

Annual Report 2020



Contents

Introduction	2
Key Findings	
National Findings	4
Social & Economic Factors	6
Physical Environment	16
Clinical Care	19
Behaviors	28
Health Outcomes	34
International Comparison	58
State Summaries	61
Appendix	
Measures Table	168
Data Source Descriptions	176
Methodology	179
Model Revisions	180
Advisory Committee	182
The Team	183
References	184

Introduction

For 31 years, *America's Health Rankings*® has created widespread awareness of where states and the nation stand on important public health measures by providing the longest running state-by-state analysis of the nation's health. Amid a global pandemic, the *Annual Report* underscores the United Health Foundation's longstanding commitment to public health and dedication to providing data-driven insights that can help build healthier communities nationwide. Over the past three decades, the model and measures used in the report have evolved as our understanding of health and its root causes has advanced. Using an updated model (Figure 1), this year's *Annual Report* examines the impact that social, economic and environmental factors have on overall health.

Changes to the model reflect the state of population health literature and ongoing review by the *America's Health Rankings* Advisory Council. Changes include:

- Addition of two new categories, social and economic factors plus physical environment.
- Creation of disparity measures such as low birthweight racial gap and premature death racial inequality.
- Enhanced topic, subpopulation and sub-component data.
- Addition of a variety of new data sources.

The 2020 *Annual Report* finds measured progress on key health markers including the prevalence of multiple chronic conditions, largely driven by improvements in the prevalence of cardiovascular disease. However, the prevalence of obesity continues to increase, reaching a new national high. Multiple chronic conditions, cardiovascular disease and obesity have all been identified by the Centers for Disease Control and Prevention (CDC) as risk factors for more severe COVID-19 illness.

Figure 1
America's Health Rankings model



Additionally, more Americans are receiving some recommended vaccinations at higher rates, but far below public health targets. Finally, the supply of mental health providers increased in each state — while at the same time, a growing number of Americans are facing mental health challenges.

We acknowledge the devastating impact of COVID-19 in our communities. Out of the shared understanding that the country is facing significant and unprecedented health challenges due to the pandemic, *America's Health Rankings* has chosen not to include a state's overall ranking in this year's report. Measure-specific rankings are included, as well as model-category rankings. Measure-specific rankings are still comparable over time, however, model category rankings are no longer comparable with prior editions due to the number of advancements in the 2020 edition.

Additionally, to reduce confusion about data timing given the impact of the COVID-19 pandemic, this year's report shifted to referring to data based on the year they were collected, rather than the edition of the report that the data were published in. This change allows readers to determine which measures were collected before the COVID-19 pandemic and which measures were collected in 2020. We believe this approach

will clarify what delays are present in the data to ensure that public health and community leaders have the most accurate picture of the health of their communities. We expect to start seeing the impact of the COVID-19 pandemic across numerous health measures in the 2021 report.

This year's report was developed in partnership with the American Public Health Association (APHA). The United Health Foundation is pleased to partner with APHA as a champion for the health of all people and all communities. The United Health Foundation's focus on improving health and health care in communities across the country closely aligns with APHA's mission to improve the health of the public and achieve equity in health status.

The United Health Foundation and APHA are pleased to offer *America's Health Rankings Annual Report* as a resource to help create awareness of how states and the nation are faring across a wide range of health measures. The findings are meant to spark meaningful dialogue that will lead to actionable steps to help create healthier communities for all Americans.

As in previous years, the report provides a unique opportunity to track short- and long-term public health successes as well as identify current and emerging challenges at state and national levels. We recognize that every state has strengths and challenges. It is important to consider all the measures in the report, as each measure does not stand alone but rather influences and is influenced by other measures of health and everyday life.

Purpose

America's Health Rankings' purpose is to inform and drive action to build healthier communities by offering credible, trusted data for improving health and health care. To achieve this, comprehensive data are necessary. The report uses a wealth of reputable data sources to produce key health-related measures across categories of health determinants and health outcomes. The report includes:

- **74 measures** to track current and emerging health issues at the state and national level.
- **Five categories** of health in a new model: social and economic factors, physical environment, clinical care, behaviors and health outcomes.
- **20 data sources** including the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System and the U.S. Census Bureau's American Community Survey and Current Population Survey. Seven data sources were added this year, including the Center for Climate and Energy Solutions as well as the Rocky Mountain Poison & Drug Safety.

To improve population health, the *America's Health Rankings Annual Report*:

- **Provides a benchmark for states.** Each year the report presents trends, strengths, challenges and highlights of every state. With *America's Health Rankings Annual Report's* three decades of data, individuals can continue to monitor health trends over time and compare their state with neighboring states and the nation.
- **Stimulates action.** The report is intended to drive change and improve health by promoting data-driven discussions among individuals, community leaders, the media, policymakers and public health officials. States can incorporate the report into their annual review of programs, and many organizations use the report as a reference when assigning goals for health-improvement plans.
- **Highlight disparities.** The report shows differences in health between states and among population groups at the state and national level, including gender, age, education, race/ethnicity and income.

National Findings

Social & Economic Factors

FOOD INSECURITY

▼ **20%**

between 2011-2013 and 2016-2018, from 14.6% to 11.7% of households

HIGH SCHOOL GRADUATION

▲ **8%**

between the 2011 and 2018 school years, from 79.0% to 85.3% of students

PER CAPITA INCOME

▲ **10%**

between 2017 and 2019, from \$32,397 to \$35,672

UNEMPLOYMENT

▼ **8%**

between 2018 and 2019, from 5.0% to 4.6% of civilians ages 16-64

HIGH-SPEED INTERNET

▲ **14%**

between 2013 and 2018, from 77.7% to 88.3% of households

Physical Environment

AIR POLLUTION

▼ **27%**

between 2007-2009 and 2017-2019, from 11.4 to 8.3 microgram per cubic meter (µg/m3)

SEVERE HOUSING PROBLEMS

▼ **8%**

between 2008-2012 and 2013-2017, from 19.0% to 17.5% of occupied housing units

Clinical Care

MENTAL HEALTH PROVIDERS

▲ **9%**

between 2019 and 2020, from 247.4 to 268.6 per 100,000 population

UNINSURED

▲ **7%**

between 2016 and 2019, from 8.6% to 9.2% of the population

FLU VACCINATION

▲ **25%**

between 2018 and 2019, from 35.0% to 43.7% of adults

HPV VACCINATION

▲ **6%**

between 2018 and 2019, from 51.1% to 54.2% of adolescents ages 13-17

PREVENTABLE HOSPITALIZATIONS

▼ **5%**

between 2017 and 2018, from 4,475 to 4,237 discharges per 100,000 Medicare enrollees

Behaviors

EXERCISE

▲ **13%**

between 2017 and 2019, from 20.3% to 23.0% of adults

CHLAMYDIA

▲ **47%**

between 2007 and 2018, from 367.5 to 539.9 cases per 100,000 population

TEEN BIRTHS

▼ **57%**

between 2008 and 2018, from 40.2 to 17.4 births per 1,000 females ages 15-19

Health Outcomes

FREQUENT MENTAL DISTRESS

▲ **11%**

between 2018 and 2019, from 12.4% to 13.8% of adults

PAST MONTH NON-MEDICAL DRUG USE

▲ **10%**

between 2019 and 2020, from 5.9% to 6.5% of adults

DRUG DEATHS

▼ **5%**

between 2017 and 2018, from 21.6 to 20.6 deaths per 100,000 population

PREMATURE DEATH

▼ **1%**

between 2017 and 2018 from 7,447 to 7,350 years of potential life lost before age 75 per 100,000 population

SUICIDE

▲ **23%**

between 2009 and 2018, from 12.0 to 14.8 deaths per 100,000 population

LOW BIRTHWEIGHT

▲ **19%**

between 1990 and 2018, from 7.0% to 8.3% of infants

LOW BIRTHWEIGHT RACIAL GAP

▲ **4%**

between 2017 and 2018, from 6.7 to 7.0 percentage points

MULTIPLE CHRONIC CONDITIONS

▼ **8%**

between 2018 and 2019, from 10.3% to 9.5% of adults

OBESITY

▲ **15%**

between 2011 and 2019, from 27.8% to 31.9% of adults



Key Findings

Social and Economic Factors

Before the COVID-19 pandemic, food insecurity and unemployment decreased, while per capita income rose.

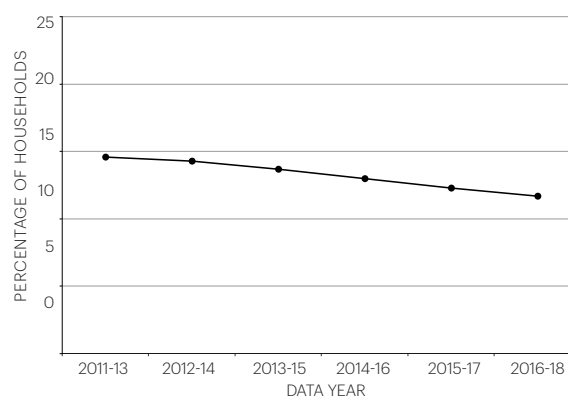
FOOD INSECURITY

The percentage of households that were food insecure decreased 20% between 2011-2013 and 2016-2018, from 14.6% to 11.7% of households (Figure 2). During this time, food insecurity among households declined significantly in 12 states, led by Hawaii (12.9% to 8.0%), Colorado (13.9% to 9.1%) and Idaho (15.1% to 9.8%) (Figure 3).

Disparities

In 2016-2018, food insecurity was lowest in New Hampshire (7.8%), Hawaii (8.0%) and New Jersey (8.5%), and highest in New Mexico (16.8%), Mississippi (15.9%) and Louisiana (15.8%).

Figure 2
Food insecurity, 2011-2013 to 2016-2018



DEFINITION

Percentage of households unable to provide adequate food for one or more household members due to lack of resources.

Food insecurity has broad effects on health due to the related mental and physical stress. The health-related costs attributed to hunger were conservatively estimated at \$160 billion in 2014.¹ A Centers for Disease Control and Prevention (CDC) study found that food-insecure adults had, on average, annual health care expenditures \$1,834 higher than food-secure adults.²

Social & Economic Factors

FOOD INSECURITY

Figure 3
States with significant decreases in food insecurity between 2011-2013 and 2016-2018




Social & Economic Factors

Economic hardship index

DEFINITION: Compares the economic condition of one state relative to another based on crowded housing, dependency, education, income, poverty and unemployment; normalized index scores range from 0 to 100, with a higher score indicating worse economic conditions.

Combining the six population-level social and economic measures provides a more complete picture of the difficulties faced in a community than a single measure could provide. A higher score on the economic hardship index is associated with lower life expectancy. Low income causes chronic stress that contributes to poor health through decreased life expectancy, educational attainment and social mobility as well as increased mental illness, obesity, infant mortality, teenage births, homicides and imprisonment.³⁻⁵

 To view the economic hardship index measures by state, visit Explore Health Topics at www.AmericasHealthRankings.org.

PER CAPITA INCOME

Between 2017 and 2019, per capita income, one of the six components of the new economic hardship index measure, increased 10% from \$32,397 to \$35,672 (Figure 4). During this time, it also increased 13% among Hispanic (\$19,537 to \$22,002), 11% among Black (\$22,175 to \$24,509) and 10% among white residents (\$38,437 to \$42,106) (Figure 5). Between 2018 and 2019, significant increases occurred in 39 states and the District of Columbia (Figure 6). Delaware had the largest increase of 9% from \$33,745 to \$36,858.

DEFINITION
Per capita income in the past 12 months, in inflation-adjusted dollars to data year.

Income impacts a household’s ability to support a healthy lifestyle with quality food, housing, education, preventive medicine and curative care. Individuals with a low household income tend to have a higher prevalence of diseases and die earlier compared with people with higher household incomes.⁶ There is increased stress associated with being in the lower end of the income spectrum, which is associated with unhealthy behaviors and outcomes.⁷

Figure 4
Per capita income, 2017 to 2019

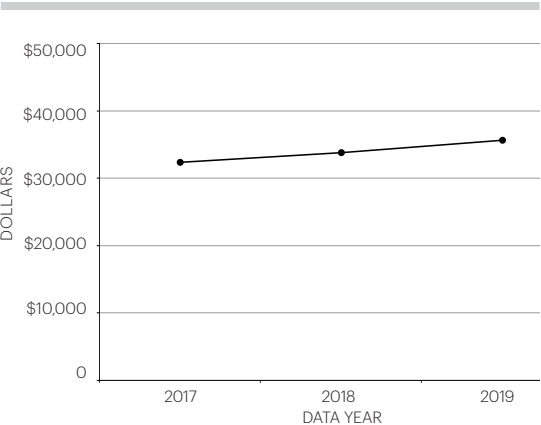
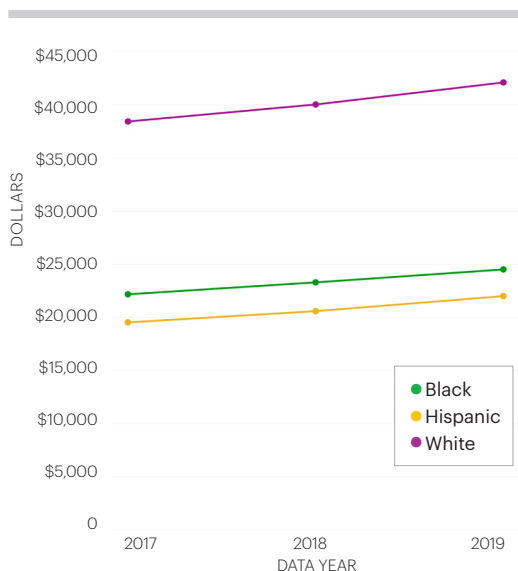
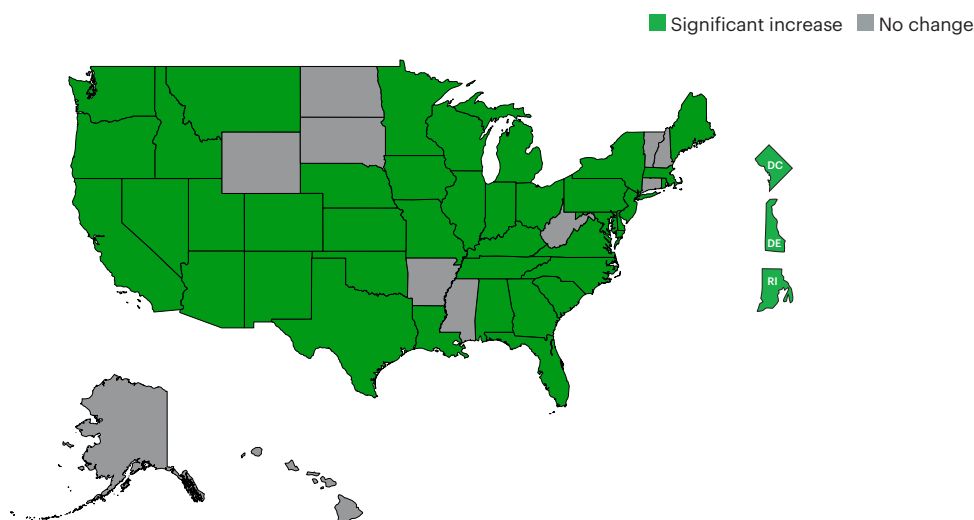


Figure 5
Per capita income by race and ethnicity, 2017 to 2019



Per capita income varies across states and by race and ethnicity. In 2019, per capita income was highest in Massachusetts (\$46,241), followed by Connecticut (\$45,359) and New Jersey (\$44,888). It was lowest in Mississippi at \$25,301, followed by Arkansas (\$27,274) and West Virginia (\$27,446). White residents had the highest per capita income at \$42,106, followed by Black residents (\$24,509) and Hispanic residents (\$22,002).

Figure 6
States with significant increases in per capita income between 2018 and 2019



Social & Economic Factors

UNEMPLOYMENT

Unemployment, another component of the new economic hardship index measure, declined 15% between 2017 and 2019, from 5.4% to 4.6% (Figure 7). During the same timeframe, it decreased 18% among Black (9.6% to 7.9%), 16% among Hispanic (6.1% to 5.1%) and 12% among white (4.3% to 3.8%) civilians (Figure 8).

Disparities

Unemployment varies across states and by race and ethnicity. In 2019, the unemployment rate was highest in Mississippi (6.8%), West Virginia (6.2%) and Alaska (5.8%), and lowest in North Dakota (2.8%) and New Hampshire (3.0%). The unemployment rate was highest among Black (7.9%) and Hispanic (5.1%) civilians. White civilians had the lowest rate at 3.8%.

DEFINITION

Percentage of civilian population ages 16-64 that are unemployed.

There is a strong relationship between employment status and mental and physical health.⁸ A stable, safe and well-paying job makes it easier for people to live in healthier neighborhoods, provide quality child care and education for their families, afford nutritious food and access medical care — all critical factors to maintaining good health.⁹ Unemployment is associated with a higher risk of all-cause mortality, especially among adults ages 18-24.^{10,11}

Figure 7
Unemployment, 2017 to 2019

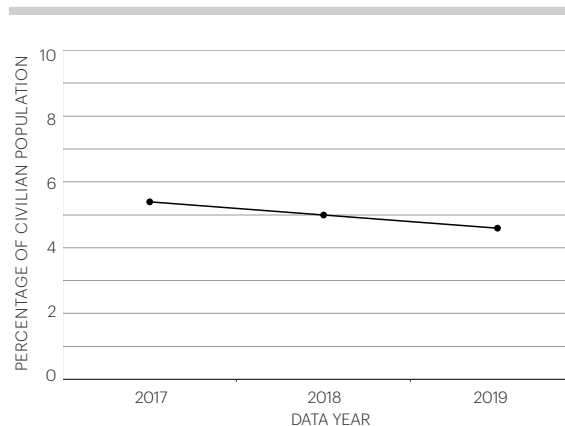
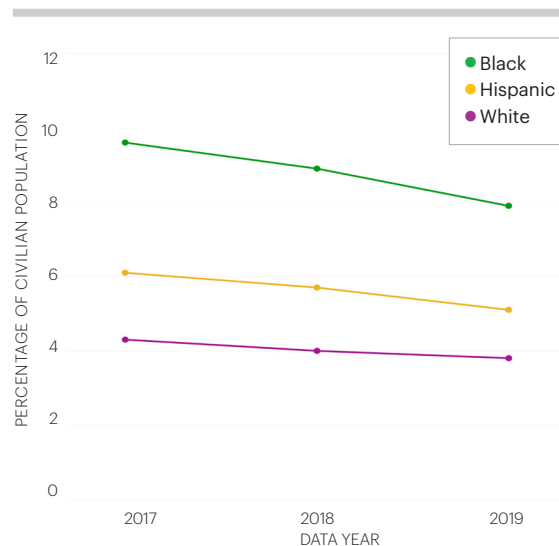


Figure 8
Unemployment by race and ethnicity, 2017 to 2019



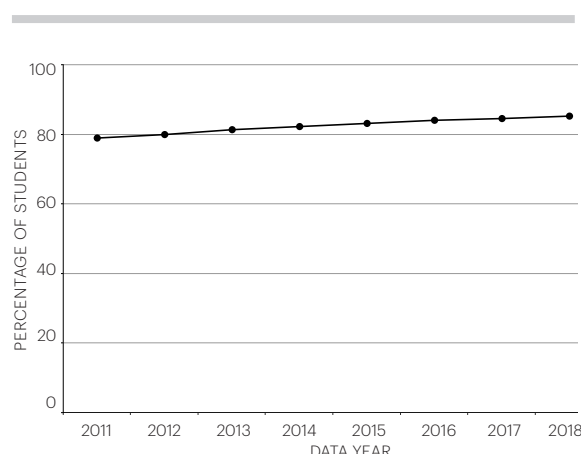
Social & Economic Factors

HIGH SCHOOL GRADUATION AND RACIAL GAP

High school graduation rates improved and progress was made in reducing the racial gap.

Between 2011 and 2018, high school graduation increased 8%, from 79.0% to 85.3% (Figure 9). Over this time period, four states improved 20% or more (Figure 10): Nevada (34% from 62.0% to 83.2%), Alabama (25% from 72.0% to 90.0%), Florida (22% from 71.0% to 86.3%) and Georgia (22% from 67.0% to 81.6%). Between 2012 and 2018, high school graduation increased among all racial and ethnic groups (Figure 11). It increased most among Black (14% from 69.0% to 79.0%), Hispanic (11% from 73.0% to 81.0%) and American Indian/Alaska Native (10% from 67.0% to 73.5%) students.

Figure 9
High school graduation, 2011 to 2018



DEFINITIONS

High school graduation: Percentage of high school students who graduated with a regular high school diploma within four years of starting ninth grade.

High school graduation racial gap: Difference in the high school graduation rate between white students and the racial/ethnic group with the lowest rate (varies by state).

Educational attainment is a strong predictor of future health outcomes according to Healthy People. The connection between education and health is well documented, with lower educational attainment among adults having a high correlation with poorer health.¹² Higher educational attainment is associated with better jobs, higher earnings, increased health knowledge, better self-reported health and fewer chronic conditions.^{5,13,14} Individuals with lower educational attainment are at a greater risk of adverse health outcomes such as obesity, cardiovascular disease, lung disease, mental health problems and premature death.¹⁵⁻¹⁷

Key Findings

Social & Economic Factors

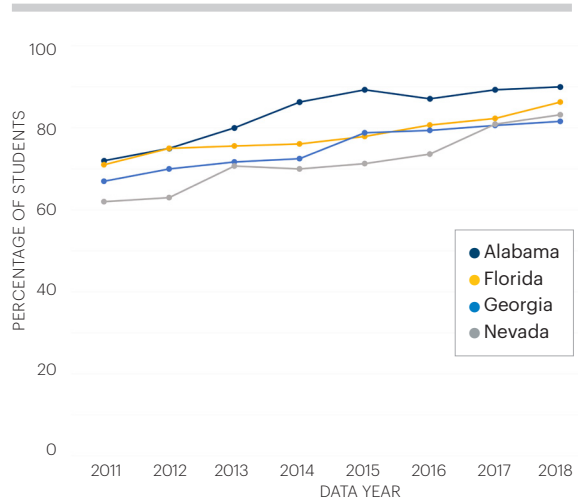
HIGH SCHOOL GRADUATION AND RACIAL GAP

Disparities

High school graduation varies across states and by race and ethnicity. In 2018, the graduation rate was highest in Iowa (91.4%), New Jersey (90.9%) and Kentucky (90.3%), and lowest in New Mexico (73.9%) and Alaska (78.5%). Also, in 2018 Asian/Pacific Islander (92.2%) students had the highest rate of high school graduation, followed by white (89.1%), Hispanic (81.0%), Black (79.0%) and American Indian/Alaska Native (73.5%) students.

In 2018, the high school graduation racial gap — the difference in graduation rates between American Indian/Alaska Native students and white students — was 15.6 percentage points, a 4% decline since 2017, from 16.2 percentage points. The racial gap was 10.2 times higher in South Dakota at 39.9 percentage points between American Indian/Alaska Native (50.0%) and white (89.9%) students than in Alabama at 3.9 percentage points between Black (87.7%) and white (91.5%) students (Figure 12).

