.6%
Age-Adjusted	61.2%	65.3%	64.6%

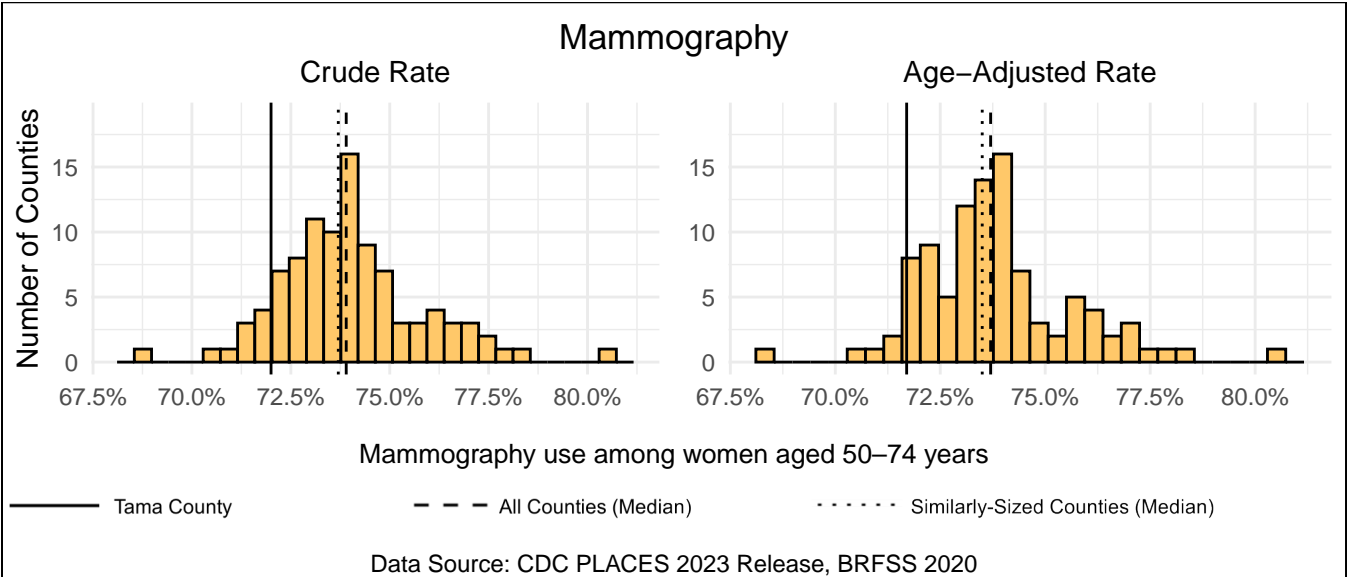




# Mammography

Tama County has a crude rate of 72.0% for mammography use among women aged 50–74 years, which ranks 90th out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 71.7%, which ranks 93rd out of 99 Iowa counties (59th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	72.0%	73.9%	73.7%
Age-Adjusted	71.7%	73.7%	73.5%



# Disability

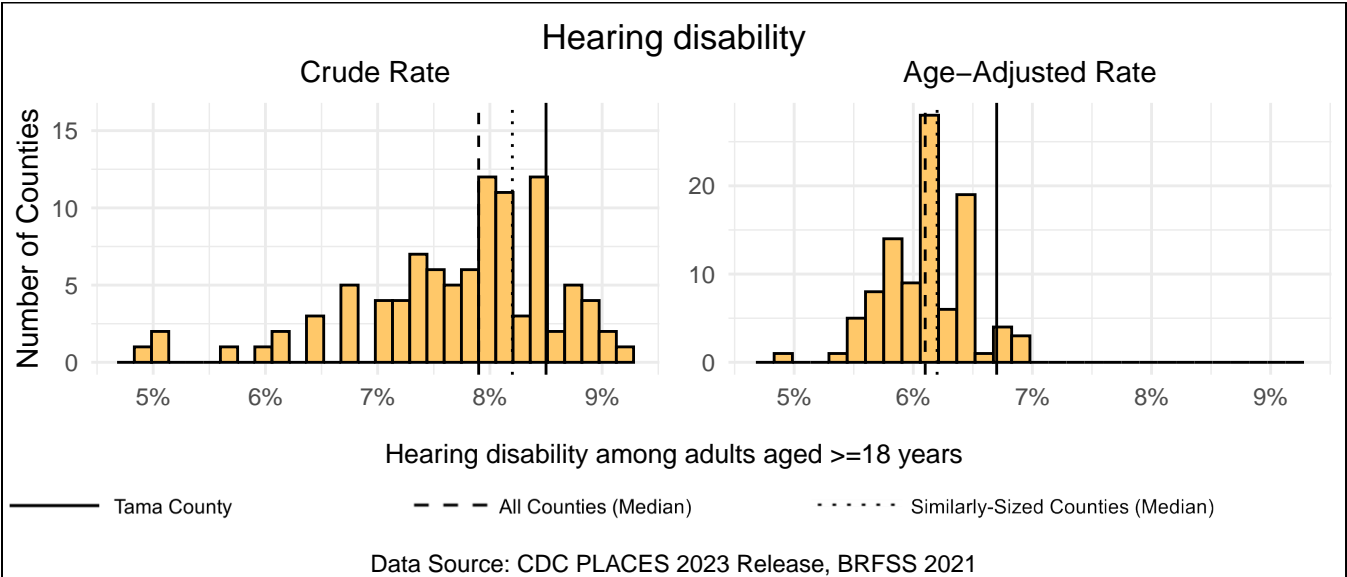
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Tama County has a crude rate of 8.5% for hearing disability among adults aged  $\geq 18$  years, which ranks 78th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 6.7%, which ranks 93rd out of 99 Iowa counties (58th out of 63 similarly-sized counties).

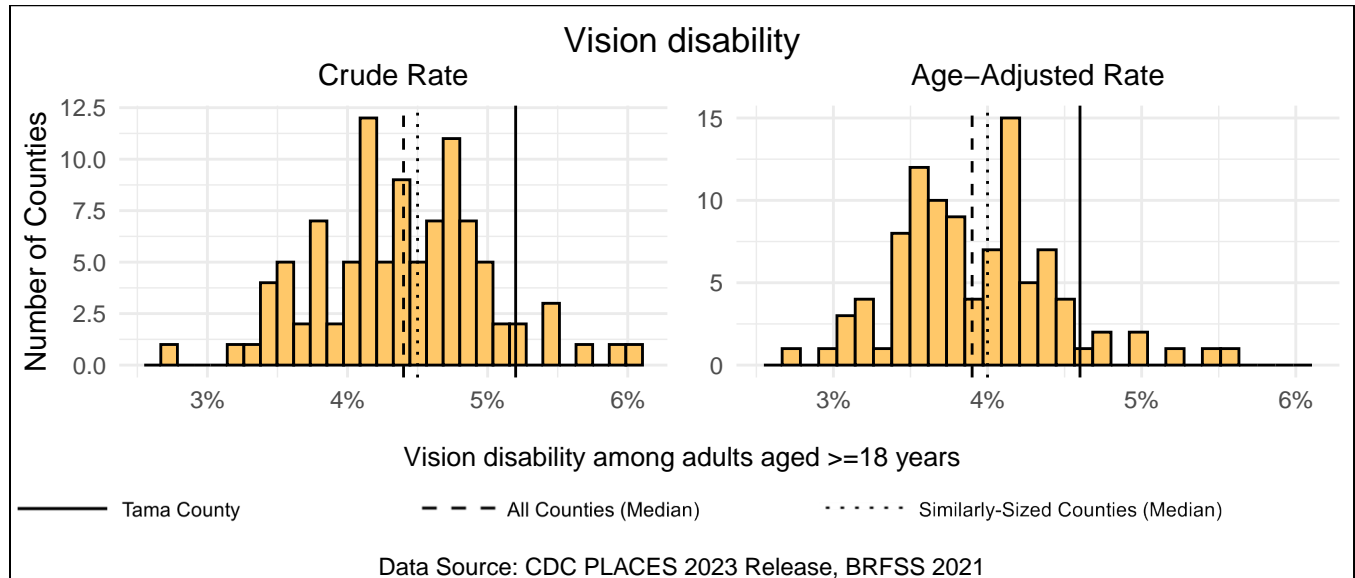
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	8.5%	7.9%	8.2%
Age-Adjusted	6.7%	6.1%	6.2%



## Vision disability

Tama County has a crude rate of 5.2% for vision disability among adults aged  $\geq 18$  years, which ranks 92nd out of 99 Iowa counties (58th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 4.6%, which ranks 92nd out of 99 Iowa counties (59th out of 63 similarly-sized counties).

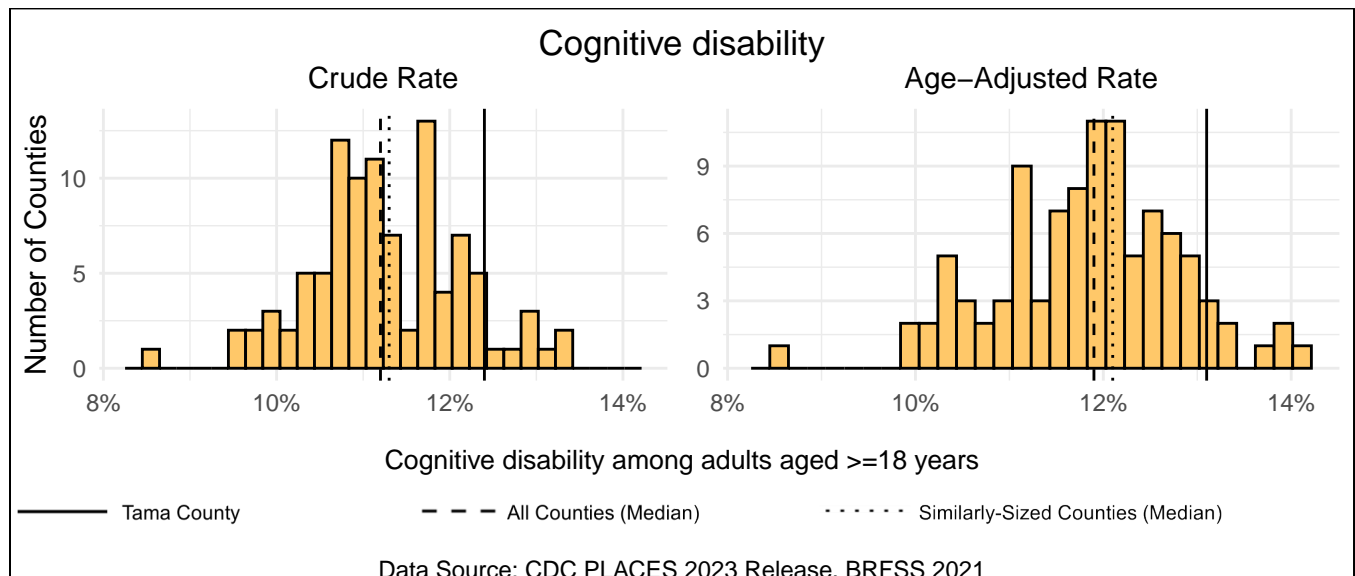
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	5.2%	4.4%	4.5%
Age-Adjusted	4.6%	3.9%	4.0%



## Cognitive disability

Tama County has a crude rate of 12.4% for cognitive disability among adults aged  $\geq 18$  years, which ranks 88th out of 99 Iowa counties (55th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 13.1%, which ranks 91st out of 99 Iowa counties (56th out of 63 similarly-sized counties).

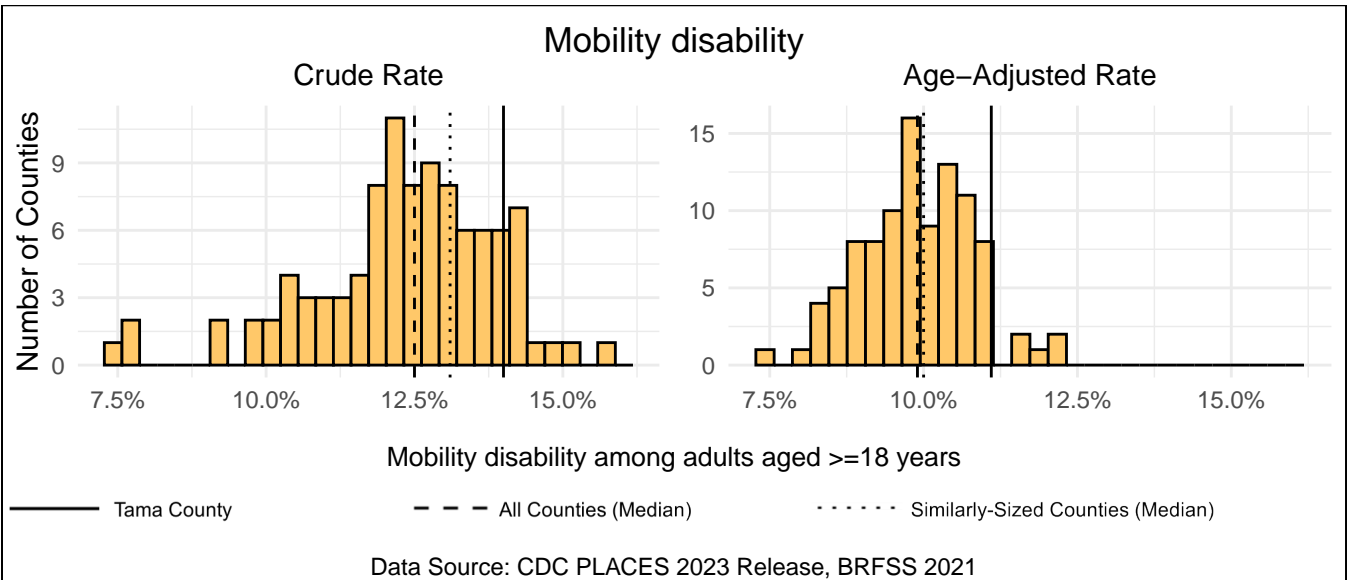
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	12.4%	11.2%	11.3%
Age-Adjusted	13.1%	11.9%	12.1%



# Mobility disability

Tama County has a crude rate of 14.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 85th out of 99 Iowa counties (49th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 11.1%, which ranks 93rd out of 99 Iowa counties (58th out of 63 similarly-sized counties).

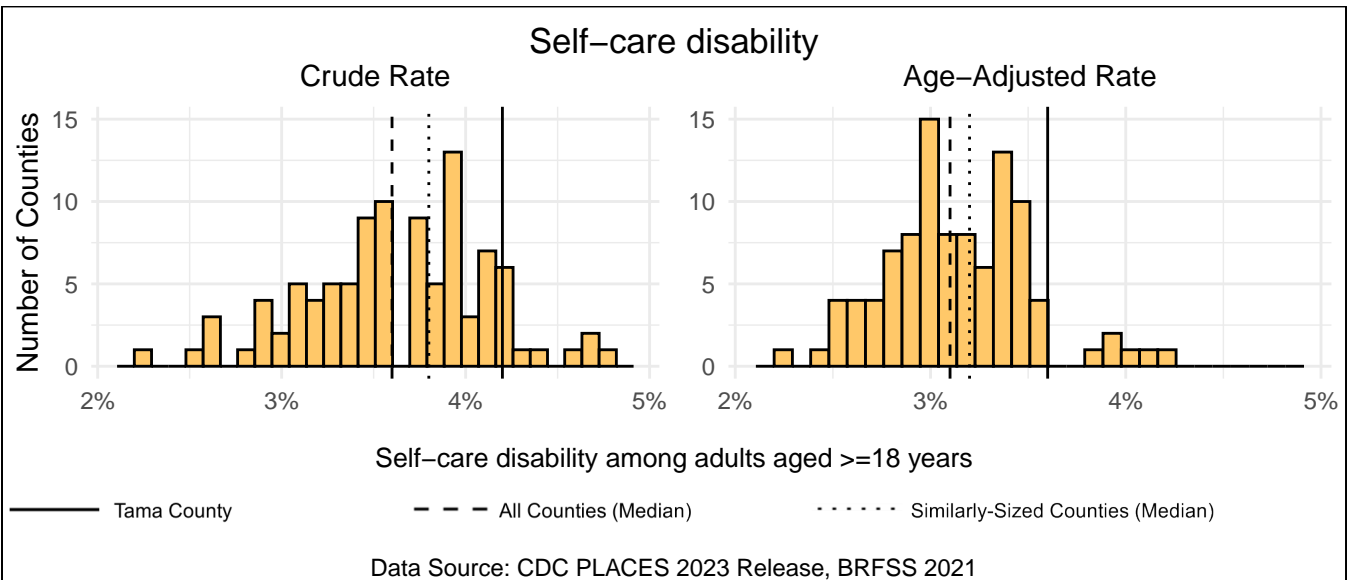
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	14.0%	12.5%	13.1%
Age-Adjusted	11.1%	9.9%	10.0%



# Self-care disability

Tama County has a crude rate of 4.2% for self-care disability among adults aged  $\geq 18$  years, which ranks 88th out of 99 Iowa counties (53rd out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 3.6%, which ranks 90th out of 99 Iowa counties (56th out of 63 similarly-sized counties).

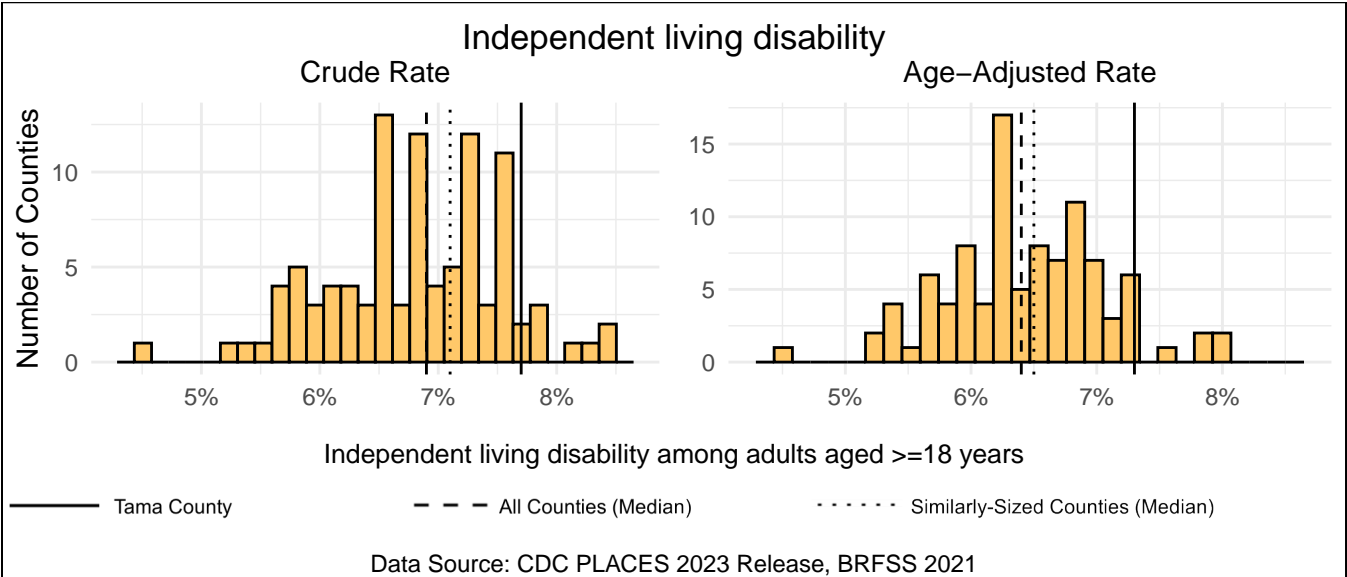
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	4.2%	3.6%	3.8%
Age-Adjusted	3.6%	3.1%	3.2%



### Independent living disability

Tama County has a crude rate of 7.7% for independent living disability among adults aged  $\geq 18$  years, which ranks 91st out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 7.3%, which ranks 91st out of 99 Iowa counties (56th out of 63 similarly-sized counties).

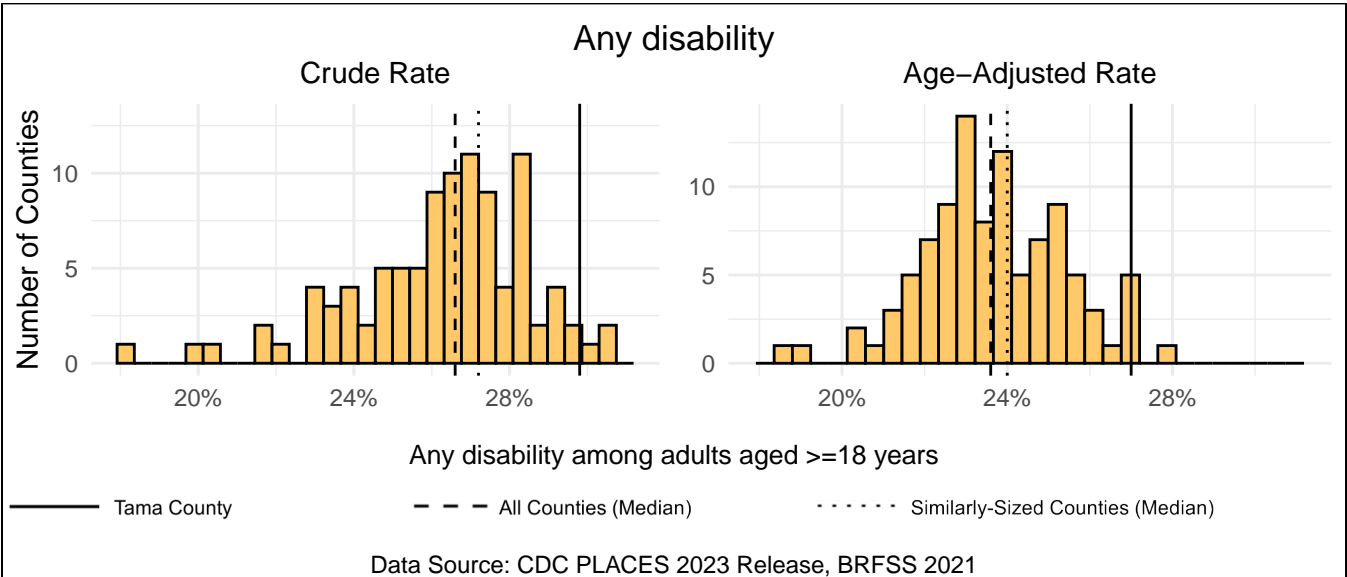
Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	7.7%	6.9%	7.1%
Age-Adjusted	7.3%	6.4%	6.5%



### Any disability

Tama County has a crude rate of 29.8% for any disability among adults aged  $\geq 18$  years, which ranks 95th out of 99 Iowa counties (59th out of 63 similarly-sized counties). The age-adjusted rate for Tama County is 27.0%, which ranks 94th out of 99 Iowa counties (59th out of 63 similarly-sized counties).

