

New Jersey

State Health Department Website: state.nj.us/health

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- Low economic hardship index score
- Low prevalence of high-risk HIV behaviors

Challenges:

- Low flu vaccination coverage
- High residential segregation
- Low percentage of fluoridated water

Highlights:

VIOLENT CRIME

▼ **33%** between 2009 and 2019 from 308 to 207 offenses per 100,000 population

CHLAMYDIA

▲ **27%** between 2013 and 2018 from 319.6 to 405.5 cases per 100,000 population

HOUSEHOLDS BELOW THE POVERTY LEVEL

▼ **8%** between 2017 and 2019 from 10.2% to 9.4%

DRUG DEATHS

▲ **9%** between 2017 and 2018 from 29.8 to 32.4 deaths per 100,000 population

MENTAL HEALTH PROVIDERS

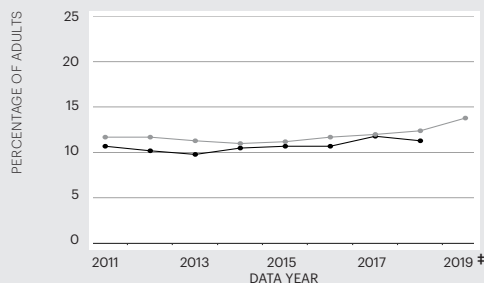
▲ **30%** between 2016 and 2020 from 188.9 to 245.1 per 100,000 population

LOW BIRTHWEIGHT RACIAL GAP

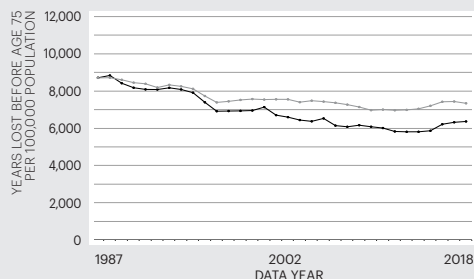
▲ **16%** between 2017 and 2018 from 5.8 to 6.7 percentage points

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

* All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018. For source details and methodology visit www.AmericasHealthRankings.org.

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

Measure	State Value
Crowded Housing (units with more than one person/room)	3.2%
Dependency (ages 0-17 or ages 65+)	38.4%
Education (ages 25+ without a high school diploma)	9.7%
Per Capita Income	\$44,888
Poverty (households below the poverty level)	9.4%
Unemployment (ages 16-64)	4.8%

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

Measure	State Value
Arthritis	23.1%
Asthma	8.4%
Cancer (excluding skin)	7.1%
Cardiovascular Disease	8.1%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	5.6%
Depression	11.8%
Diabetes	10.8%

Measures

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.670	3	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.1	3	2.9
	Public Health Funding (dollars per person)	++	\$69	38	\$289
	Violent Crime (offenses per 100,000 population)	+++++	207	5	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	28	12	1
	Food Insecurity (% of households)	+++++	8.5	3	7.8
	Income Inequality (80-20 ratio)	+	4.96	41	3.70
Education	High School Graduation (% of students)	+++++	90.9	2	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	10.8	16	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	8.9	1	8.9
	High-speed Internet (% of households)	+++++	90.9	10	92.9
	Residential Segregation (index from 0-100)	++	61	39	42
	Volunteerism (% of adults)	+	26.1	44	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	54.0	23	65.6
PHYSICAL ENVIRONMENT		+	-0.577	50	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.0	35	4.1
	Drinking Water Violations (% of community water systems)	+	4.9	47	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	2,673,894	21	317
	Water Fluoridation (% of population served)	+	16.2	49	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	9.1	27	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	71.0	6	52.8
	Housing With Lead Risk (% of housing stock)	+	24.2	42	5.2
	Severe Housing Problems (% of occupied housing units)	+	21.2	47	11.2
CLINICAL CARE		+++	-0.062	26	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	13.1	27	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	72.7	5	90.6
	Mental Health Providers (number per 100,000 population)	+++	245.1	29	666.4
	Primary Care Providers (number per 100,000 population)	+	206.1	44	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	7.9	23	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.6	35	77.1
	Dental Visit (% of adults)	+++++	72.2	7	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	75.7	30	86.6
Quality of Care	Flu Vaccination (% adults)	+	38.1	45	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	51.4	34	78.9
	Dedicated Health Care Provider (% of adults)	++++	79.6	17	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,482	30	1,971
BEHAVIORS		+++++	0.445	11	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.6	40	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	21.9	29	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.9	13	14.1
	Physical Inactivity (% of adults)	++	28.5	37	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	405.5	8	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.1	3	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	10.3	6	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+++++	13.1	9	7.9
ALL DETERMINANTS		+++++	0.297	18	0.865
HEALTH OUTCOMES		+++++	0.696	4	0.846
Behavioral Health	Depression (% of adults)*	+++++	11.8	1	11.8
	Excessive Drinking (% of adults)	+++++	15.2	8	12.0
	Frequent Mental Distress (% of adults)	+++++	11.3	3	10.6
	Non-medical Drug Use (% of adults)	+++++	8.5	8	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	32.4	44	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,375	12	5,648
	Premature Death Racial Inequality (ratio)	+++	1.5	27	1.0
	Suicide (deaths per 100,000 population)*	+++++	8.6	1	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	11.9	21	9.3
	Low Birthweight (% of live births)	+++	7.9	22	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	6.7	32	2.4
	Multiple Chronic Conditions (% of adults)	+++++	8.2	10	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	33.0	28	25.8
	High Cholesterol (% of adults)*	++	34.6	34	28.1
OVERALL			0.395	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.