Figure 10
States with the largest improvements in high school graduation, 2011 to 2018



Social & Economic Factors

HIGH SCHOOL GRADUATION AND RACIAL GAP

Figure 11
High school graduation by race and ethnicity, 2012 to 2018

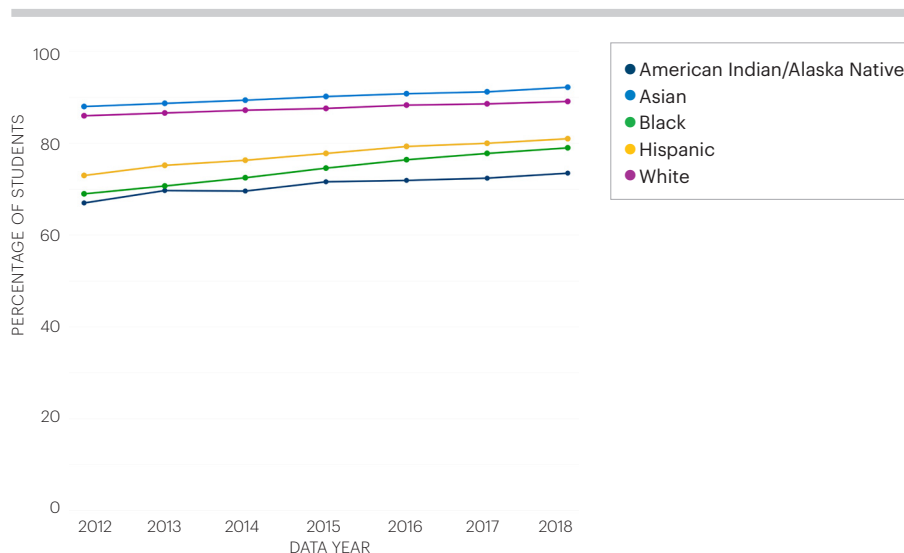
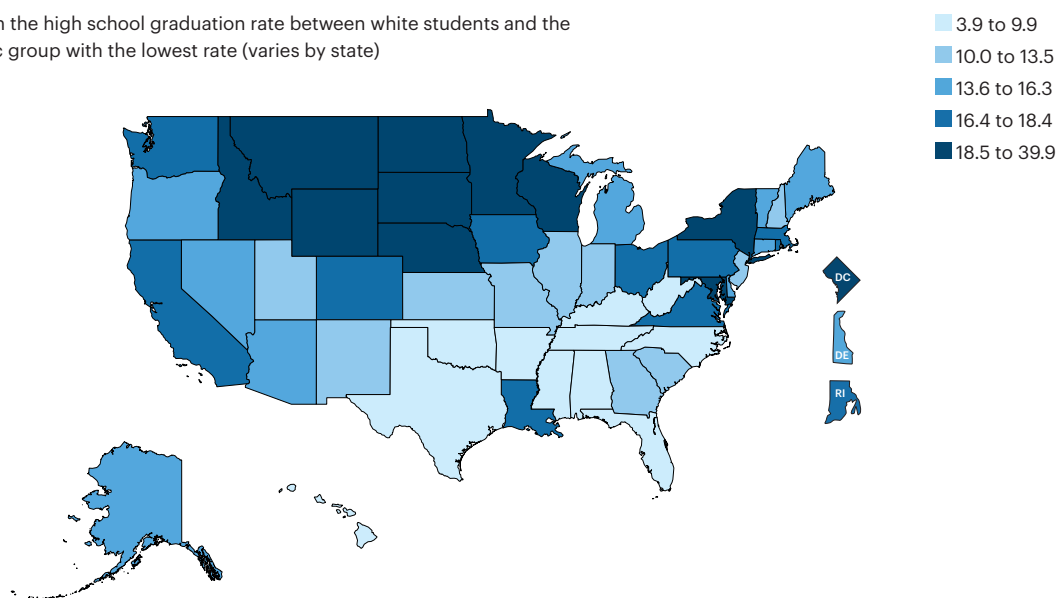


Figure 12
Map of high school graduation racial gaps, 2018

Difference in the high school graduation rate between white students and the racial/ethnic group with the lowest rate (varies by state)



Key Findings

Social & Economic Factors

HIGH-SPEED INTERNET

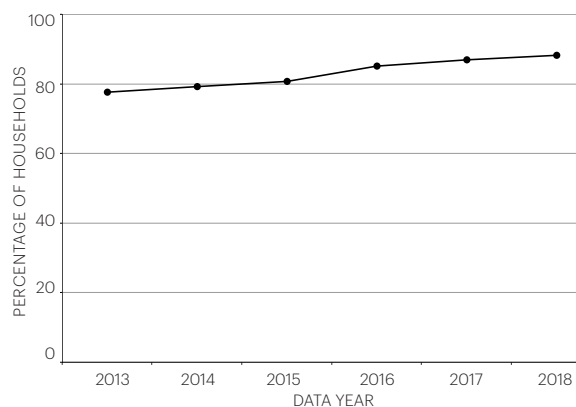
Households with high-speed internet rose, essential for work and school engagement during the COVID-19 pandemic.

The percentage of households that report having high-speed internet and a computer, smartphone or tablet increased 14% between 2013 and 2018, from 77.7% to 88.3% of households (Figure 13). Since 2017, households with high-speed internet increased significantly nationally by 1% and in 31 states and the District of Columbia (Figure 14). The largest improvements occurred in Arkansas (77.1% to 80.8%) and the District of Columbia (84.1% to 88.3%), both improving 5% between 2017 and 2018.

Disparities

High-speed internet varies across states and by race and ethnicity. In 2018, the percentage of households with high-speed internet was highest in Utah (92.9%), Washington (92.6%) and New Hampshire (92.4%), and lowest in New Mexico (79.4%), Mississippi (80.6%) and Arkansas (80.8%). In the same year, Asian households had the highest prevalence at 94.3%, significantly higher than all other racial and ethnic groups (Figure 15). American/Indian Alaska Native households had the lowest percentage at 76.0%.

Figure 13
High-speed internet, 2013 to 2018



DEFINITION

Percentage of households that have a broadband internet subscription and a computer, smartphone or tablet.

High-speed internet is an important resource for work, education and effective communication. Access to the internet is a basic human right according to the United Nations, citing its value for social and economic development.¹⁸ It is especially crucial during the COVID-19 pandemic as many employers and educators transition to remote work and learning. Moreover, according to the CDC, having high-speed internet is vital for receiving health care via telehealth, which is becoming increasingly common during the COVID-19 pandemic.

Social & Economic Factors

HIGH-SPEED INTERNET

Figure 14
States with significant increases in high-speed internet between 2017 and 2018

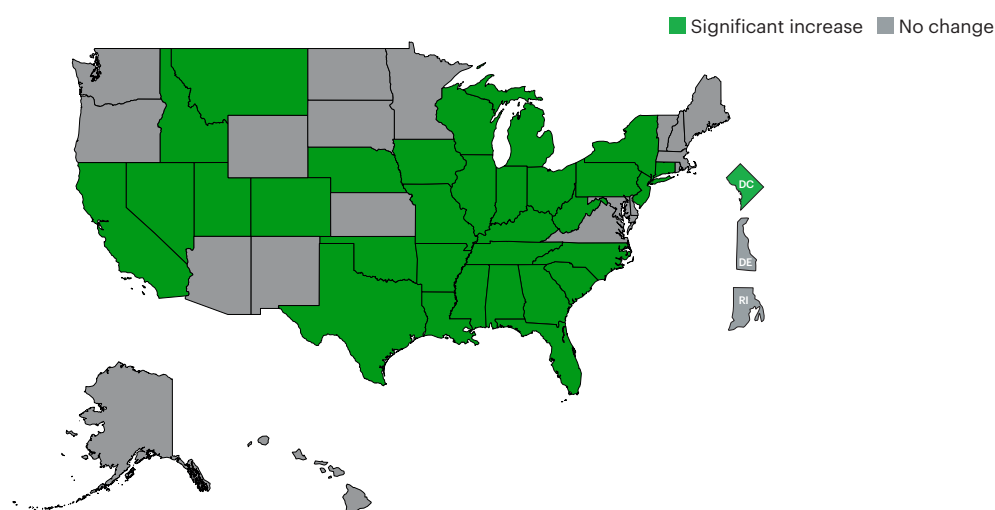
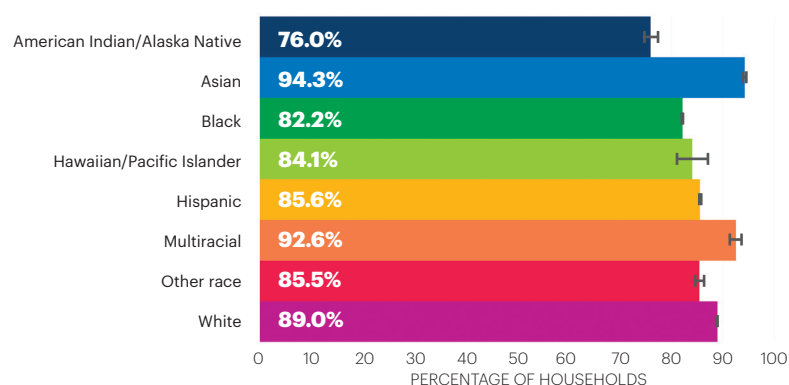


Figure 15
High-speed internet by race and ethnicity, 2018



Physical Environment

Air pollution and severe housing problems improved, but COVID-19 is expected to impact severe housing problems.

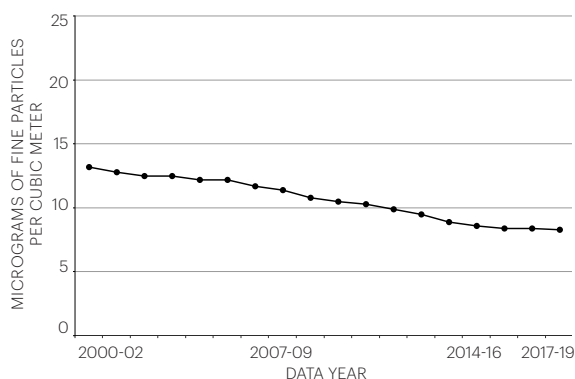
AIR POLLUTION

Between 2007-2009 and 2017-2019, air pollution declined 27% from 11.4 to 8.3 $\mu\text{g}/\text{m}^3$, and 3% since 2014-2016 (Figure 16). West Virginia (12.8 to 7.4 $\mu\text{g}/\text{m}^3$) and Georgia (12.9 to 7.9) had the largest declines in the last decade.

Disparities

In 2017-2019, air pollution was highest in California (12.6 $\mu\text{g}/\text{m}^3$), Illinois (9.5) and Pennsylvania (8.8). It was lowest in New Hampshire (4.1), Wyoming (4.5) as well as Hawaii and Vermont (both 4.8).

Figure 16
Air Pollution, 2000-2002 to 2017-2019



DEFINITION

Average exposure of the general public to particulate matter of 2.5 microns or less measured in micrograms per cubic meter ($\mu\text{g}/\text{m}^3$).

Air pollution is associated with heart and lung problems and premature death in those with heart or lung disease according to the Environmental Protection Agency. Annually, an estimated 200,000 premature deaths occur in the United States from combustion emissions alone.¹⁹ According to the CDC, small, fine pollutant particles from sources such as automobile exhaust or power plants can penetrate deeply into lung tissue and enter the bloodstream.²⁰ Exposure to fine particle air pollution is linked to problems with respiratory and cardiovascular functions according to the CDC.²⁰

Physical Environment

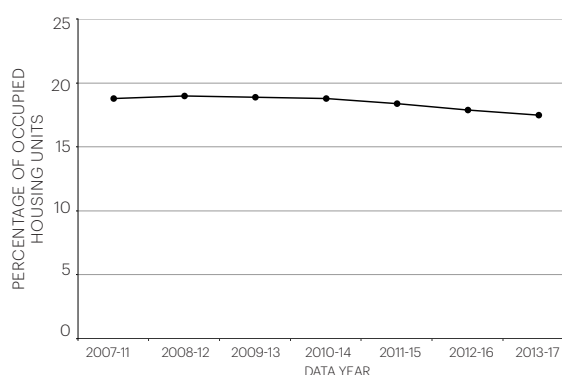
SEVERE HOUSING PROBLEMS

Between 2008-2012 and 2013-2017, severe housing problems decreased 8% nationally from 19.0% to 17.5% of occupied housing units (Figure 17). Over the same period, the percentage of severe housing problems declined significantly in 36 states, led by Nevada (17% from 22.6% to 18.8%) and Utah (15% from 16.0% to 13.6%) (Figure 18).

Disparities

Severe housing problems vary across states and by race and ethnicity. In 2013-2017, severe housing problems were highest in Hawaii (26.7%), California (26.4%) and New York (23.5%), and lowest in West Virginia (11.2%) and North Dakota (11.6%). During this time, Hispanic households had the highest percentage, followed by Black, American Indian/Alaska Native, Asian/Pacific Islander and white households (Figure 19).

Figure 17
Severe housing problems, 2007-2011 to 2013-2017



DEFINITION

Percentage of occupied housing units with at least one of the following problems: lack of complete kitchen facilities, lack of plumbing facilities, overcrowding or severely cost-burdened occupants.

Housing influences health and well-being.²¹ According to Healthy People, poor quality housing can cause disease and injury as well as affect development in children, while other housing-related factors such as neighborhood environment and overcrowding can affect mental and physical health.

Key Findings

Physical Environment

SEVERE HOUSING PROBLEMS

Figure 18

States with significant decreases in severe housing problems between 2008-2012 and 2013-2017

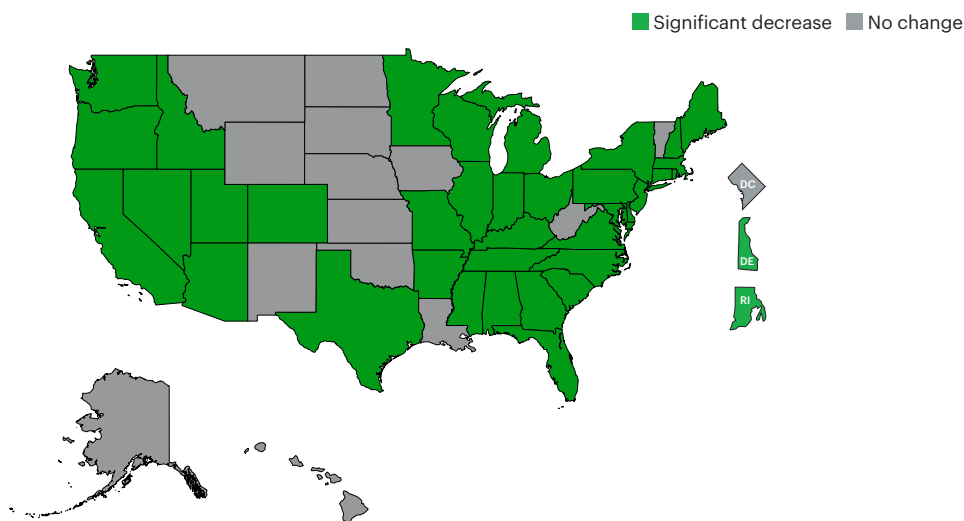
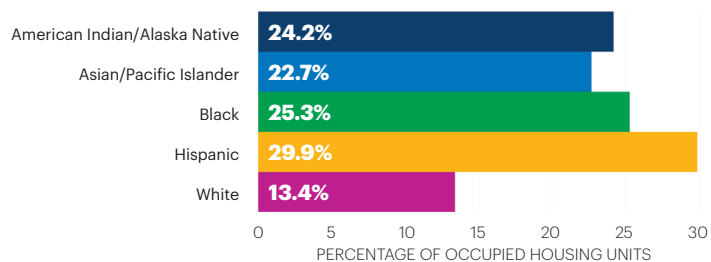


Figure 19

Severe housing problems by race and ethnicity, 2013-2017



Clinical Care

The number of mental health providers increased, but fewer people had health insurance.

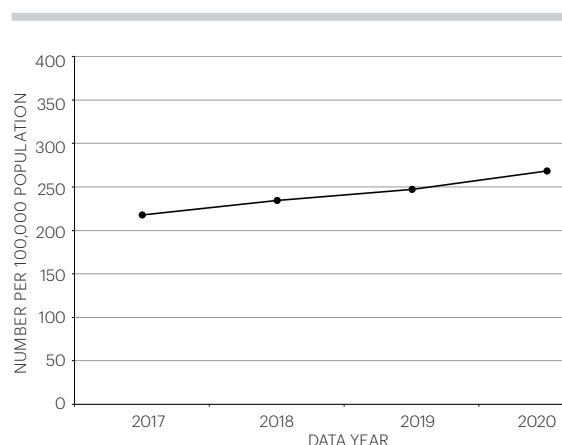
MENTAL HEALTH PROVIDERS

Mental health providers increased 9% between 2019 and 2020 (247.4 to 268.6 per 100,000 population) and 23% since 2017 (from 218.0) (Figure 20). This year there are 72,066 more mental health providers than in 2019. The number of mental health providers increased in every state. The largest gains were in Alaska (429.9 to 523.8 per 100,000 population; +662 providers), Oregon (522.3 to 571.0; +2,192 providers) and Washington (373.3 to 413.8; +3,382 providers).

Disparities

The number of mental health providers is highest in Massachusetts (666.4 providers per 100,000 population), Oregon (571.0) and Alaska (523.8). The supply is lowest in Alabama (112.7 providers per 100,000 population), Texas (123.7) and West Virginia (140.5).

Figure 20
Mental health providers, 2017 to 2020



DEFINITION

Number of psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, advanced practice nurses specializing in mental health care as well as providers treating alcohol and other drug abuse per 100,000 population.

Mental health providers offer essential care to adults and children who have a mental or behavioral disorder by offering services such as assessment, diagnosis, treatment, medication and therapeutic interventions according to the National Alliance on Mental Illness. The National Institutes of Mental Health reported that 17.9% of Americans experienced some form of mental illness (not including substance abuse disorders) in 2016, but only 43.1% of adults with any mental illness and 64.8% with a serious mental illness reported receiving treatment in the past year.²²

Key Findings

Clinical Care

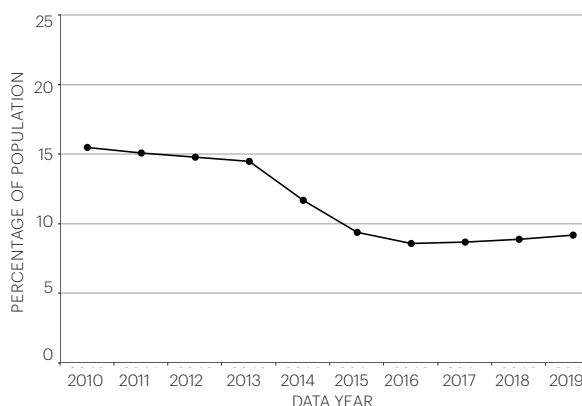
UNINSURED

Between 2010 and 2016, the uninsured rate decreased 45% from 15.5% to 8.6%. Between 2016 and 2019, the percentage of the population that is uninsured increased 7% nationally from 8.6% to 9.2% (Figure 21), leaving 2.3 million more people uninsured. Between 2018 and 2019, the uninsured rate increased significantly in 10 states (Figure 22), led by Kentucky (5.6% to 6.4%). The rate decreased in one state, Virginia (8.8% to 7.9%).

Disparities

In 2019, the uninsured rate was lowest in Massachusetts (3.0%), Rhode Island (4.1%) and Hawaii (4.2%). The rate was highest in Texas (18.4%), Oklahoma (14.3%) and Georgia (13.4%).

Figure 21
Uninsured, 2010 to 2019



DEFINITION

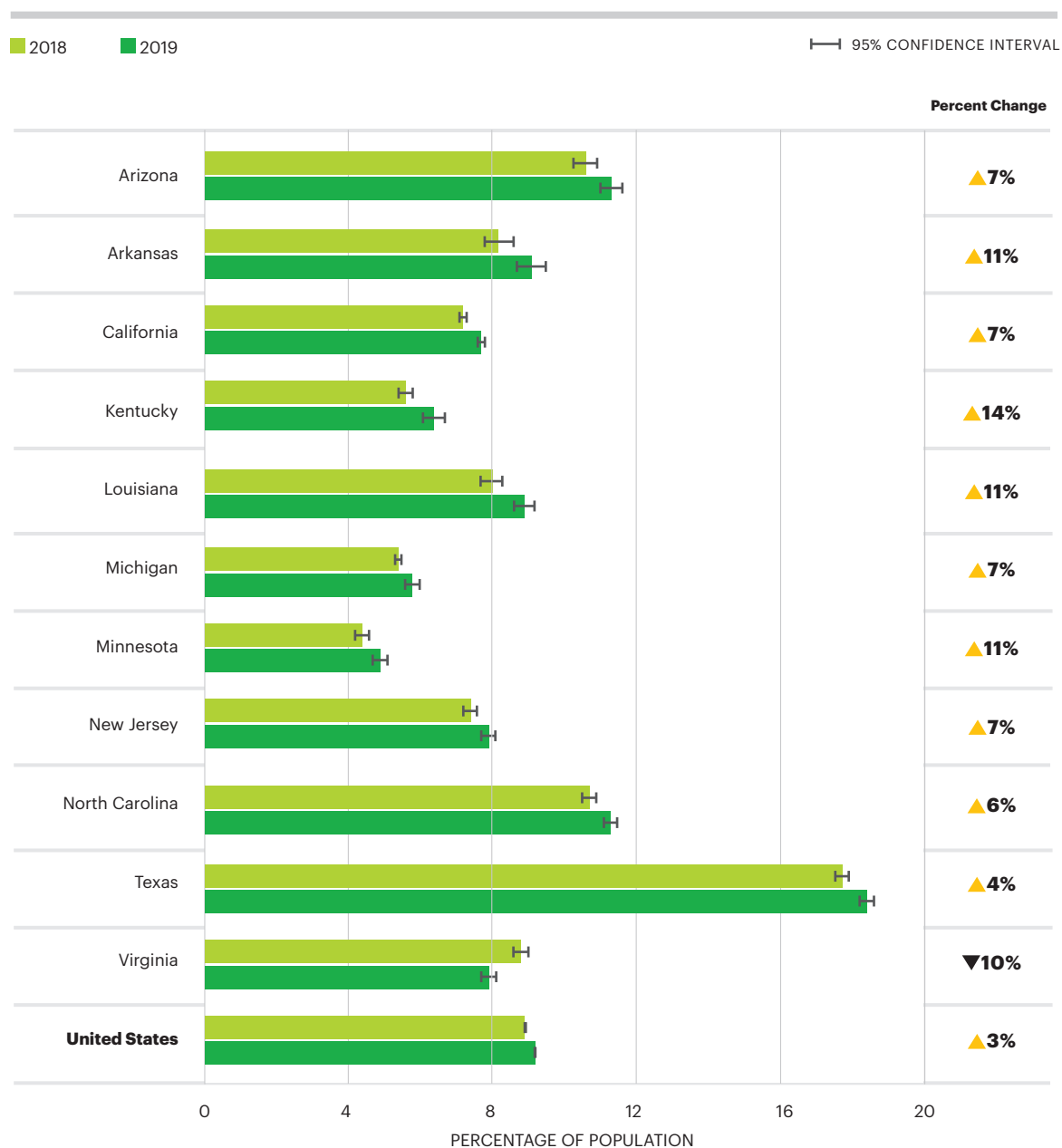
Percentage of population not covered by private or public health insurance.

Health insurance is critical in helping people receive the preventive and medical care they need to achieve and maintain good health. Compared with insured adults, uninsured adults have more health disadvantages, including worse health outcomes and higher rates of mortality and premature death.^{23,24} The uninsured also have inadequate access to quality care and preventive services, leading to expensive medical bills due to undiagnosed or untreated chronic conditions and more emergency room visits.^{25,26}

Clinical Care

UNINSURED

Figure 22
States with significant changes in the uninsured rate between 2018 and 2019



Clinical Care

Recent improvements made in key vaccination rates.

FLU VACCINATION

Between 2018 and 2019, flu vaccination coverage increased 25% nationally from 35.0% to 43.7% of adults (Figure 23). However, this remains far below Healthy People 2030's national target to have 70% of the population vaccinated. During this time frame, vaccination coverage increased:

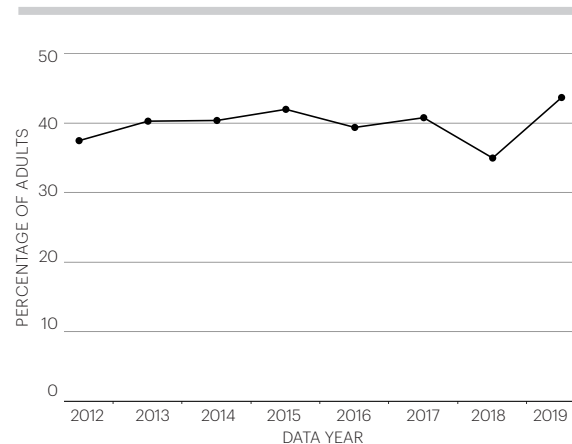
- 27% among males (30.8% to 39.0%) and 30% among females (35.8% to 46.6%).
- 41% among ages 18-44 (23.3% to 32.8%), 27% among ages 45-64 (33.9% to 42.9%) and 18% among ages 65 and older (53.9% to 63.7%).
- 36% among adults who identify their race as other (27.4% to 37.4%), 35% among multiracial adults (28.9% to 38.9%), 34% among Hispanic (25.2% to 33.7%), 32% among Black (27.7% to 36.7%), 29% among American Indian/Alaska Native (28.6% to 36.8%), 28% among white (36.3% to 46.6%) and 13% among Asian (38.6% to 43.5%) adults.
- 28% among adults ages 25 and older who are high school graduates (30.5% to 38.9%) and those with some college (33.6% to 42.9%), 27% among those who are college graduates (42.2% to 53.5%) and 18% among those with less than a high school education (30.4% to 35.9%).

Since 2018, significant improvements also occurred in 46 states (Figure 24), led by New York (28.0% to 44.9%), Wisconsin (29.9% to 46.1%) and Texas (26.4% to 40.0%).

Disparities

Flu vaccination coverage varies across states and by age, gender, education, income as well as race and ethnicity. The largest differences in

Figure 23
Flu vaccination, 2012 to 2019



DEFINITION

Percentage of adults who reported receiving a seasonal flu vaccine in the past 12 months.

A flu vaccine is the best protection against seasonal influenza viruses, which can pose a serious threat to health, according to the CDC. Each year in the United States, millions of people get the flu, and thousands of people die from it. The vaccine can prevent people from coming down with the flu and can help lessen the degree to which people are sick if they do get it.

flu vaccination coverage was by age, geography and education (Figure 25).

Flu vaccination coverage was highest in Massachusetts (50.5%), Rhode Island (50.4%) and Connecticut (49.7%), and lowest in Nevada (32.5%), Georgia (36.2%) and Wyoming (36.5%). In 2019, flu vaccination coverage was higher among (Figure 26):

- Adults ages 65 and older than younger adults; the prevalence was higher among adults ages 45-64 than those ages 18-44.

Clinical Care

FLU VACCINATION

- Adults ages 25 and older who are college graduates compared with adults with lower educational levels. Adults with less than a high school education had the lowest prevalence; prevalence increased with each increase in education level.
- White adults compared with all other race and ethnicity groups. Hispanic adults had the lowest prevalence, lower than Black, multiracial, Asian and white adults.
- Adults ages 25 and older with a household income of \$75,000 or more compared with adults with lower household incomes; prevalence increased with each increase in income level.
- Females than males.