Measure Type	Tama County	All Counties	Similarly-Sized Counties
Crude	29.8%	26.6%	27.2%
Age-Adjusted	27.0%	23.6%	24.0%



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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: Tama 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	82	14.9% (12.9% - 17.0%)	82	16.3% (14.2% - 18.7%)
Health Status	Physical Health	94	12.3% (10.5% - 14.2%)	94	11.0% (9.5% - 12.7%)
Health Status	General Health	93	17.3% (14.7% - 20.2%)	91	15.6% (13.3% - 18.0%)
Health Risk Behaviors	Physical Inactivity	88	29.6% (24.8% - 35.0%)	92	27.9% (23.6% - 33.2%)
Health Risk Behaviors	Current Smoking	83	18.0% (14.7% - 21.7%)	79	19.0% (15.5% - 22.8%)
Health Risk Behaviors	Binge Drinking	25	17.8% (14.8% - 21.1%)	14	20.6% (17.2% - 24.4%)
Health Risk Behaviors	Sleep <7 hours	31	29.6% (28.3% - 30.9%)	29	30.8% (29.4% - 32.2%)
Health Outcomes	Arthritis	86	30.6% (26.6% - 34.9%)	92	24.7% (21.2% - 28.3%)
Health Outcomes	Stroke	78	3.8% (3.3% - 4.3%)	85	2.9% (2.6% - 3.3%)
Health Outcomes	Diabetes	92	12.3% (10.6% - 14.3%)	92	9.7% (8.3% - 11.3%)
Health Outcomes	High Blood Pressure	46	33.4% (29.5% - 37.6%)	34	27.5% (24.0% - 31.3%)
Health Outcomes	COPD	80	8.6% (7.1% - 10.2%)	81	6.9% (5.8% - 8.2%)
Health Outcomes	High Cholesterol	73	38.3% (33.8% - 42.9%)	71	30.4% (26.2% - 34.8%)
Health Outcomes	Cancer (except skin)	37	8.3% (7.5% - 9.2%)	8	6.3% (5.7% - 7.0%)
Health Outcomes	Chronic Kidney Disease	73	3.6% (3.2% - 4.0%)	76	2.8% (2.6% - 3.1%)
Health Outcomes	Current Asthma	87	9.7% (8.5% - 11.0%)	84	9.8% (8.7% - 11.1%)
Health Outcomes	Obesity	97	42.6% (35.9% - 49.7%)	98	42.9% (36.1% - 50.1%)
Health Outcomes	Depression	66	18.0% (14.8% - 21.5%)	66	19.1% (15.7% - 22.6%)
Health Outcomes	Coronary Heart Disease	75	7.6% (6.6% - 8.7%)	89	5.6% (4.9% - 6.4%)
Health Outcomes	All Teeth Lost	77	11.3% (7.8% - 15.8%)	80	12.3% (8.6% - 17.0%)
Prevention	Cervical Cancer Screening	85	81.1% (78.8% - 83.3%)	87	81.8% (79.6% - 83.9%)
Prevention	Dental Visit	89	62.1% (59.1% - 65.3%)	91	61.2% (58.1% - 64.4%)
Prevention	Annual Checkup	10	77.1% (72.7% - 81.2%)	10	74.0% (69.1% - 78.6%)
Prevention	Mammography	90	72.0% (67.8% - 76.0%)	93	71.7% (67.3% - 75.9%)
Prevention	Health Insurance	90	9.7% (7.8% - 11.8%)	90	10.5% (8.4% - 12.9%)
Prevention	Taking BP Medication	32	81.4% (78.4% - 84.3%)	26	59.8% (54.9% - 64.8%)
Prevention	Cholesterol Screening	69	81.9% (79.0% - 84.7%)	78	78.1% (74.7% - 81.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	21	41.6% (34.3% - 49.5%)	15	42.8% (35.5% - 50.5%)
Prevention	Core preventive services for older men	17	45.8% (37.6% - 54.9%)	16	46.5% (38.4% - 55.0%)
Prevention	Colorectal Cancer Screening	95	70.6% (67.9% - 73.3%)	87	68.4% (65.4% - 71.3%)
Disability	Mobility Disability	85	14.0% (11.8% - 16.3%)	93	11.1% (9.4% - 12.9%)
Disability	Independent Living Disability	91	7.7% (6.6% - 8.9%)	91	7.3% (6.3% - 8.4%)
Disability	Self-care Disability	88	4.2% (3.6% - 4.9%)	90	3.6% (3.1% - 4.1%)
Disability	Any Disability	95	29.8% (25.7% - 34.2%)	94	27.0% (23.2% - 31.1%)
Disability	Hearing Disability	78	8.5% (7.5% - 9.6%)	93	6.7% (5.9% - 7.6%)
Disability	Vision Disability	92	5.2% (4.4% - 6.0%)	92	4.6% (4.0% - 5.3%)
Disability	Cognitive Disability	88	12.4% (10.7% - 14.5%)	91	13.1% (11.2% - 15.3%)

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

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## Appendix 3: Rural Counties

Tama County falls into the group of rural counties. In this data, 63 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	County	Population	County	Population
Sioux County	35,893	Lyon County	12,011	Pocahontas County	7,074
Boone County	26,723	Chickasaw County	11,887	Ida County	6,956
Plymouth County	25,650	Shelby County	11,770	Fremont County	6,567
Buchanan County	20,657	Cherokee County	11,503	Wayne County	6,508
Henry County	20,387	Louisa County	10,749	Osceola County	6,159
Winneshiek County	19,892	Hancock County	10,663	Taylor County	5,868
Jackson County	19,368	Winnebago County	10,656	Audubon County	5,635
Fayette County	19,258	Mitchell County	10,555	Ringgold County	4,639
Poweshiek County	18,586	Montgomery County	10,322	Adams County	3,641
Cedar County	18,410	Franklin County	9,952		
Delaware County	17,510	Calhoun County	9,915		
Clayton County	16,998	Keokuk County	9,914		
Tama County	16,867	Clarke County	9,785		
Hardin County	16,708	Sac County	9,752		
Iowa County	16,568	Humboldt County	9,634		
Crawford County	16,193	Howard County	9,478		
Floyd County	15,413	Emmet County	9,321		
Page County	15,197	Davis County	9,138		
Hamilton County	14,887	Palo Alto County	8,906		
Kossuth County	14,529	Greene County	8,717		
Butler County	14,332	Lucas County	8,710		
O'Brien County	14,015	Monona County	8,574		
Allamakee County	13,926	Decatur County	7,659		
Cass County	13,050	Monroe County	7,610		
Wright County	12,785	Adair County	7,541		
Appanoose County	12,257	Worth County	7,385		
Union County	12,018	Van Buren County	7,243		

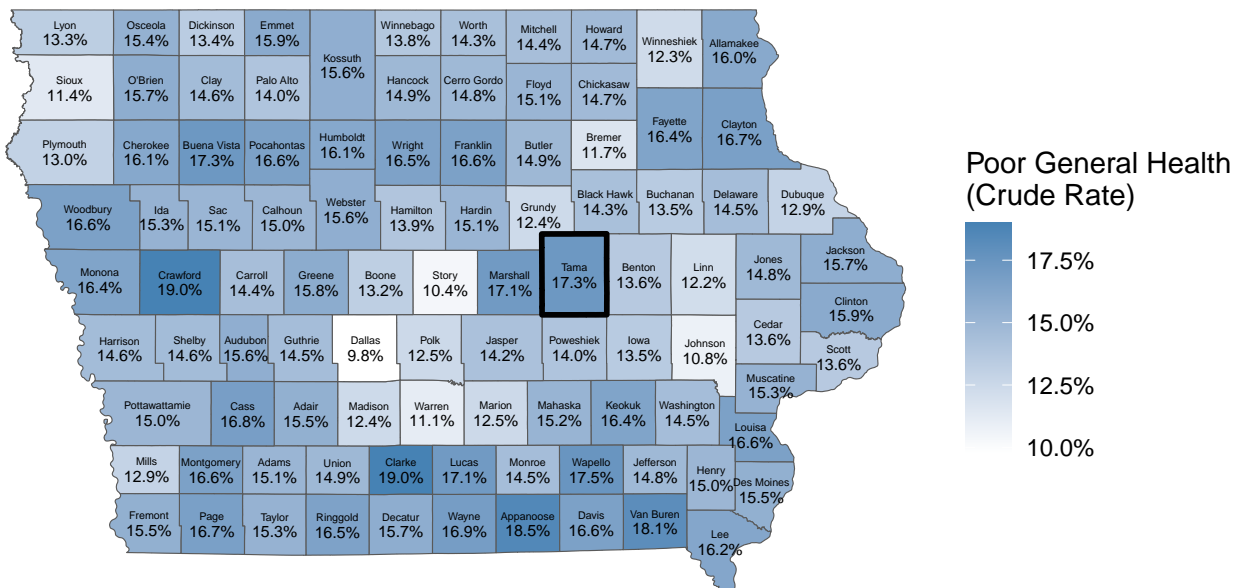
Metropolitan and micropolitan areas can be found in the link and the maps below.



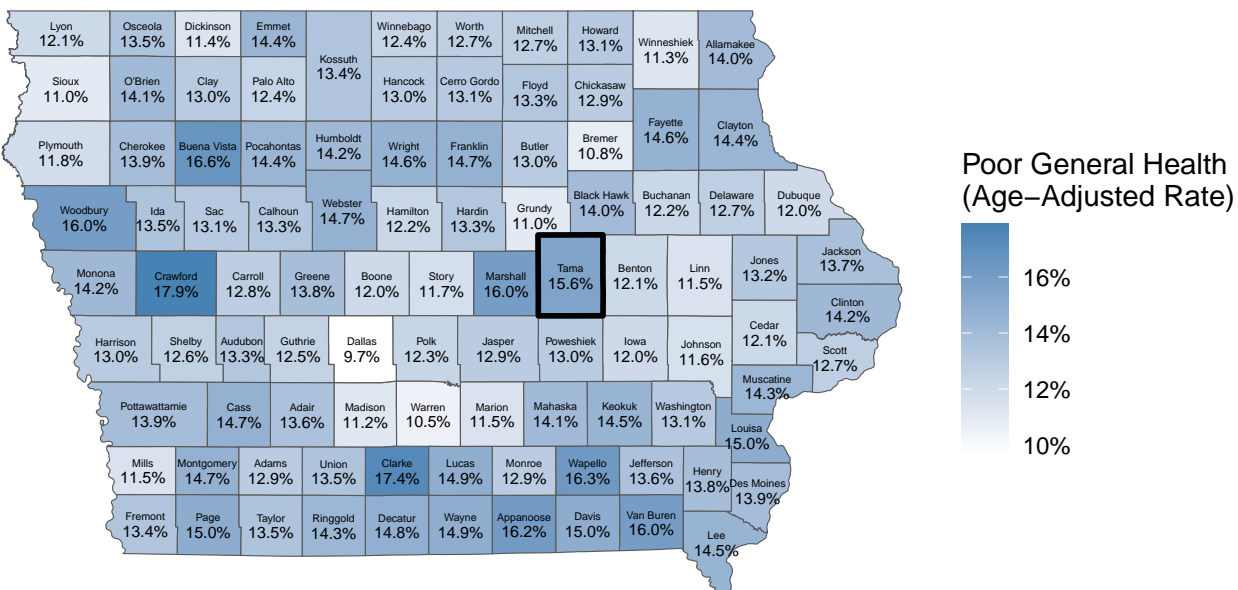
## Appendix 4: County Maps

### Poor General Health

Fair or poor self-rated health status among adults aged  $\geq 18$  years



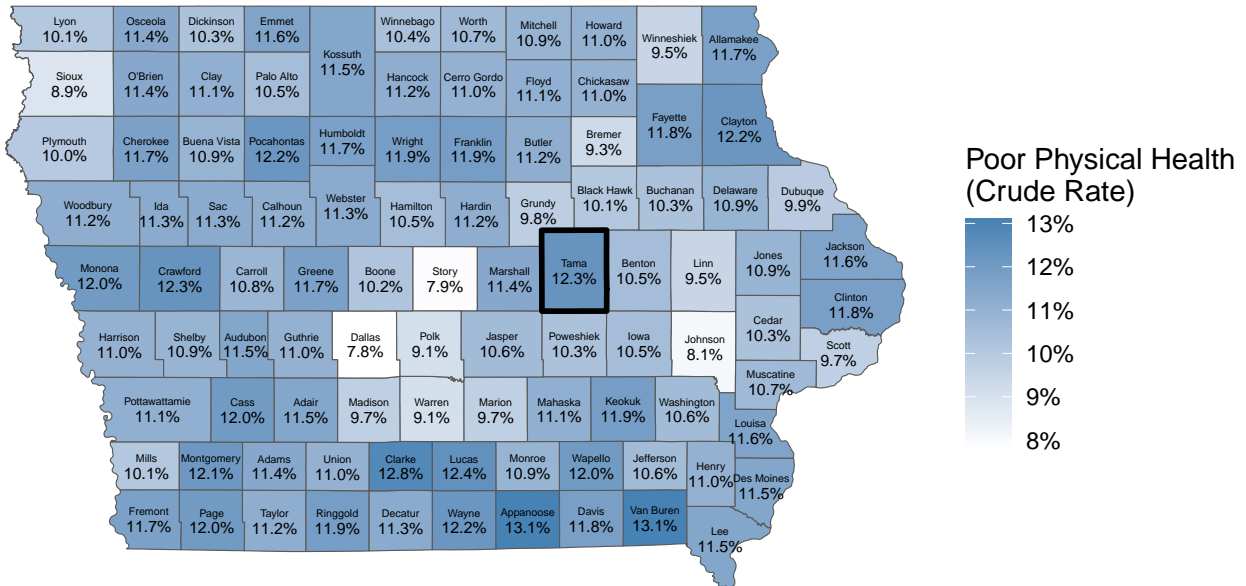
Data Source: CDC PLACES 2023 Release, BRFSS 2021



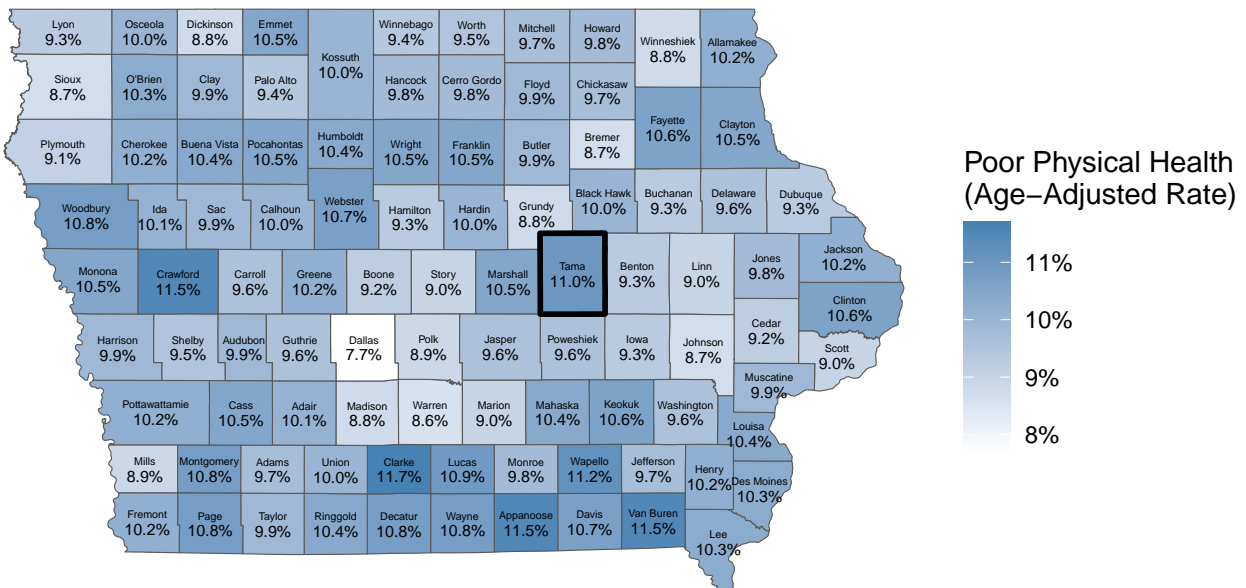
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Physical Health

Physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years



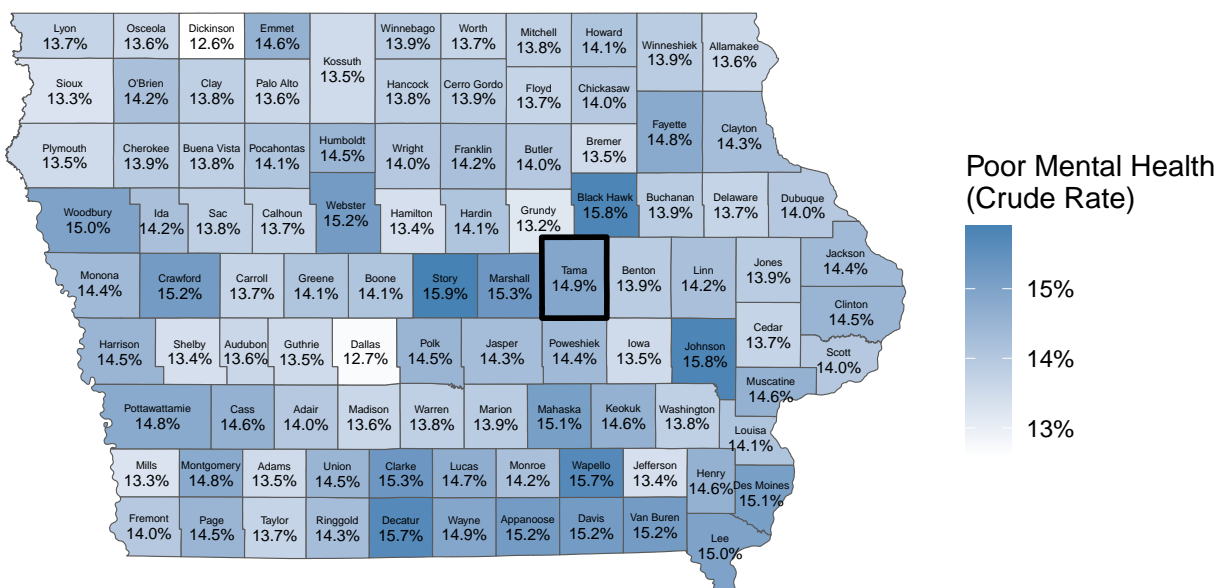
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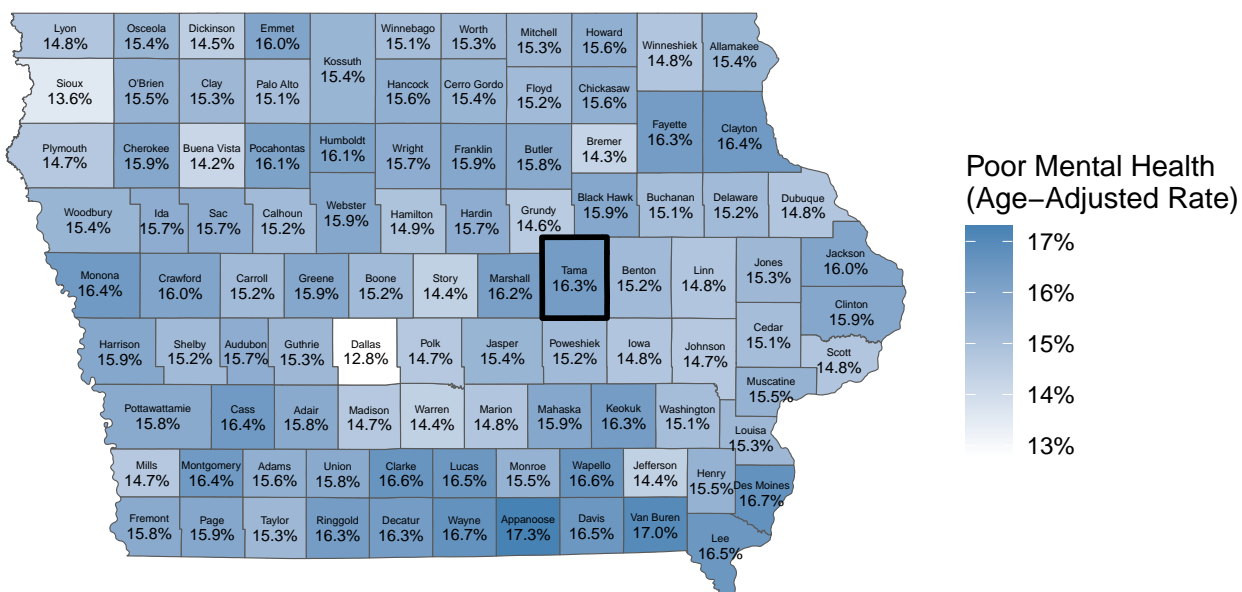
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

Mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years



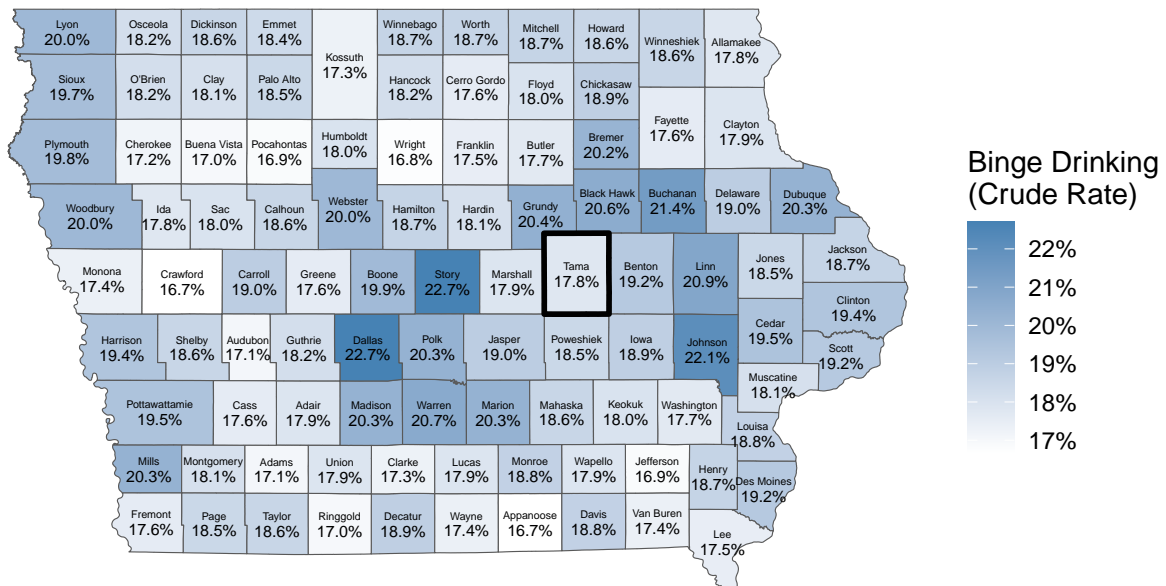
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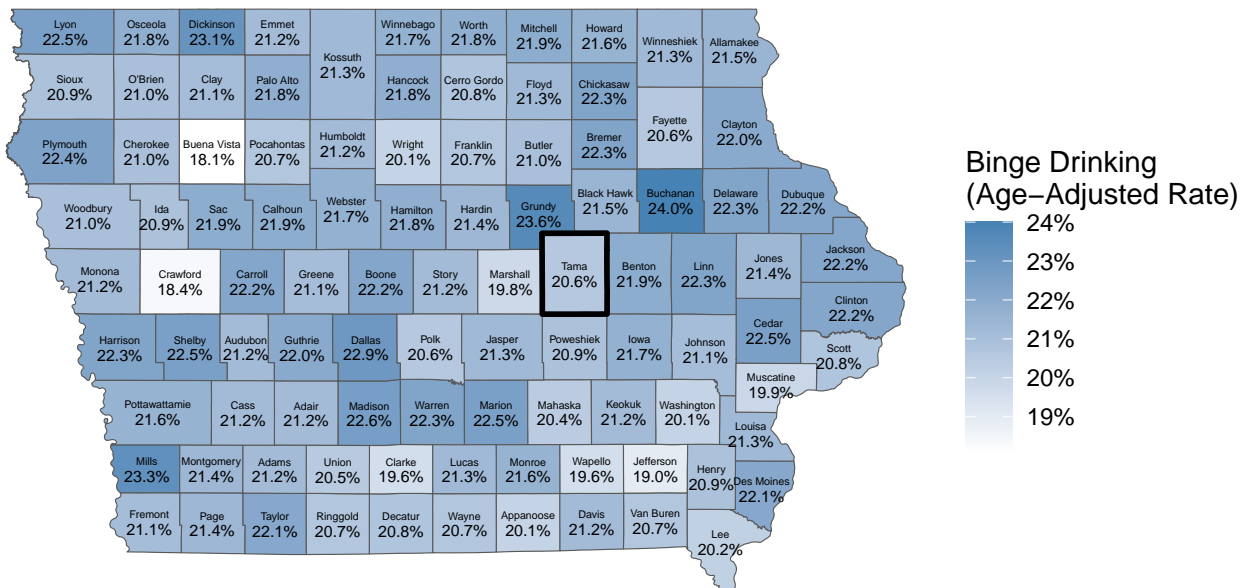
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Binge Drinking

Binge drinking among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

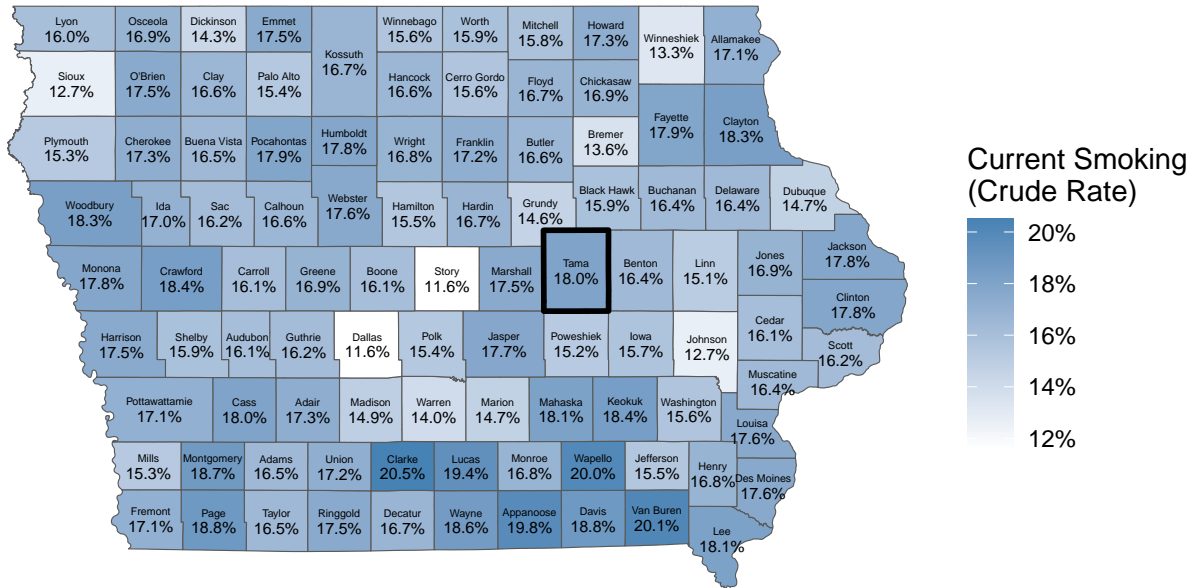


Data Source: CDC PLACES 2023 Release, BRFSS 2021

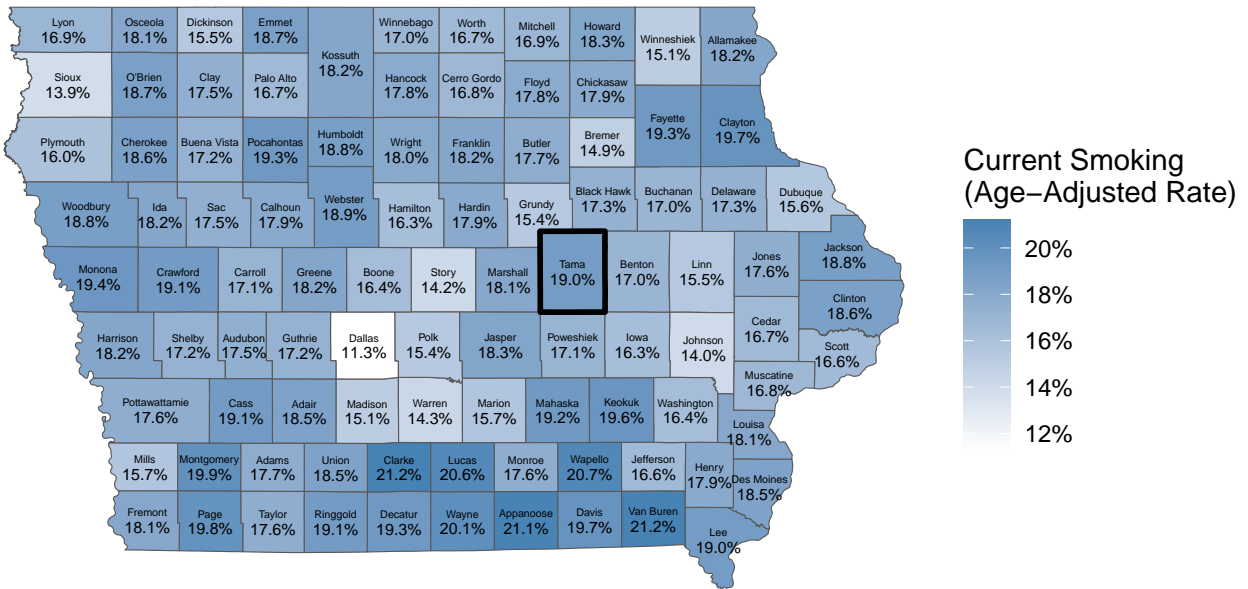


## Current Smoking

Current smoking among adults aged  $\geq 18$  years



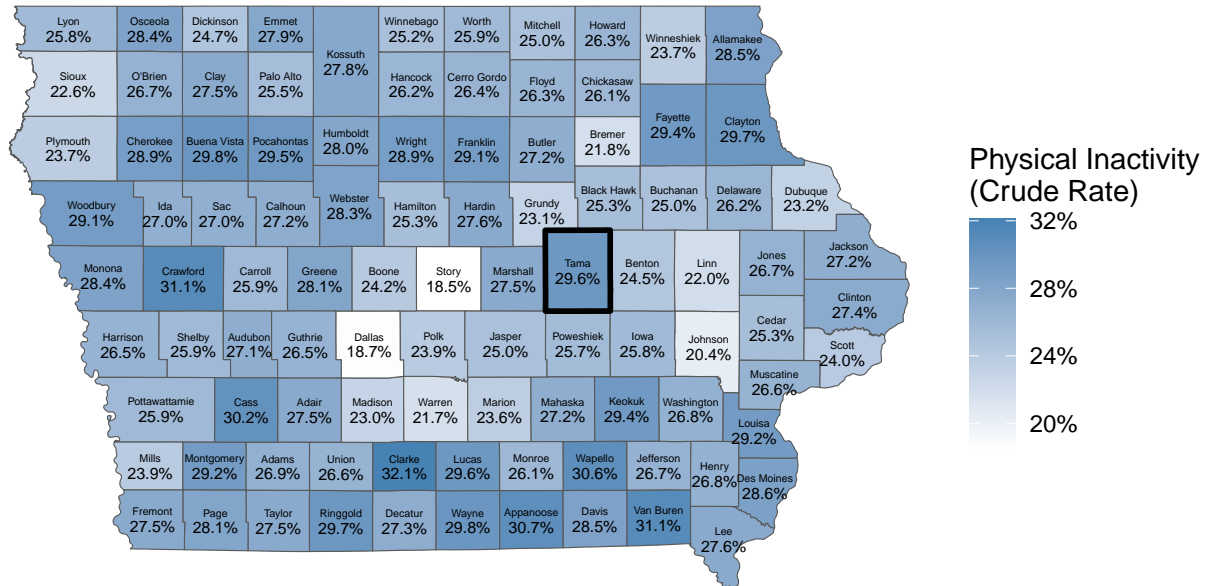
Data Source: CDC PLACES 2023 Release, BRFSS 2021



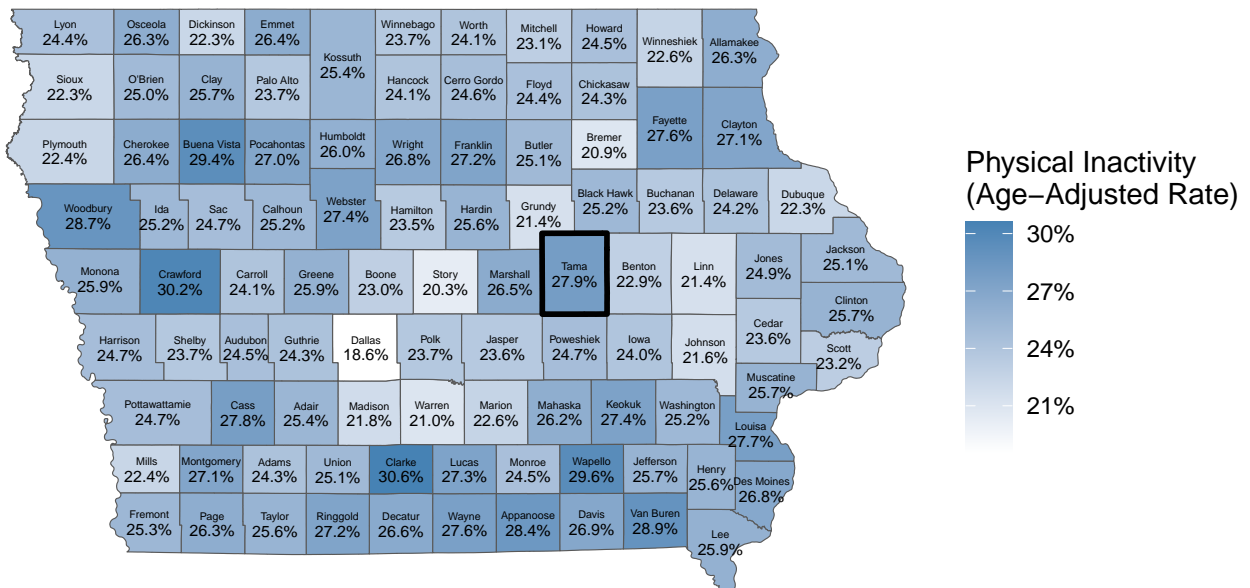
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Physical Inactivity

No leisure-time physical activity among adults aged  $\geq 18$  years



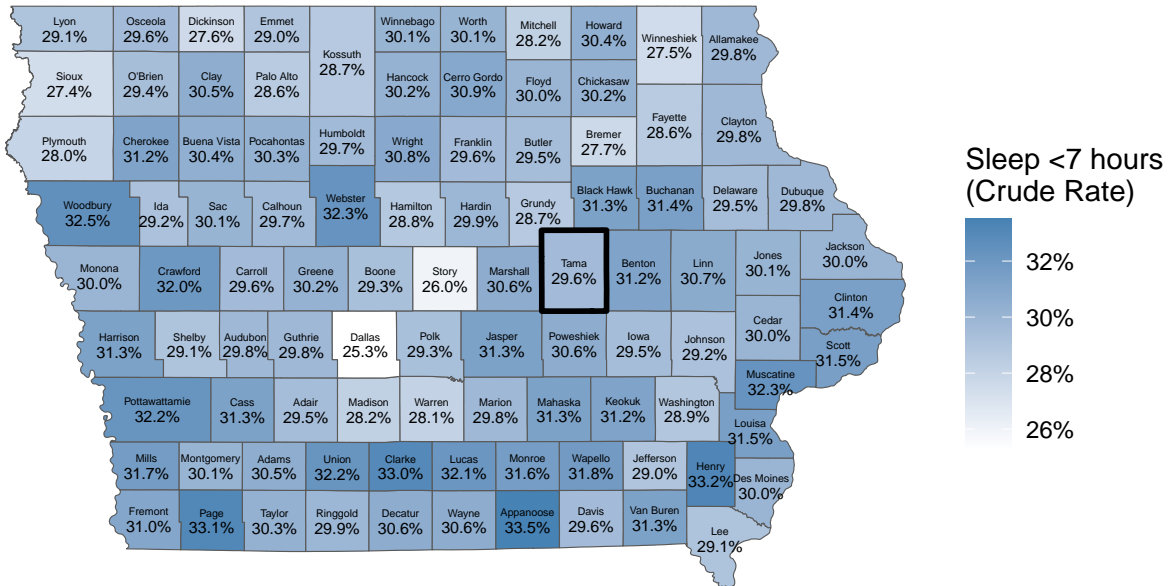
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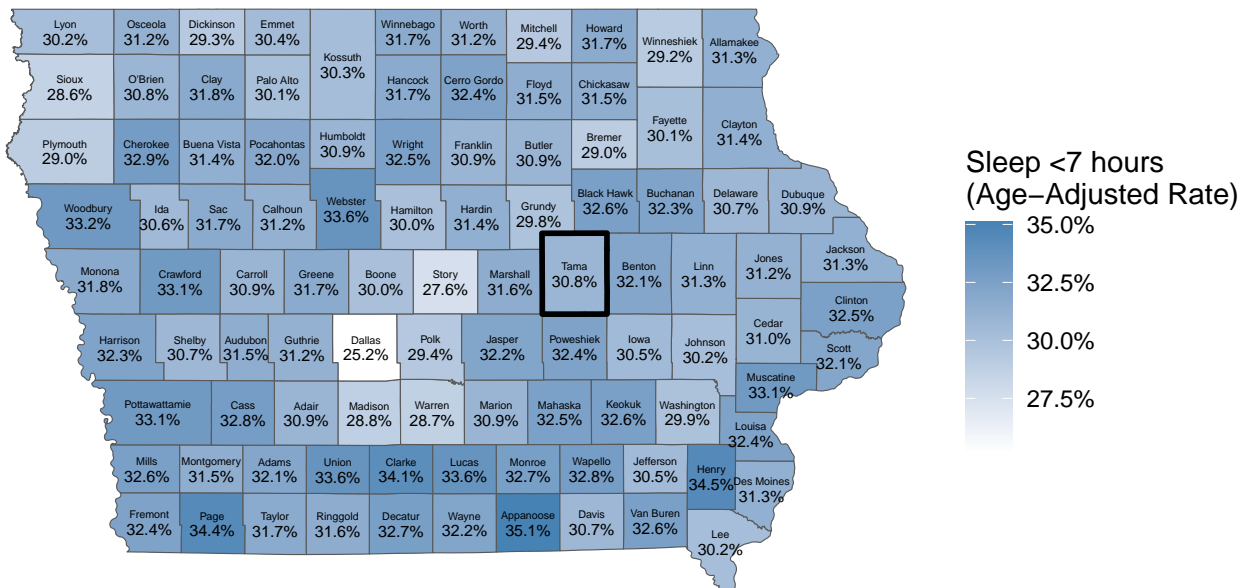
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Sleeping less than 7 hours among adults aged  $\geq 18$  years



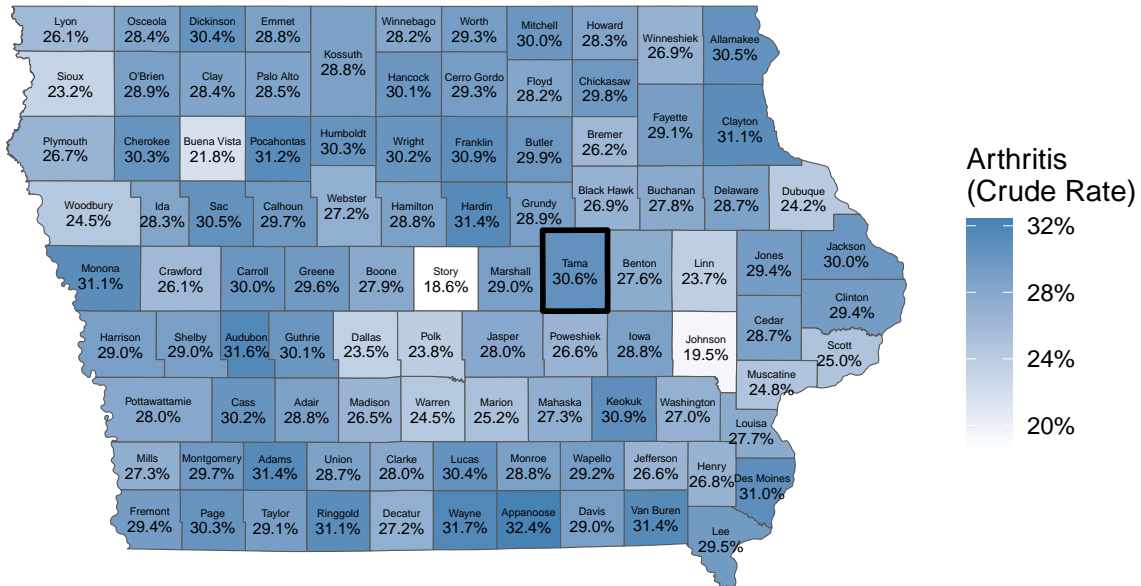
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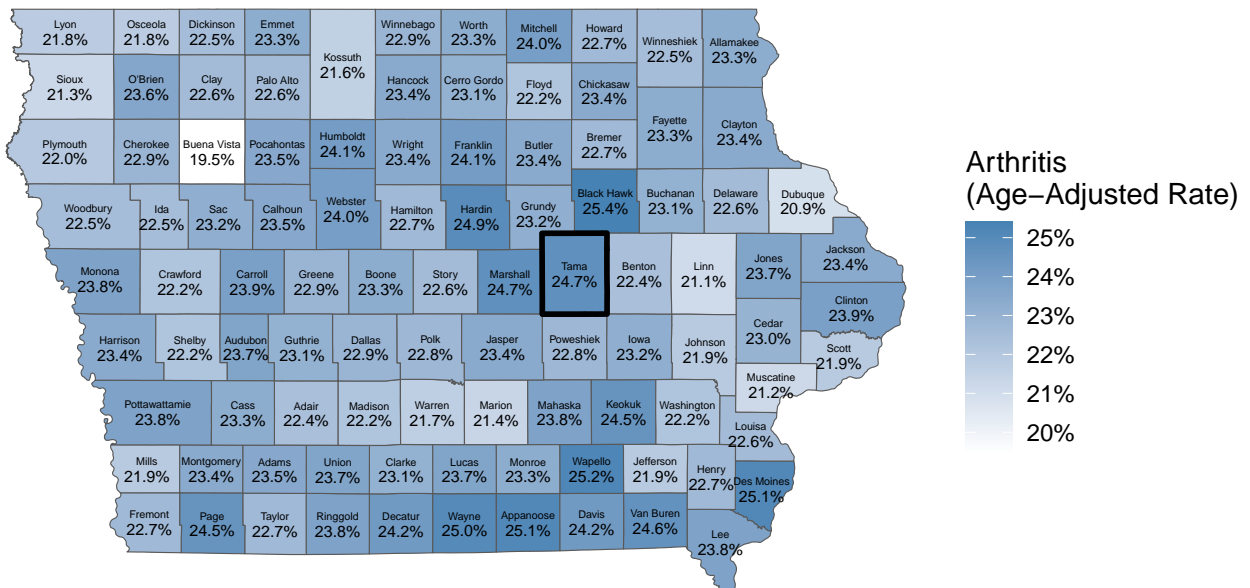
Data Source: CDC PLACES 2023 Release, BRFSS 2020

# Arthritis

## Arthritis among adults aged >=18 years



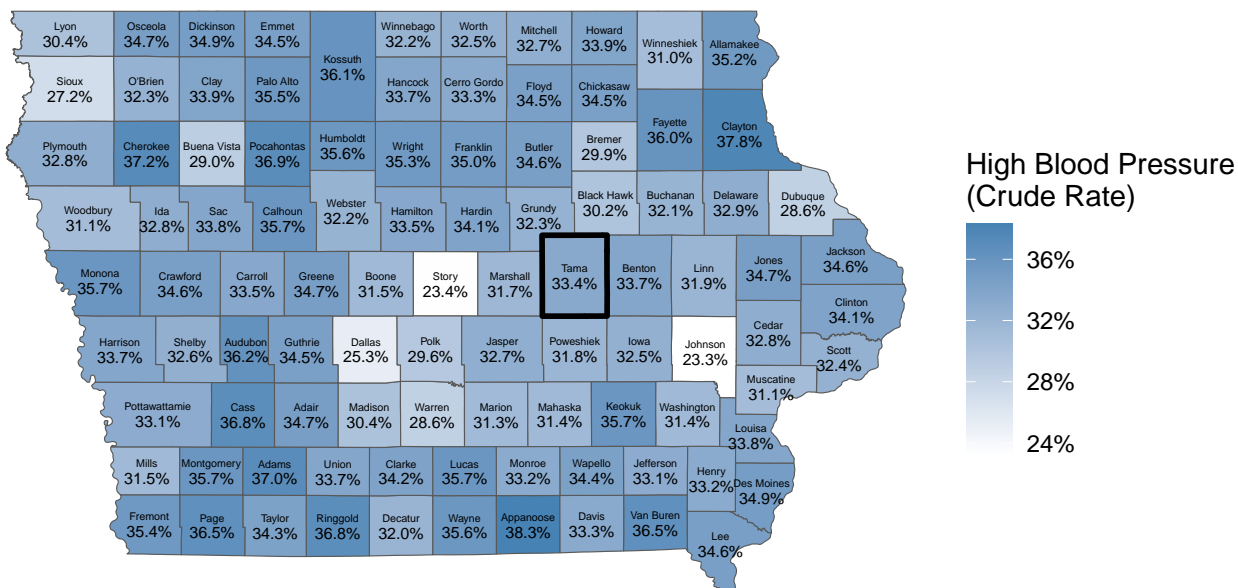
Data Source: CDC PLACES 2023 Release, BRFSS 2021



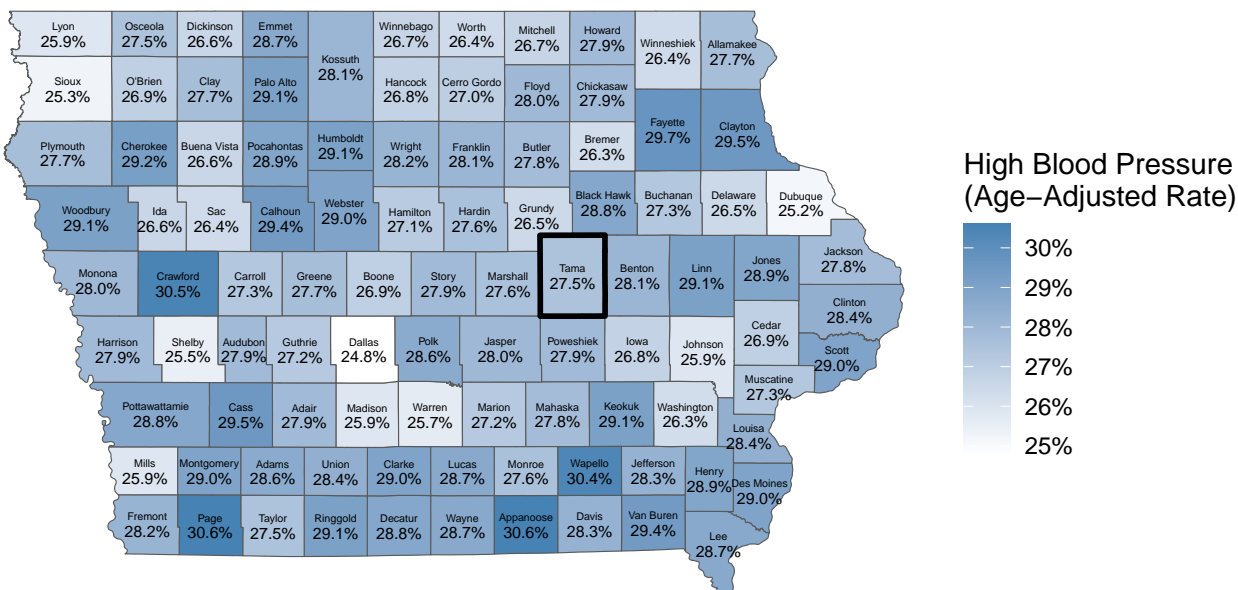
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# High Blood Pressure

High blood pressure among adults aged >=18 years



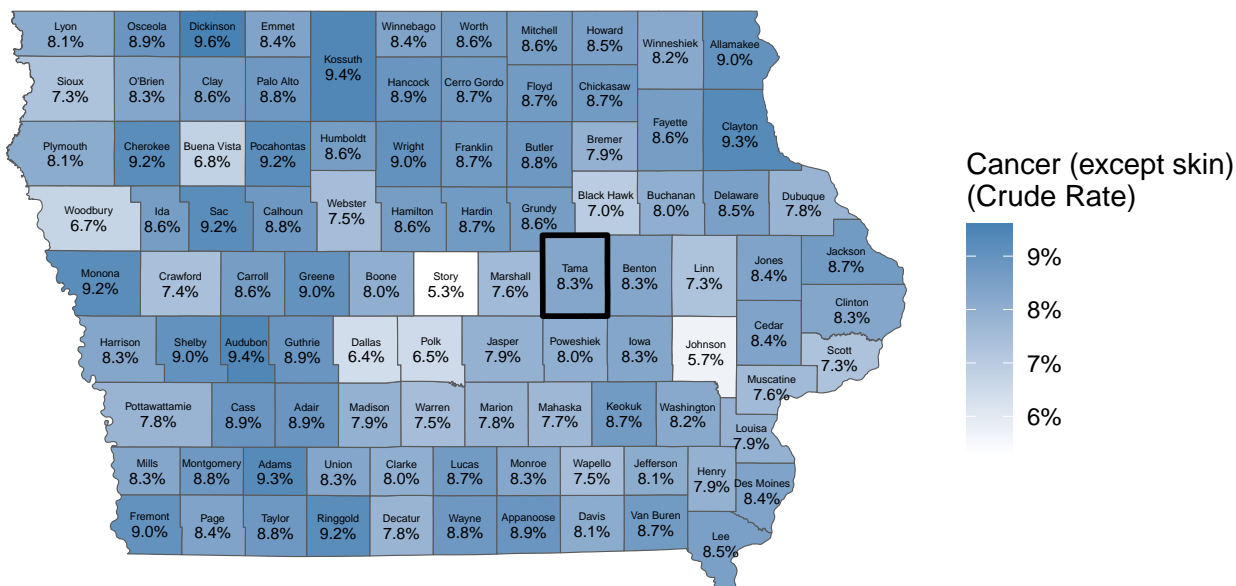
Data Source: CDC PLACES 2023 Release, BRFSS 2021



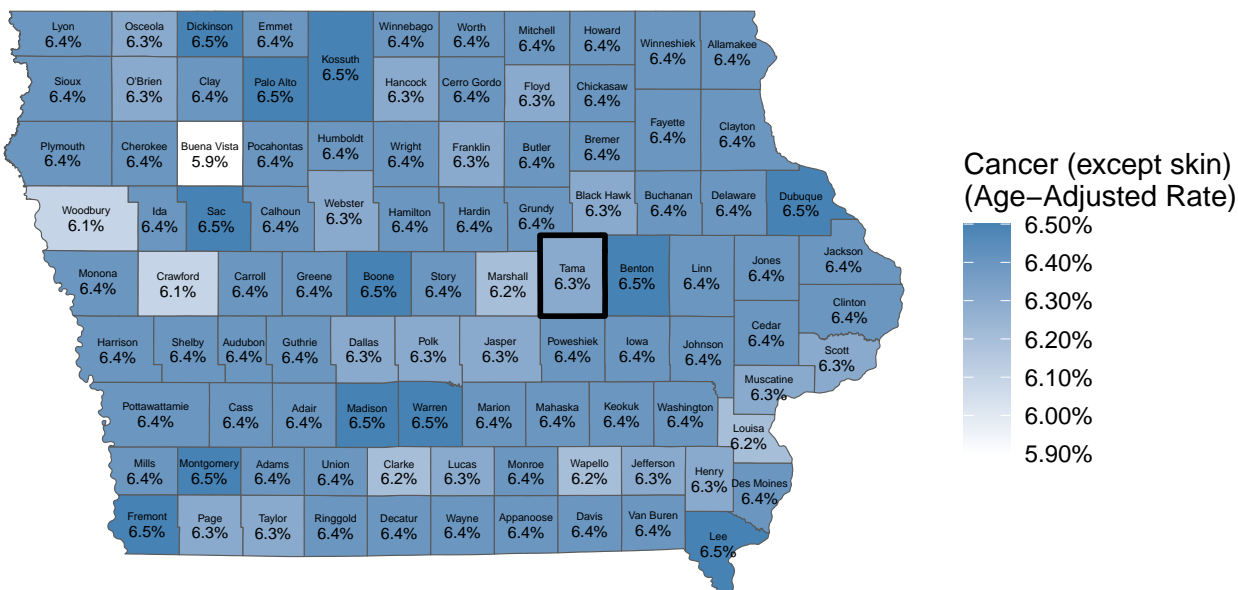
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cancer (except skin)

Cancer (excluding skin cancer) among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