Figure 24
States with significant increases in flu vaccination between 2018 and 2019

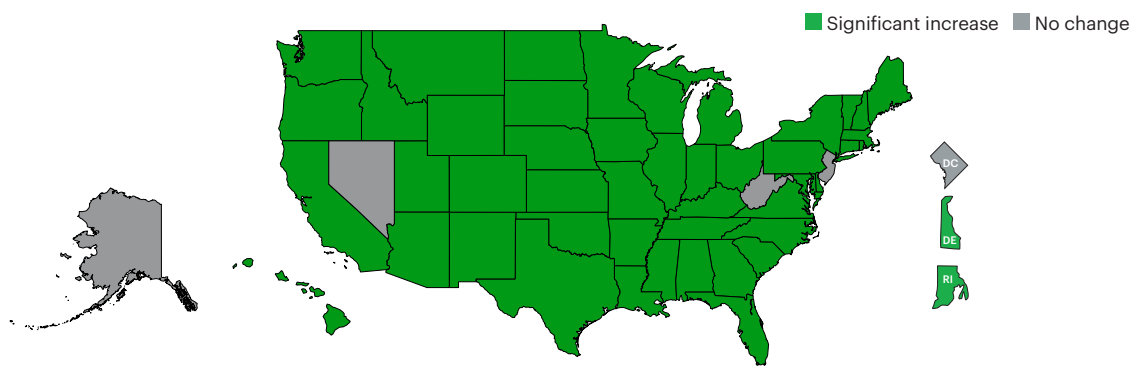


Figure 25
Disparities in flu vaccination, 2019

DISPARITIES

FLU VACCINATION COVERAGE was



▲ 1.9x

higher among **adults ages 65+** (63.7%) than those **ages 18-44** (32.8%)



▲ 1.6x

higher in **Massachusetts** (50.5%) than **Nevada** (32.5%)



▲ 1.5x

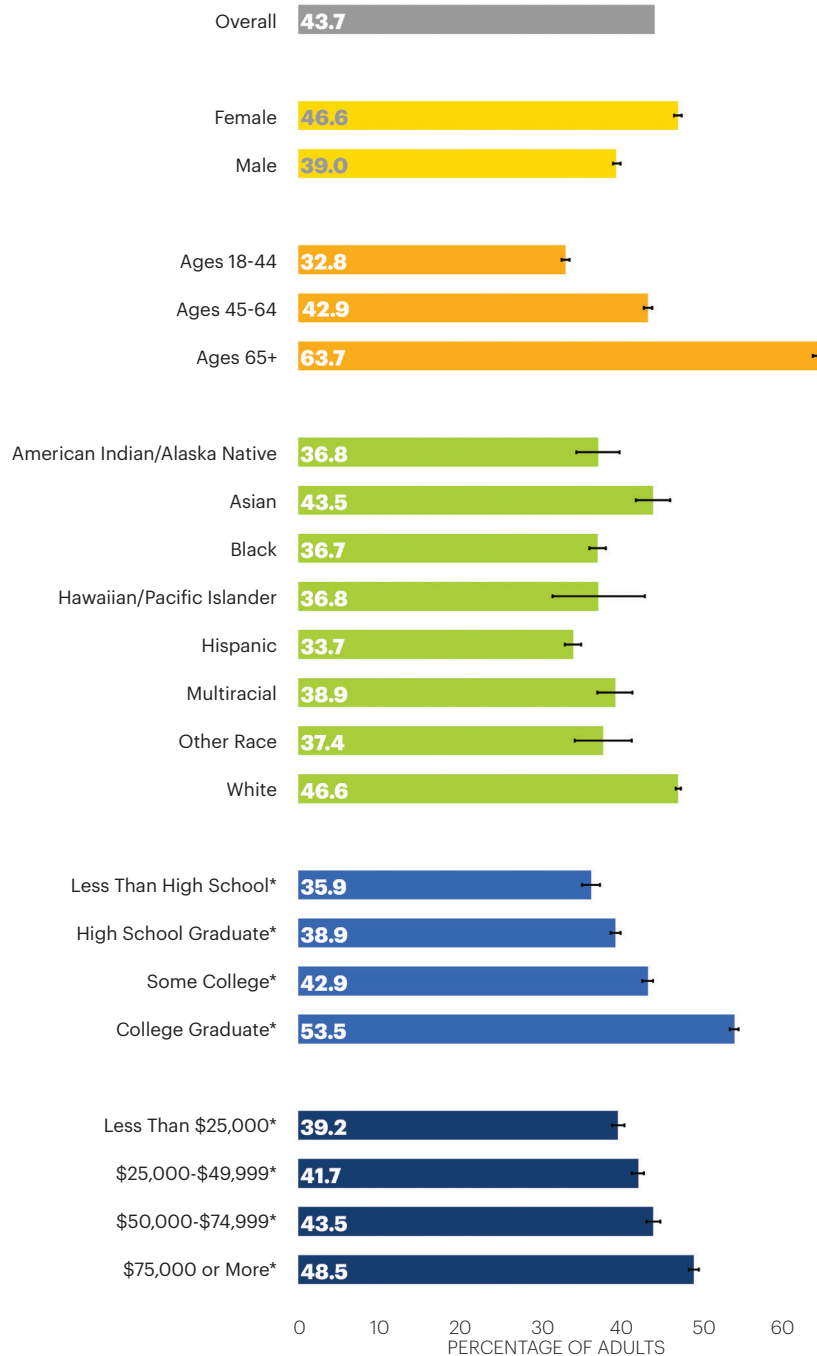
higher among **college graduates** (53.5%) than those with **less than a high school education** (35.9%), ages 25+

Key Findings

Clinical Care

FLU VACCINATION

Figure 26
Flu vaccination by subpopulation, 2019



* Adults ages 25+

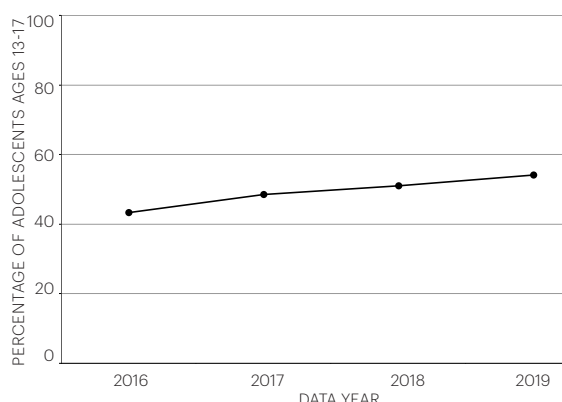
HPV VACCINATION

Between 2018 and 2019, HPV vaccination coverage among teens increased 6% nationally from 51.1% to 54.2% (Figure 27), slowly progressing toward the Healthy People 2030 target of 80% among teens ages 13-15. Notably, the HPV vaccination rate was also up 8% among white teens (51.6%), who had lower rates than Hispanic (58.1%) and American Indian/Alaska Native (57.5%) teens. HPV vaccination coverage among teens increased significantly in North Dakota from 63.6% to 76.9%.

Disparities

HPV vaccination coverage varies across states and by gender and race and ethnicity (Figure 28). In 2019, HPV vaccination coverage was highest in Rhode Island (78.9%), North Dakota (76.9%) and Massachusetts (74.3%), and lowest in Mississippi (30.5%), Indiana (41.2%) and Wyoming (41.5%). HPV vaccination coverage was higher among female than male teens (Figure 29). Hispanic teens had the highest coverage, followed by American Indian/Alaska Native, Black and Asian teens. White teens had the lowest coverage.

Figure 27
HPV vaccination, 2016 to 2019



DEFINITION

Percentage of adolescents ages 13-17 who have received all recommended doses of the human papillomavirus (HPV) vaccine.

The HPV vaccine is the first vaccine ever developed to prevent cancer. Every year, an estimated 19,000 cases of HPV-associated cancer among females and 13,100 cases of HPV-associated cancer among males could be prevented through vaccination.²⁷ HPV infections can cause different types of cancer as well as genital warts. According to the CDC, most cases of cervical cancer; cancers of the anus, throat, vagina and vulva; and cases of genital warts are associated with HPV infection.

Key Findings

Clinical Care

HPV VACCINATION

Figure 28
Disparities in HPV vaccination, 2019

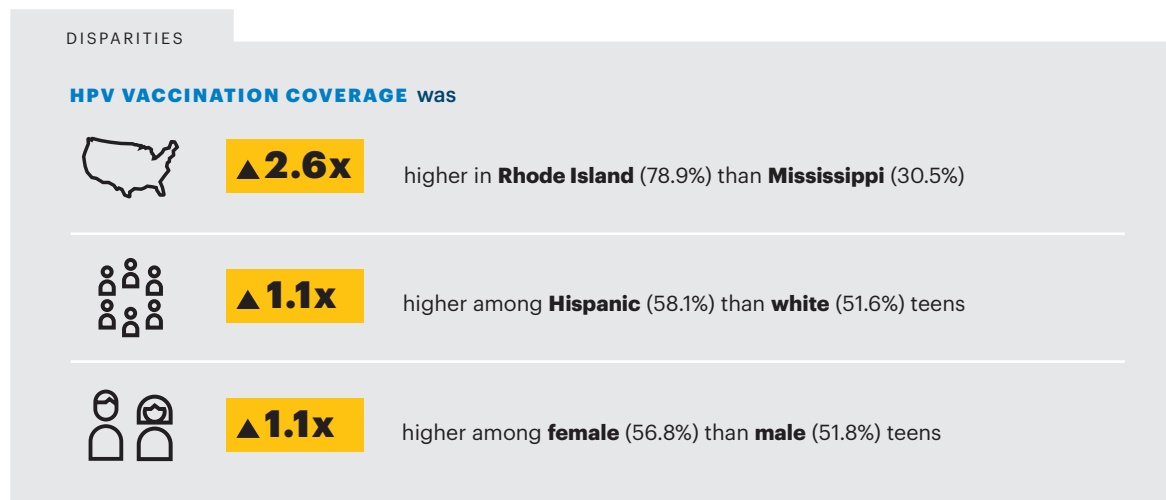
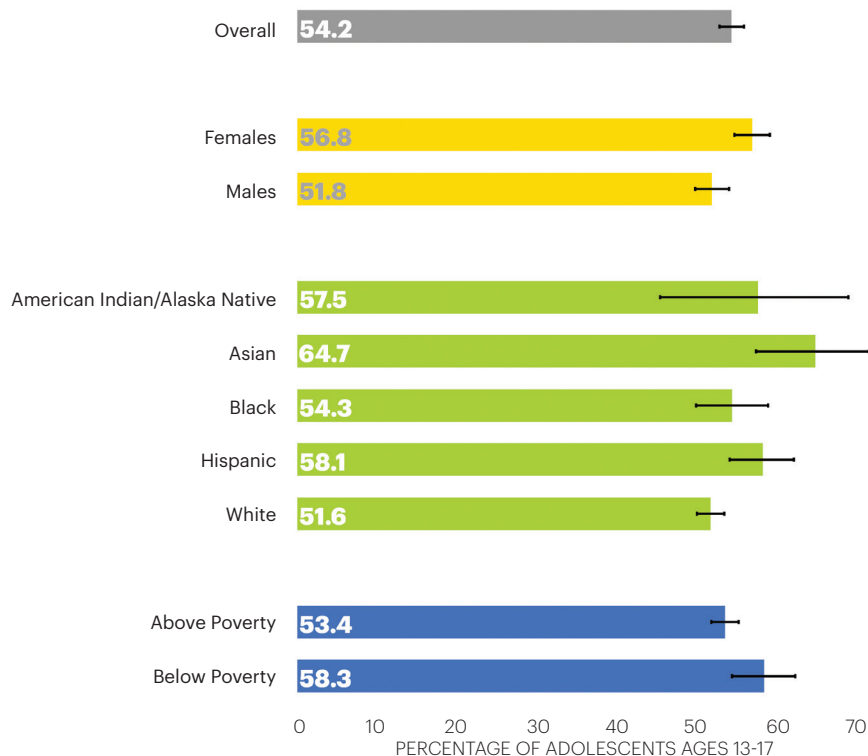


Figure 29
HPV vaccination by subpopulation, 2019



PREVENTABLE HOSPITALIZATIONS

Preventable hospitalizations declined in the past year.

Between 2017 and 2018, preventable hospitalizations decreased 5% nationally from 4,475 to 4,237 hospitalizations per 100,000 Medicare enrollees (Figure 30). The largest declines occurred in South Dakota (4,733 to 4,087 hospitalizations per 100,000 Medicare enrollees), North Dakota (4,702 to 4,128), Michigan (5,253 to 4,820), Rhode Island (4,375 to 3,964) and Florida (5,182 to 4,779).

Disparities

Preventable hospitalizations vary across states and by race and ethnicity. In 2018, preventable hospitalizations were highest in Minnesota (5,721 discharges per 100,000 Medicare enrollees), Mississippi (5,628) and West Virginia (5,593), and lowest in Hawaii (1,971), Utah (2,287) and Idaho (2,390). This same year, preventable hospitalizations were highest among Black Medicare enrollees, followed by American Indian/Alaska Native, white and Hispanic Medicare enrollees, as well as Medicare enrollees who identify their race as other. Asian/Pacific Islander Medicare enrollees had the lowest rate of preventable hospitalizations (Figure 31).

Figure 31
Preventable hospitalizations by race and ethnicity, 2018

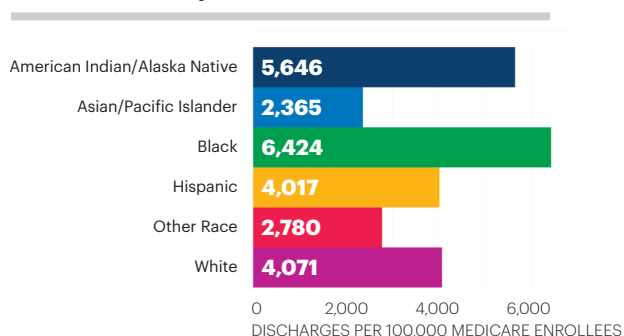
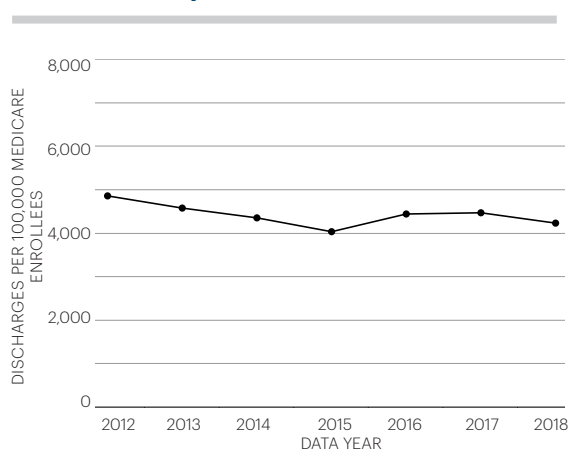


Figure 30
Preventable hospitalizations, 2012 to 2018



DEFINITION

Discharges following hospitalization* per 100,000 Medicare enrollees ages 18 years or older continuously enrolled in Medicare fee-for-service Part A.

* for diabetes with short- or long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, angina without a procedure, asthma, hypertension, heart failure, dehydration, bacterial pneumonia or urinary tract infection.

Some hospital admissions related to chronic conditions or acute illnesses can be prevented through adequate management and treatment in outpatient settings.²⁸ The number of preventable hospitalizations reflects overuse of the hospital as a primary source of care and the efficiency and quality of primary care for outpatient services.^{29–31} Preventable hospitalizations place financial burdens on patients, insurance providers and hospitals.³² In 2006, \$30.8 billion in hospital costs were attributed to preventable hospitalizations.³²

Behaviors

More adults reported exercising, teen births decreased while chlamydia incidence climbed.

EXERCISE

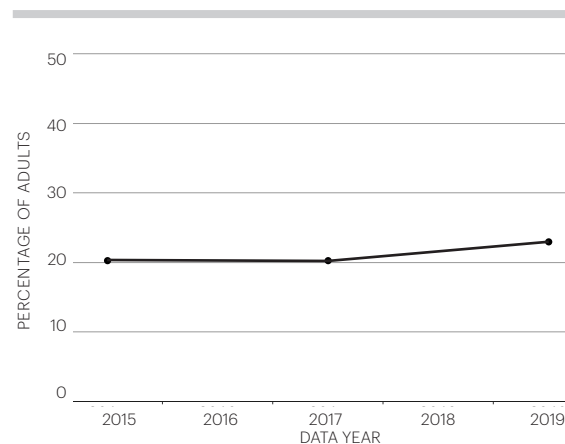
Between 2017 and 2019, exercise increased 13% nationally from 20.3% to 23.0% (Figure 32), an increase of nearly 4.9 million adults. During this time, significant improvements occurred in 21 states and the District of Columbia (Figure 33). During this two-year period, exercise increased:

- 14% among females (18.2% to 20.8%) and 11% among males (22.7% to 25.2%).
- 31% among adults ages 65 and older (17.6% to 23.1%) and 19% among ages 45-64 (17.8% to 21.2%).
- 14% among white (20.6% to 23.5%) and 13% among Black (20.3% to 23.0%) as well as Hispanic (18.4% to 20.8%) adults.
- 33% among adults ages 25 and older who have less than high school education (9.8% to 13.0%), 28% among those who are high school graduates (14.5% to 18.5%), 18% among those with some college (19.7% to 23.3%) and 7% among those who are college graduates (26.5% to 28.3%).

Disparities

Exercise varies across states and by gender, age, education, income as well as race and ethnicity. The largest differences in the prevalence of exercise were by education, geography and income (Figure 34). In 2019, the prevalence of exercise among adults was highest in Vermont

Figure 32
Exercise, 2015 to 2019



DEFINITION

Percentage of adults who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week).

Regular physical activity is a vital element of a healthy lifestyle. Being physically active and reducing sedentary behavior has many health benefits according to the U.S. Department of Health and Human Services. Regular physical activity (at least 150 minutes a week) is associated with reduced risk of cardiovascular diseases, type 2 diabetes, certain cancers, anxiety and depression.³³

(28.5%), Montana (28.3%) and Colorado (27.4%). It was lowest in Kentucky (15.3%), Oklahoma (15.6%) and Mississippi (15.7%).

Figure 33
States with significant increases in exercise between 2017 to 2019

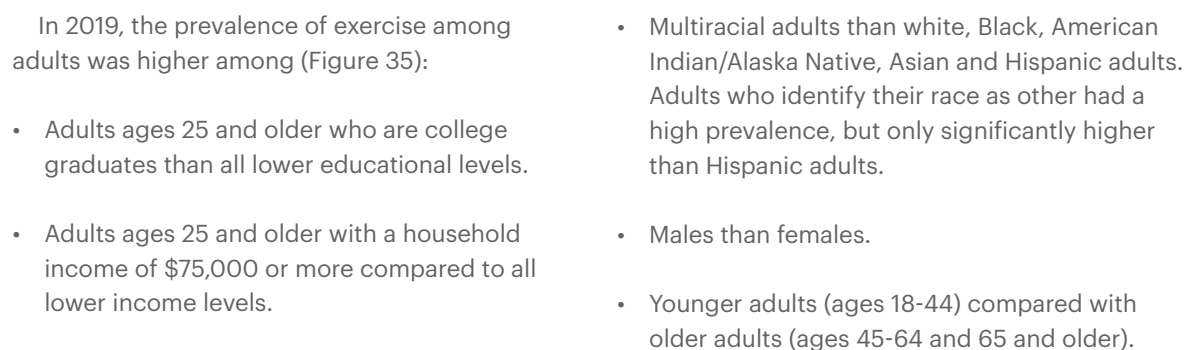


Figure 34
Disparities in exercise, 2019

EXERCISE was



higher among **college graduates** (28.3%) than those with **less than a high school education** (13.0%), ages 25+



higher in **Vermont** (28.5%) than **Kentucky** (15.3%)



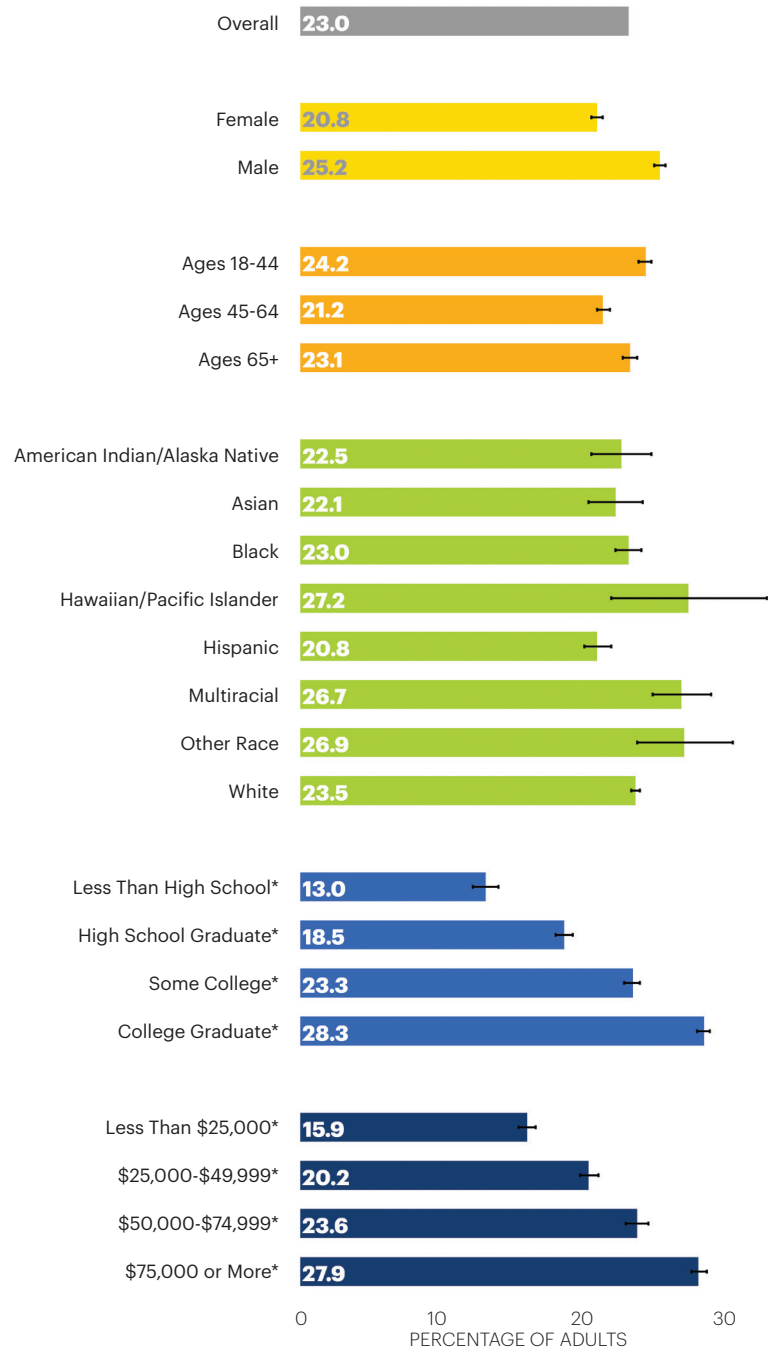
higher among adults with a household income of **\$75,000 or more** (27.9%) than those with an income **less than \$25,000** (15.9%), ages 25+

Key Findings

Behaviors

EXERCISE

Figure 35
Exercise by subpopulation, 2019



* Adults ages 25+

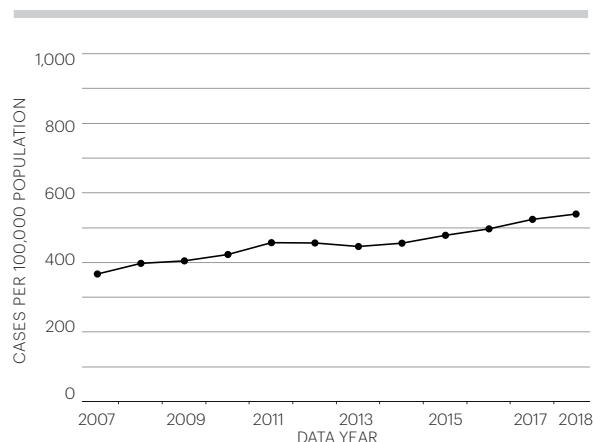
CHLAMYDIA

The chlamydia incidence rate increased 47% from 367.5 to 539.9 cases per 100,000, between 2007 and 2018 (Figure 36). Between 2017 and 2018, the chlamydia incidence rate increased 3% nationally from 524.6 cases per 100,000. Incidence increased 40 or more cases per 100,000 in Delaware (560.5 to 627.7 per 100,000), Hawaii (479.8 to 541.8), Nevada (542.4 to 584.0) and Tennessee (522.4 to 569.0).

Disparities

The incidence of chlamydia varies across states and by gender and race and ethnicity (Figure 37). In 2018, the highest incidence rate was among the Black/African American population, followed by American Indian/Alaska Native, Native Hawaiian/Pacific Islander, Hispanic, white and multiracial populations. The lowest incidence rate was among the Asian population (Figure 38). The incidence of chlamydia was highest in Alaska (832.5 cases per 100,000 population), Louisiana (774.8) and Mississippi (740.1). It was lowest in West Virginia (198.2 cases per 100,000 population), Vermont (274.5) and New Hampshire (278.1). The chlamydia incidence rate was higher among females than males.

Figure 36
Chlamydia, 2007 to 2018

**DEFINITION**

Number of new cases of chlamydia per 100,000 population.

Chlamydia is the most commonly reported sexually transmitted infection according to the CDC and can infect men and women. Chlamydia is caused by the bacterium *Chlamydia trachomatis*. More than 1.7 million chlamydia cases were reported to the CDC in 2018, though many more cases go undiagnosed and unreported. Chlamydial infections are usually asymptomatic but can cause permanent damage to reproductive organs.

Key Findings

Behaviors

CHLAMYDIA

Figure 37
Disparities in chlamydia, 2018

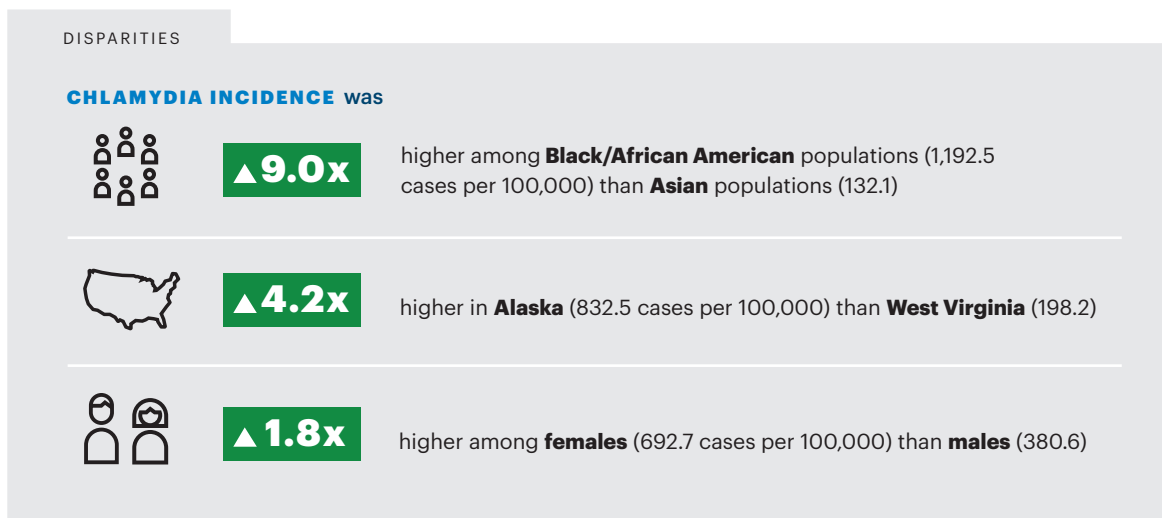
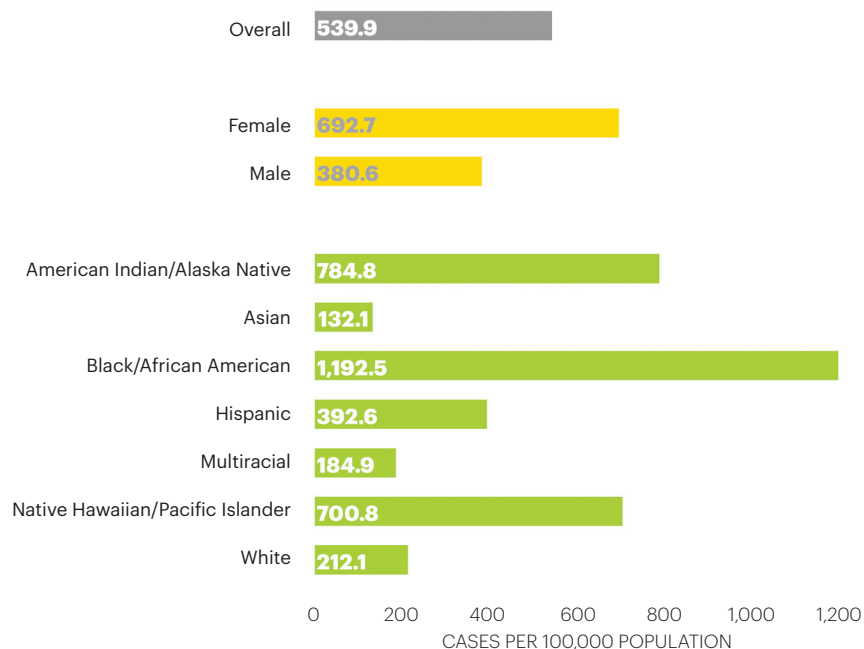


Figure 38
Chlamydia by subpopulation, 2018



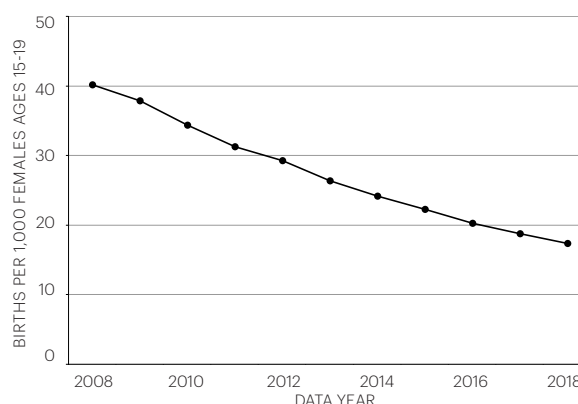
TEEN BIRTHS

Between 2008 and 2018, teen births declined 57% from 40.2 to 17.4 births per 1,000 females ages 15-19 (Figure 39). Since 2017, teen births declined 7% nationally from 18.8 births per 1,000 females ages 15-19, or 14,506 fewer births. Rates declined 14% among Asian/Pacific Islander teens (4.4 to 3.8 per 1,000); 8% among American Indian/Alaska Native (31.8 to 29.2), Hispanic (29.0 to 26.7) and white teens (13.2 to 12.1); and 5% among Black teens (27.5 to 26.1). Over the same time period, teen births declined by more than 3.0 births per 1,000 in Montana (21.0 to 17.2 per 1,000), Wyoming (24.5 to 20.8) and Mississippi (30.9 to 27.8).

Disparities

The teen birth rate varies across states and widely by race and ethnicity. In 2018, teen births were highest among American Indian/Alaska Native teens, followed by Hispanic, Black and white teens. Asian/Pacific Islander teens had the lowest rate (Figure 40). The teen birth rate was highest in Arkansas (30.4 births per 100,000 females ages 15-19), Mississippi (27.8) and Louisiana (27.5). It was lowest in Massachusetts (7.2 births per 100,000 females ages 15-19), New Hampshire (8.0) and Connecticut (8.3).

Figure 39
Teen births, 2008 to 2018

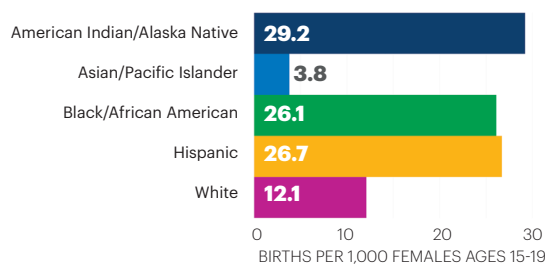


DEFINITION

Number of births per 1,000 females ages 15-19.

Substantial health, social and economic costs are associated with teen pregnancy and childrearing. According to the CDC, teen mothers are significantly more likely to drop out of high school and face unemployment. Children born to teen mothers are more likely to have worse educational, behavioral and health outcomes than children born to older parents.³⁴

Figure 40
Teen births by race and ethnicity, 2018



Health Outcomes

Behavioral Health

Mental and behavioral health challenges continued to impact Americans.

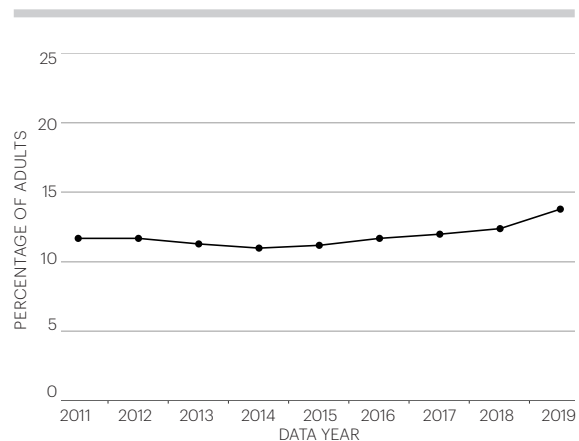
FREQUENT MENTAL DISTRESS

The prevalence of frequent mental distress increased 25% nationally between 2014 and 2019, from 11.0% to 13.8% (Figure 41). Since 2018, it increased 11% from 12.4%, an increase of 1.3 million adults. Between 2018 and 2019, the prevalence of frequent mental distress increased:

- 9% among males (10.6% to 11.6%) and 6% among females (14.6% to 15.5%).
- 11% among adults ages 18-44 (14.9% to 16.5%).
- 8% among white adults (12.8% to 13.8%).
- 7% among adults ages 25 and older with some college (13.1% to 14.0%) and 11% among college graduates (7.5% to 8.3%).

During this time, significant increases occurred in Iowa (10.2% to 12.3%), Utah (12.2% to 14.2%) and Washington (12.0% to 13.6%).

Figure 41
Frequent mental distress, 2011 to 2019



DEFINITION

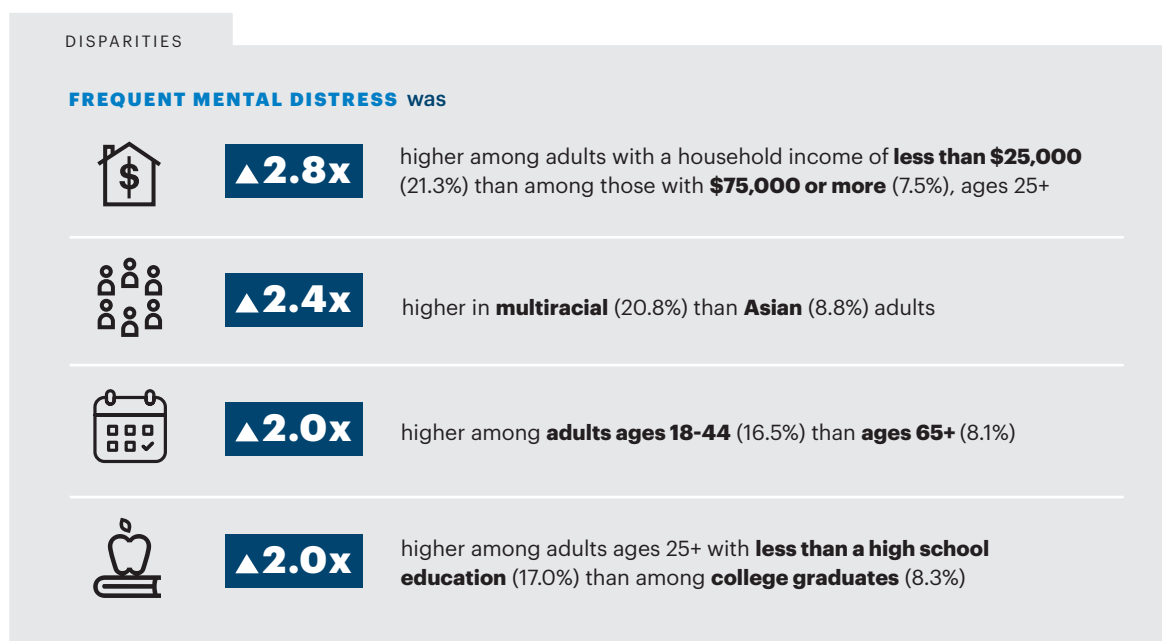
Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days.

Frequent mental distress is a measure based on self-reported poor mental health days. The measure spotlights the population experiencing persistent, and likely severe, mental health issues, which may have a significant impact on health-related quality of life and overall wellness. A healthy mental state is essential to overall positive health and well-being. In some cases, poor mental health may lead to suicide.

Health Outcomes

FREQUENT MENTAL DISTRESS

Figure 42
Disparities in frequent mental distress, 2019



Disparities

The prevalence of frequent mental distress varies across states and by age, gender, education, income as well as race and ethnicity. In 2019, frequent mental distress was highest in West Virginia (20.6%), Louisiana (18.5%) and Arkansas (17.8%). It was lowest in South Dakota (10.6%) followed by Hawaii (11.1%). The largest differences were by income, race and ethnicity, age and education (Figure 42). In 2019, the prevalence of frequent mental distress in adults was higher among (Figure 43):

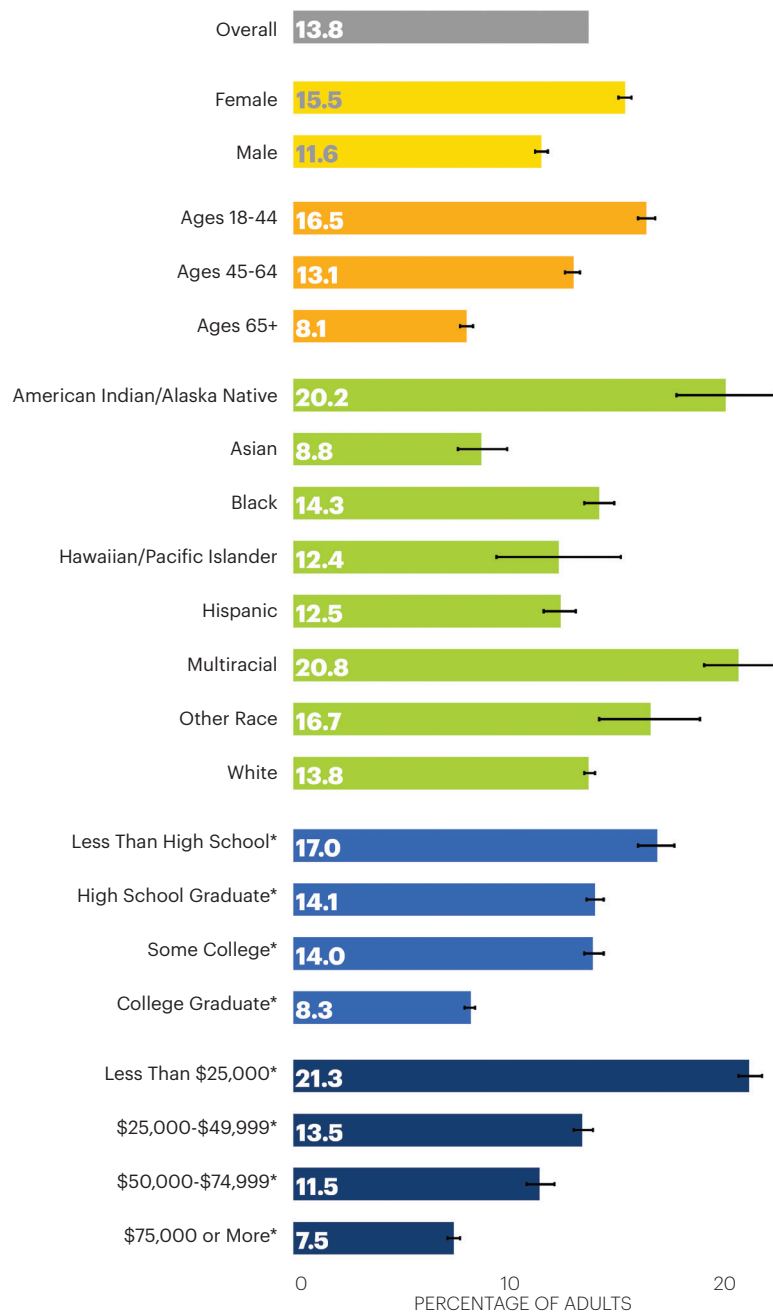
- Adults ages 25 and older with a household income of \$25,000 or less compared with adults with higher income levels.
- Multiracial and American Indian/Alaska Native adults than Black, white, Hispanic, Hawaiian/Pacific Islander and Asian adults.
- Adults ages 18-44 than older adults.
- Adults ages 25 and older with less than a high school education compared with adults with higher education levels.
- Females than males.

Key Findings

Health Outcomes

FREQUENT MENTAL DISTRESS

Figure 43
Frequent mental distress by subpopulation, 2019



* Adults ages 25+

Health Outcomes

NON-MEDICAL DRUG USE

Adults who reported past month non-medical drug use increased 10% between 2019 and 2020, from 5.9% to 6.5% adults.

Disparities

The percentage of adults who reported past month non-medical drug use varies across states and by gender, education, income as well as race and ethnicity. The largest disparities were by education, geography as well as race and ethnicity (Figure 44).

Use was highest in Georgia (8.9%), Oklahoma and Florida (both 8.8%). It was lowest in Minnesota (3.6%), followed by New Jersey (3.7%). In 2020, the percentage of adults who reported past month non-medical drug use was higher among (Figure 45):

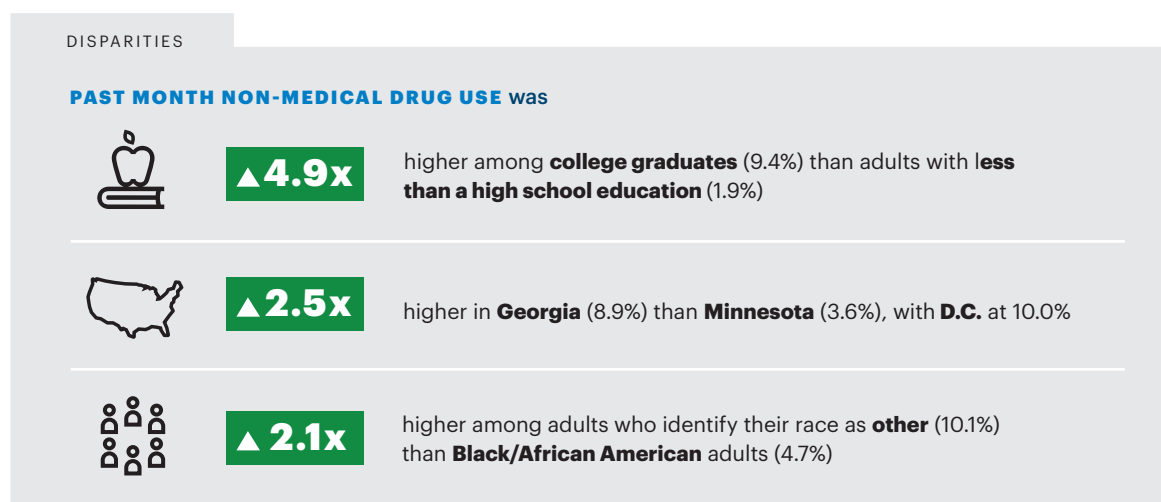
- College graduates, followed by those with some college and high school graduates.

DEFINITION

Percentage of adults who use prescription drugs (pain relievers, stimulants, sedatives) non-medically or illicit drugs (excluding cannabis) in the last 30 days.

The use of illicit drugs, including using prescription drugs without a doctor's guidance, can be dangerous and have lasting consequences. Short-term effects include heart attack, stroke, psychosis, overdose and death according to the National Institute on Drug Abuse. The institute also cites longer-term effects such as contracting a disease like HIV, hepatitis and endocarditis or developing a medical condition such as heart disease, certain cancers and mental illness. Substance abuse can also lead to addiction, called a substance use disorder, which often requires lifelong management.

Figure 44
Disparities in past month non-medical drug use, 2020



Key Findings

Health Outcomes

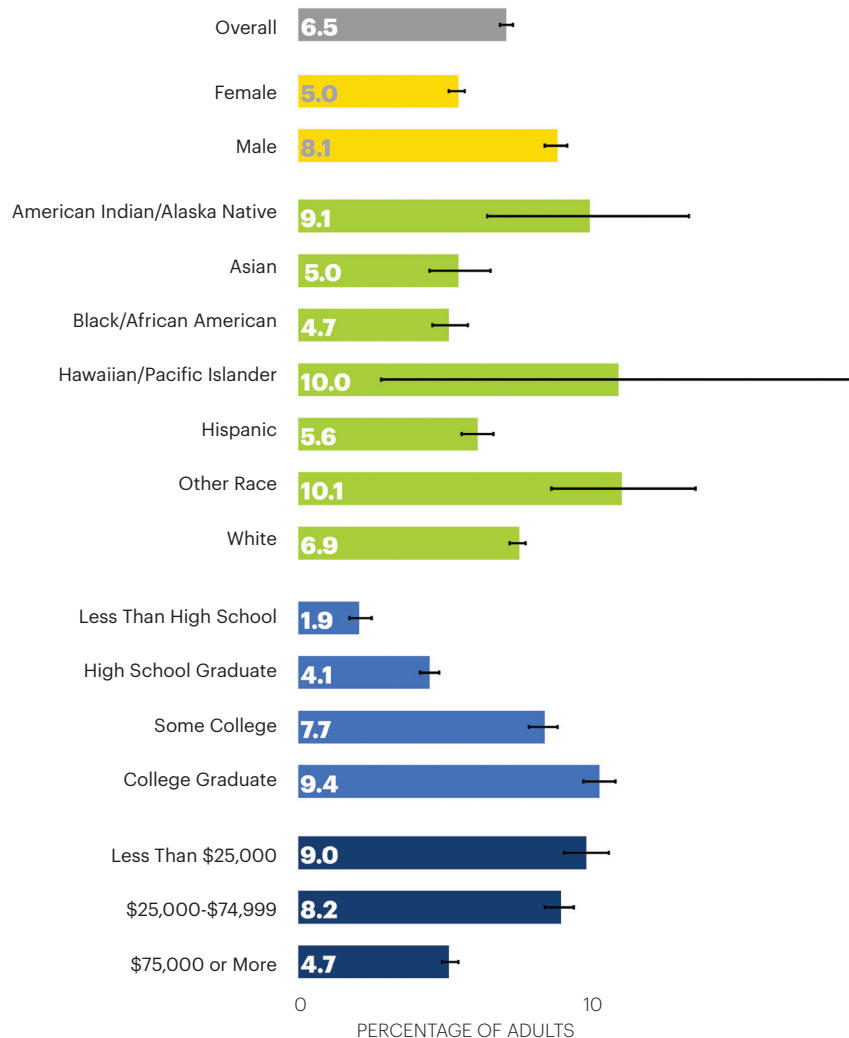
PAST MONTH NON-MEDICAL DRUG USE

The lowest prevalence was among those with less than high school education.

lowest percentage of non-medical drug use in the past 30 days.

- Adults who identify their race as other followed by Hawaiian/Pacific Islander, American Indian/Alaska Native, white, Hispanic and Asian adults. Black/African American adults had the
- Adults with a household income less than \$25,000 than adults with an income of \$75,000 or more.
- Males than females.

Figure 45
Past month non-medical drug use by subpopulation, 2020



Health Outcomes

Mortality

Premature death and drug deaths dropped for the first time since 2012, while deaths by suicide continued to rise.

DRUG DEATHS

Between 2017 and 2018, drug deaths decreased for the first time since 2012 (Figure 46). The drug death rate declined 5% nationally from 21.6 to 20.6 deaths per 100,000. During the same time period, drug deaths declined:

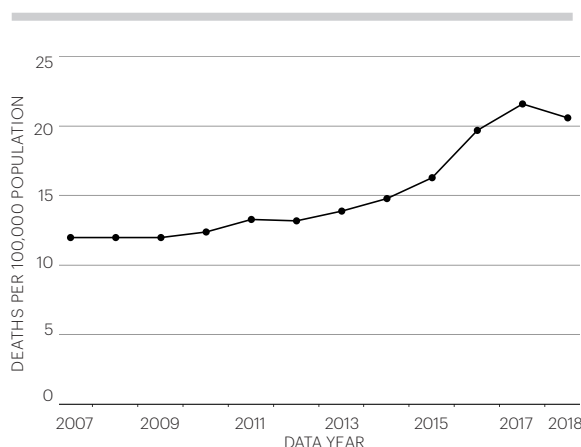
- 4% among males (28.8 to 27.7 per 100,000) and 6% among females (14.4 to 13.6).
- 14% among ages 15-24 (12.6 to 10.8 per 100,000), 8% among ages 25-34 (38.4 to 35.5) and 6% among ages 45-54 (37.7 to 35.3).
- 7% among the white population (26.9 to 25.1 per 100,000).

Between 2017 and 2018, drug deaths decreased significantly in Florida (24.2 to 22.4 per 100,000 population), Indiana (27.8 to 24.9), Kentucky (35.2 to 29.8), Ohio (43.8 to 34.8) and Pennsylvania (42.1 to 35.0) (Figure 47). Over the same time period, the drug death rate increased in California (12.3 to 13.5 per 100,000 population), Missouri (22.4 to 26.8) and New Jersey (29.8 to 32.4). Drug deaths also increased 11% among adults ages 65-74 (9.2 to 10.2 per 100,000 population).

Disparities

The drug death rate varies widely across states and by gender, age as well as race and ethnicity. The largest disparities were by race and ethnicity, geography and age (Figure 48). In 2018, the American Indian/Alaska Native

Figure 46
Drug deaths, 2007 to 2018



DEFINITION

Number of deaths due to drug injury (unintentional, suicide, homicide or undetermined) per 100,000 population.

The United States has been experiencing a terrible drug crisis. According to the U.S. Drug Enforcement Administration's 2018 National Drug Threat Assessment, drug overdose deaths have risen steadily over the past two decades and have become a leading cause of injury death.³⁵ Though these statistics reflect all drug deaths, opioids (i.e. painkillers) are the most significant contributor. Drug misuse and overdoses burden individuals, families, their communities, the health care system and the economy. According to Healthy People, the effects of substance misuse contribute to significant public health problems including crime, homicide, suicide, teenage pregnancy, sexually transmitted infections, HIV/AIDS, domestic violence, child abuse and motor vehicle accidents.