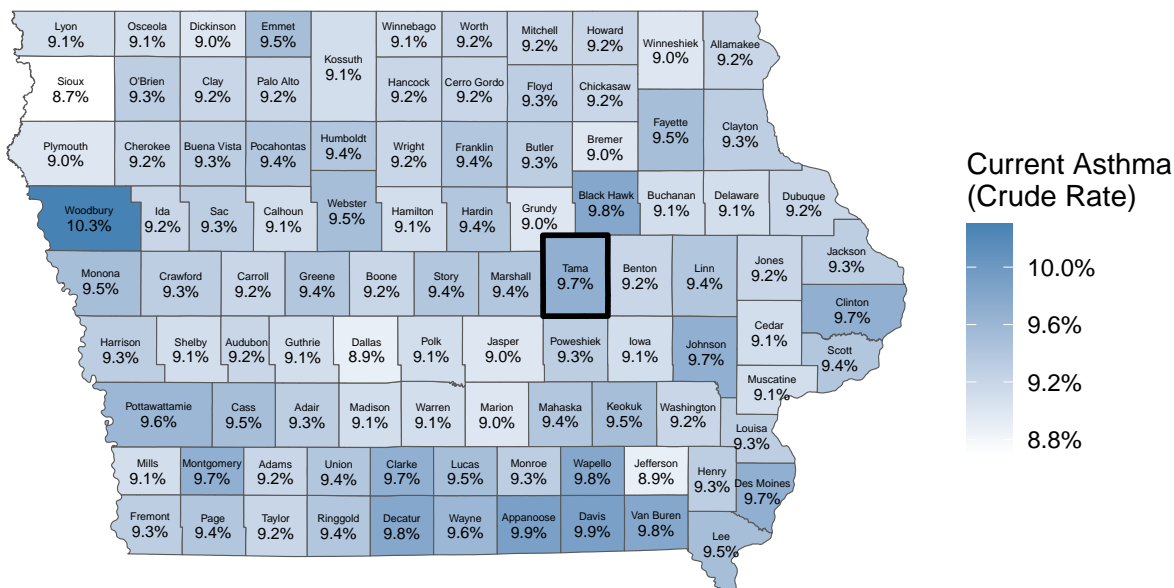


Data Source: CDC PLACES 2023 Release, BRFSS 2021

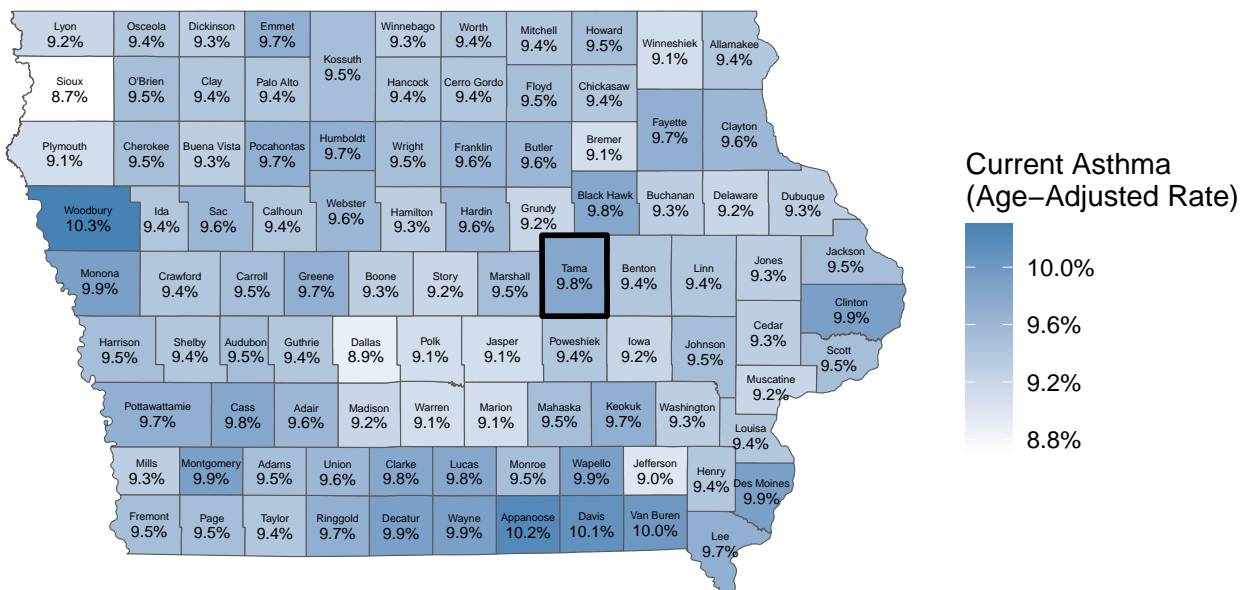


## Current Asthma

Current asthma among adults aged  $\geq 18$  years



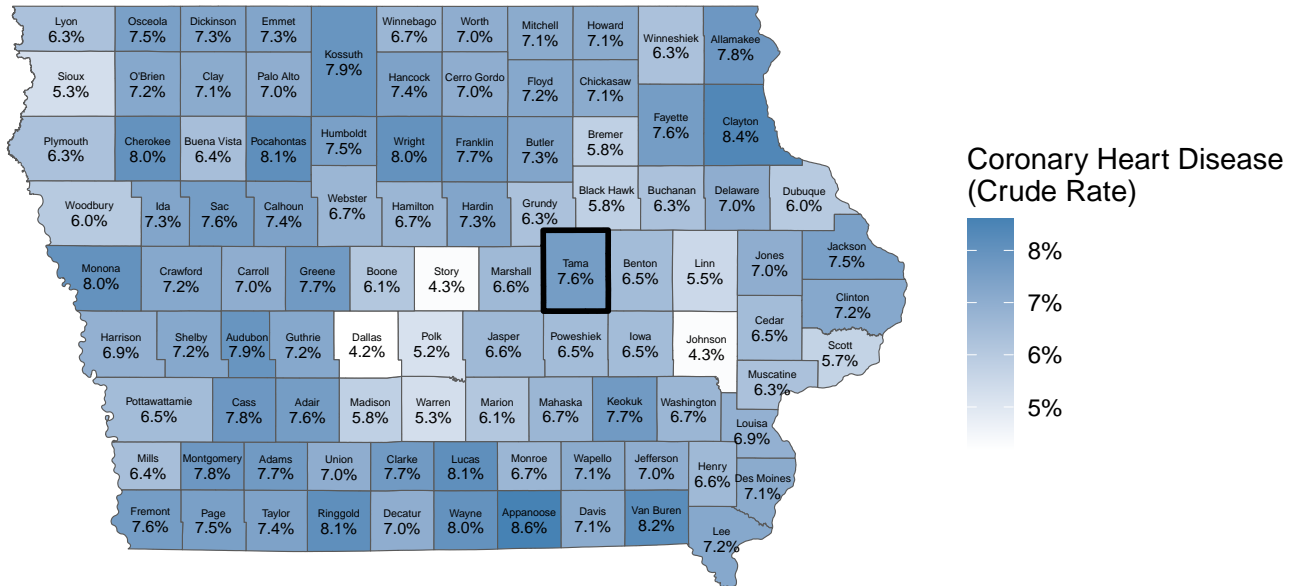
Data Source: CDC PLACES 2023 Release, BRFSS 2021



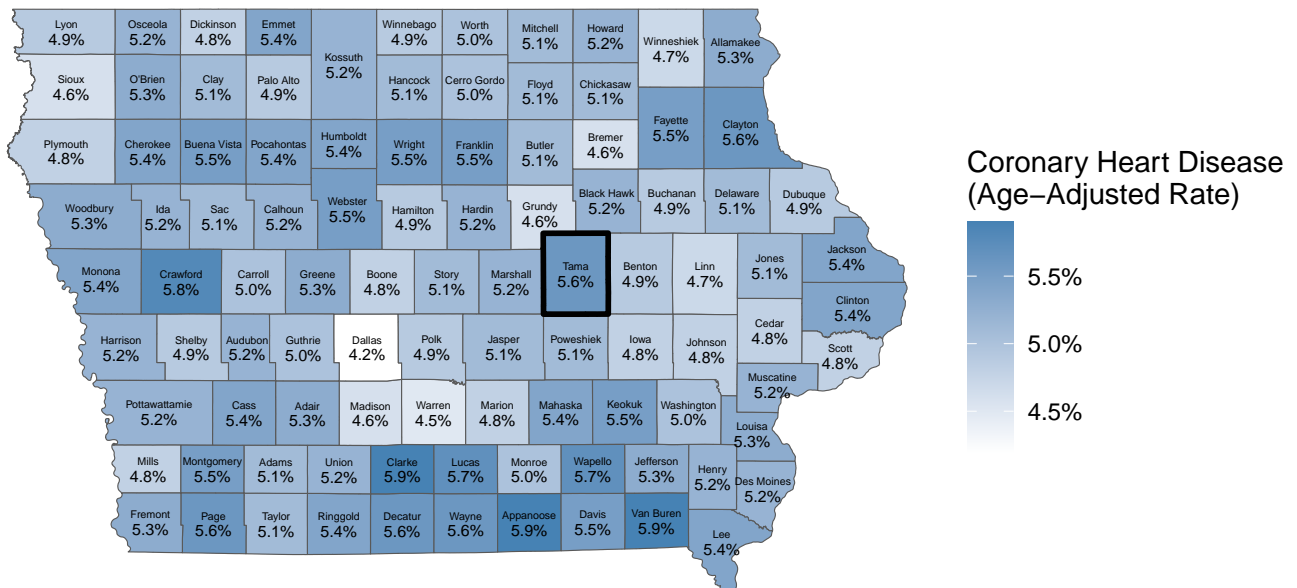
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Coronary Heart Disease

Coronary heart disease among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

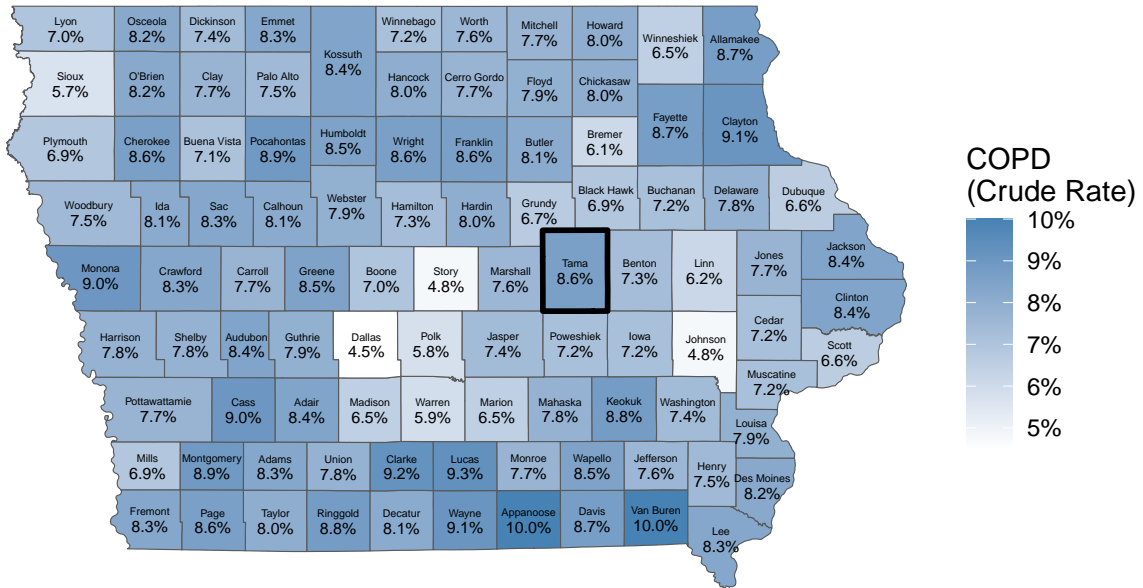


Data Source: CDC PLACES 2023 Release, BRFSS 2021

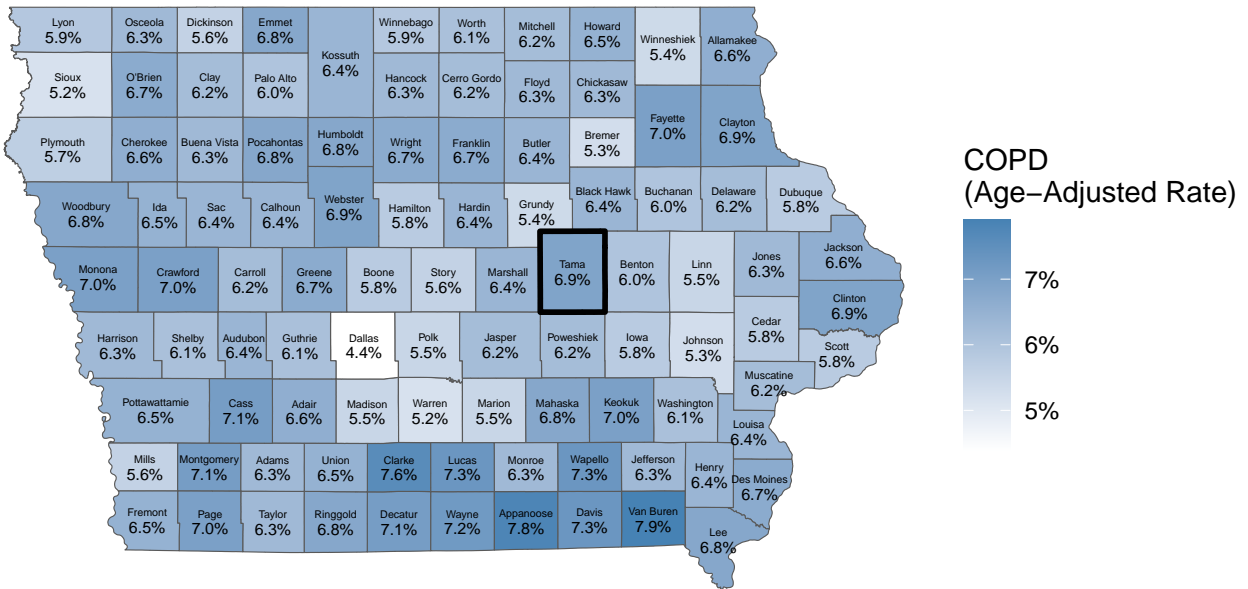


## COPD

Chronic obstructive pulmonary disease among adults aged  $\geq 18$  years



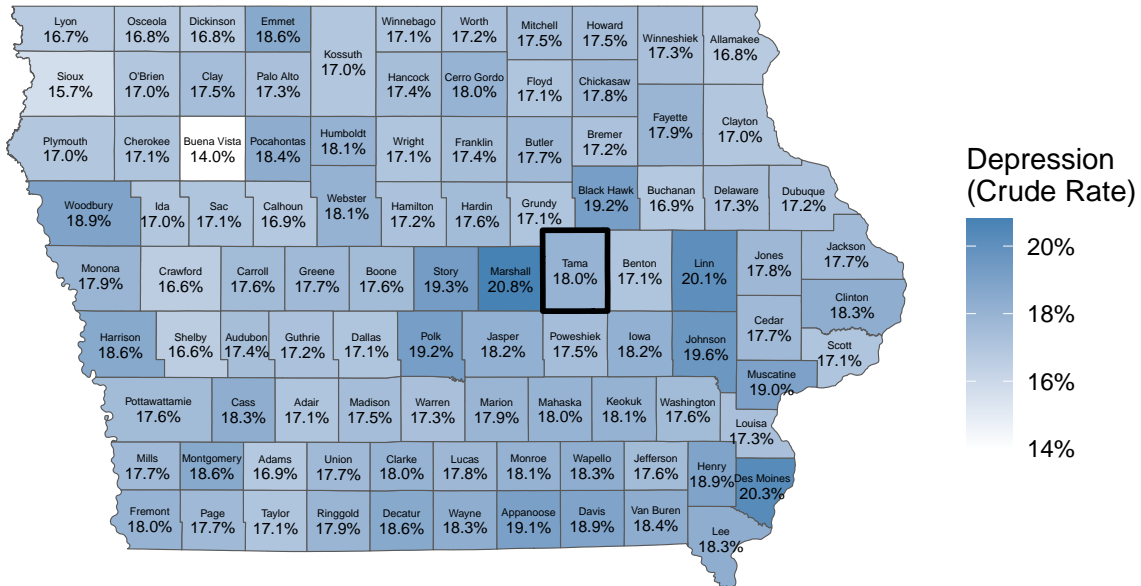
Data Source: CDC PLACES 2023 Release, BRFSS 2021



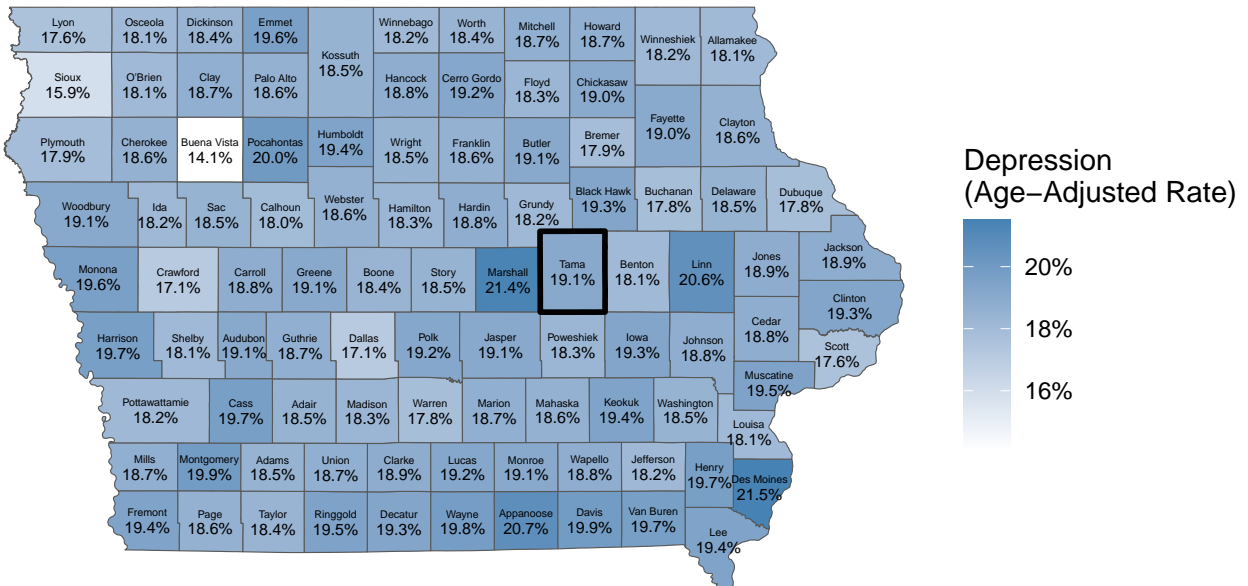
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Depression

## Depression among adults aged >=18 years



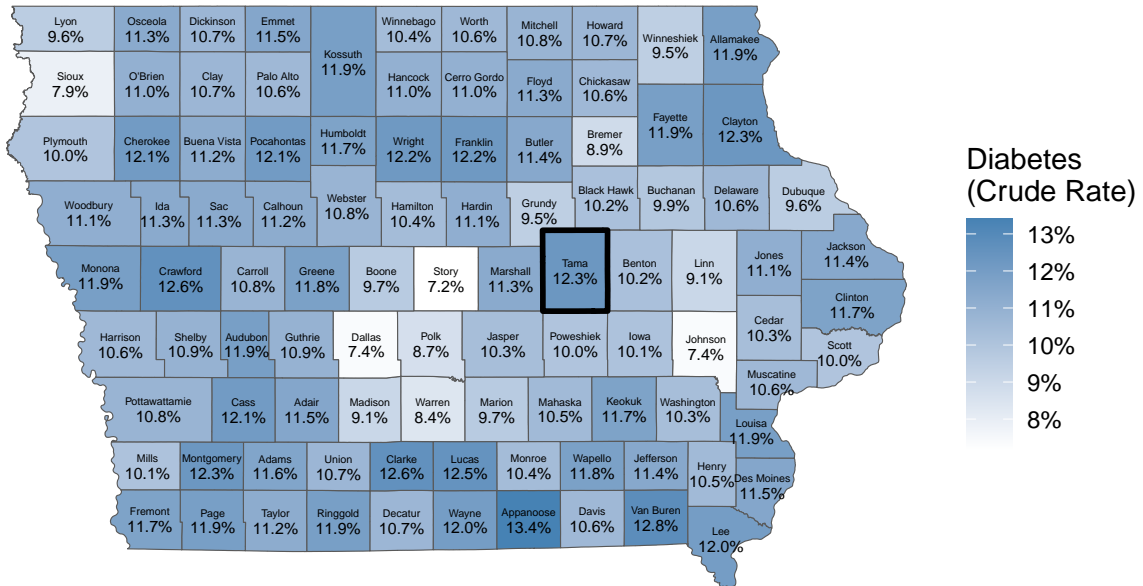
Data Source: CDC PLACES 2023 Release, BRFSS 2021



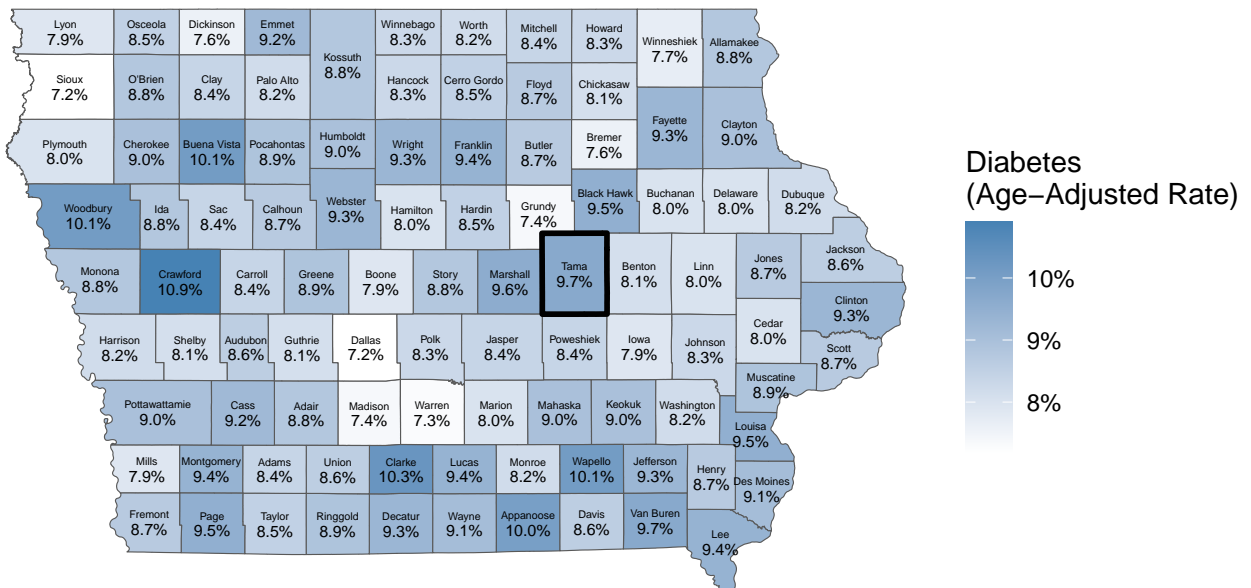
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Diabetes

## Diagnosed diabetes among adults aged >=18 years



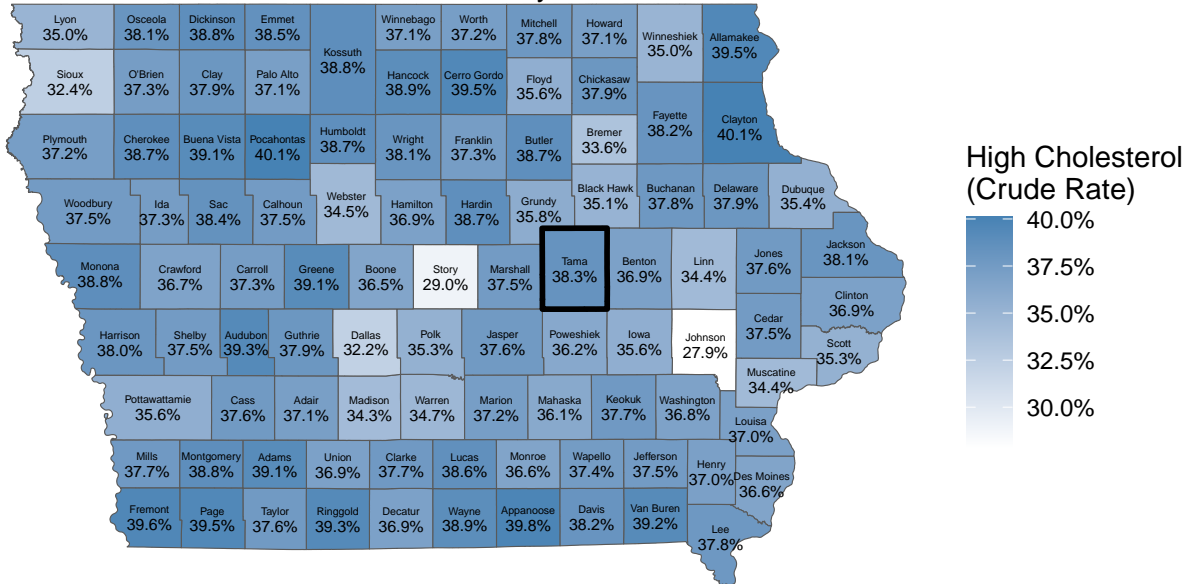
Data Source: CDC PLACES 2023 Release, BRFSS 2021