Key Findings

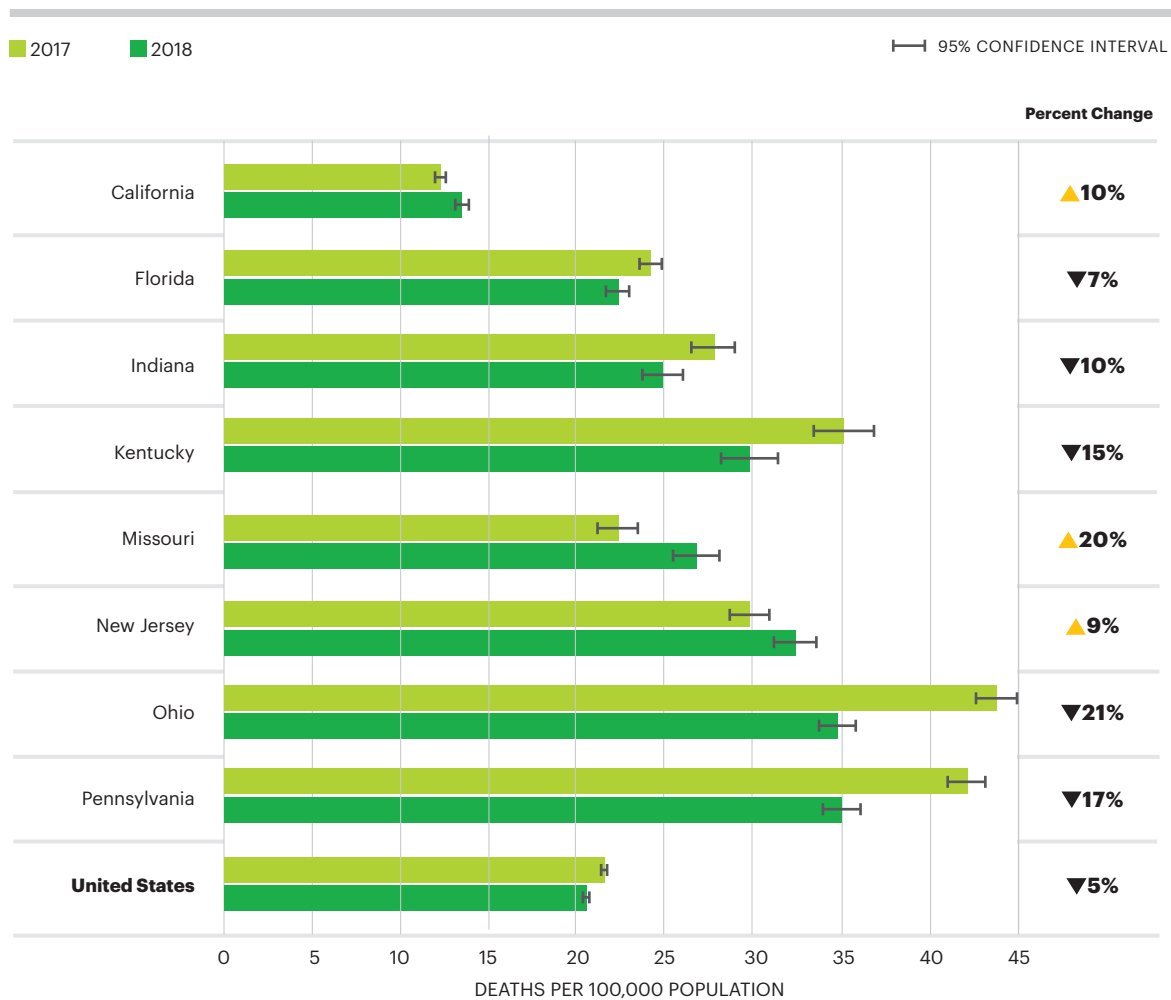
Health Outcomes

DRUG DEATHS

population had the highest drug death rate at 26.2 deaths per 100,000 population, followed by white and Black/African American populations (Figure 49). The Asian/Pacific Islander population had the lowest rate. The same year, the drug death rate was highest in West Virginia (49.1 deaths per 100,000 population), Delaware (42.4)

and Maryland (37.7). It was lowest in South Dakota (6.8 deaths per 100,000 population) and Nebraska (7.4). By age groups, adults ages 35-44 had the highest rate, followed by those ages 25-34, 45-54, 55-64 and 15-24. Adults ages 65-74 had the lowest drug death rate. Drug deaths were also higher among males than females.

Figure 47
States with significant changes in drug deaths between 2017 and 2018



Health Outcomes

DRUG DEATHS

Figure 48
Disparities in drug deaths, 2018

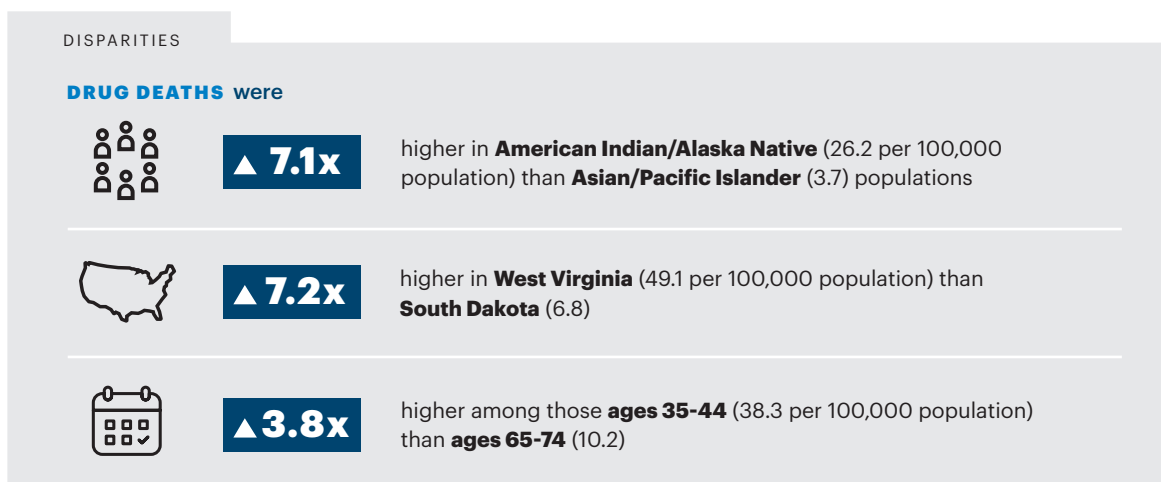
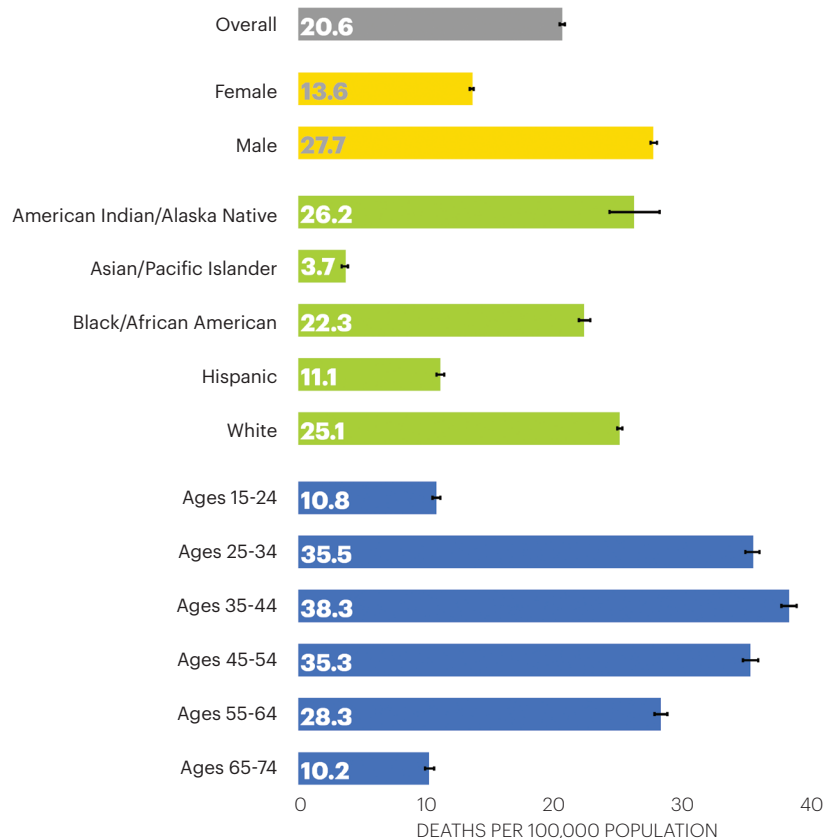


Figure 49
Drug deaths by subpopulation, 2018



Health Outcomes

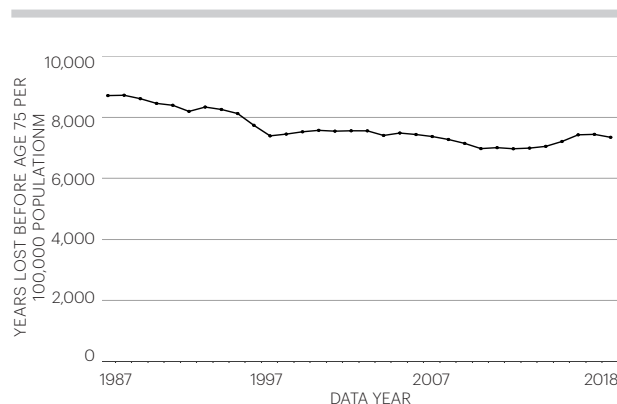
PREMATURE DEATH

Between 2017 and 2018, premature death decreased nationally for the first time since 2012, declining 1% from 7,447 to 7,350 years lost before age 75 per 100,000 population (Figure 50). The rate declined significantly in 10 states (Figure 51), led by Ohio (9,399 to 8,857 years lost per 100,000) and Rhode Island (6,602 to 6,174). Between 2017 and 2018, the premature death rate increased significantly in Missouri (8,828 to 9,112 years lost per 100,000 population).

Disparities

The premature death rate varies across states and by race and ethnicity. In 2018, the premature death rate was highest among the American Indian/Alaska Native population, followed by Black/African American, white and Hispanic populations. The rate was lowest among the Asian/Pacific Islander population (Figure 52). This same year, the premature death rate was highest in West Virginia (11,338 years lost before age 75 per 100,000), Mississippi (11,011) and Alabama (10,421). It was lowest in Minnesota (5,648 years lost per 100,000), California (5,650) and New York (5,800).

Figure 50
Premature death, 1987 to 2018



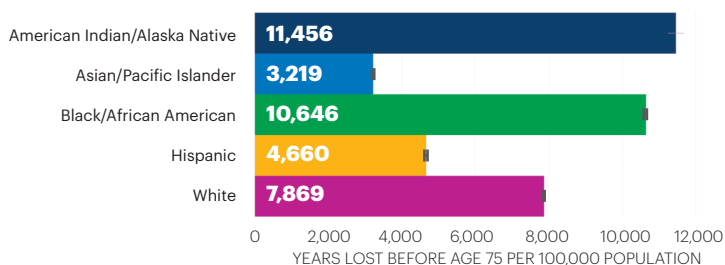
DEFINITIONS

Premature Death: Number of years of potential life lost (YPLL) before age 75 per 100,000 population.

Premature Death Racial Inequality: Ratio of the racial/ethnic group with the highest premature death rate before age 75 (varies by state) to the white population.

Deaths at younger ages contribute more to the premature death rate than deaths occurring closer to age 75. According to the National Center for Health Statistics WISQARS Years of Potential Life Lost (YPLL) Report, cancer, unintentional injury, heart disease, suicide, deaths in the perinatal period and homicide were the leading causes of years of potential life lost before age 75 in 2018. Many premature deaths may be preventable through lifestyle modifications such as smoking cessation, healthy eating and exercise.³⁶ The CDC estimates that 20%-40% of premature deaths are preventable.

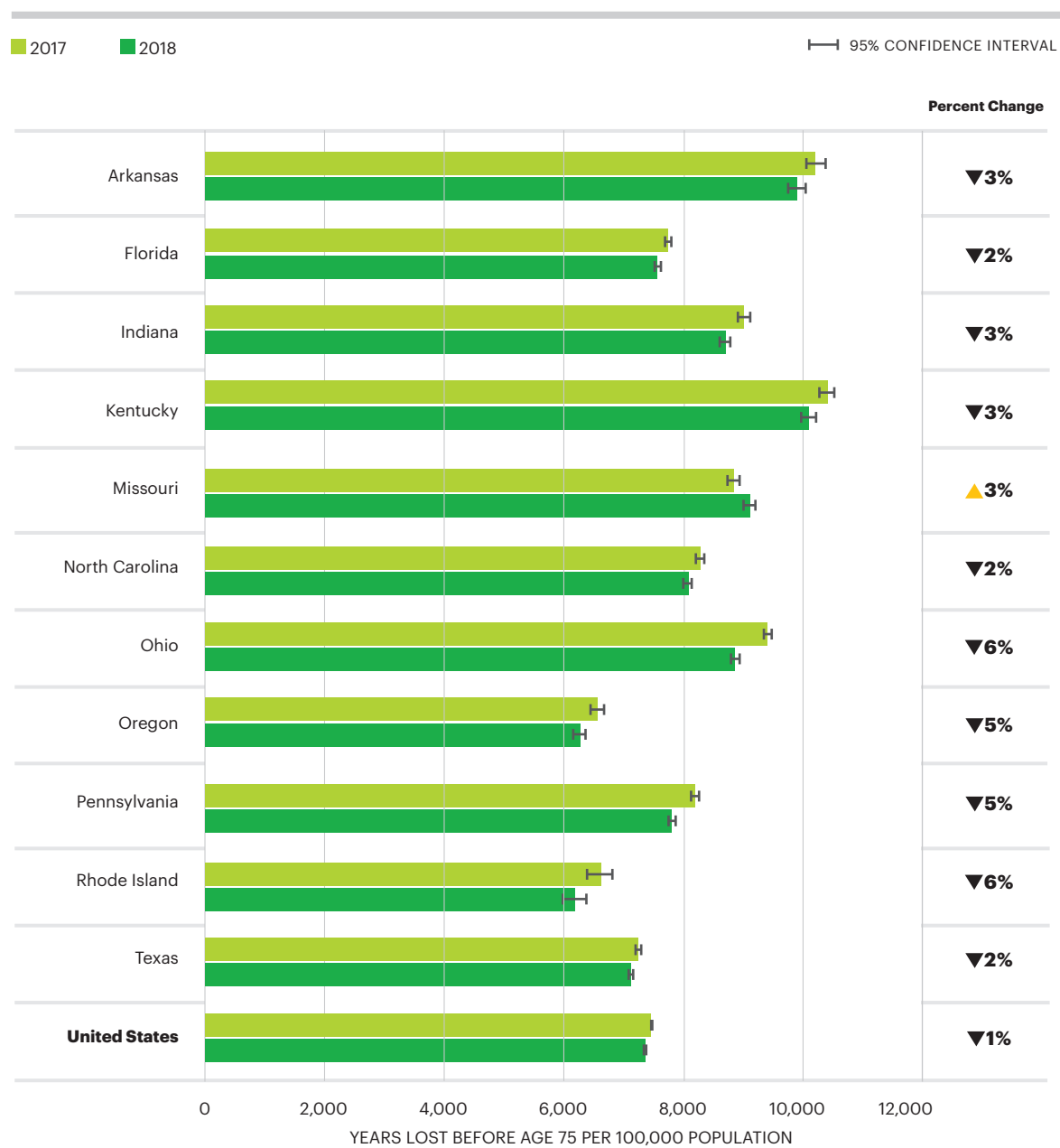
Figure 52
Premature death by race and ethnicity, 2018



Health Outcomes

PREMATURE DEATH

Figure 51
States with significant changes in premature death between 2017 and 2018

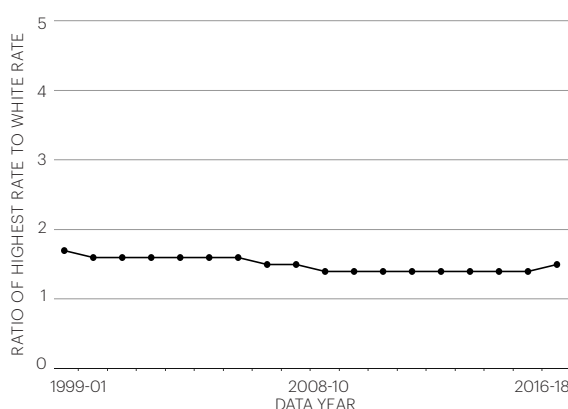


Health Outcomes

PREMATURE DEATH RACIAL INEQUALITY

The ratio of the racial group with the highest premature death rate, which nationally is the American Indian/Alaska Native population, to the white premature death rate increased 7% between 2010-2012 and 2016-2018, from 1.4 to 1.5 (Figure 53). The racial group with the highest premature death rate varies by state. The premature death racial inequality ratio varies from 1.0 (no difference between the Black/African American and white population) in Hawaii, Maine and Rhode Island to 3.5 in South Dakota between American Indian/Alaska Native and white populations (Figure 54). Since 2011-2013, the largest increase in premature death racial inequality was in Minnesota (2.8 to 3.4 ratio between the American Indian/Alaska Native and white populations), and the largest improvement during the same time period was in Wyoming (2.9 to 2.4 ratio between the American Indian/Alaska Native and white populations) (Figure 55).

Figure 53
**Premature death racial inequality, 1999-2001
to 2016-2018**



Health Outcomes

PREMATURE DEATH RACIAL INEQUALITY

Figure 54
Map of premature death racial inequality, 2016-2018

Ratio of the racial/ethnic group with the highest premature death rate before age 75 (varies by state) to the white population

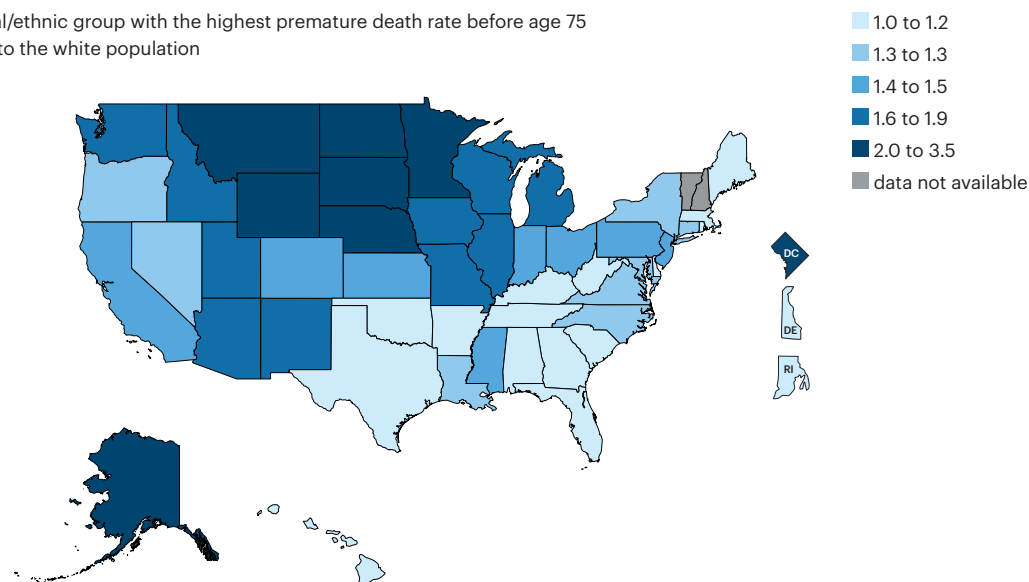
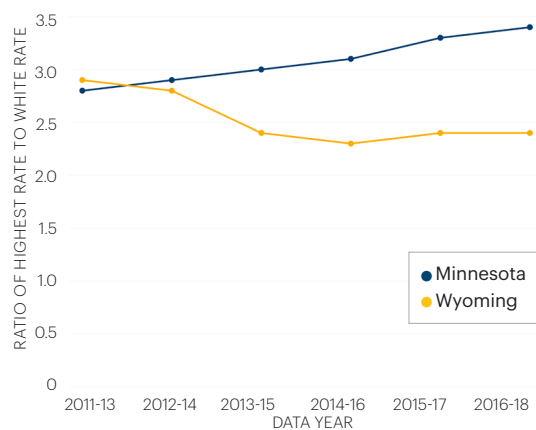


Figure 55
State with largest changes in premature death racial inequality, 2011-2013 to 2016-2018



Health Outcomes

SUICIDE

Between 2017 and 2018, deaths by suicide increased 2% nationally (14.5 to 14.8 deaths per 100,000 population) and 9% in Florida (14.7 to 16.0), the one state with a significant past year increase. The suicide rate has been increasing consistently for the past decade. Nationally, the suicide rate increased 23% between 2009 and 2018, from 12.0 to 14.8 deaths per 100,000 (Figure 56). During this time, suicide increased:

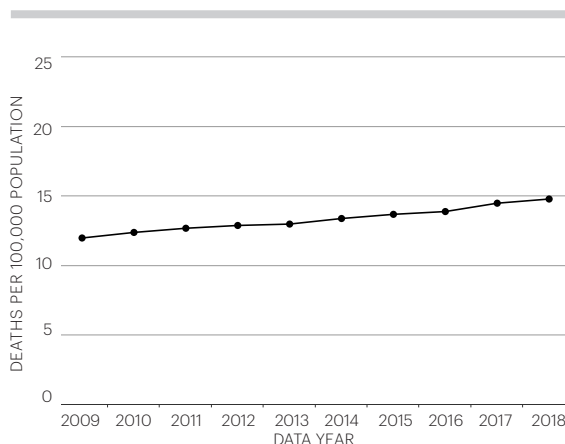
- 28% among females (5.0 to 6.4 per 100,000 population) and 21% among males (19.7 to 23.8).
- Among all age groups except adults ages 45-54. In particular, suicide increased 45% among ages 15-24 (10.0 to 14.5 per 100,000 population) and 34% among ages 25-34 (13.1 to 17.6).
- Across all racial and ethnic groups. In particular, suicide increased 41% among the American Indian/Alaska Native population (15.4 to 21.7 per 100,000 population) and 36% among the Black/African American population (5.3 to 7.2).

Between 2009 and 2018, suicide increased significantly in 37 states, ranging from a 7% increase in California (10.7 to 11.5 per 100,000 population) to increases of 62% in both New Hampshire (12.2 to 19.8) and West Virginia (13.3 to 21.6) (Figure 57).

Disparities

Suicide rates vary across states and by gender, age as well as race and ethnicity. The largest differences in 2018 were by gender, geography as well as race and ethnicity (Figure 58). The suicide rate was higher among males than females (Figure 59). By race and ethnicity, the American Indian/Alaska Native population had

Figure 56
Suicide, 2009 to 2018



DEFINITION

Number of deaths due to intentional self-harm per 100,000 population.

In 2018, there were an estimated 1.4 million suicide attempts and more than 487,000 deaths by suicide according to the National Institute of Mental Health, making it the 10th-leading cause of death in the United States and the second-leading cause of death in the United States for youth and adults ages 15-34 according to the CDC. Societal costs associated with suicide were estimated at \$70 billion, including lifetime medical fees and lost work costs, according to the Violence Prevention unit at the CDC.

the highest suicide rate, followed by white and Hispanic populations. Asian and Black/African American populations had the lowest rates. By state, the suicide rate was highest in Wyoming (25.8 deaths per 100,000 population), New Mexico (25.7) and Alaska (25.2). It was lowest in New Jersey (8.6 deaths per 100,000 population), New York (8.7) and Rhode Island (9.8). By age, the suicide rate was highest among adults ages 55-64 and lowest among adults ages 15-24.

Health Outcomes

SUICIDE

Figure 57
States with significant increases in suicide between 2009 and 2018

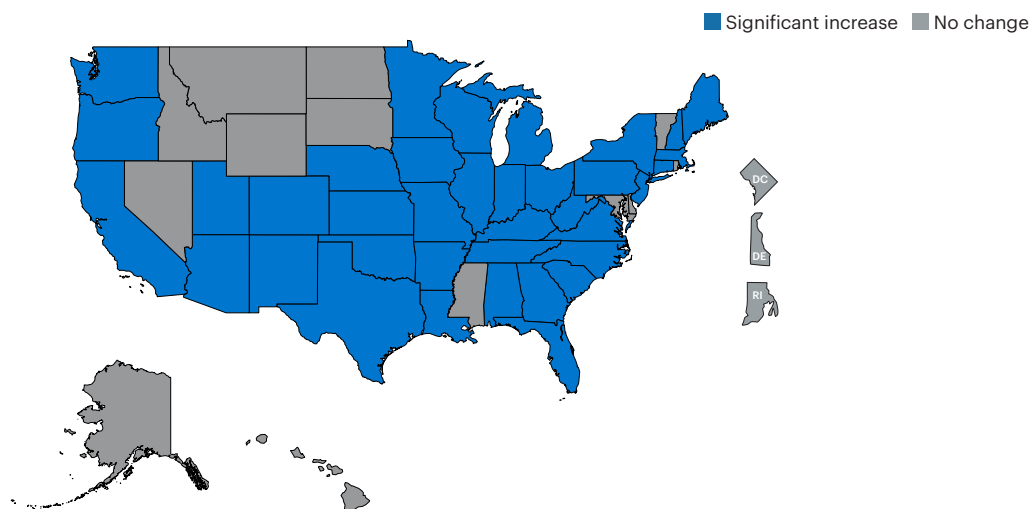


Figure 58
Disparities in suicide, 2018

DISPARITIES

SUICIDE was



▲ **3.7x**

higher among **males** (23.8 deaths per 100,000 population) than **females** (6.4)



▲ **3.0x**

higher among the **American Indian/Alaska Native** population (21.7 deaths per 100,000 population) than the **Asian/Pacific Islander** and **Black/African American** populations (7.2)



▲ **3.0x**

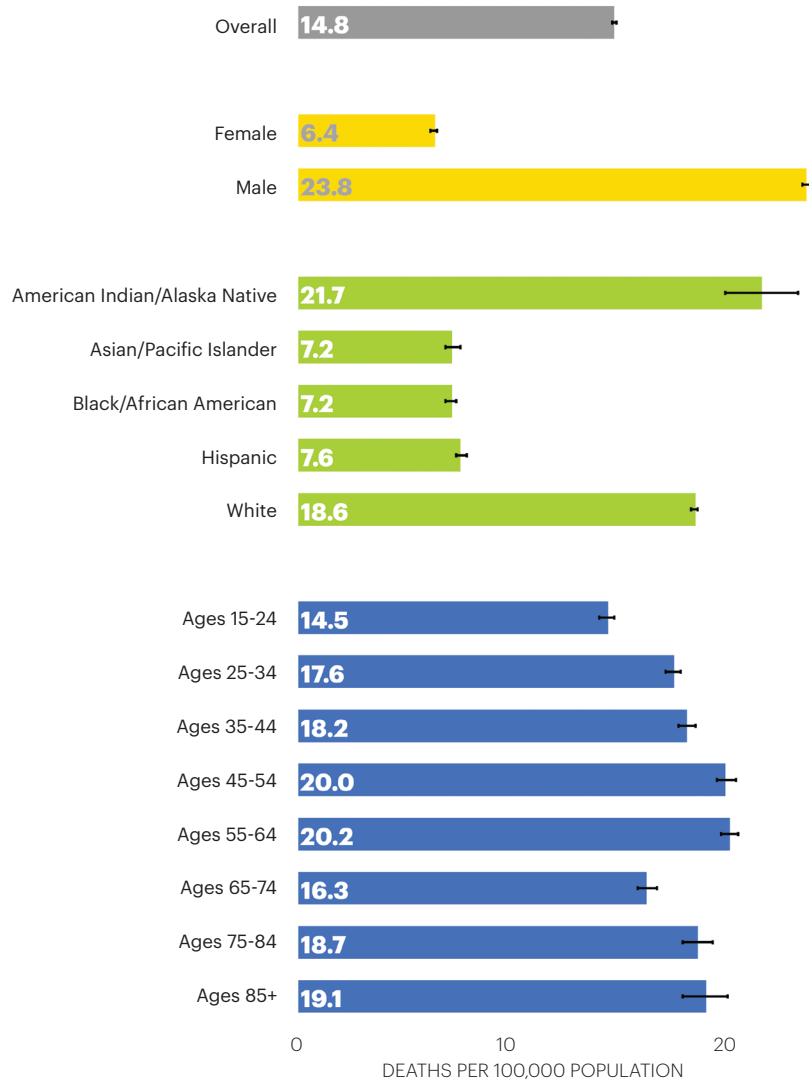
higher in **Wyoming** (25.8 deaths per 100,000 population) than in **New Jersey** (8.6)

Key Findings

Health Outcomes

SUICIDE

Figure 59
Suicide by subpopulation, 2018



Physical Health

Measured progress made on the prevalence of multiple chronic conditions, driven largely by improvement in the prevalence of cardiovascular disease. However, obesity reached a new national high. All three conditions are risk factors for more severe illness from COVID-19.

MULTIPLE CHRONIC CONDITIONS

Between 2018 and 2019, the prevalence of multiple chronic conditions declined 8% nationally from 10.3% to 9.5% of adults (Figure 60), affecting nearly 26.2 million

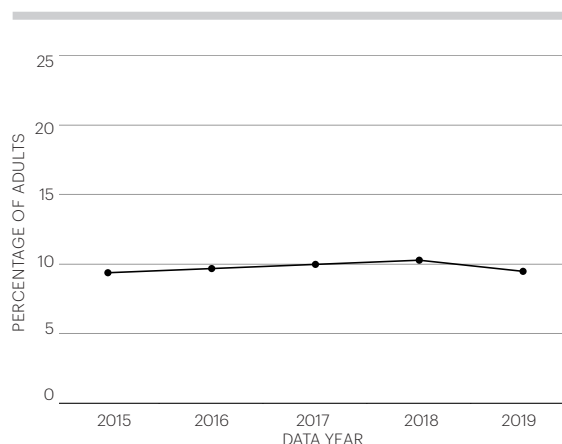
DEFINITION

Percentage of adults who have three or more of the following chronic health conditions: arthritis; asthma; chronic kidney disease; chronic obstructive pulmonary disease (COPD); cardiovascular disease (heart disease, heart attack or stroke); cancer (excluding skin); depression; diabetes.

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living.³⁷ Adults with multiple chronic conditions represent one of the highest-need segments of the population as each of their chronic conditions is likely to require extra medication and monitoring according to The Agency for Healthcare Research and Quality. The economic burden of multiple chronic conditions is substantial. Adults who have five or more chronic conditions spend 14 times more on health services compared with adults who have no chronic conditions.³⁸ The Agency for Healthcare Research and Quality estimates that 71 cents of every dollar of health care spending goes toward treating people with multiple chronic conditions.

According to the CDC, people with certain conditions such as chronic kidney disease, COPD, cardiovascular disease, cancer and diabetes are at increased risk of severe illness from COVID-19. People with asthma might be at increased risk for severe illness.

Figure 60
Multiple chronic conditions, 2015 to 2019



adults. Oregon (12.4% to 10%) and New Hampshire (11.3% to 9.3%) had significant one-year declines. During this same time period, multiple chronic conditions decreased:

- 5% among adults ages 65 and older (21.7% to 20.6%), who make up the majority of Americans living with multiple chronic conditions.
- 18% among Hispanic adults (6.7% to 5.5%).
- 11% among adults ages 25 and older with less than a high school education (18.6% to 16.6%).

Key Findings

Health Outcomes

MULTIPLE CHRONIC CONDITIONS

Disparities

The prevalence of multiple chronic conditions varies across states and by gender, age, education, income as well as race and ethnicity.

Age is a major risk factor for multiple chronic conditions. The prevalence was 7.1 times higher among adults ages 65 and older than adults ages 18-44. Disparities by race and ethnicity, income as well as geography were also particularly large (Figure 61). In 2019, the prevalence of multiple chronic conditions among adults was highest in West Virginia (20.0%), Kentucky (15.1%) and Tennessee (14.6%). It was lowest among adults in Alaska and Colorado (each 6.4%), Hawaii (6.5%) and California (6.9%). The prevalence of multiple chronic conditions was higher among (Figure 62):

- Older adults (ages 65 and older) compared with younger adults, and adults ages 45-64 compared with those ages 18-44.
- American Indian/Alaska Native adults compared to all other race and ethnicity groups. Multiracial adults compared with

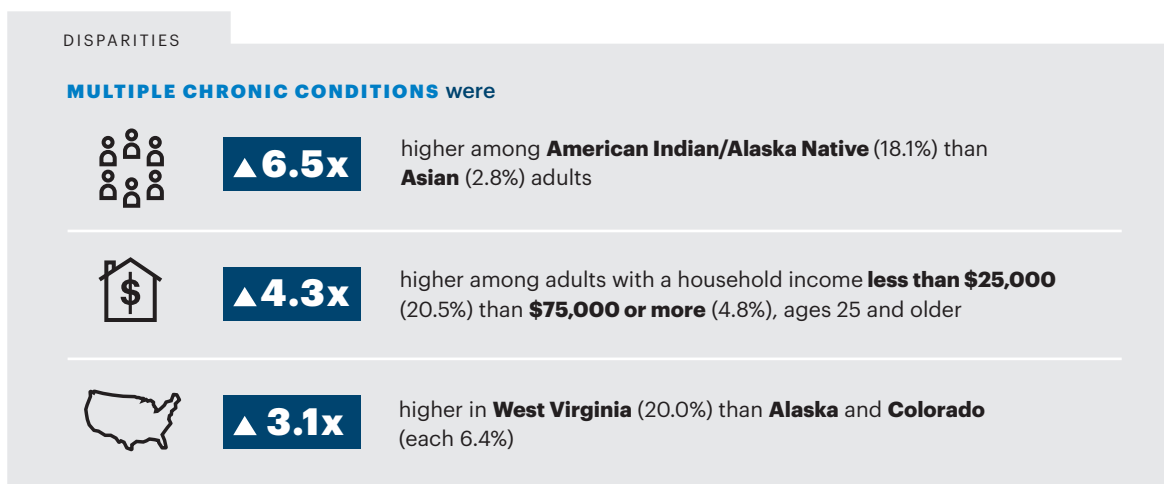
adults identifying their race as other, white, Black, Hawaiian/Pacific Islander, Hispanic and Asian adults. Prevalence is higher among white adults than Black, Hispanic and Asian adults.

- Adults ages 25 and older with a household income less than \$25,000 compared with adults with higher household incomes. Prevalence decreases with each increase in income level.
- Adults ages 25 and older with less than a high school education compared to adults with higher education levels.
- Females compared with males.

Progress in multiple chronic conditions largely driven by improvements in cardiovascular disease prevalence

Between 2018 and 2019 the prevalence of asthma (9.4% to 9.7%), cancer (excluding skin, 7.1% to 7.3%) and depression (19.6% to 19.9%)

Figure 61
Disparities in multiple chronic conditions, 2019



Health Outcomes

MULTIPLE CHRONIC CONDITIONS

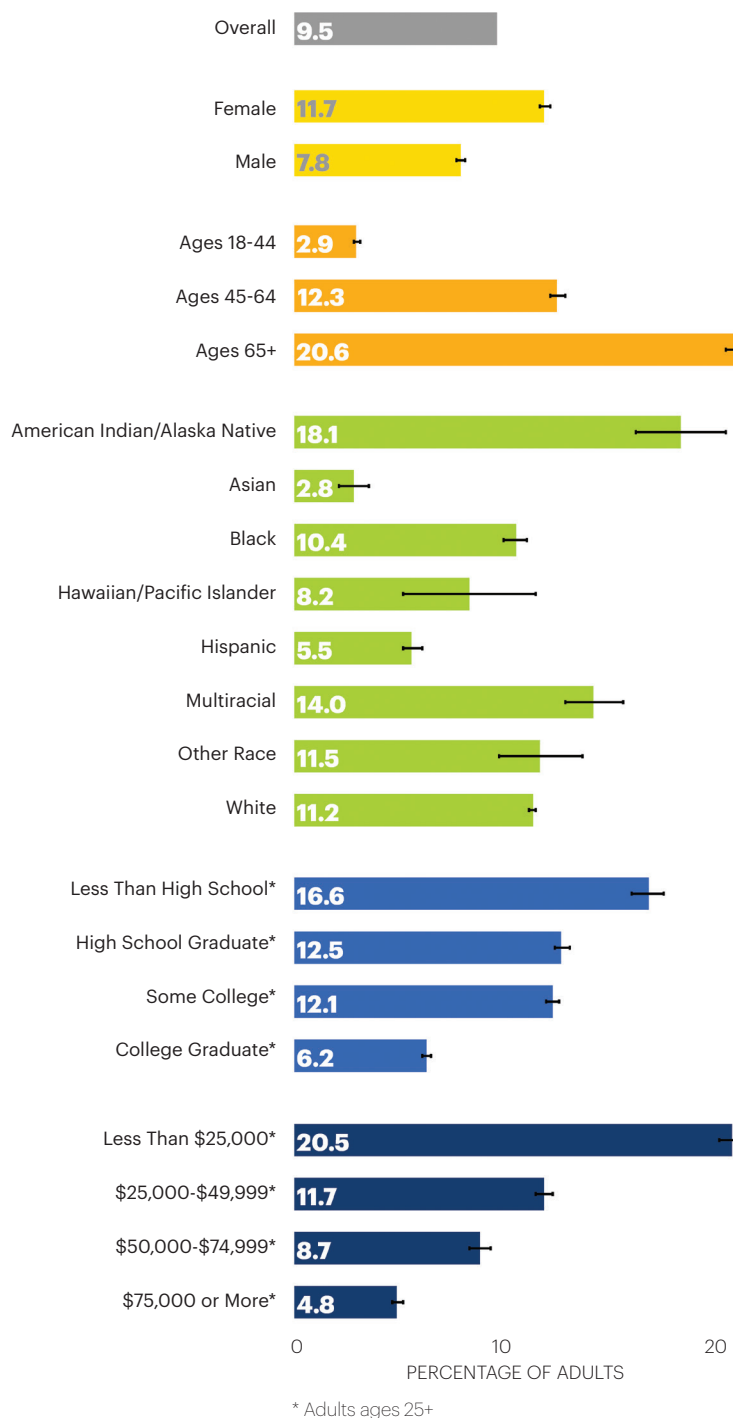
increased slightly. The prevalence of chronic kidney disease (2.9%) did not change. The prevalence of arthritis (26.3% to 25.9%), chronic obstructive pulmonary disease (6.6% to 6.5%) and diabetes (10.9% to 10.8%) decreased slightly. The largest decrease nationally was in the prevalence of cardiovascular disease.

Cardiovascular disease, which includes heart disease, the leading cause of death in the United States — decreased 7% between 2018 and 2019 from 9.0% to 8.4%, affecting nearly 21.2 million adults. Large disparities exist in cardiovascular disease by race and ethnicity as well as income. The prevalence was 3.1 times higher among American Indian/Alaska Native adults (14.4%) than Asian adults (4.7%). Among adults ages 25 and older, cardiovascular disease was 3.1 times higher among those with a household income less than \$25,000 (16.0%) than those with a household income of \$75,000 or more (5.1%).



The prevalence of the eight chronic conditions that comprise multiple chronic conditions varies by state. For a state-level view of the conditions and more, visit www.AmericasHealthRankings.org. In the Explore Health Topics feature, users can view and compare state values for groups of related measures.

Figure 62
Multiple chronic conditions by subpopulation, 2019



Health Outcomes

OBESITY

Nationally, obesity increased 15% between 2011 and 2019, from 27.8% to 31.9% of adults — affecting 70.4 million adults, a new national high (Figure 63). During this time, obesity increased among males and females as well as across all age groups. Obesity also increased across all racial and ethnic groups. In particular, obesity increased 71% among Hawaiian/Pacific Islander (25.0% to 42.8%), 31% among Asian (8.7% to 11.4%) adults and 30% among adults who identify their race as other (21.9% to 28.4%). Between 2011 and 2019, obesity increased significantly in 41 states (Figure 64), ranging from a 10% increase in California (23.8% to 26.1%) to increases of 25% in Arizona (25.1% to 31.4%), Nevada (24.5% to 30.6%), North Dakota (27.8% to 34.8%) and Tennessee (29.2% to 36.5%). More recently, between 2018 and 2019 obesity increased 3% nationally (30.9% to 31.9%) and 9% in Michigan (33.0% to 36.0%). Obesity decreased 12% in Florida (30.7% to 27.0%).

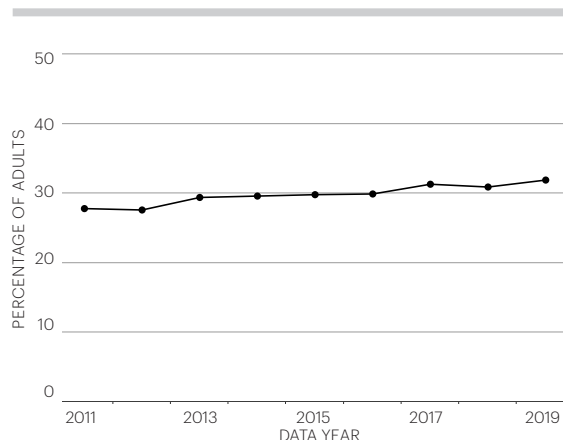
Disparities

Obesity prevalence varies across states and by gender, age, education, income as well as race and ethnicity. The largest disparities in 2019 were by race and ethnicity, geography and education (Figure 65).

Obesity prevalence was highest in Mississippi (40.8%), West Virginia (39.7%) and Arkansas (37.4%), and lowest in Colorado and the District of Columbia (each 23.8%), Hawaii (25.0%) and Massachusetts (25.2%). In 2019, the prevalence of obesity was higher among (Figure 66):

- Hawaiian/Pacific Islander adults than Hispanic, multiracial, white, adults who identify their race as other and Asian adults. Black adults had a prevalence higher than all other race and ethnicity groups except Hawaiian/Pacific Islander and American Indian/Alaska Native adults. Asian adults had a prevalence lower than all other groups.
- Adults ages 25 and older with less than a high school education and high school

Figure 63
Obesity, 2011 to 2019



DEFINITION

Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight.

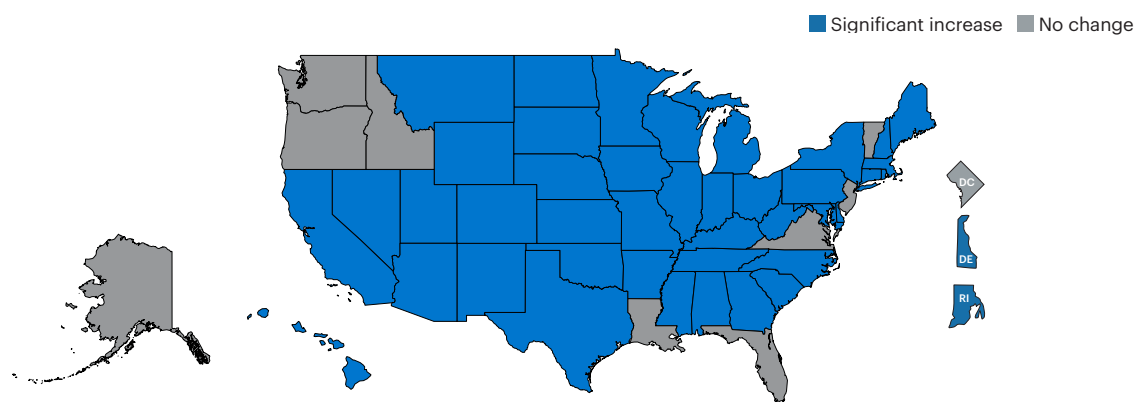
According to the CDC, adults who have obesity, when compared with adults at a healthy weight, are more likely to have a decreased quality of life and have an increased risk of developing serious health conditions. Weight stigma, or discrimination and stereotyping based on an individual's weight, may also negatively influence psychological and physical health according to the National Eating Disorders Association. The costs associated with obesity and obesity-related health problems are staggering. One study estimated the medical costs of obesity to be \$342.2 billion (in 2013 dollars).³⁹ Beyond direct medical costs, the indirect costs of decreased productivity tied to obesity are estimated at \$8.65 billion per year.⁴⁰

According to the CDC, people with certain conditions such as obesity are at increased risk of severe illness from COVID-19.

Health Outcomes

OBESITY

Figure 64
States with significant increases in obesity between 2011 and 2019



graduates compared with adults with some college or college graduates; college graduates had the lowest prevalence of obesity.

- Adults ages 25 and older with an annual household income less than \$25,000 than those with higher incomes; adults with a household

income of \$75,000 or more had the lowest prevalence of obesity.

- Adults ages 45-64 than adults ages 65 and older and adults ages 18-44.
- Females than males.

Figure 65
Disparities in obesity, 2019

DISPARITIES

OBESITY was



▲ **3.8x**

higher among **Hawaiian/Pacific Islander** (42.8%) than **Asian** (11.4%) adults



▲ **1.7x**

higher in **Mississippi** (40.8%) than **Colorado** (23.8%)



▲ **1.5x**

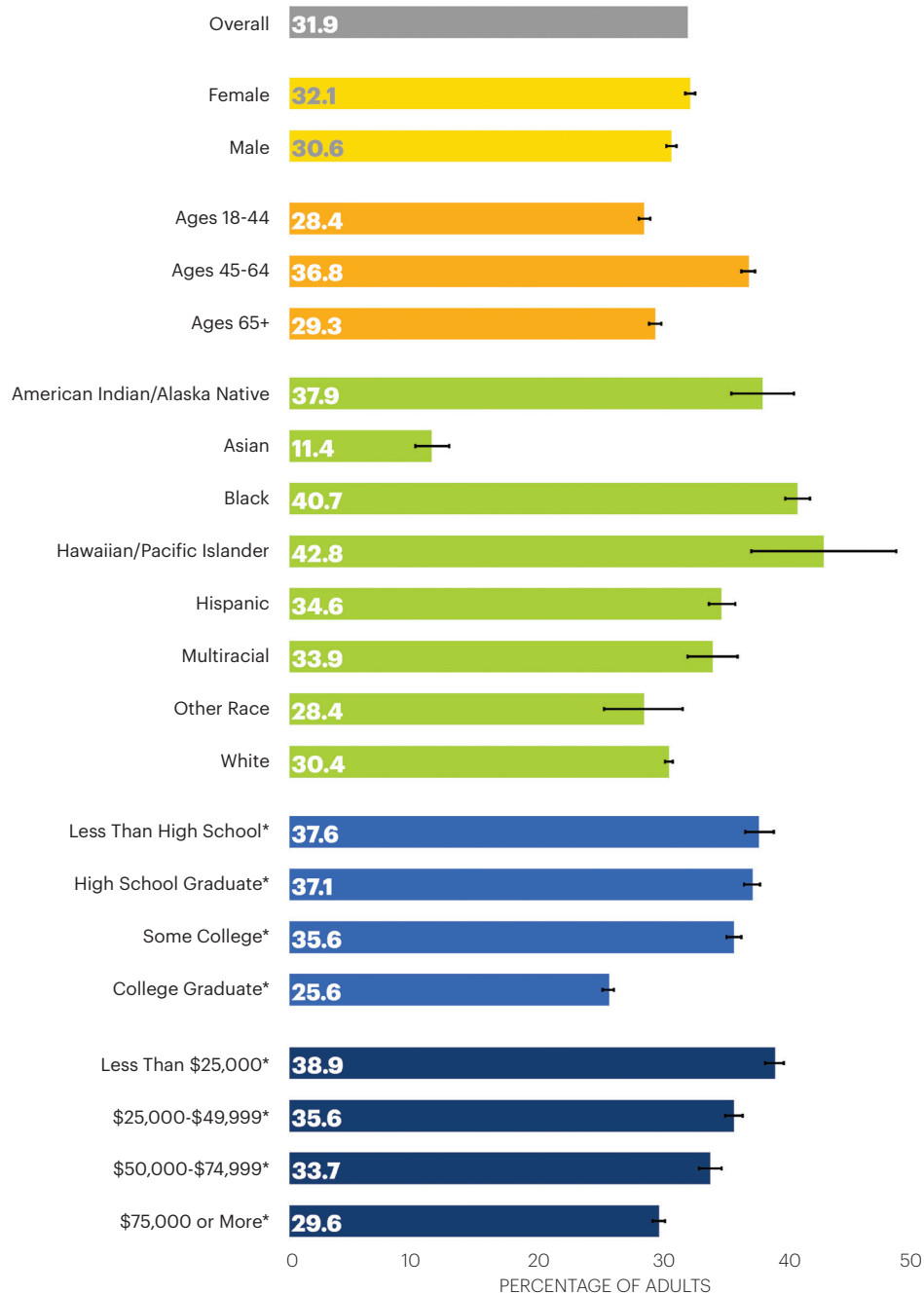
higher among adults ages 25 and older with **less than a high school education** (37.6%) than **college graduates** (25.6%)

Key Findings

Health Outcomes

OBESITY

Figure 66
Obesity by subpopulation, 2019



* Adults ages 25+

Health Outcomes

LOW BIRTHWEIGHT AND RACIAL GAP

No progress was made in reducing low birthweight or the low birthweight racial gap.

Nationally, the percentage of infants born low birthweight increased 19% between 1990 and 2018, from 7.0% to 8.3% of infants (Figure 67). There was no change between 2017 and 2018. Between 1990 and 2018, the prevalence of low birthweight increased in all states. The largest increases occurred in Maine (41% from 5.1% to 7.2%), Nebraska (43% from 5.3% to 7.6%) and New Hampshire (39% from 4.9% to 6.8%). Meanwhile the percentage of low birthweight infants born in the District of Columbia decreased (34% from 15.1% to 10.0%) (Figure 68). Between 2007 and 2018, the prevalence of low birthweight infants changed differently by race and ethnicity (Figure 69), increasing among American Indian/Alaska Native (9% from 7.5% to 8.2%), Asian (5% from 8.1% to 8.5%) and Hispanic (9% from 6.9% to 7.5%) mothers and decreasing among white mothers (5% from 7.3% to 6.9%).

DEFINITIONS

Low birthweight: Percentage of infants weighing less than 2,500 grams (5 pounds, 8 ounces) at birth.

Low birthweight racial gap: Difference between the racial/ethnic group with the highest percentage of infants with low birthweight (varies by state) and white infants with low birthweight.