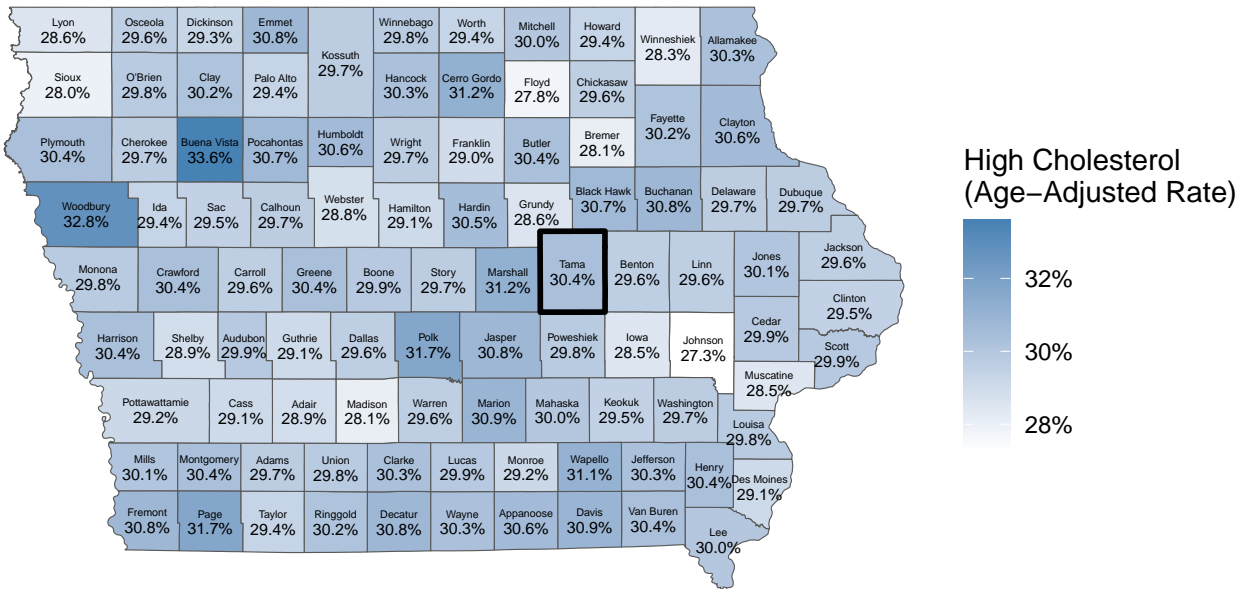
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Cholesterol

High cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years



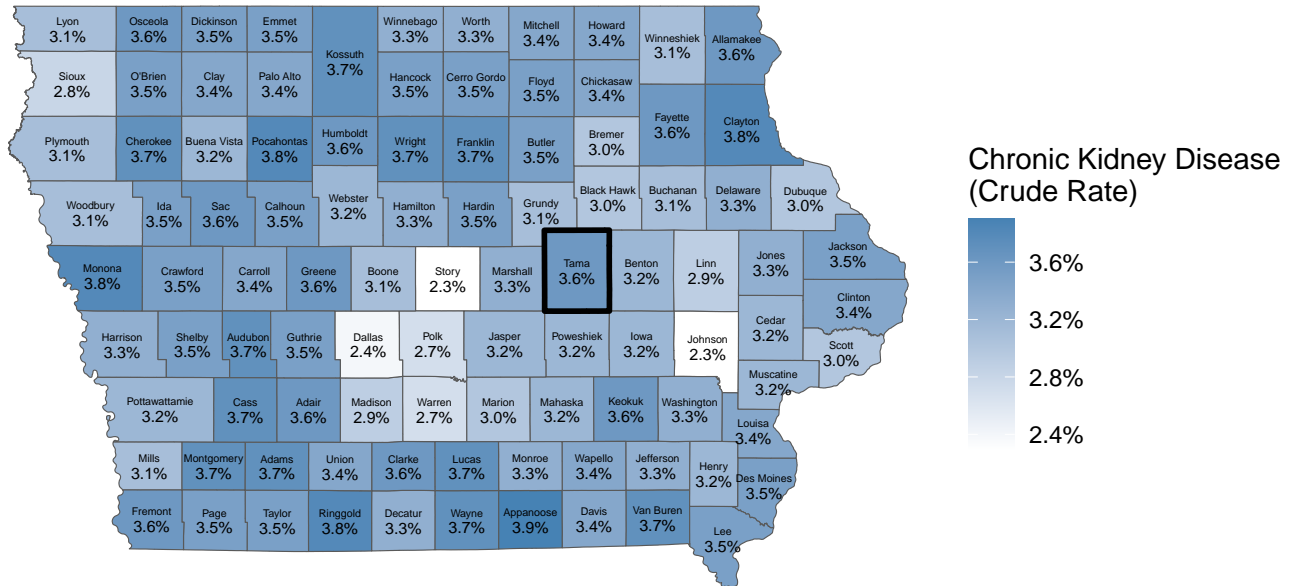
Data Source: CDC PLACES 2023 Release, BRFSS 2021



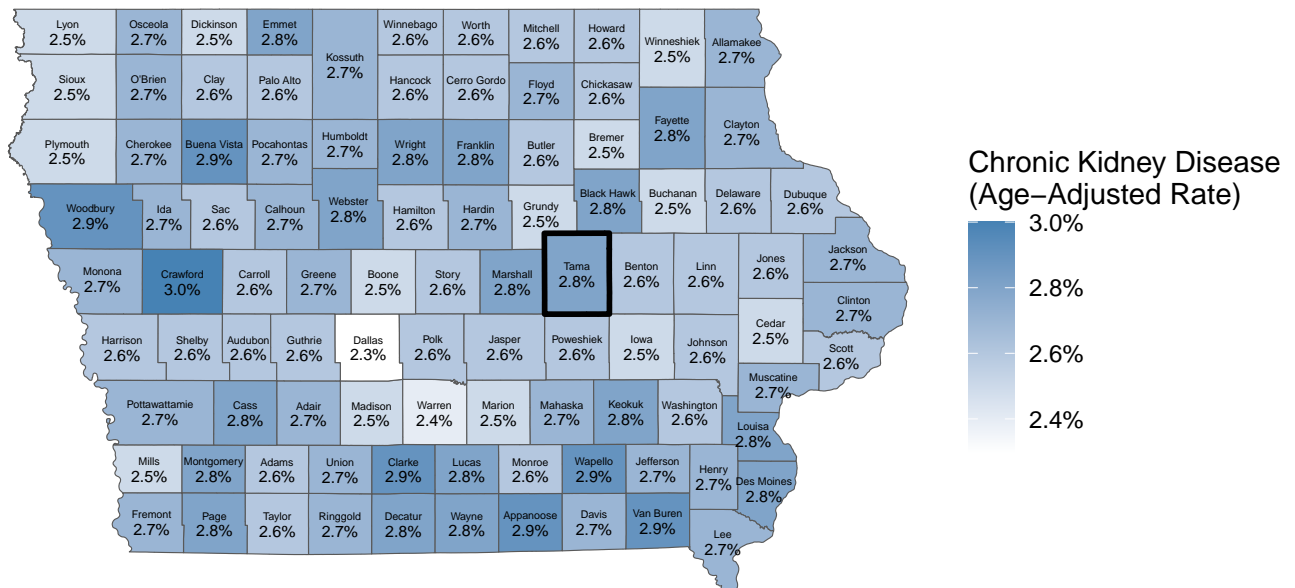
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Chronic Kidney Disease

Chronic kidney disease among adults aged  $\geq 18$  years



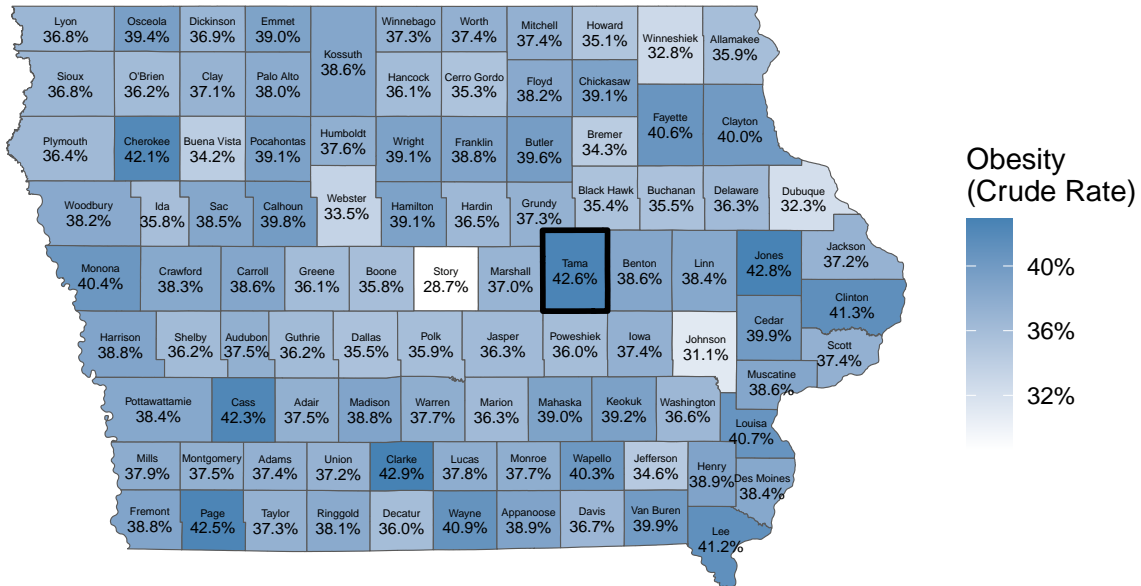
Data Source: CDC PLACES 2023 Release, BRFSS 2021



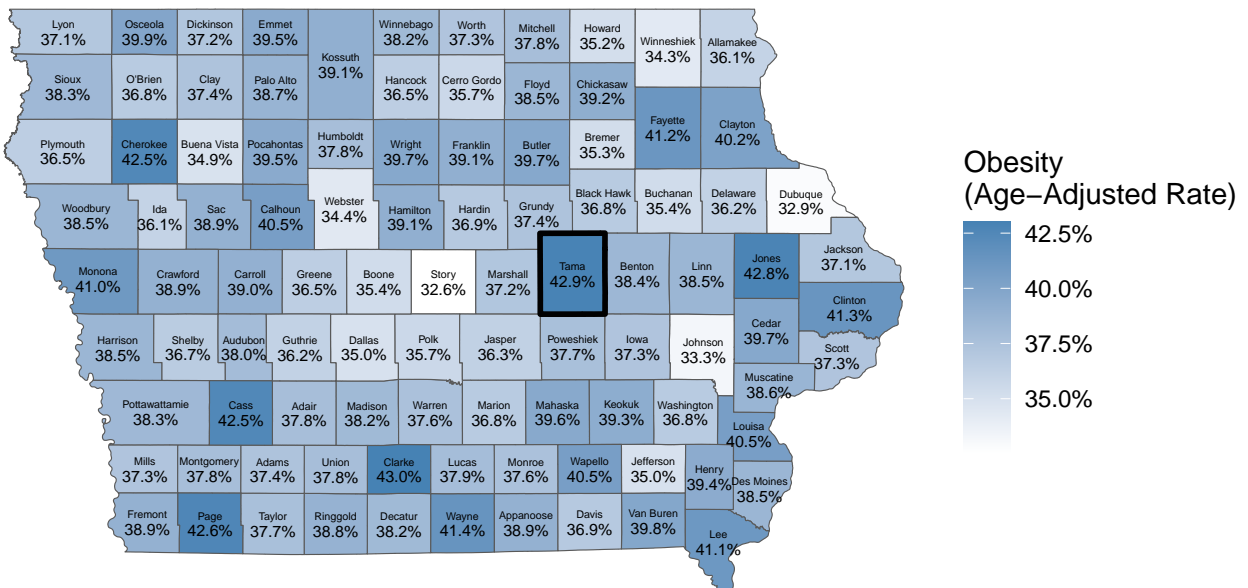
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Obesity

## Obesity among adults aged >=18 years



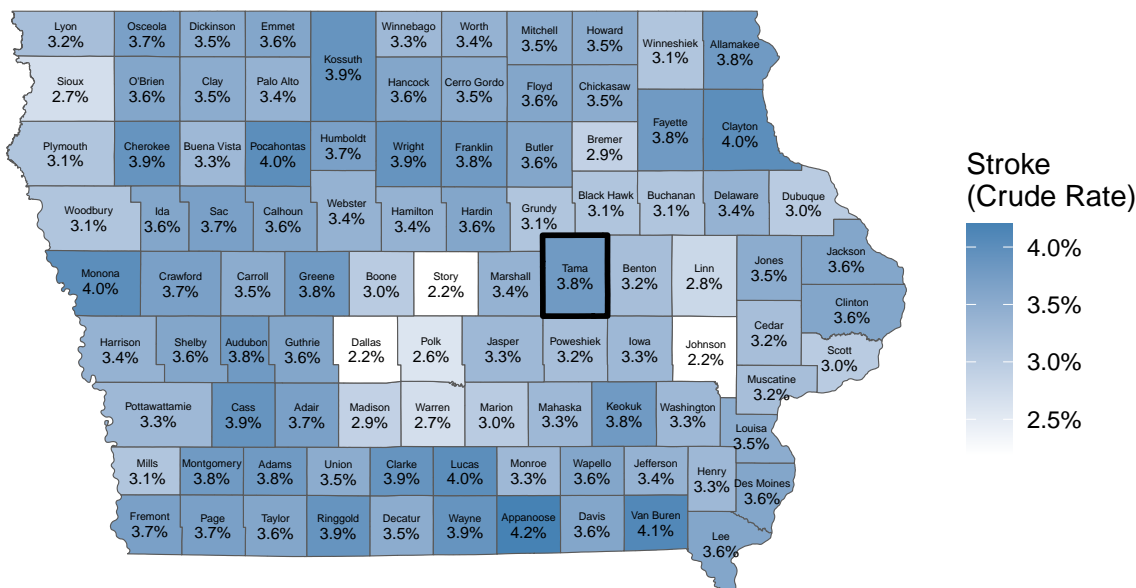
Data Source: CDC PLACES 2023 Release, BRFSS 2021



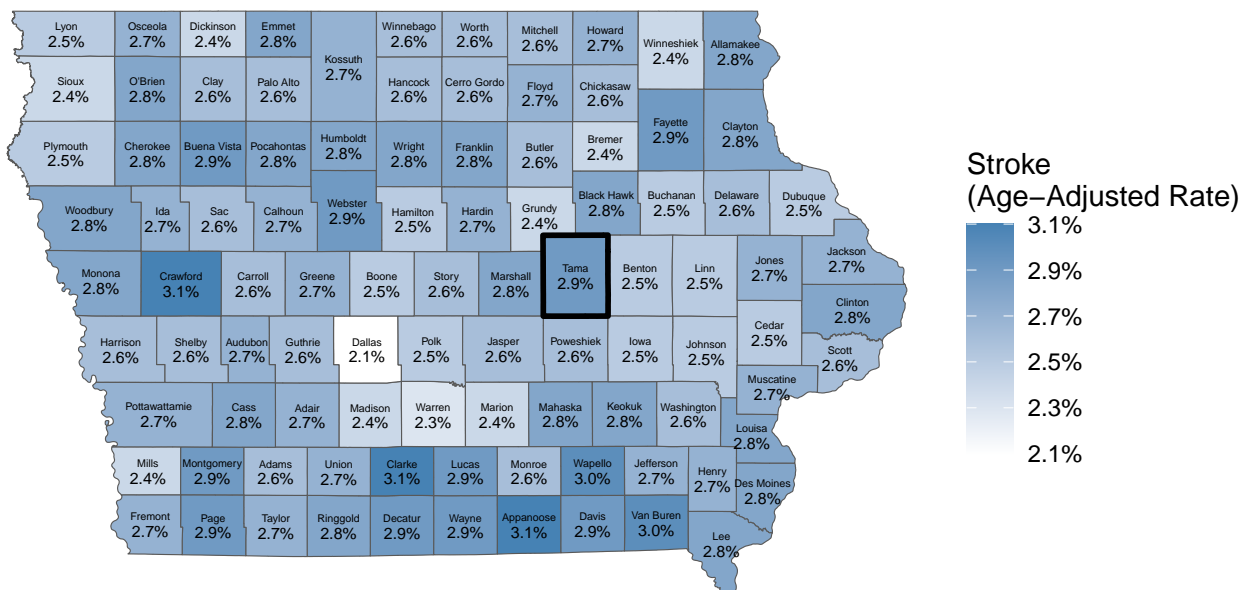
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Stroke

Stroke among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

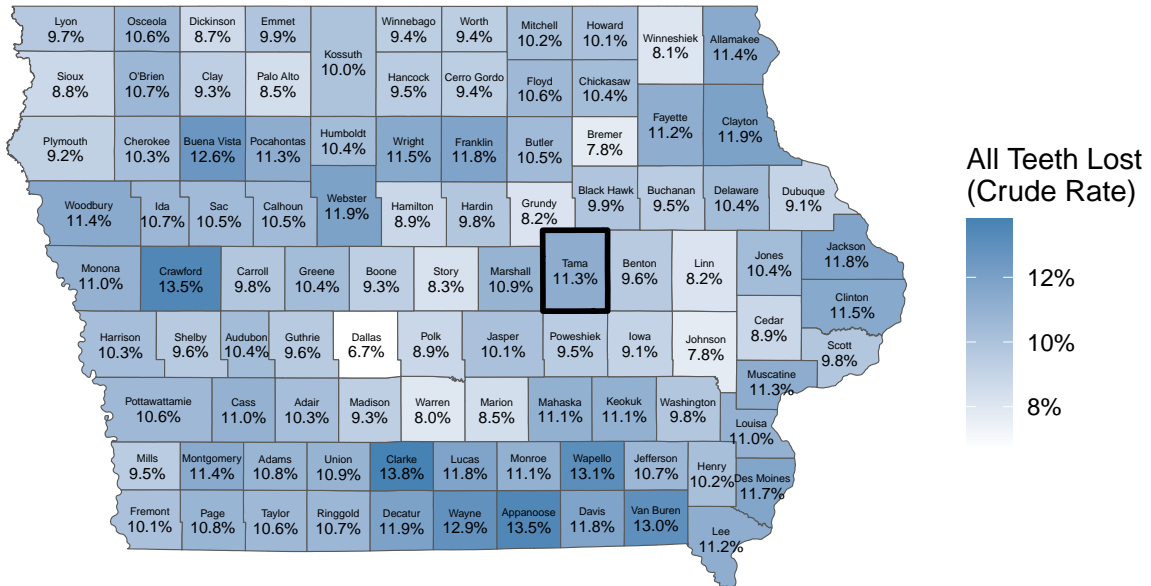


Data Source: CDC PLACES 2023 Release, BRFSS 2021

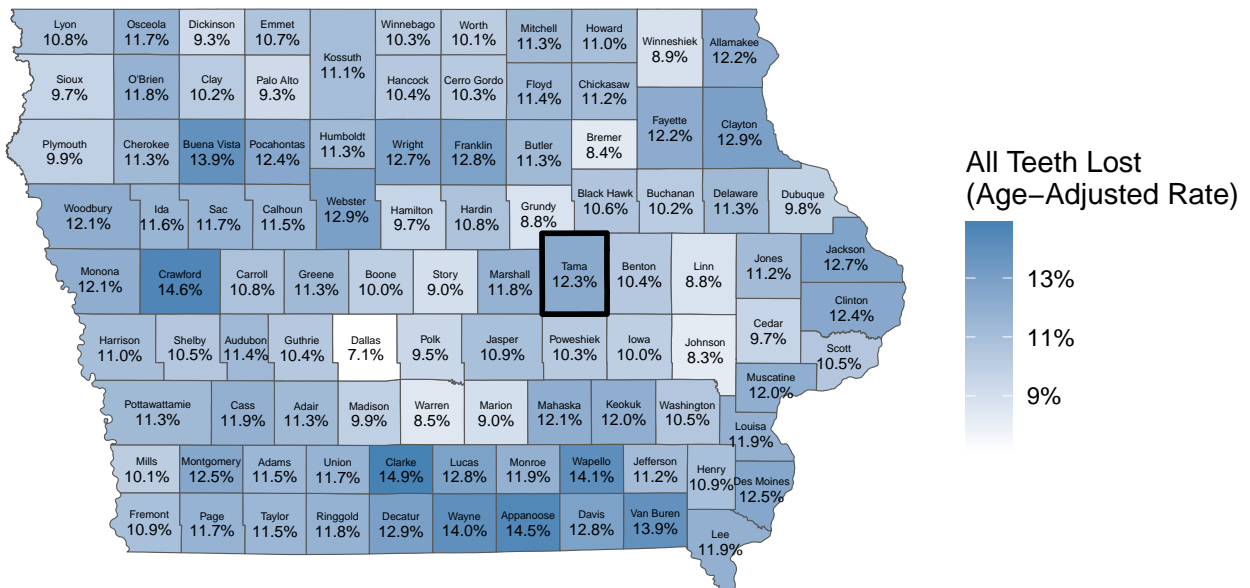


## All Teeth Lost

All teeth lost among adults aged  $\geq 65$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2020

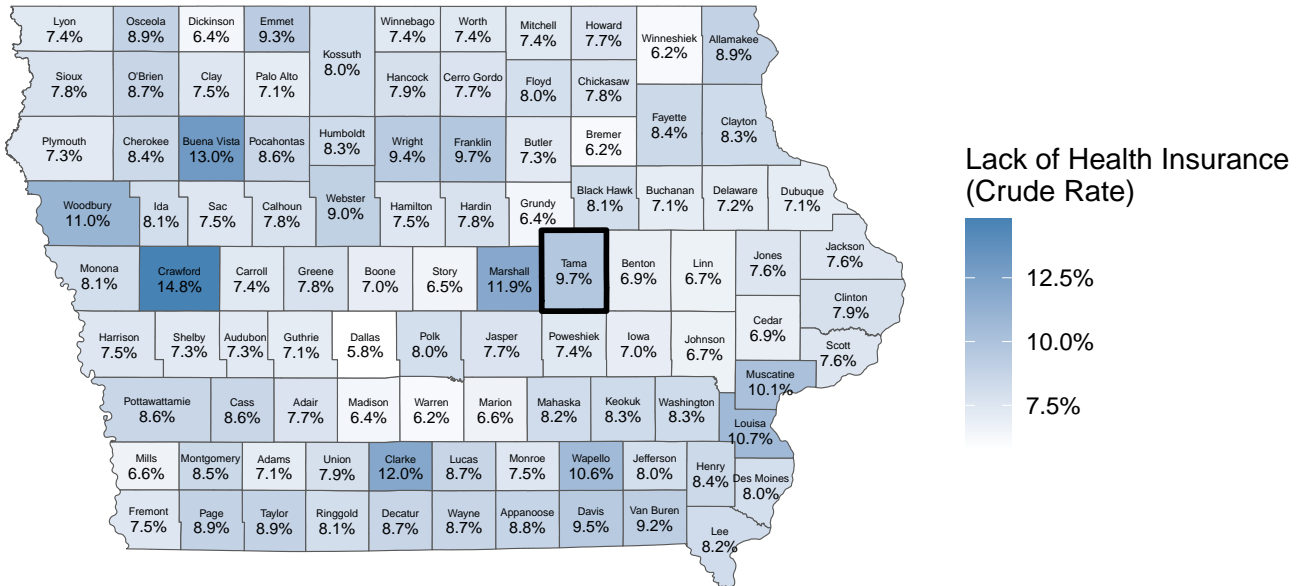


Data Source: CDC PLACES 2023 Release, BRFSS 2020

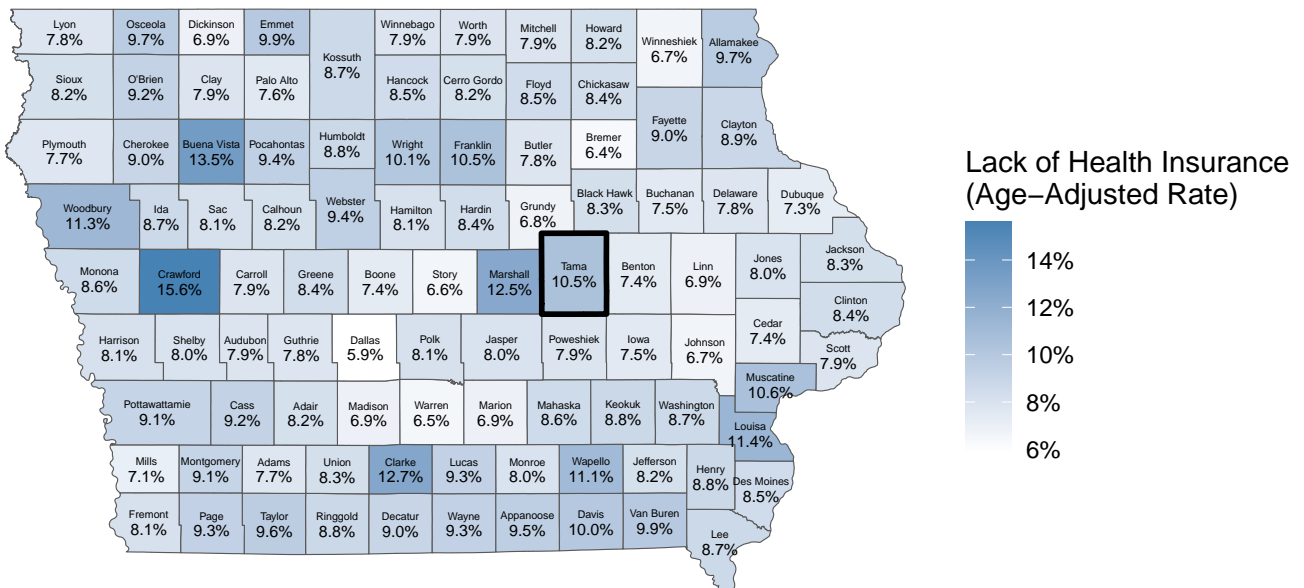


## Lack of Health Insurance

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



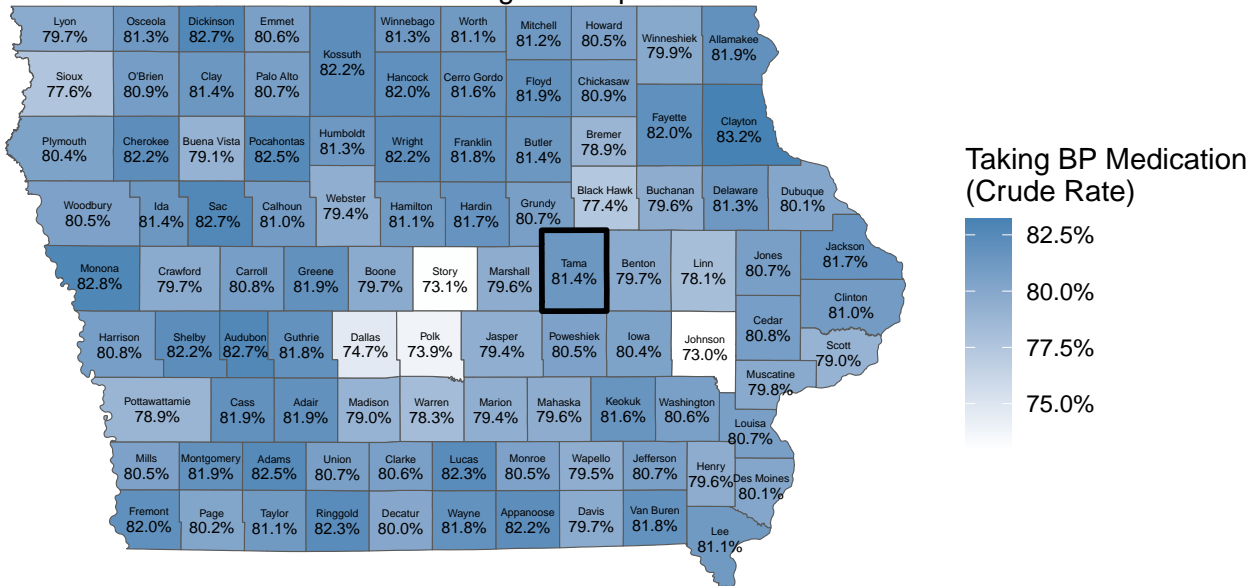
Data Source: CDC PLACES 2023 Release, BRFSS 2021



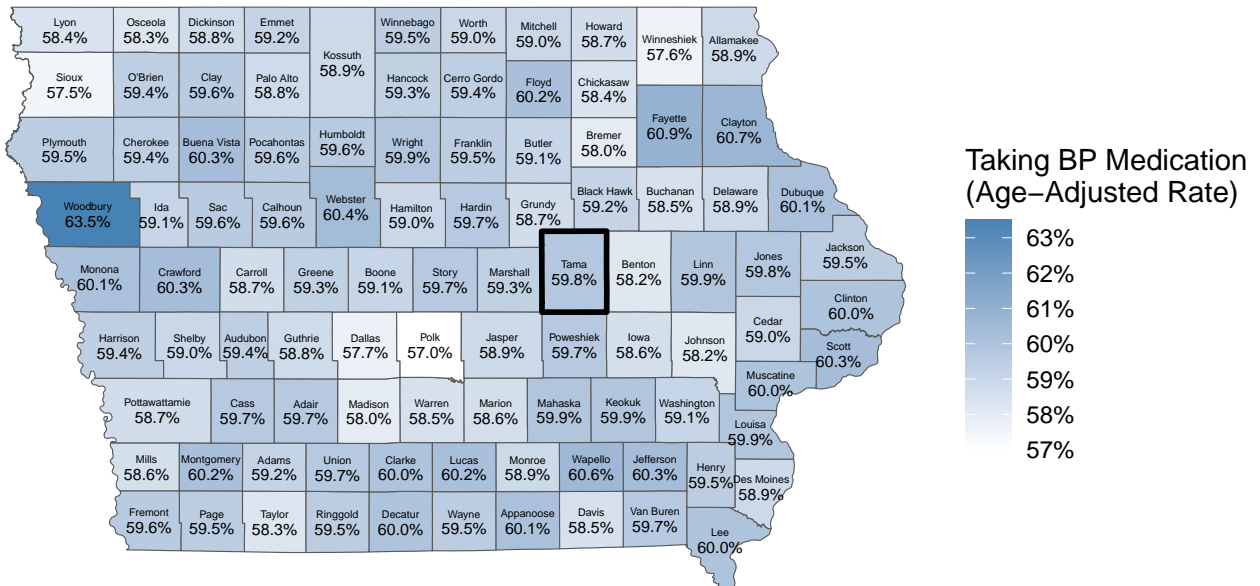
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Taking BP Medication

Taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure



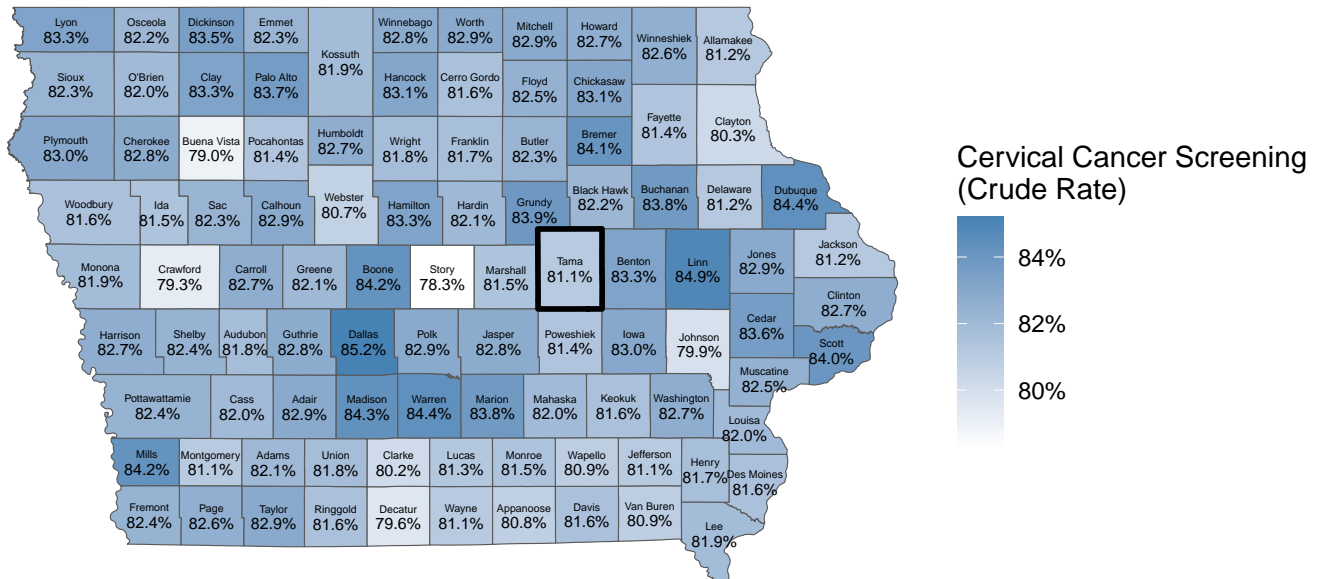
Data Source: CDC PLACES 2023 Release, BRFSS 2021



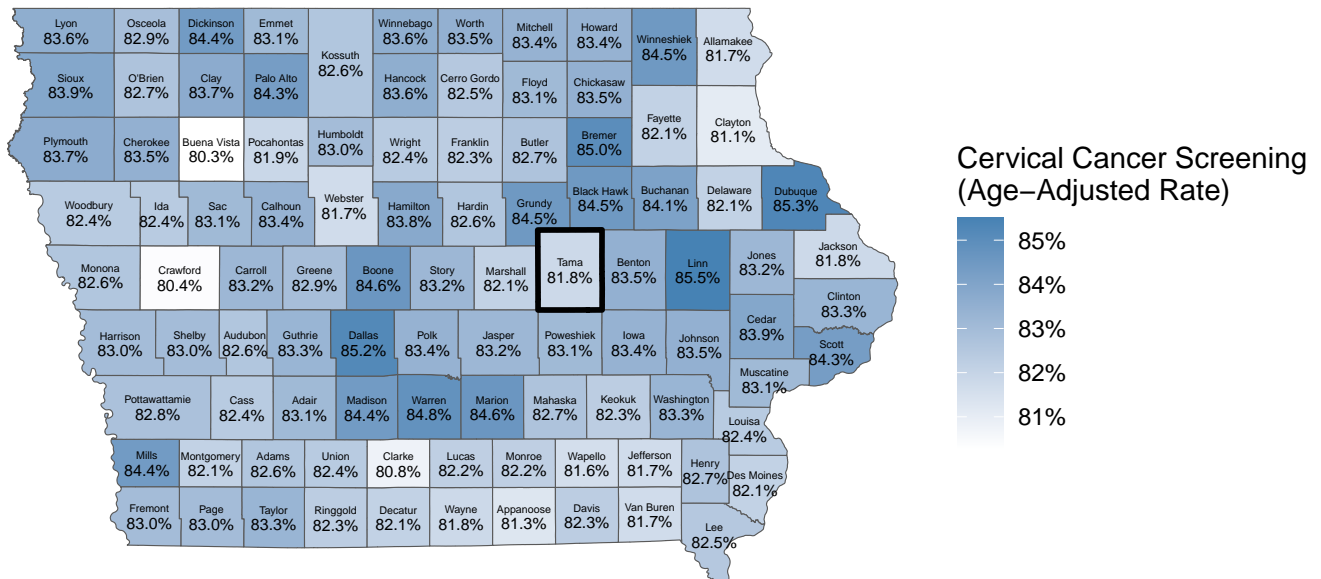
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



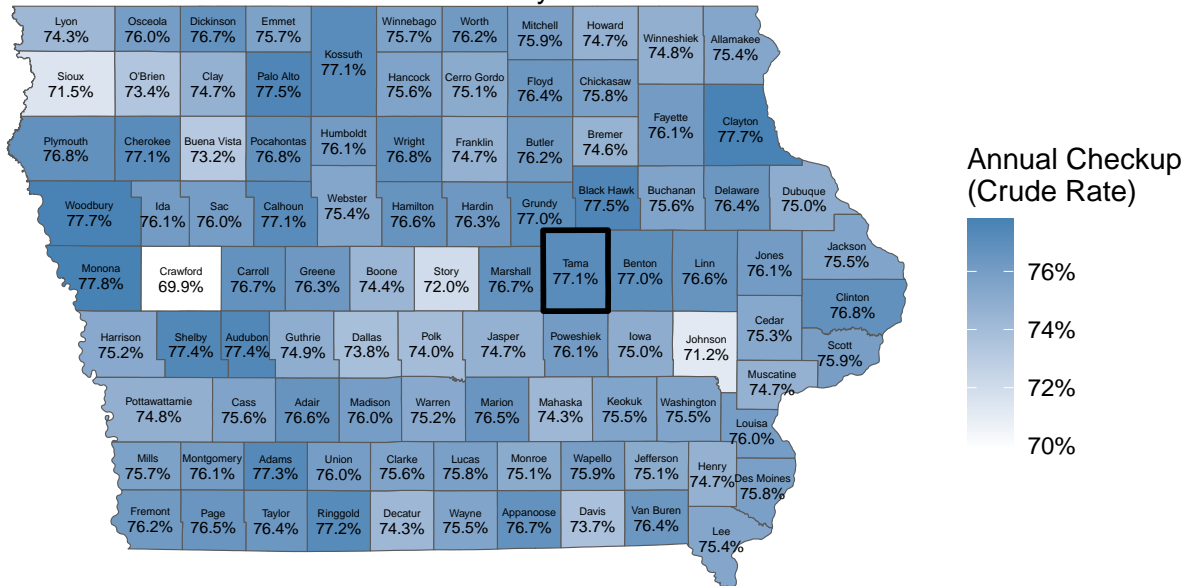
Data Source: CDC PLACES 2023 Release, BRFSS 2020



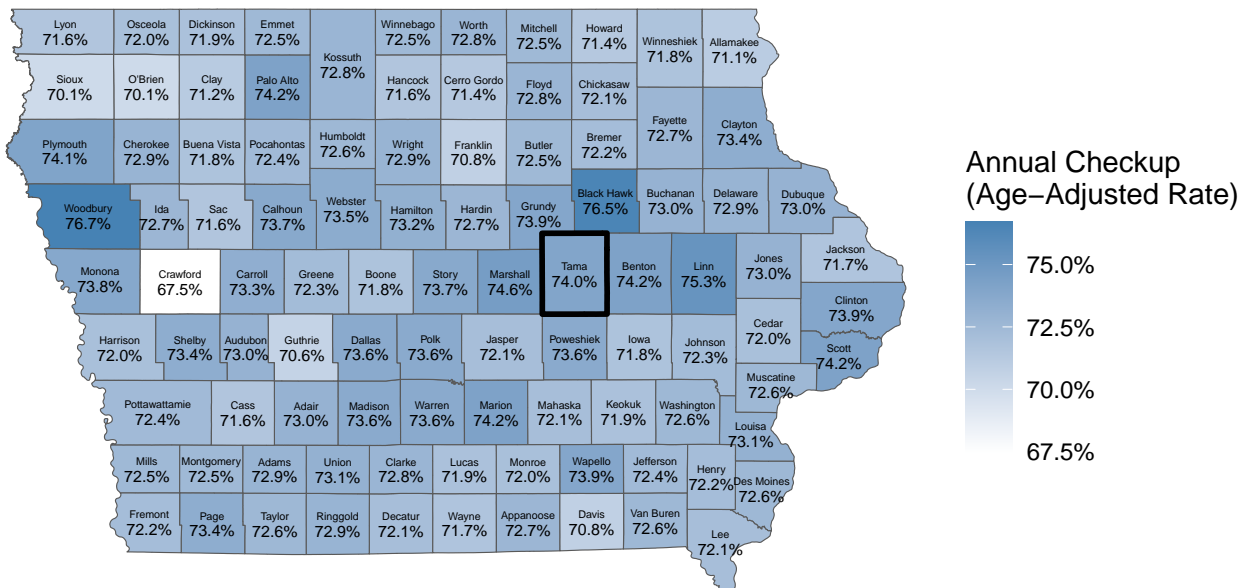
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

Visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years



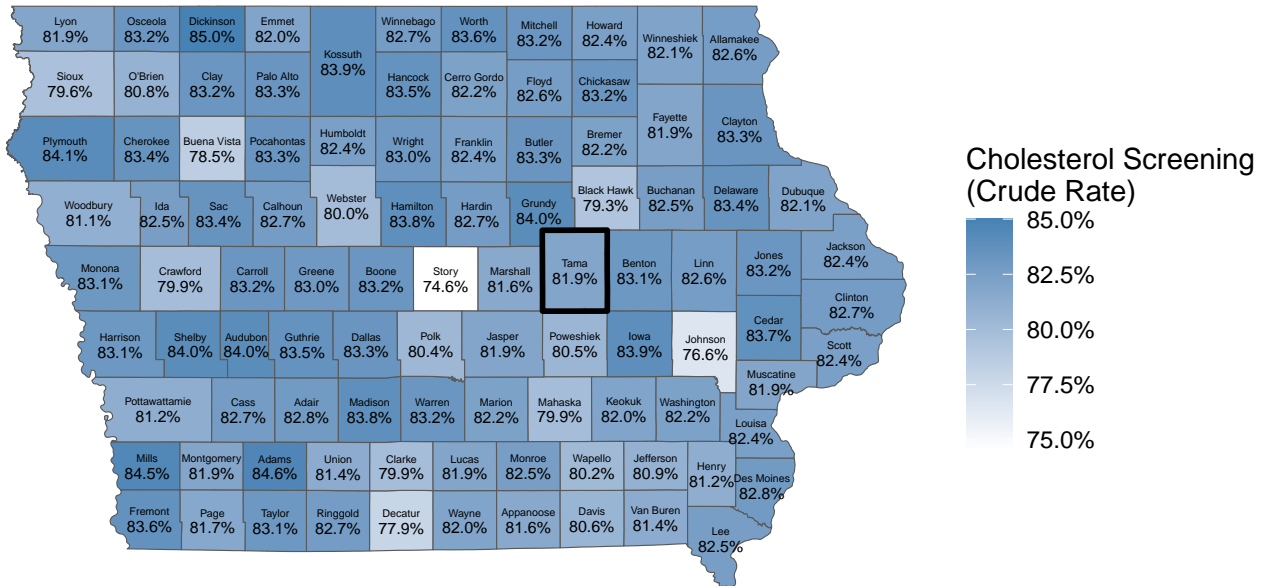
Data Source: CDC PLACES 2023 Release, BRFSS 2021



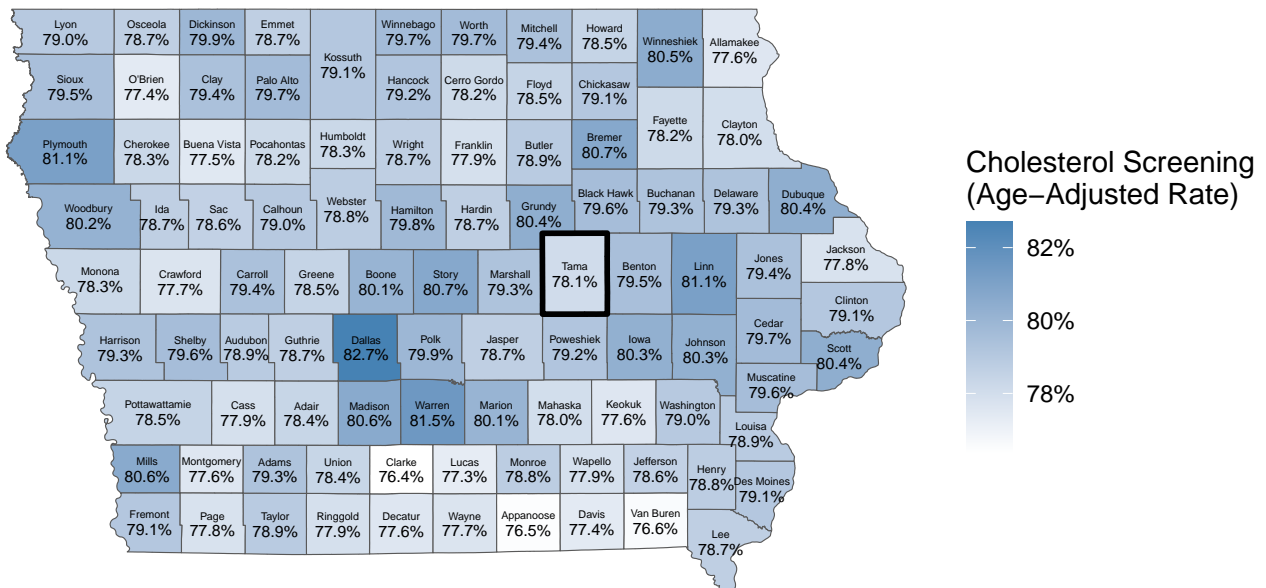
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cholesterol Screening

Cholesterol screening among adults aged  $\geq 18$  years



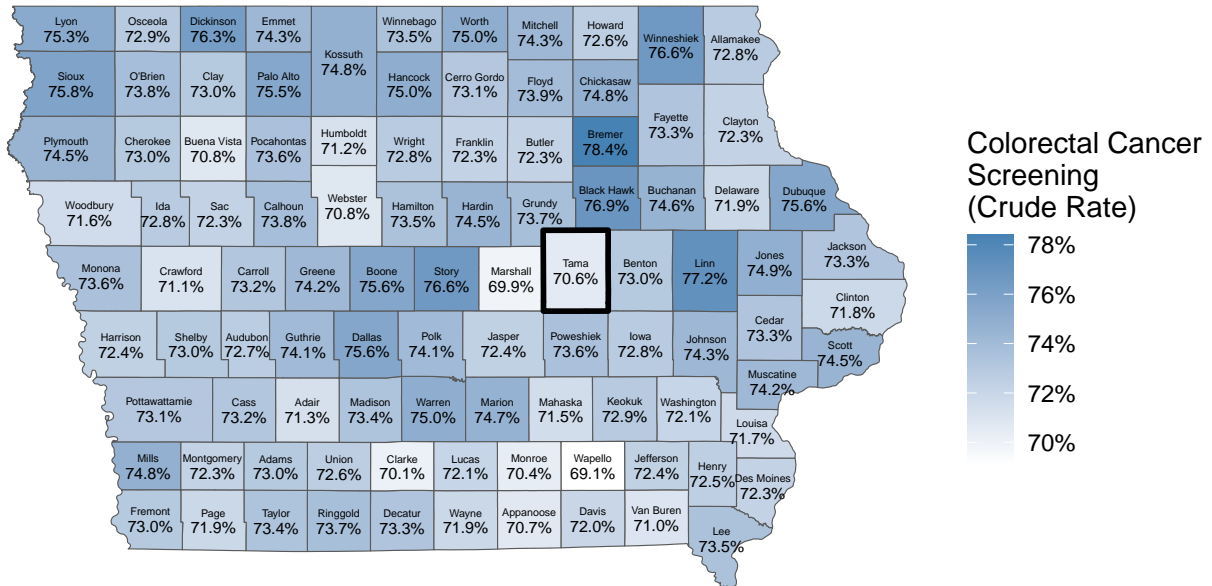
Data Source: CDC PLACES 2023 Release, BRFSS 2021



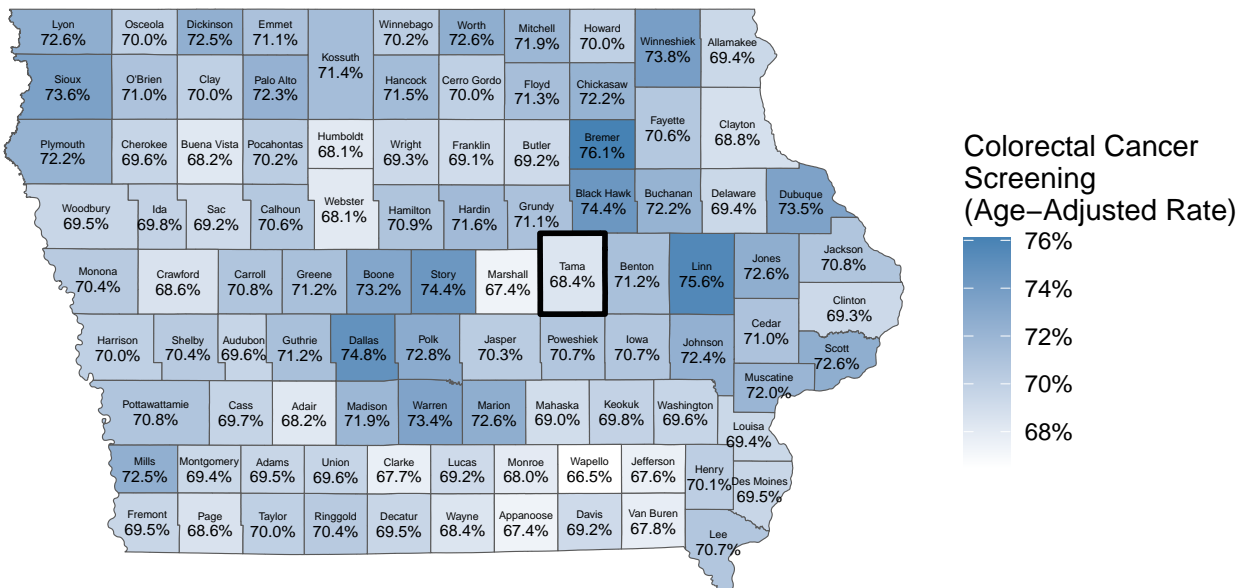
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