Low birthweight infants — weighing less than 2,500 grams at birth — are at increased risk of infant mortality and a host of short- and long-term complications.⁴¹ Health conditions for infants related to low birthweight include breathing problems, bleeding in the brain, heart problems, intestinal disorders and retinopathy according to the March of Dimes. Health conditions for children and adults who were born with low birthweight include Type 2 diabetes, heart disease, high blood pressure, obesity, cerebral palsy, and learning and behavioral problems.⁴²

Figure 67
Low birthweight, 1990 to 2018

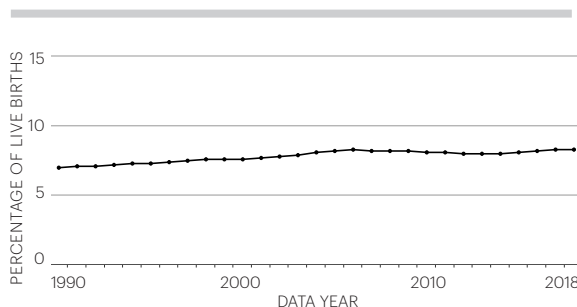
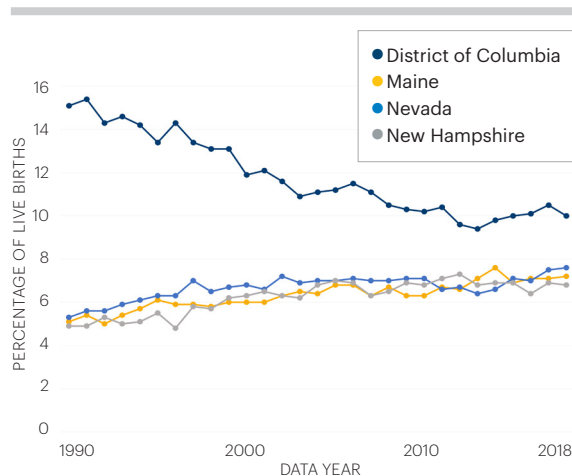


Figure 68
States with largest changes in low birthweight between 1990 and 2018



Disparities

The percentage of infants born with low birthweight varies across states and by the age, education as well as race and ethnicity of their mother. The largest disparities in 2018 were by geography as well as race and ethnicity (Figure 70).

Key Findings

Health Outcomes

LOW BIRTHWEIGHT AND RACIAL GAP

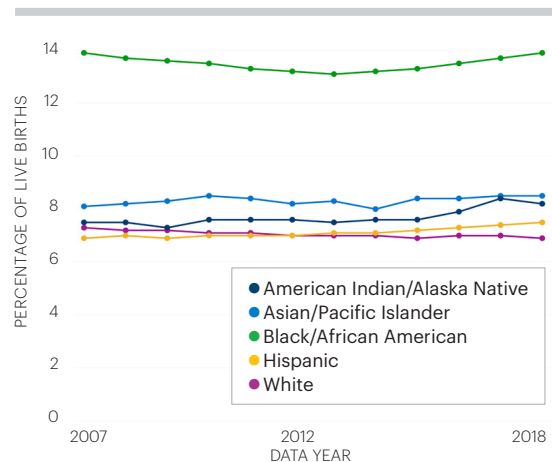
The percentage of low birthweight was highest in Mississippi (12.1%), Louisiana (10.8%) and Alabama (10.7%) and lowest in Alaska (5.9%), North Dakota, South Dakota and Washington (all 6.6%). In 2018, the percentage of low birthweight infants was higher among (Figure 71):

- Black/African American mothers compared with mothers of all other racial and ethnic groups.
- Mothers with less than a high school education, with a percentage significantly higher than high school graduates, mothers with some college and college graduates.
- Younger mothers (ages 15-19) and older mothers (ages 40-44) compared with mothers in other age groups.

The difference in low birthweight between infants born to Black/African American mothers and infants born to white mothers

Figure 69

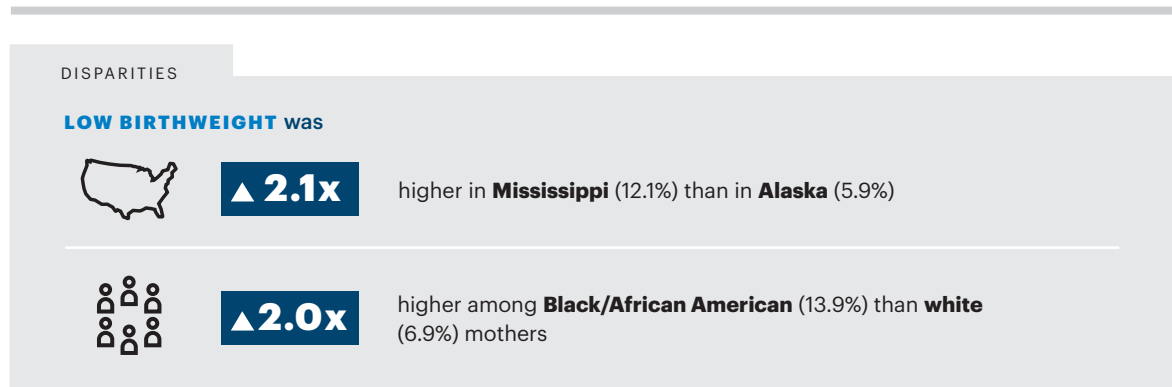
Low birthweight by race and ethnicity, 2007 to 2018



was 7.0 percentage points nationally in 2018, a 4% increase from 6.7 percentage points in 2017. In 2018, the racial gap was 3.9 times higher in Wisconsin (9.3 percentage points between Black/African American and white mothers) than in Maine (2.4 percentage points between Black/African American and white mothers) (Figure 72).

Figure 70

Disparities in low birthweight, 2018



Health Outcomes

LOW BIRTHWEIGHT AND RACIAL GAP

Figure 71
Low birthweight by subpopulation, 2018

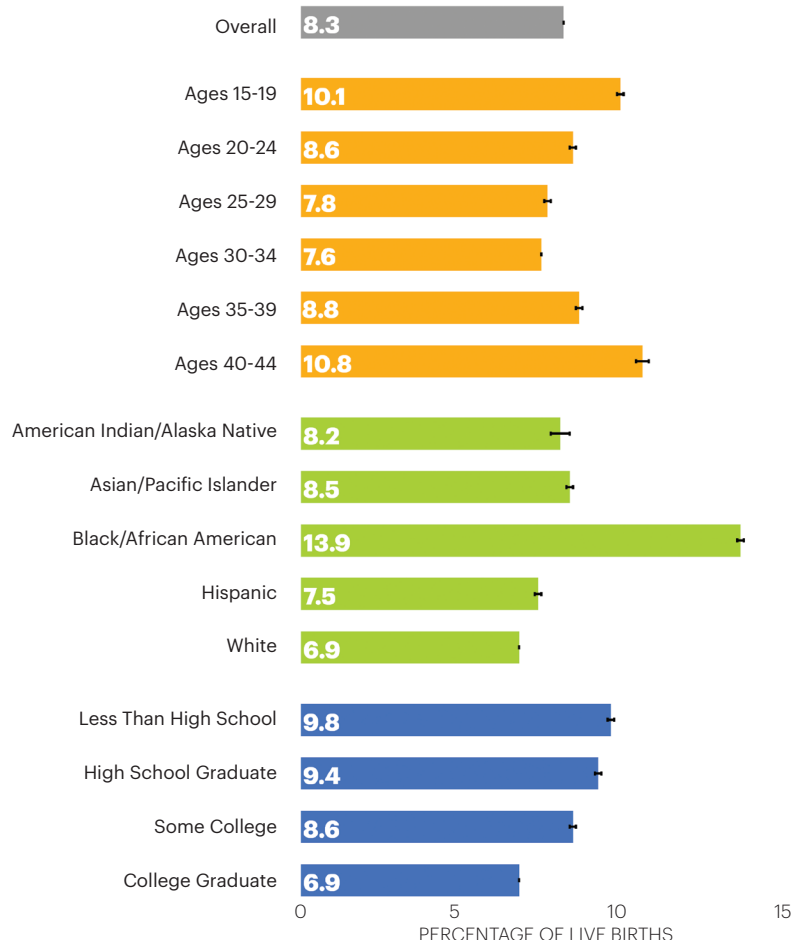
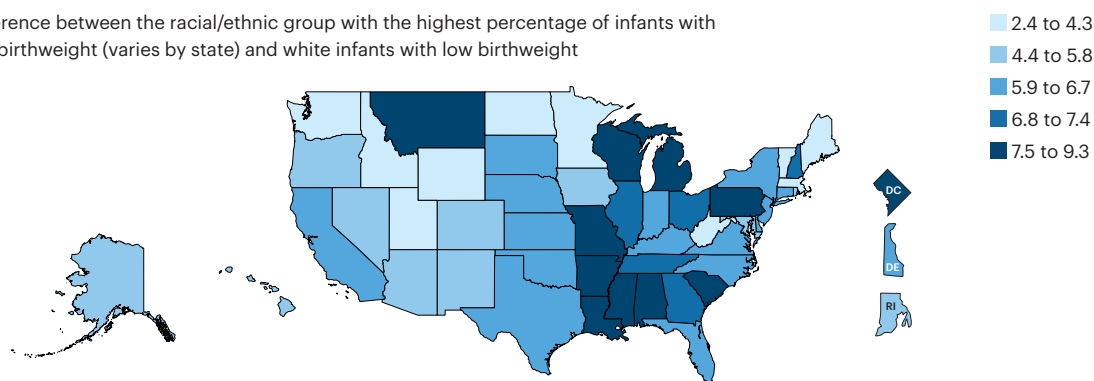


Figure 72
Map of low birthweight racial disparity, 2018

Difference between the racial/ethnic group with the highest percentage of infants with low birthweight (varies by state) and white infants with low birthweight



International Comparison

This section evaluates how U.S. population health compares among the other 36 member countries of the Organization for Economic Co-operation and Development (OECD). OECD's mission is to promote economic development and social well-being of people worldwide. It collects and analyzes data from each of the member countries on a wide range of social, economic and health-related topics.

The following international perspective offers insight into how the health of the U.S. population compares with the health of its peers in key measures of population health. This analysis compared U.S. values with other OECD member countries on three health measures: infant mortality, health spending and life expectancy. Where data were available from *America's Health Rankings*, the top and bottom states were included for reference.

Results showed the United States had a higher infant mortality rate and lower life expectancy compared with most other OECD member countries. Even the top U.S. state ranked low among member countries for the infant mortality and life expectancy measures. The United States also had the highest health spending of all OECD countries.

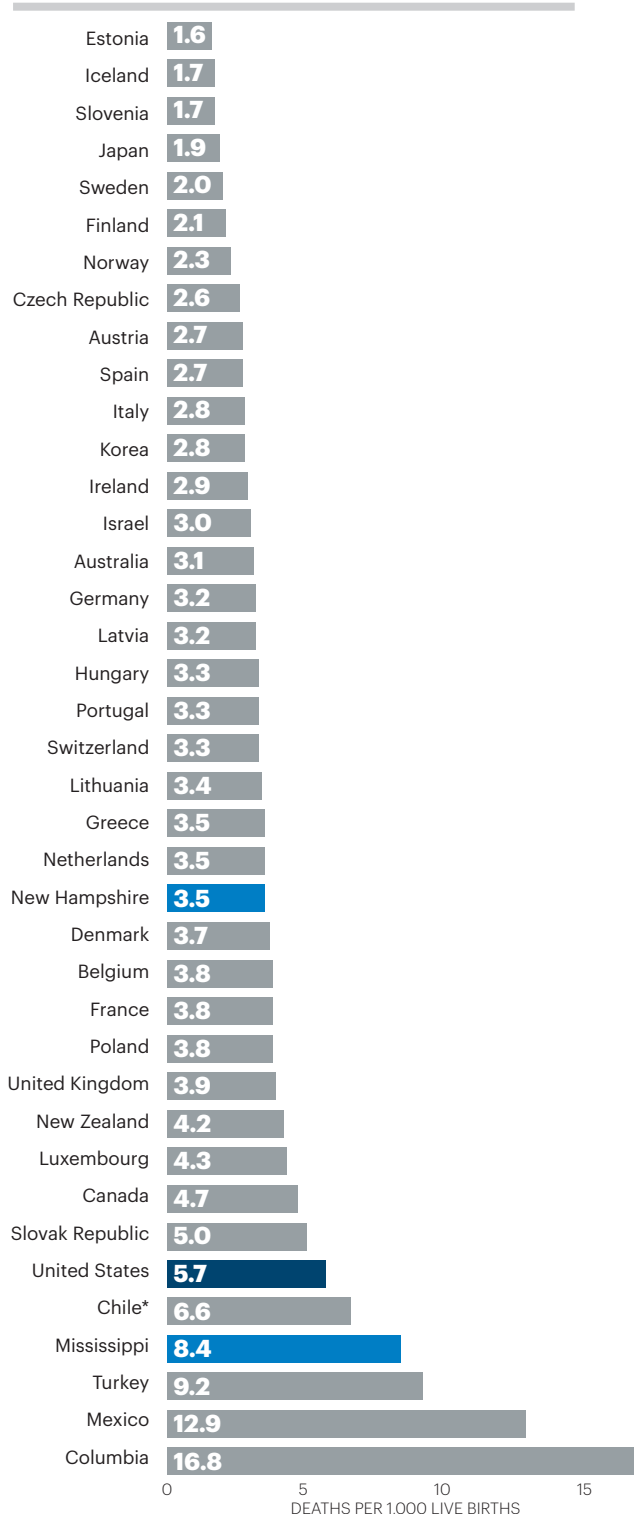
Infant mortality

Over the past 50 years, improvement in the U.S. infant mortality rate has not kept pace with other OECD countries. The average rate of infant mortality among OECD countries was 4.1 deaths per 1,000 live births. At 5.7 deaths per 1,000 live births, the United States ranked No. 33 out of the 37 OECD countries (Figure 73).⁴³ Estonia (No. 1) had the lowest rate with 1.6 deaths per 1,000 live births. Mexico (No. 36) and Columbia (No. 37) had the highest infant mortality rates of OECD countries at 12.9 and 16.8 deaths per 1,000 live births, respectively.

New Hampshire was the top U.S. state with 3.5 deaths per 1,000 live births, placing it on par with Greece and the Netherlands (tied for No. 22). The bottom U.S. state, Mississippi, had an infant mortality rate of 8.4 deaths per 1,000 live births, which was two times higher than the OECD average.

Figure 73

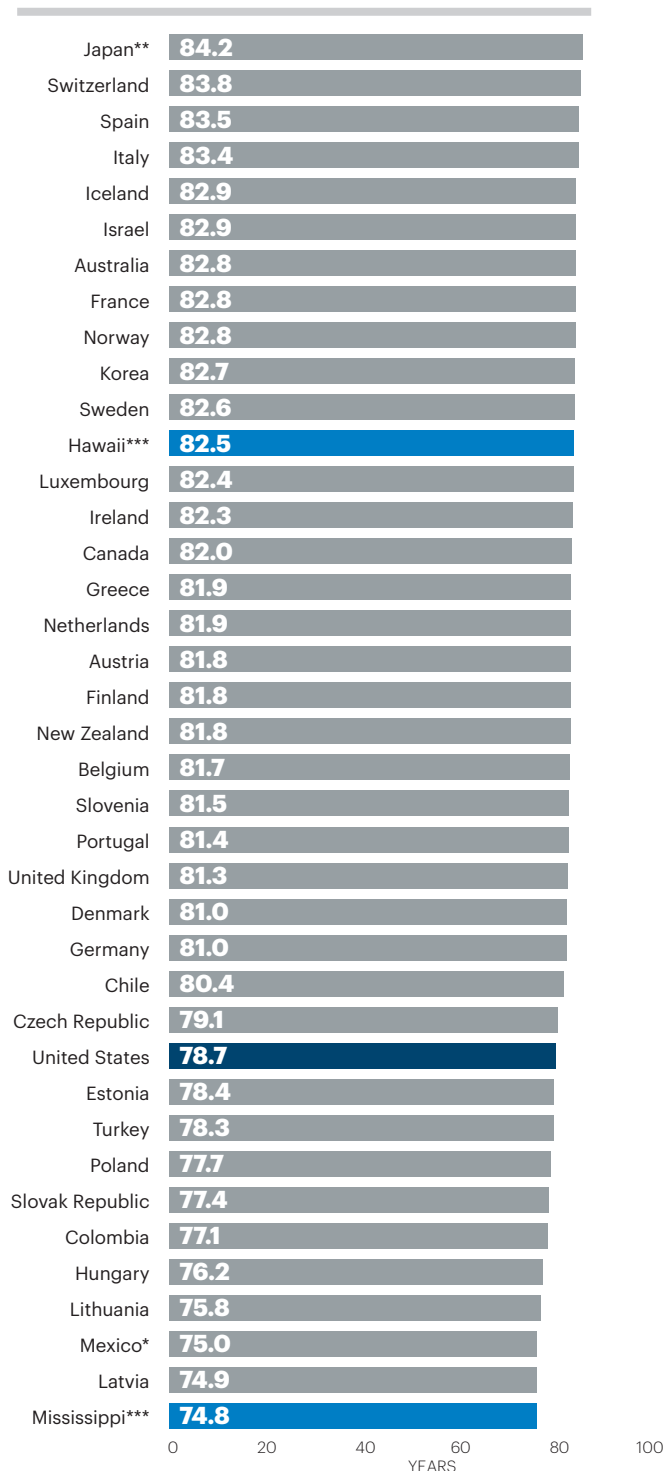
Infant mortality rates in OECD member countries and top and bottom U.S. states, 2018



* Provisional data

Sources: NCHS, National Vital Statistics System, Linked birth/infant death file; Organization for Economic Co-operation and Development

Figure 74
Life expectancy at birth in OECD member countries and top and bottom U.S. states, 2018



* Provisional data
** 2017 data
*** 2016 data

Sources: Measure of America calculations using mortality data from the Centers for Disease Control and Prevention and population estimates from CDC WONDER; Organization for Economic Co-operation and Development

Life expectancy

Life expectancy is a common and important long-term population health indicator. It describes how long a newborn can expect to live, on average, if current death rates remain the same. The average life expectancy in OECD countries was 80.7 years. The U.S. life expectancy at birth of 78.7 years ranked No. 28 out of the 37 OECD countries, falling between the Czech Republic (79.1 years, No. 27) and Estonia (78.4 years, No. 29) (Figure 74). Hawaii, the U.S. state with the highest life expectancy at 82.5 years, fell between Sweden (82.6 years, No.11) and Luxembourg (82.4 years, No.12). Mississippi, the U.S. state with the lowest life expectancy of 74.8 years, fell below Latvia (No. 37).

International Comparison

Figure 75
**Health spending in OECD member countries
in public health spending, 2018**



* Provisional
** Estimated

Source: Organization for Economic Co-operation and Development

Health spending

Health spending represents the total consumption of goods and services; this includes personal health care (such as curative, rehabilitative and long-term care) and collective services (such as prevention and public health services). The average spending on health in OECD countries was \$3,984 U.S. dollars per capita. The United States spent almost three times that amount, totaling \$10,637 U.S. dollars per capita in 2018 (No. 37 out of the 37 OECD countries) (Figure 75). Switzerland (No. 36), which spent the second most on health among OECD countries, still spent two-thirds the amount the United States spent in 2018. U.S. private sector spending on health has historically far exceeded that of other comparable nations, whereas U.S. public sector spending on health has been fairly similar to comparable countries.⁴⁴ However, as a portion of total health spending in the United States, roughly 50% comes from public funds, which was much less than the OECD average of 71%.⁴⁵ Within the United States, public expenditures on health also varied greatly. Alaska spent \$289 dollars on public health services per person, the most spent per person of all U.S. states. Nevada, at \$50 per person, was the state spending the least amount per person on public health services. The national average was \$91 per person, an increase of \$4 per person from last year's report.

State Summaries

Alabama

State Health Department Website: alabamapublichealth.gov

Alabama

Summary

Strengths:

- Low prevalence of excessive drinking
- High high school graduation rate
- Low racial gap in high school graduation

Challenges:

- High premature death rate
- High prevalence of multiple chronic conditions
- High prevalence of cigarette smoking

Highlights:

TEEN BIRTHS

▼50% between 2008 and 2018 from 50.5 to 25.2 births per 1,000 females ages 15-19

HIGH SCHOOL GRADUATION

▲25% between 2011 and 2018 from 72.0% to 90.0% of students

MENTAL HEALTH PROVIDERS

▲33% between 2016 and 2020 from 85.0 to 112.7 per 100,000 population

OCCUPATIONAL FATALITIES

▲30% between 2011-2013 and 2016-2018 from 5.3 to 6.9 deaths per 100,000 workers

FREQUENT MENTAL DISTRESS

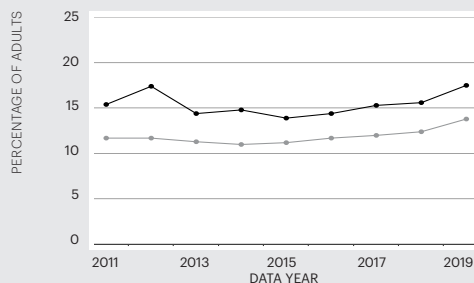
▲26% between 2015 and 2019 from 13.9% to 17.5% of adults

DIABETES

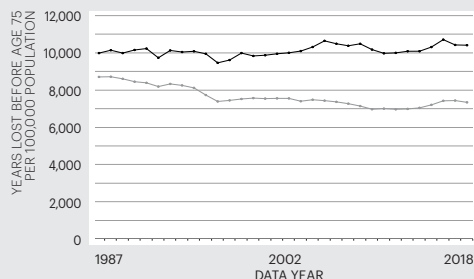
▲19% between 2011 and 2019 from 11.8% to 14.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.6%
Education (ages 25+ without a high school diploma)	12.9%
Per Capita Income	\$28,650
Poverty (households below the poverty level)	15.9%
Unemployment (ages 16-64)	5.1%

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	33.9%
Asthma	9.5%
Cancer (excluding skin)	7.5%
Cardiovascular Disease	12.3%
Chronic Kidney Disease	3.5%
Chronic Obstructive Pulmonary Disease	9.9%
Depression	24.1%
Diabetes	14.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.300	43	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	6.9	43	2.9
	Public Health Funding (dollars per person)	++++	\$116	13	\$289
	Violent Crime (offenses per 100,000 population)	+	511	44	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	70	43	1
	Food Insecurity (% of households)	+	14.7	43	7.8
	Income Inequality (80-20 ratio)	+	5.15	45	3.70
Education	High School Graduation (% of students)	+++++	90.0	5	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	3.9	1	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	15.4	22	8.9
	High-speed Internet (% of households)	+	83.5	46	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	+	27.4	41	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	50.7	37	65.6
PHYSICAL ENVIRONMENT		+++	0.342	23	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)	++	0.7	31	0.0
	Non-smoking Regulation (% of population)*	++	13.4	37	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	6,153,974	36	317
	Water Fluoridation (% of population served)	+++	78.0	23	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	10.1	36	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	85.2	50	52.8
	Housing With Lead Risk (% of housing stock)	++++	11.7	13	5.2
	Severe Housing Problems (% of occupied housing units)	++++	13.9	14	11.2
CLINICAL CARE		+	-0.612	43	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	18.1	49	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	42.4	48	90.6
	Mental Health Providers (number per 100,000 population)	+	112.7	50	666.4
	Primary Care Providers (number per 100,000 population)	+	203.5	46	362.8
Preventive Clinical Services	Uninsured (% of population)	++	9.7	33	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	70.4	20	77.1
	Dental Visit (% of adults)	+	60.8	43	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	81.0	10	86.6
Quality of Care	Flu Vaccination (% adults)	++	42.1	31	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	47.3	42	78.9
	Dedicated Health Care Provider (% of adults)	+++	77.3	26	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,451	45	1,971
BEHAVIORS		+	-1.065	46	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	38.6	43	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	17.6	45	28.5
	Fruit and Vegetable Consumption (% of adults)	+	5.9	45	14.1
	Physical Inactivity (% of adults)	+	31.5	46	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	583.4	36	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.4	28	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	25.2	41	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+	20.2	44	7.9
ALL DETERMINANTS		+	-0.481	45	0.865
HEALTH OUTCOMES		+	-0.905	48	0.846
Behavioral Health	Depression (% of adults)*	+	24.1	43	11.8
	Excessive Drinking (% of adults)	+++++	13.6	3	12.0
	Frequent Mental Distress (% of adults)	+	17.5	47	10.6
	Non-medical Drug Use (% of adults)	+++	12.0	30	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	16.1	19	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	10,421	48	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+++	16.9	28	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	16.0	47	9.3
	Low Birthweight (% of live births)	+	10.7	48	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.2	44	2.4
	Multiple Chronic Conditions (% of adults)	+	14.5	47	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	42.5	48	25.8
	High Cholesterol (% of adults)*	+	36.9	46	28.1
	Obesity (% of adults)	+	36.1	44	23.8
OVERALL			-0.590	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Alaska

State Health Department Website: dhss.alaska.gov

Summary

Strengths:

- Low prevalence of low birthweight
- Low prevalence of multiple chronic conditions
- Low preventable hospitalization rate

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High incidence of chlamydia
- High violent crime rate

Highlights:

PREVENTABLE HOSPITALIZATIONS

▼24% between 2012 and 2018 from 3,178 to 2,408 discharges per 100,000 Medicare enrollees

OCCUPATIONAL FATALITIES

▲145% between 2012-2014 and 2016-2018 from 4.7 to 11.5 deaths per 100,000 workers

ECONOMIC HARDSHIP INDEX SCORE

▼17% between 2017 and 2019 from 48 to 40

LOW BIRTHWEIGHT RACIAL GAP

▲56% between 2017 and 2018 from 3.4 to 5.3 percentage points

HIGH SCHOOL GRADUATION

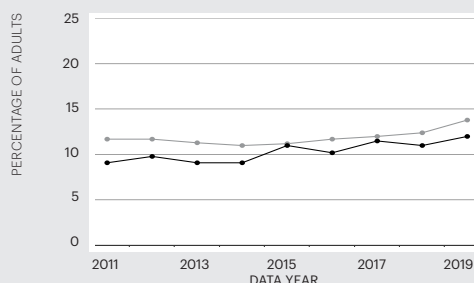
▲15% between 2011 and 2018 from 68.0% to 78.5% of students