Data Source: CDC PLACES 2023 Release, BRFSS 2020

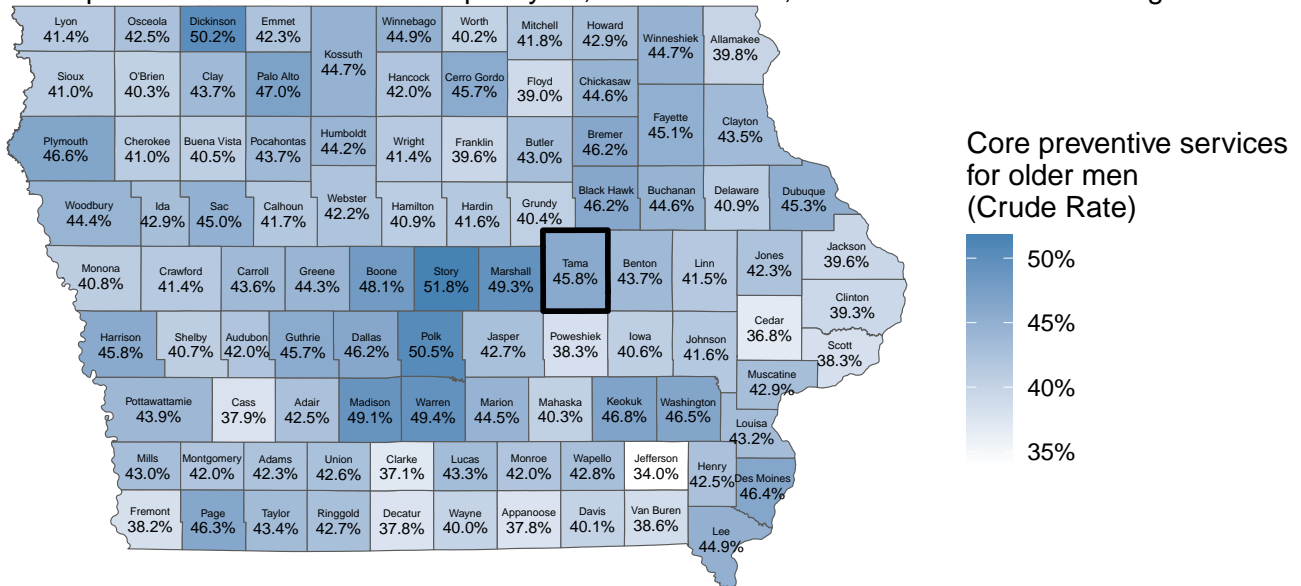


Data Source: CDC PLACES 2023 Release, BRFSS 2020

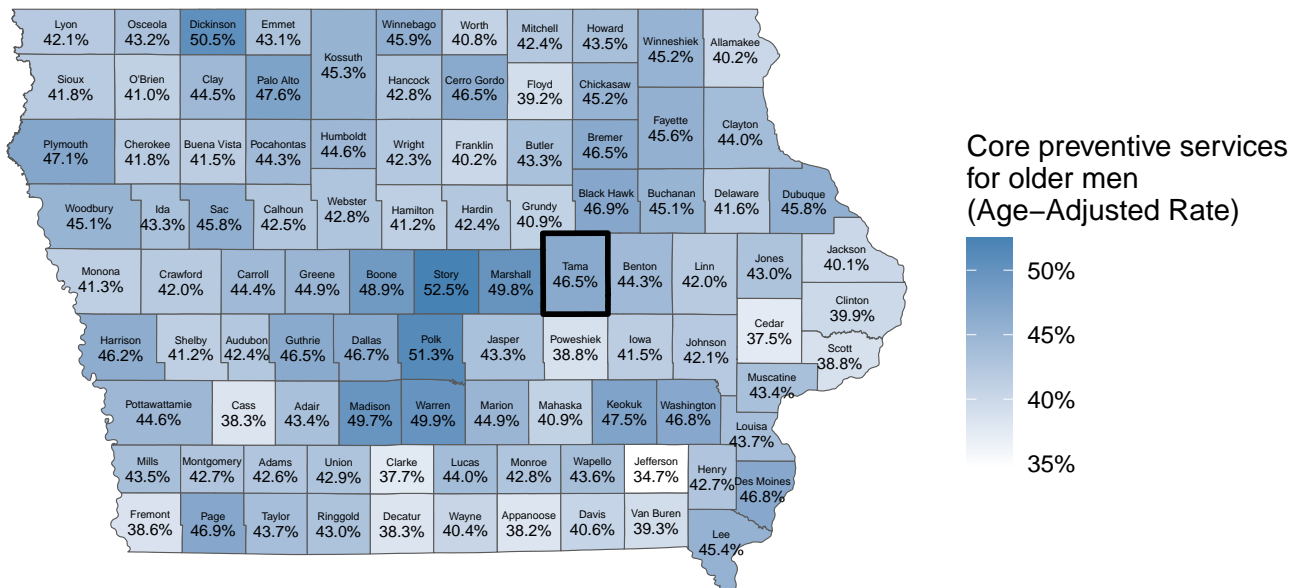


## Core preventive services for older men

Older adult men 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



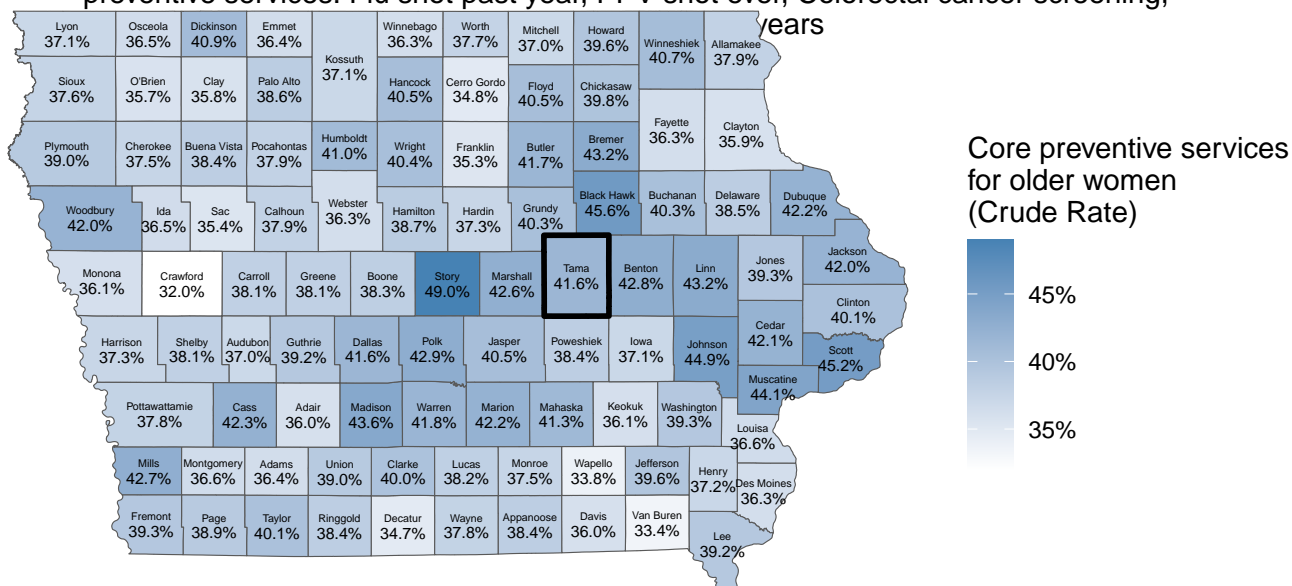
Data Source: CDC PLACES 2023 Release, BRFSS 2020



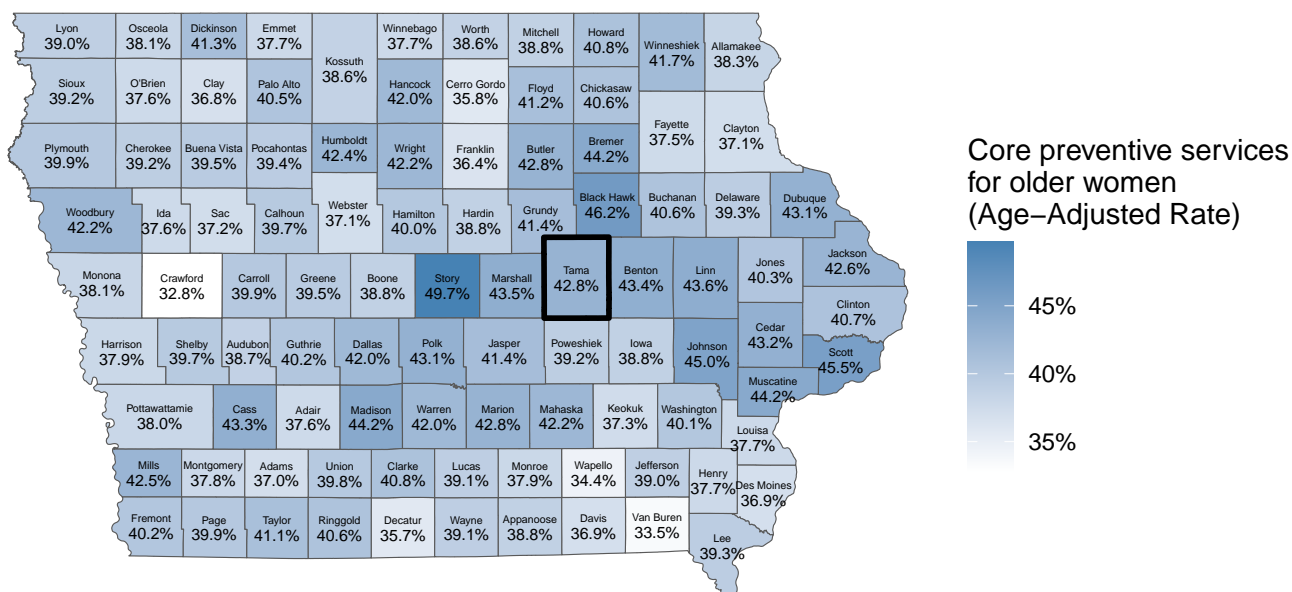
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older women

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,



Data Source: CDC PLACES 2023 Release, BRFSS 2020

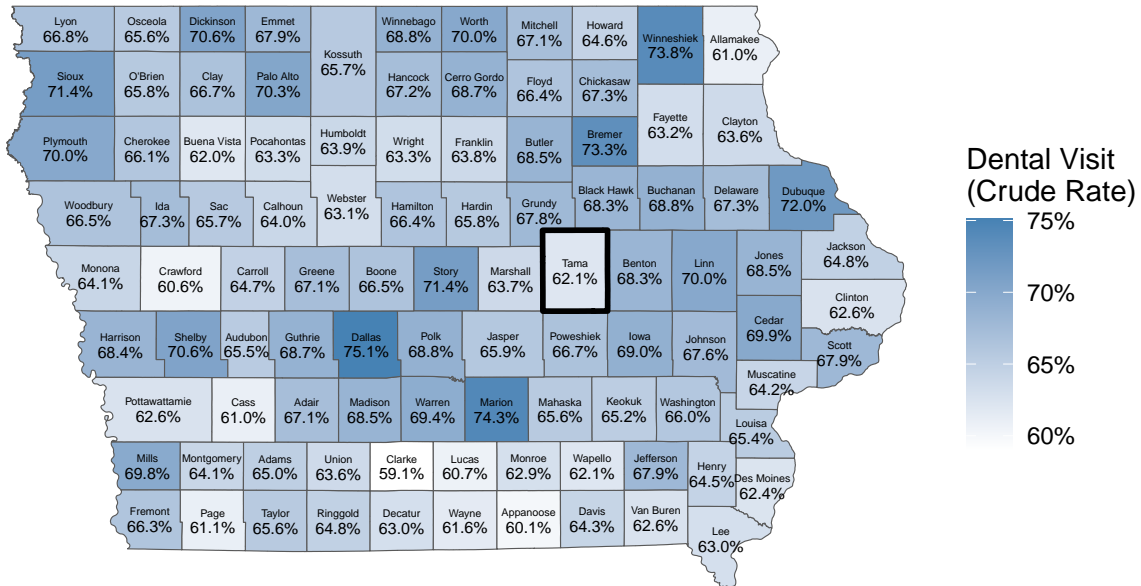


Data Source: CDC PLACES 2023 Release, BRFSS 2020

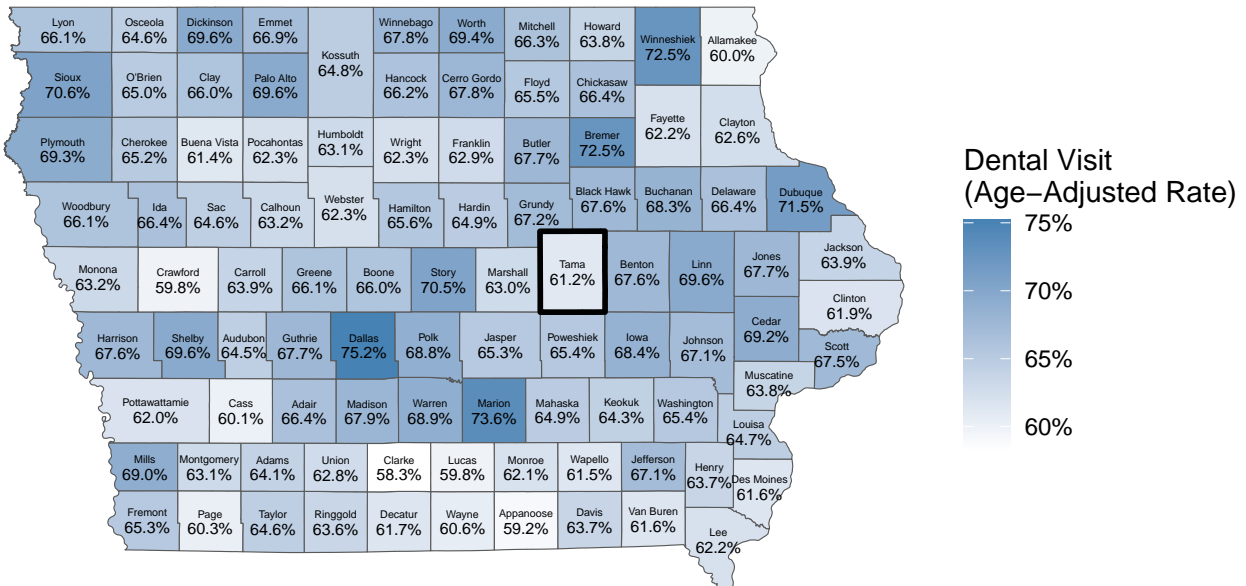


## Dental Visit

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



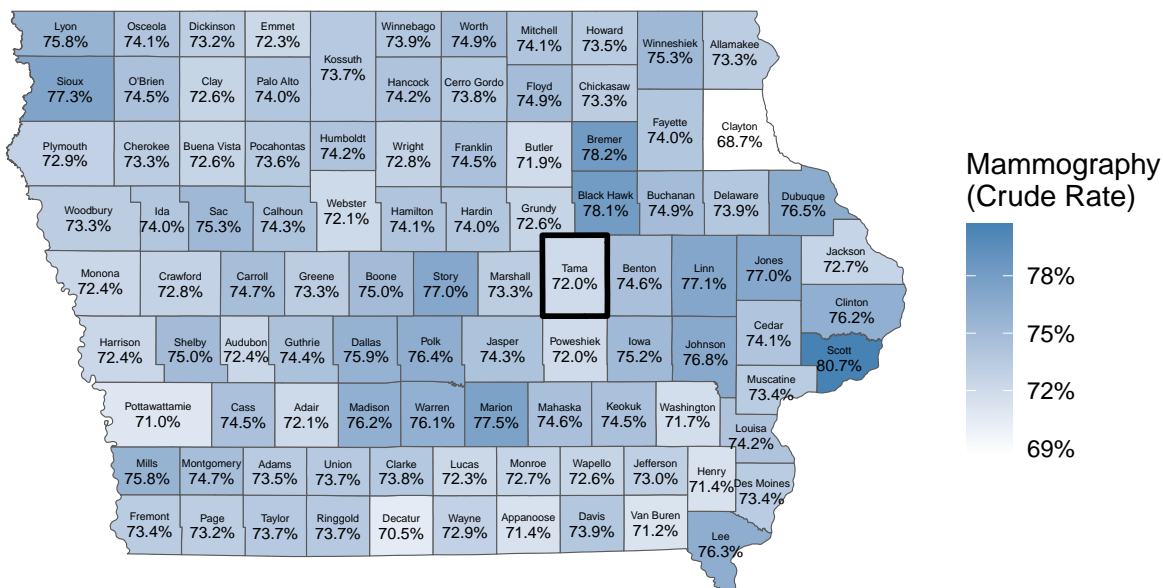
Data Source: CDC PLACES 2023 Release, BRFSS 2020



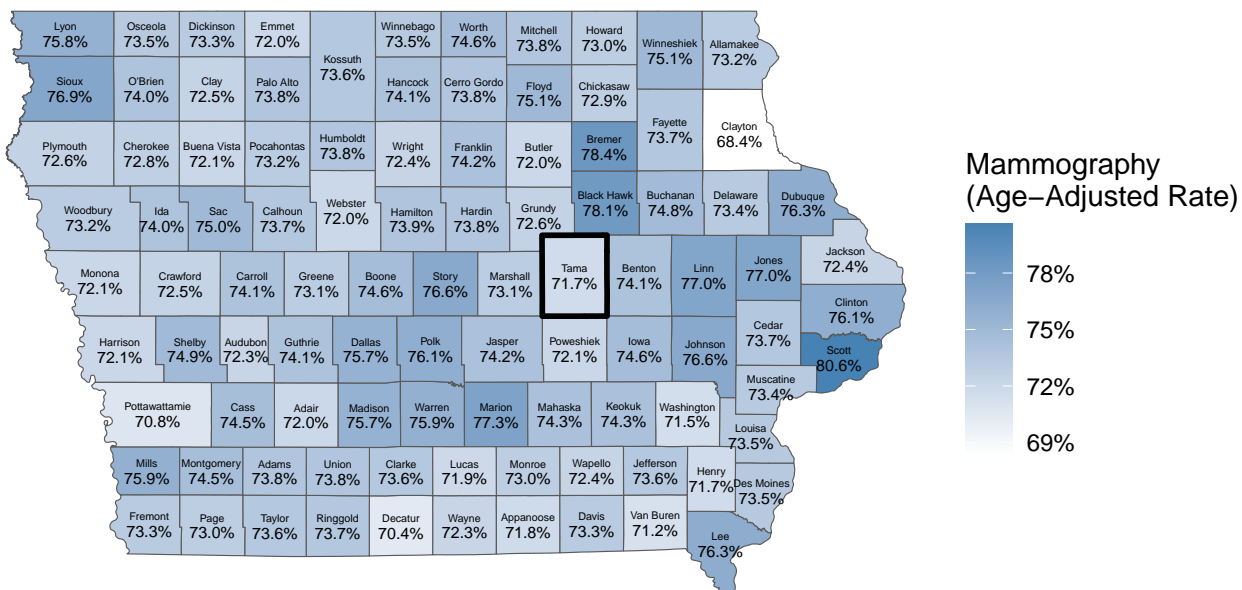
Data Source: CDC PLACES 2023 Release, BRFSS 2020

# Mammography

## Mammography use among women aged 50–74 years



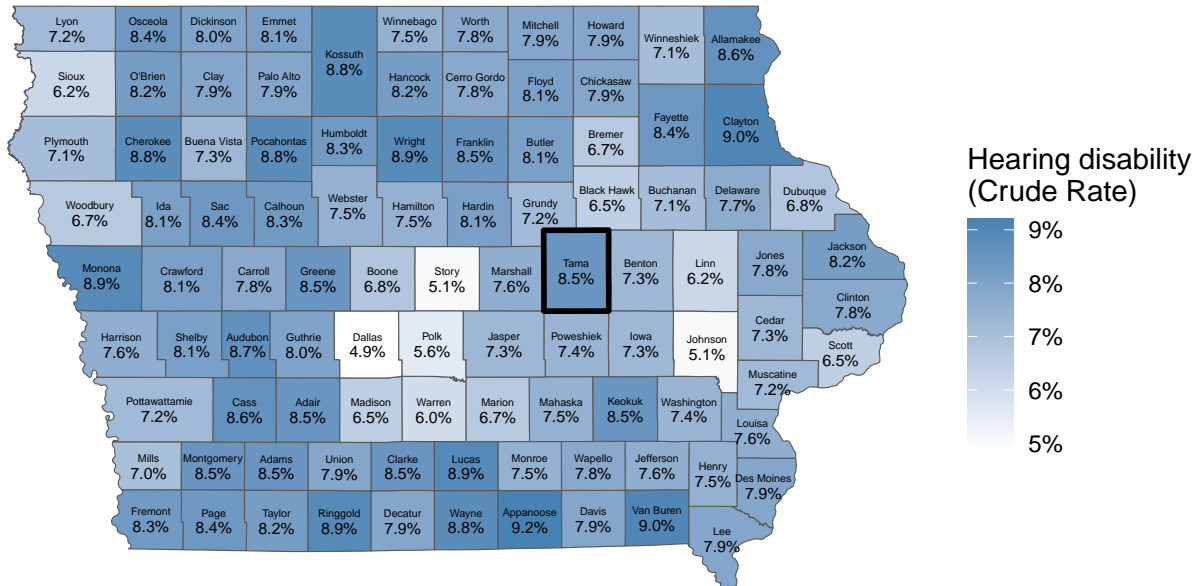
Data Source: CDC PLACES 2023 Release, BRFSS 2020



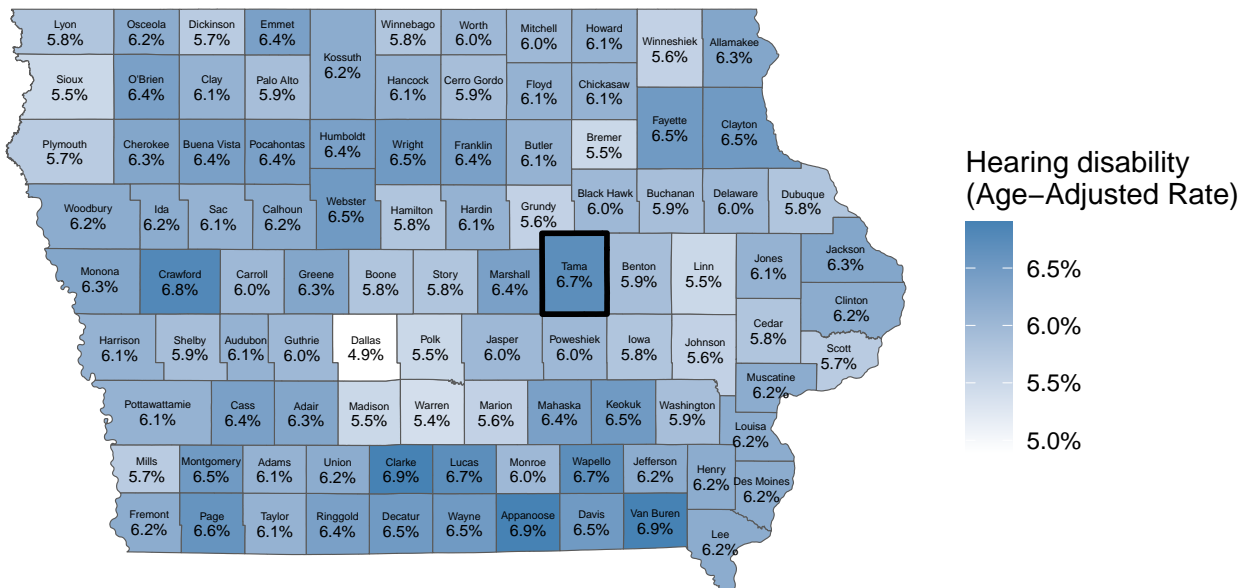
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Hearing disability

### Hearing disability among adults aged $\geq 18$ years



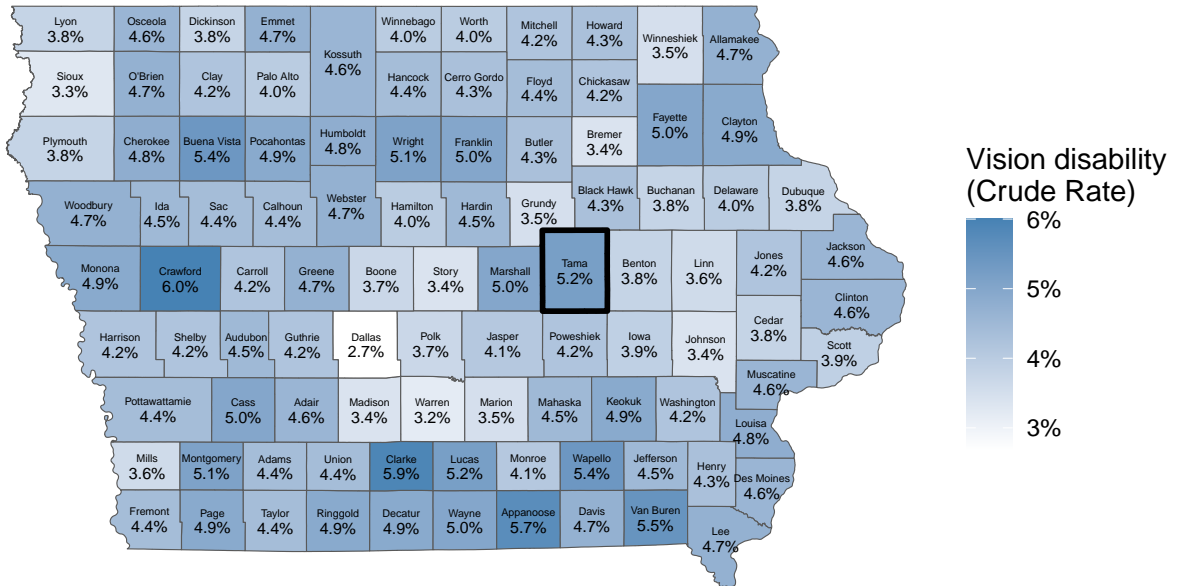
Data Source: CDC PLACES 2023 Release, BRFSS 2021



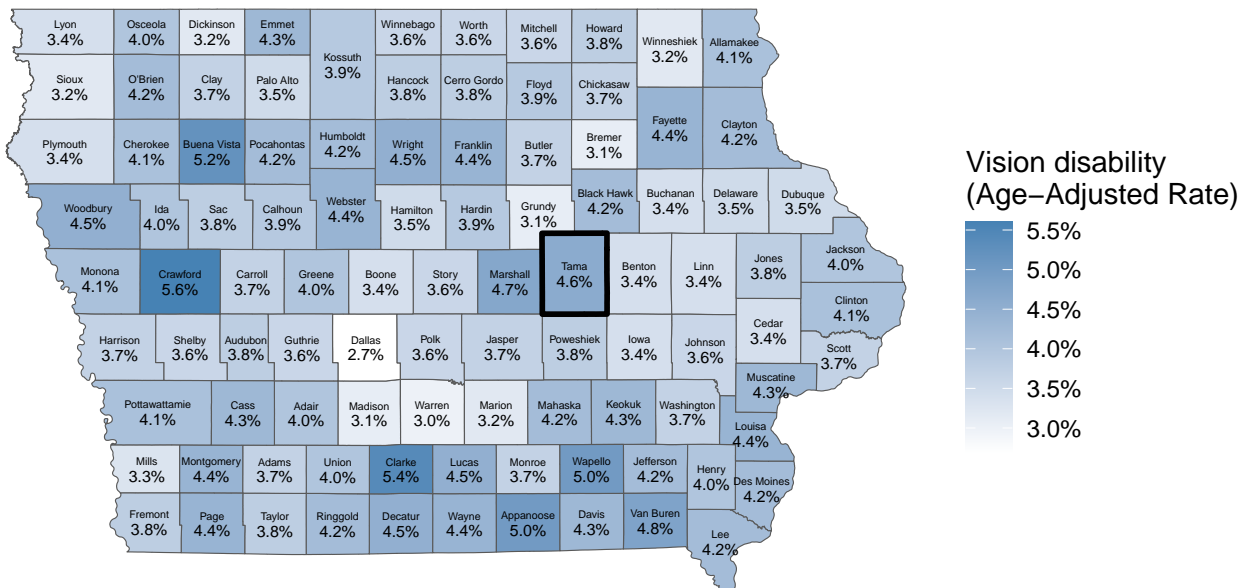
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

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



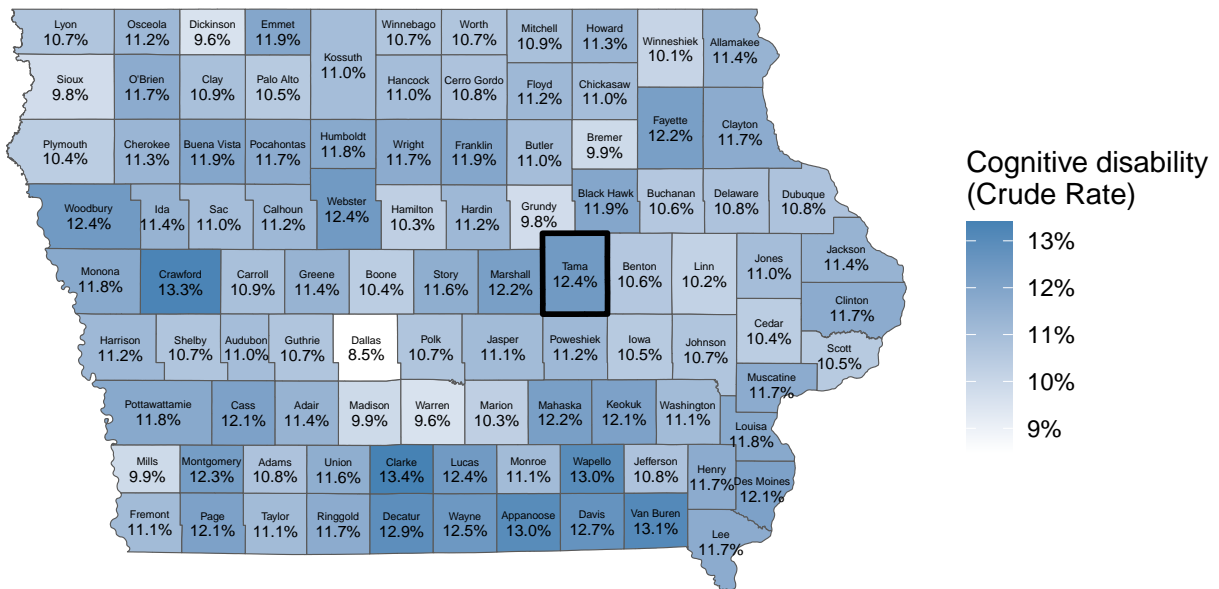
Data Source: CDC PLACES 2023 Release, BRFSS 2021



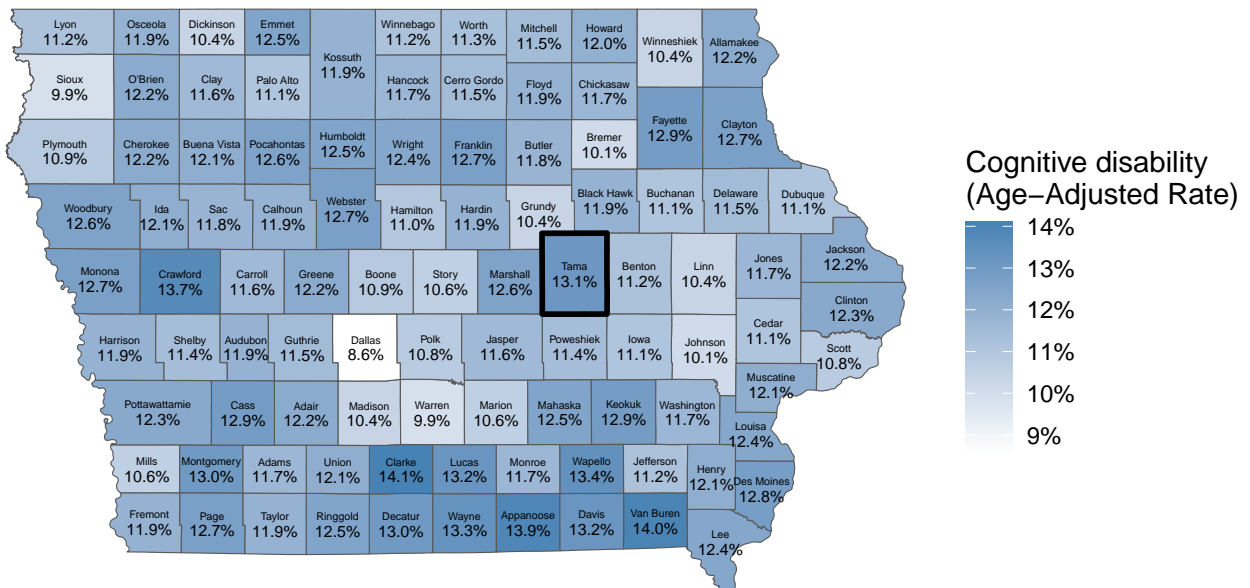
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

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



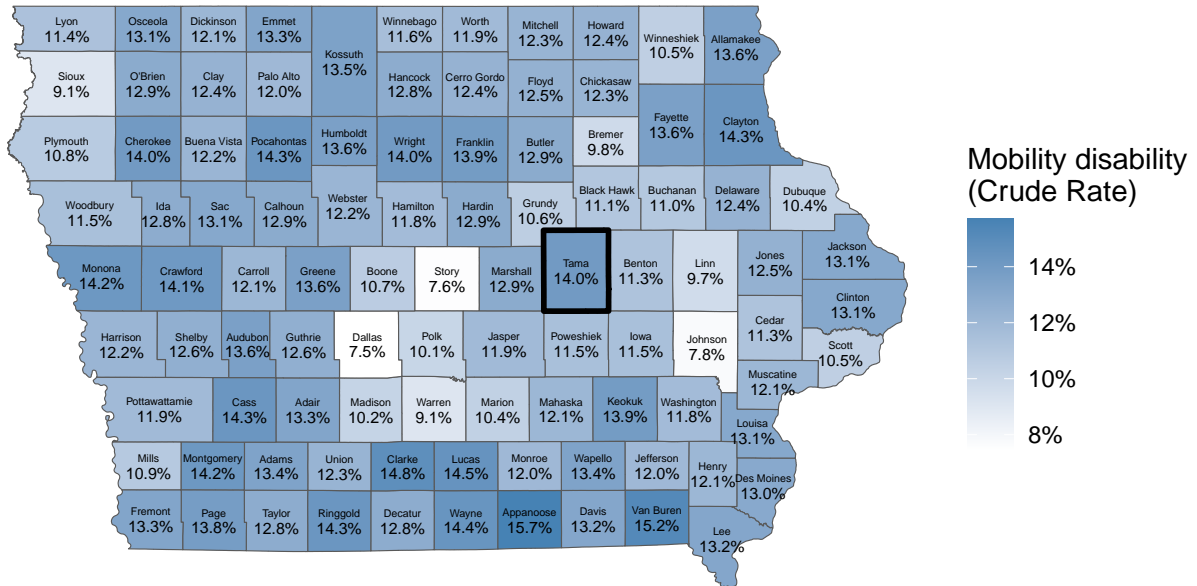
Data Source: CDC PLACES 2023 Release, BRFSS 2021



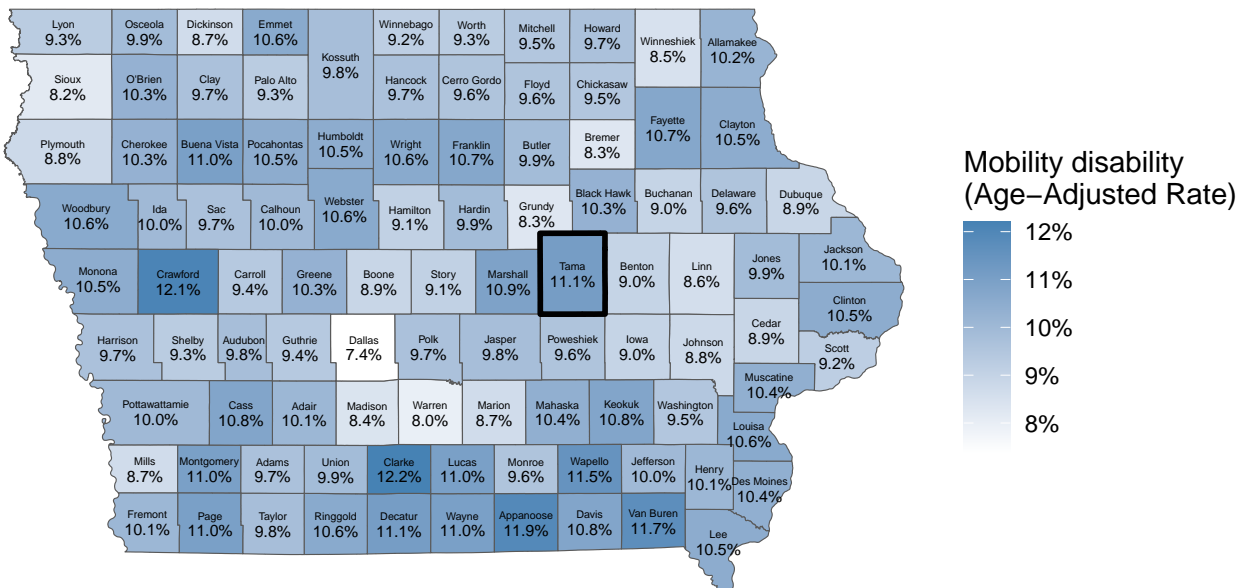
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

### Mobility disability among adults aged $\geq 18$ years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

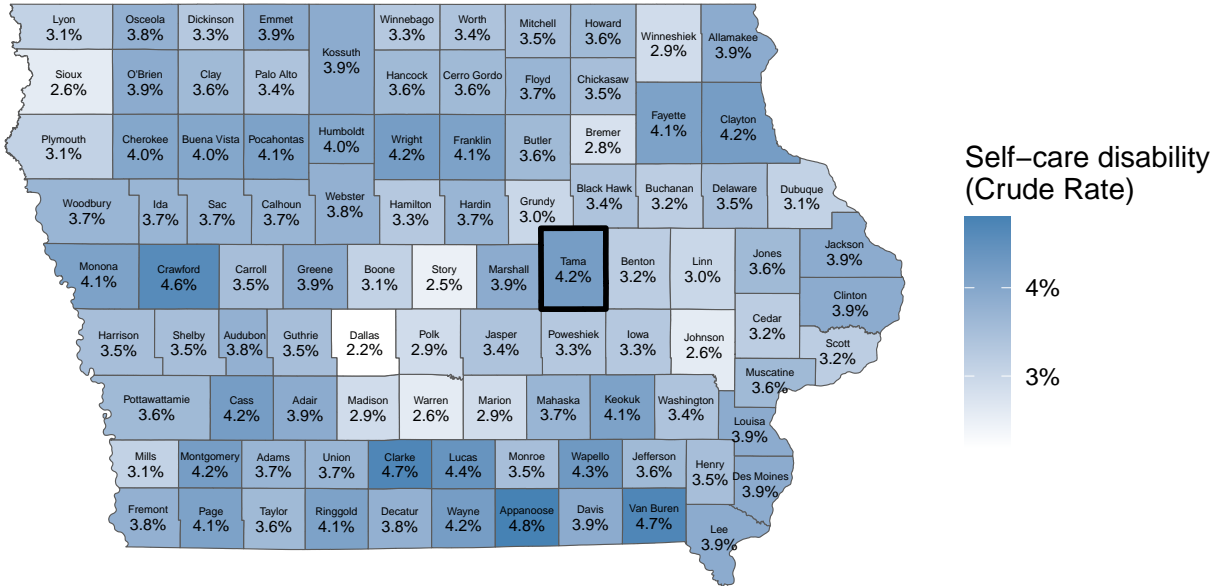


Data Source: CDC PLACES 2023 Release, BRFSS 2021

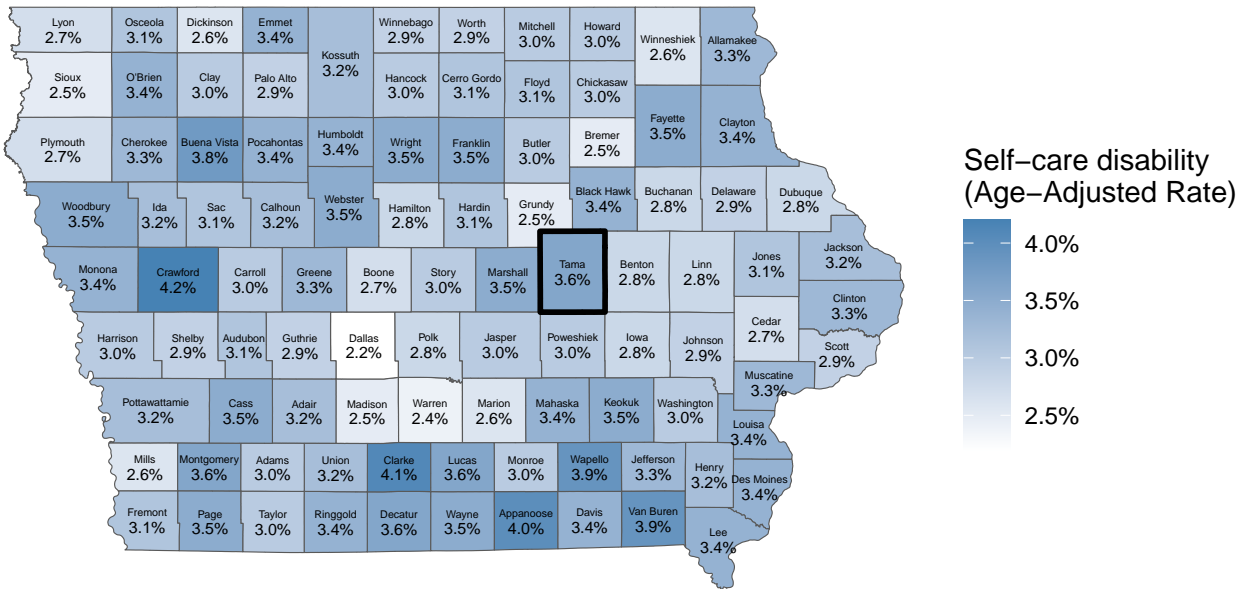


## Self-care disability

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



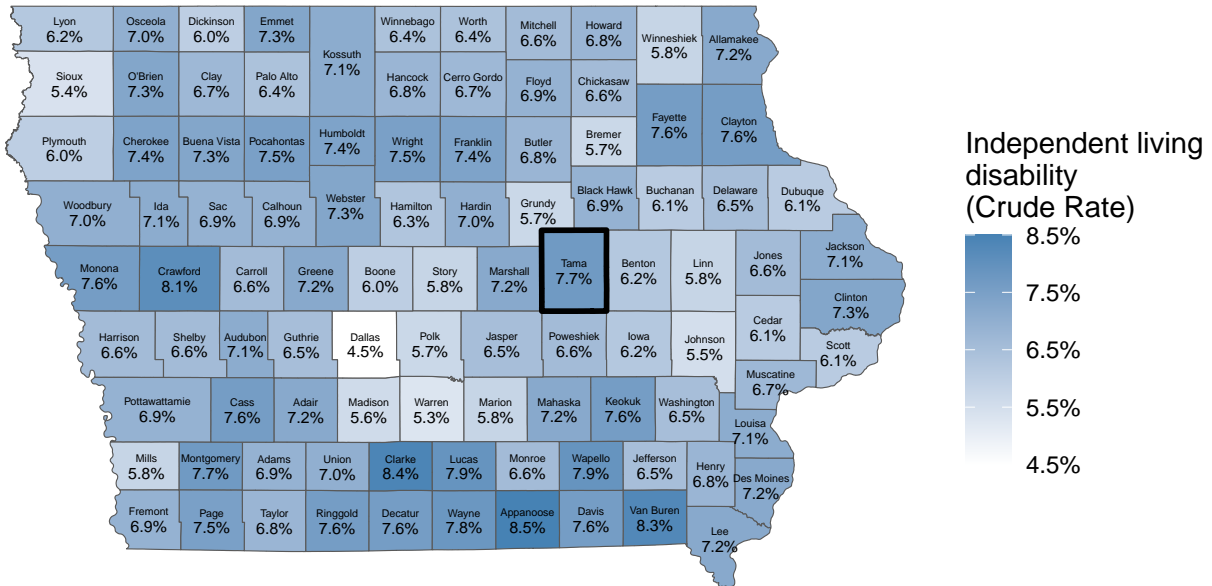
Data Source: CDC PLACES 2023 Release, BRFSS 2021



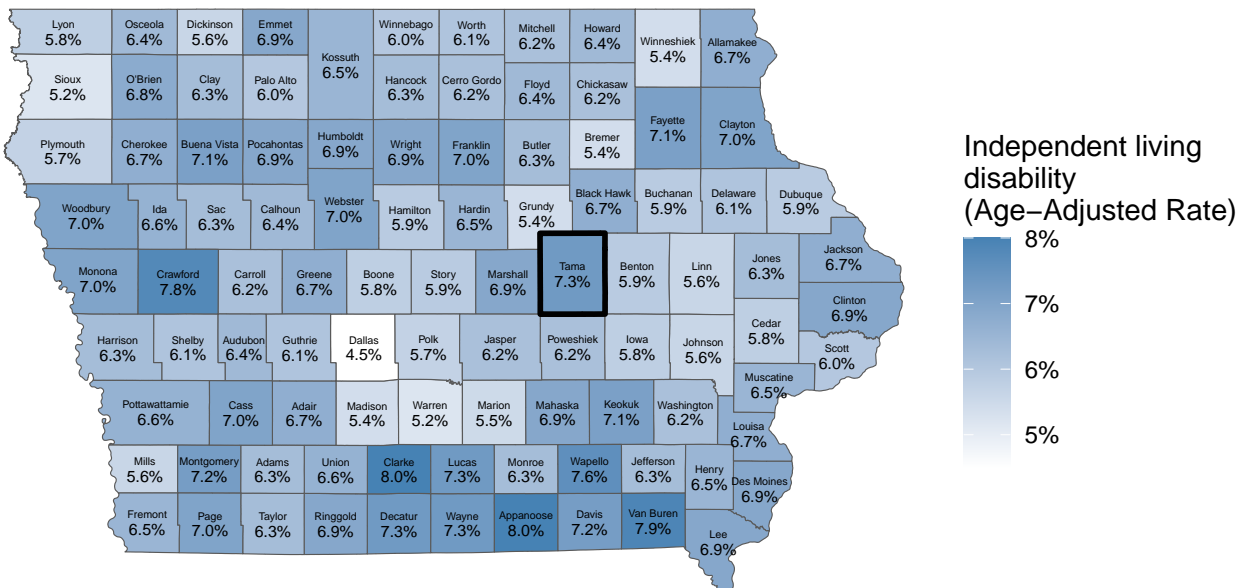
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

Independent living disability among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

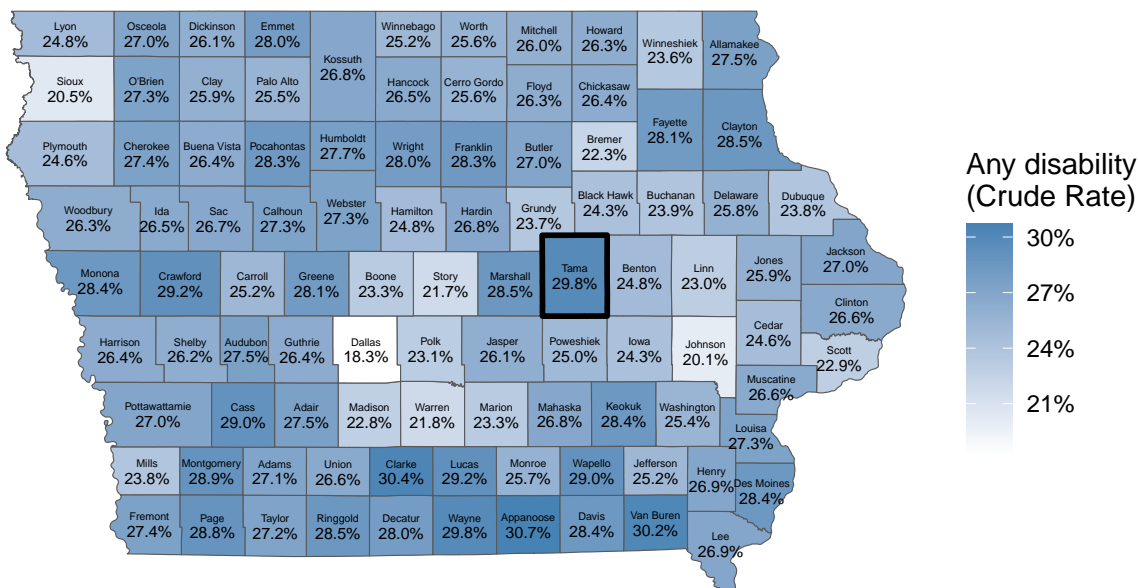


Data Source: CDC PLACES 2023 Release, BRFSS 2021

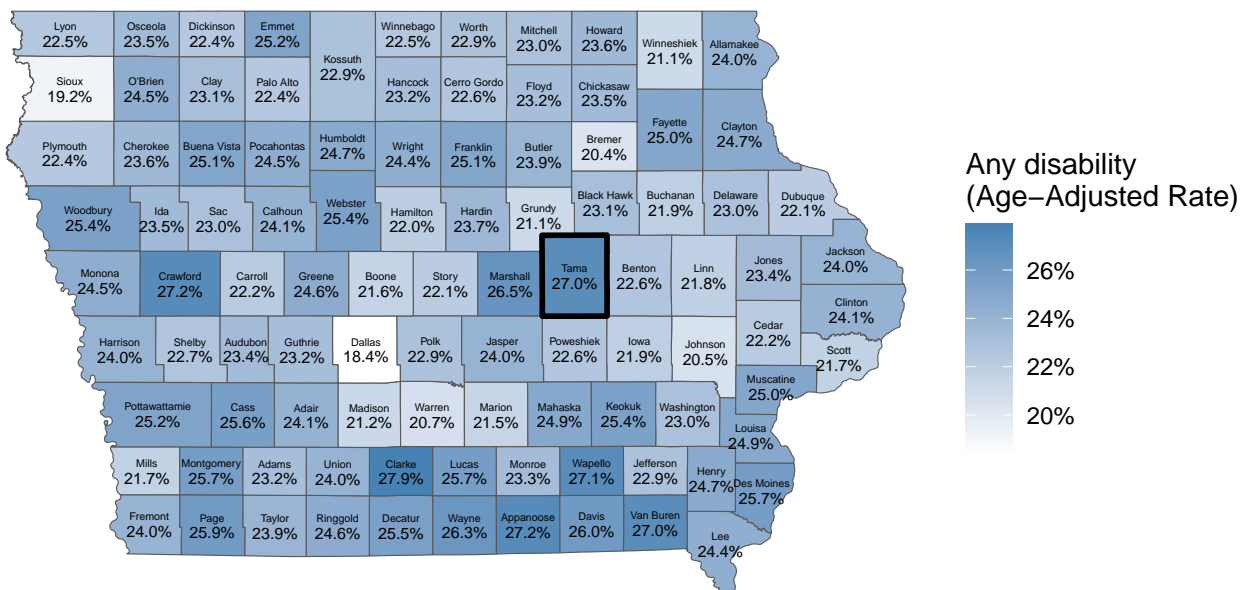


## Any disability

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021