HIGH BLOOD PRESSURE

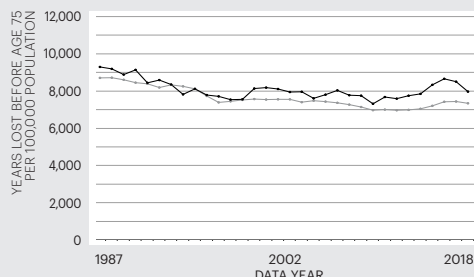
▲19% between 2015 and 2019 from 27.5% to 32.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	6.7%
Dependency (ages 0-17 or ages 65+)	37.0%
Education (ages 25+ without a high school diploma)	6.4%
Per Capita Income	\$36,978
Poverty (households below the poverty level)	9.1%
Unemployment (ages 16-64)	5.8%

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	21.6%
Asthma	9.9%
Cancer (excluding skin)	5.3%
Cardiovascular Disease	5.6%
Chronic Kidney Disease	1.8%
Chronic Obstructive Pulmonary Disease	4.6%
Depression	17.4%
Diabetes	7.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.171	36	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	11.5	50	2.9
	Public Health Funding (dollars per person)	+++++	\$289	1	\$289
	Violent Crime (offenses per 100,000 population)	+	867	50	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	40	19	1
	Food Insecurity (% of households)	++++	10.8	20	7.8
	Income Inequality (80-20 ratio)	+++++	4.29	10	3.70
Education	High School Graduation (% of students)	+	78.5	49	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	14.7	25	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	21.9	48	8.9
	High-speed Internet (% of households)	+++++	89.7	16	92.9
	Residential Segregation (index from 0-100)	++++	50	11	42
	Volunteerism (% of adults)	+++++	40.6	5	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	52.8	27	65.6
PHYSICAL ENVIRONMENT		++	0.065	40	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	6.9	15	4.1
	Drinking Water Violations (% of community water systems)	+	5.0	48	0.0
	Non-smoking Regulation (% of population)*	+++	47.1	29	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	13,132	3	317
	Water Fluoridation (% of population served)	+	49.6	43	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	22.9	50	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	70.0	4	52.8
	Housing With Lead Risk (% of housing stock)	+++++	7.7	3	5.2
	Severe Housing Problems (% of occupied housing units)	+	20.5	46	11.2
CLINICAL CARE		++	-0.339	34	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.5	31	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	90.6	1	90.6
	Mental Health Providers (number per 100,000 population)	+++++	523.8	3	666.4
	Primary Care Providers (number per 100,000 population)	+++++	321.1	4	362.8
Preventive Clinical Services	Uninsured (% of population)	+	12.2	44	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	60.0	48	77.1
	Dental Visit (% of adults)	++++	69.3	15	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	66.6	49	86.6
Quality of Care	Flu Vaccination (% adults)	+	37.4	46	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	52.6	32	78.9
	Dedicated Health Care Provider (% of adults)	+	68.1	47	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,408	4	1,971
BEHAVIORS		++	-0.110	32	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	33.5	20	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	25.6	9	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.1	24	14.1
	Physical Inactivity (% of adults)	+++++	21.7	7	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	832.5	50	198.2
	High-risk HIV Behaviors (% of adults)	++	6.5	31	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	19.3	31	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.0%		4.3
	Smoking (% of adults)	++	17.4	33	7.9
ALL DETERMINANTS		++	-0.157	34	0.865
HEALTH OUTCOMES		++++	0.510	11	0.846
Behavioral Health	Depression (% of adults)*	++++	17.4	16	11.8
	Excessive Drinking (% of adults)	+++	18.2	22	12.0
	Frequent Mental Distress (% of adults)	++++	12.0	11	10.6
	Non-medical Drug Use (% of adults)	++++	9.0	12	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	14.7	14	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	7,978	33	5,648
	Premature Death Racial Inequality (ratio)	+	2.4	43	1.0
	Suicide (deaths per 100,000 population)*	+	25.2	48	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	9.8	2	9.3
	Low Birthweight (% of live births)	+++++	5.9	1	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	5.3	17	2.4
	Multiple Chronic Conditions (% of adults)	+++++	6.4	1	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	32.8	26	25.8
	High Cholesterol (% of adults)*	+++++	28.6	3	28.1
	Obesity (% of adults)	++++	30.5	18	23.8
OVERALL			0.007	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Arizona

State Health Department Website: azdhs.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- Low preventable hospitalization rate
- Low residential segregation

Challenges:

- High economic hardship index score
- Low high school graduation rate
- High prevalence of high-risk HIV behaviors

Highlights:

HOUSEHOLDS BELOW THE POVERTY LEVEL

▼ **9%** between 2017 and 2019 from 13.6% to 12.4%

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **30%** between 2012 and 2019 from 19.8% to 13.9%

HIGH CHOLESTEROL

▼ **17%** between 2011 and 2019 from 40.2% to 33.4% of adults

FREQUENT MENTAL DISTRESS

▲ **29%** between 2015 and 2019 from 11.2% to 14.4% of adults

PREMATURE DEATH RACIAL INEQUALITY (RATIO)

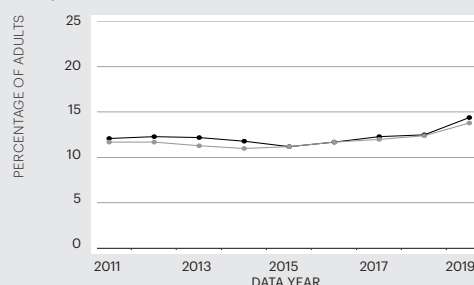
▲ **24%** between 2006-2008 and 2016-2018 from 1.7 to 2.1

CHLAMYDIA

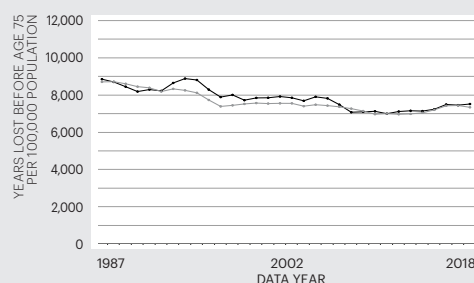
▲ **113%** between 2008 and 2018 from 273.5 to 581.6 cases per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	4.3%
Dependency (ages 0-17 or ages 65+)	40.5%
Education (ages 25+ without a high school diploma)	12.4%
Per Capita Income	\$32,173
Poverty (households below the poverty level)	12.4%
Unemployment (ages 16-64)	5.1%

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	23.6%
Asthma	9.7%
Cancer (excluding skin)	7.5%
Cardiovascular Disease	8.5%
Chronic Kidney Disease	4.2%
Chronic Obstructive Pulmonary Disease	6.7%
Depression	16.8%
Diabetes	10.9%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.163	35	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.3	19	2.9
	Public Health Funding (dollars per person)	+	\$57	46	\$289
	Violent Crime (offenses per 100,000 population)	+	455	41	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	71	45	1
	Food Insecurity (% of households)	++	12.4	31	7.8
	Income Inequality (80-20 ratio)	++++	4.41	19	3.70
Education	High School Graduation (% of students)	+	78.7	47	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	15.6	28	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.0	33	8.9
	High-speed Internet (% of households)	+++	88.3	24	92.9
	Residential Segregation (index from 0-100)	+++++	43	2	42
	Volunteerism (% of adults)	++	30.0	33	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	58.9	10	65.6
PHYSICAL ENVIRONMENT		+++	0.321	26	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.6	45	4.1
	Drinking Water Violations (% of community water systems)	++	0.9	32	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	3,091,041	24	317
	Water Fluoridation (% of population served)	++	58.0	37	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.0	5	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	75.6	13	52.8
	Housing With Lead Risk (% of housing stock)	+++++	6.8	2	5.2
	Severe Housing Problems (% of occupied housing units)	+	18.0	41	11.2
CLINICAL CARE		++	-0.531	39	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.9	34	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	55.1	33	90.6
	Mental Health Providers (number per 100,000 population)	+	146.8	47	666.4
	Primary Care Providers (number per 100,000 population)	+	214.9	41	362.8
Preventive Clinical Services	Uninsured (% of population)	+	11.3	41	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.4	36	77.1
	Dental Visit (% of adults)	++	62.3	40	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	70.3	46	86.6
Quality of Care	Flu Vaccination (% adults)	++	39.6	40	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	56.9	20	78.9
	Dedicated Health Care Provider (% of adults)	+	71.1	44	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,755	7	1,971
BEHAVIORS		+++	0.086	24	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	34.0	22	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	25.5	10	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	10.2	5	14.1
	Physical Inactivity (% of adults)	++++	24.1	15	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	581.6	35	198.2
	High-risk HIV Behaviors (% of adults)	+	7.6	47	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.1	33	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++++	14.9	19	7.9
ALL DETERMINANTS		+++	-0.106	30	0.865
HEALTH OUTCOMES		+++	-0.057	29	0.846
Behavioral Health	Depression (% of adults)*	+++++	16.8	9	11.8
	Excessive Drinking (% of adults)	++++	16.5	13	12.0
	Frequent Mental Distress (% of adults)	++	14.4	36	10.6
	Non-medical Drug Use (% of adults)	+	13.7	44	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	23.9	31	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,527	26	5,648
	Premature Death Racial Inequality (ratio)	++	2.1	40	1.0
	Suicide (deaths per 100,000 population)*	++	20.1	39	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.2	31	9.3
	Low Birthweight (% of live births)	++++	7.6	16	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	5.3	17	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.8	28	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	32.5	25	25.8
	High Cholesterol (% of adults)*	+++	33.4	26	28.1
	Obesity (% of adults)	++++	31.4	20	23.8
OVERALL			-0.098	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Arkansas

State Health Department Website: healthy.arkansas.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- Low prevalence of excessive drinking
- Low racial gap in high school graduation

Highlights:

PREVENTABLE HOSPITALIZATIONS

▼16% between 2012 and 2018 from 5,666 to 4,747 discharges per 100,000 Medicare enrollees

SMOKING

▼25% between 2011 and 2019 from 27.0% to 20.2% of adults

HIGH-SPEED INTERNET

▲18% between 2015 and 2018 from 68.2% to 80.8% of households

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of multiple chronic conditions
- High economic hardship index score

VIOLENT CRIME

▲27% between 2013 and 2019 from 460 to 585 offenses per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

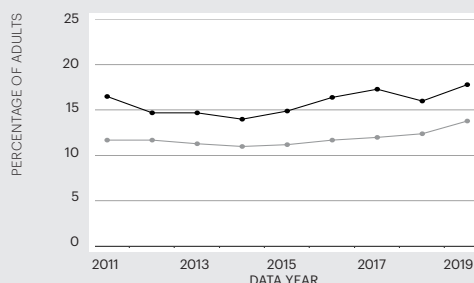
▲9% between 2017 and 2018 from 6.6 to 7.2 percentage points

FREQUENT MENTAL DISTRESS

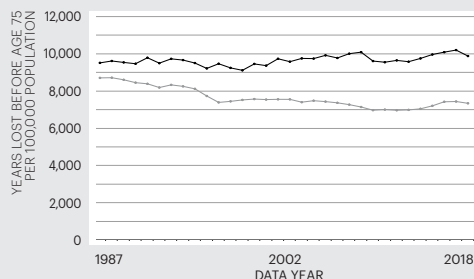
▲27% between 2014 and 2019 from 14.0% to 17.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.8%
Dependency (ages 0-17 or ages 65+)	40.5%
Education (ages 25+ without a high school diploma)	12.5%
Per Capita Income	\$27,274
Poverty (households below the poverty level)	16.3%
Unemployment (ages 16-64)	5.0%

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	31.3%
Asthma	9.3%
Cancer (excluding skin)	7.4%
Cardiovascular Disease	12.0%
Chronic Kidney Disease	4.0%
Chronic Obstructive Pulmonary Disease	10.5%
Depression	25.0%
Diabetes	13.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.792	48	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	8.0	46	2.9
	Public Health Funding (dollars per person)	++++	\$109	18	\$289
	Violent Crime (offenses per 100,000 population)	+	585	47	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	80	46	1
	Food Insecurity (% of households)	+	15.1	45	7.8
	Income Inequality (80-20 ratio)	++	4.73	32	3.70
Education	High School Graduation (% of students)	+++++	89.2	9	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	7.2	5	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	24.1	50	8.9
	High-speed Internet (% of households)	+	80.8	48	92.9
	Residential Segregation (index from 0-100)	+	63	41	42
	Volunteerism (% of adults)	++	30.0	33	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	42.6	50	65.6
PHYSICAL ENVIRONMENT		++++	0.572	11	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	++	0.5	40	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	4,791,472	31	317
	Water Fluoridation (% of population served)	++++	85.4	20	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.6	33	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.4	44	52.8
	Housing With Lead Risk (% of housing stock)	+++++	10.9	9	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.1	17	11.2
CLINICAL CARE		+	-0.583	42	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	15.7	43	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	42.4	48	90.6
	Mental Health Providers (number per 100,000 population)	+++	244.9	30	666.4
	Primary Care Providers (number per 100,000 population)	+	206.0	45	362.8
Preventive Clinical Services	Uninsured (% of population)	++	9.1	31	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	66.6	42	77.1
	Dental Visit (% of adults)	+	56.1	48	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	75.7	30	86.6
	Flu Vaccination (% adults)	++	42.1	31	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	++	50.5	35	78.9
	Dedicated Health Care Provider (% of adults)	+++	78.9	21	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,747	37	1,971
BEHAVIORS		+	-0.921	45	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	36.1	29	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	19.3	44	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.0	25	14.1
	Physical Inactivity (% of adults)	+	31.2	44	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	587.9	40	198.2
	High-risk HIV Behaviors (% of adults)	++	6.9	37	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	30.4	50	7.2
Tobacco Use	E-cigarette Use (% of adults)*		7.0%		4.3
	Smoking (% of adults)	+	20.2	44	7.9
ALL DETERMINANTS		+	-0.603	47	0.865
HEALTH OUTCOMES		+	-0.896	47	0.846
Behavioral Health	Depression (% of adults)*	+	25.0	47	11.8
	Excessive Drinking (% of adults)	+++++	14.9	6	12.0
	Frequent Mental Distress (% of adults)	+	17.8	48	10.6
	Non-medical Drug Use (% of adults)	++	12.7	34	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	15.2	17	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,890	44	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	++	18.7	31	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	17.4	49	9.3
	Low Birthweight (% of live births)	+	9.4	42	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.2	44	2.4
	Multiple Chronic Conditions (% of adults)	+	14.2	46	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	41.0	47	25.8
	High Cholesterol (% of adults)*	+	37.4	47	28.1
OVERALL			-0.678	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

California

State Health Department Website: cdph.ca.gov

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- Low prevalence of obesity
- Low premature death rate

Challenges:

- High levels of air pollution
- High economic hardship index score
- High prevalence of high-risk HIV behaviors

Highlights:

VIOLENT CRIME

▼ **61%** between 1992 and 2019 from 1,120 to 441 offenses per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▼ **14%** between 2017 and 2018 from 19.1 to 16.5 percentage points

TEEN BIRTHS

▼ **64%** between 2008 and 2018 from 37.9 to 13.6 births per 1,000 females ages 15-19

AIR POLLUTION

▲ **11%** between 2013-2015 and 2017-2019 from 11.4 to 12.6 micrograms of fine particulate per cubic meter

SUICIDE

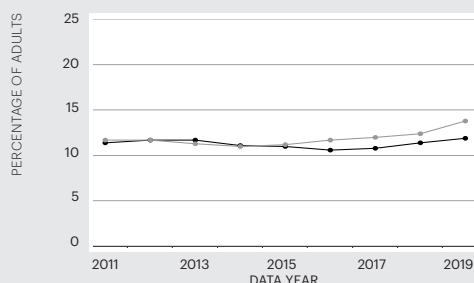
▲ **7%** between 2009 and 2018 from 10.7 to 11.5 deaths per 100,000 population

HIGH HEALTH STATUS

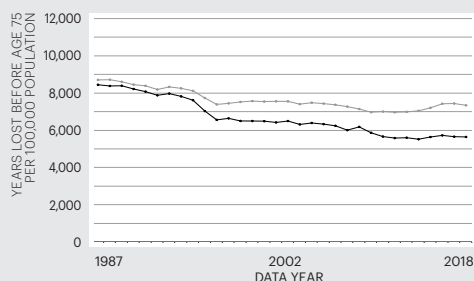
▼ **8%** between 2012 and 2019 from 52.7% to 48.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	8.2%
Dependency (ages 0-17 or ages 65+)	37.3%
Education (ages 25+ without a high school diploma)	16.0%
Per Capita Income	\$39,393
Poverty (households below the poverty level)	11.4%
Unemployment (ages 16-64)	5.2%

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	19.8%
Asthma	7.8%
Cancer (excluding skin)	5.8%
Cardiovascular Disease	6.5%
Chronic Kidney Disease	3.0%
Chronic Obstructive Pulmonary Disease	4.4%
Depression	14.6%
Diabetes	10.1%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.003	27	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	2.9	1	2.9
	Public Health Funding (dollars per person)	++++	\$118	12	\$289
	Violent Crime (offenses per 100,000 population)	++	441	39	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	67	41	1
	Food Insecurity (% of households)	++++	10.6	18	7.8
	Income Inequality (80-20 ratio)	+	5.07	43	3.70
Education	High School Graduation (% of students)	++	83.0	36	91.4
	High School Graduation Racial Gap (percentage point difference)	++	16.5	31	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	11.9	4	8.9
	High-speed Internet (% of households)	+++++	91.1	6	92.9
	Residential Segregation (index from 0-100)	++++	53	16	42
	Volunteerism (% of adults)	+	25.4	46	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	51.9	32	65.6
PHYSICAL ENVIRONMENT		+	-0.342	49	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	12.6	50	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	14,891,163	43	317
	Water Fluoridation (% of population served)	++	59.3	36	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	8.0	20	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	73.5	9	52.8
	Housing With Lead Risk (% of housing stock)	+++	17.6	28	5.2
	Severe Housing Problems (% of occupied housing units)	+	26.4	49	11.2
CLINICAL CARE		+++	0.103	23	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	11.9	19	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	75.7	4	90.6
	Mental Health Providers (number per 100,000 population)	++++	386.6	11	666.4
	Primary Care Providers (number per 100,000 population)	+	189.7	48	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	7.7	22	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.6	17	77.1
	Dental Visit (% of adults)	+++	67.4	26	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	72.4	41	86.6
Quality of Care	Flu Vaccination (% adults)	++	41.4	36	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	56.4	22	78.9
	Dedicated Health Care Provider (% of adults)	++	74.8	34	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,330	13	1,971
BEHAVIORS		++++	0.289	14	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	34.4	25	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	22.6	27	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.7	16	14.1
	Physical Inactivity (% of adults)	+++++	22.4	9	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	585.3	38	198.2
	High-risk HIV Behaviors (% of adults)	+	7.6	47	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	13.6	14	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+++++	10.0	2	7.9
ALL DETERMINANTS		+++	0.053	27	0.865
HEALTH OUTCOMES		+++++	0.627	5	0.846
Behavioral Health	Depression (% of adults)*	+++++	14.6	4	11.8
	Excessive Drinking (% of adults)	+++	18.3	24	12.0
	Frequent Mental Distress (% of adults)	+++++	11.9	10	10.6
	Non-medical Drug Use (% of adults)	++	13.3	38	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	13.5	13	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	5,650	2	5,648
	Premature Death Racial Inequality (ratio)	+++	1.5	27	1.0
	Suicide (deaths per 100,000 population)*	+++++	11.5	7	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.6	16	9.3
	Low Birthweight (% of live births)	+++++	7.0	9	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	5.9	21	2.4
	Multiple Chronic Conditions (% of adults)	+++++	6.9	4	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	27.8	3	25.8
	High Cholesterol (% of adults)*	+++++	29.9	7	28.1
OVERALL			0.196	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Colorado

State Health Department Website: colorado.gov/cdphe

Colorado

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of multiple chronic conditions
- Low prevalence of physical inactivity

Challenges:

- Low high school graduation rate
- High prevalence of low birthweight
- High prevalence of non-medical drug use

Highlights:

FOOD INSECURITY

▼ **25%** between 2013-2015 and 2016-2018 from 12.1% to 9.1% of households

PER CAPITA INCOME

▲ **13%** between 2017 and 2019 from \$36,345 to \$41,053

FLU VACCINATION COVERAGE

▲ **27%** between 2018 and 2019 from 36.6% to 46.4% of adults

CHLAMYDIA

▲ **34%** between 2008 and 2018 from 388.3 to 519.4 cases per 100,000 population

FREQUENT MENTAL DISTRESS

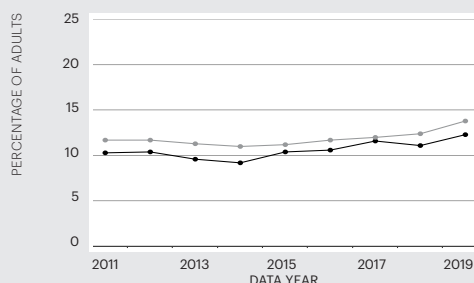
▲ **34%** between 2014 and 2019 from 9.2% to 12.3% of adults

LOW BIRTHWEIGHT

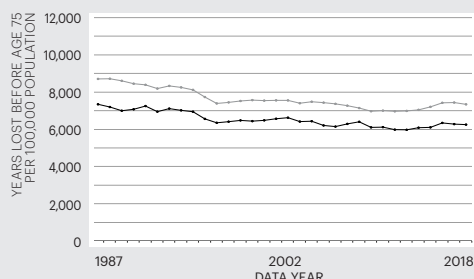
▲ **8%** between 2011 and 2018 from 8.7% to 9.4% of live births

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.7%
Dependency (ages 0-17 or ages 65+)	36.5%
Education (ages 25+ without a high school diploma)	7.6%
Per Capita Income	\$41,053
Poverty (households below the poverty level)	9.5%
Unemployment (ages 16-64)	3.7%

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	22.3%
Asthma	9.7%
Cancer (excluding skin)	6.6%
Cardiovascular Disease	5.7%
Chronic Kidney Disease	1.8%
Chronic Obstructive Pulmonary Disease	4.5%
Depression	17.2%
Diabetes	7.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.397	13	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.5	6	2.9
	Public Health Funding (dollars per person)	+++	\$104	21	\$289
	Violent Crime (offenses per 100,000 population)	+++	381	30	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	10	3	1
	Food Insecurity (% of households)	+++++	9.1	7	7.8
	Income Inequality (80-20 ratio)	++++	4.30	11	3.70
Education	High School Graduation (% of students)	+	80.8	44	91.4
	High School Graduation Racial Gap (percentage point difference)	++	17.3	35	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	15.9	24	8.9
	High-speed Internet (% of households)	+++++	91.8	4	92.9
	Residential Segregation (index from 0-100)	++	58	32	42
	Volunteerism (% of adults)	+++	32.4	25	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	58.1	11	65.6
PHYSICAL ENVIRONMENT		+++++	0.655	5	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	6.7	13	4.1
	Drinking Water Violations (% of community water systems)	++++	0.3	17	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	4,216,361	27	317
	Water Fluoridation (% of population served)	+++	74.9	28	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.6	12	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	74.2	11	52.8
	Housing With Lead Risk (% of housing stock)	++++	12.2	14	5.2
	Severe Housing Problems (% of occupied housing units)	++	16.4	33	11.2
CLINICAL CARE		++++	0.388	17	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.1	21	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	70.8	10	90.6
	Mental Health Providers (number per 100,000 population)	++++	385.0	12	666.4
	Primary Care Providers (number per 100,000 population)	+++	256.0	24	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.0	25	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	68.9	30	77.1
	Dental Visit (% of adults)	+++	67.6	24	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	75.7	30	86.6
Quality of Care	Flu Vaccination (% adults)	++++	46.4	15	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	63.5	7	78.9
	Dedicated Health Care Provider (% of adults)	++	73.4	39	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,434	5	1,971
BEHAVIORS		+++++	0.805	7	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	29.8	3	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	27.4	3	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	9.0	11	14.1
	Physical Inactivity (% of adults)	+++++	18.7	2	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	519.4	28	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.4	28	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	14.3	17	7.2
Tobacco Use	E-cigarette Use (% of adults)*		7.5%		4.3
	Smoking (% of adults)	++++	13.5	11	7.9
ALL DETERMINANTS		+++++	0.538	9	0.865
HEALTH OUTCOMES		+++++	0.537	9	0.846
Behavioral Health	Depression (% of adults)*	++++	17.2	12	11.8
	Excessive Drinking (% of adults)	++	19.6	35	12.0
	Frequent Mental Distress (% of adults)	++++	12.3	13	10.6
	Non-medical Drug Use (% of adults)	++	13.4	39	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	17.1	21	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,261	10	5,648
	Premature Death Racial Inequality (ratio)	+++	1.5	27	1.0
	Suicide (deaths per 100,000 population)*	+	22.4	45	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.0	5	9.3
	Low Birthweight (% of live births)	+	9.4	42	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	4.8	14	2.4
	Multiple Chronic Conditions (% of adults)	+++++	6.4	1	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	25.8	1	25.8
	High Cholesterol (% of adults)*	+++++	29.9	7	28.1
OVERALL			0.538	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Connecticut

State Health Department Website: portal.ct.gov/dph

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of cigarette smoking
- Low teen birth rate

Challenges:

- High percentage of housing with lead risk
- High income inequality
- High residential segregation

Highlights:

EXERCISE

▲14% between 2017 and 2019 from 22.8% to 26.1% of adults

INCOME INEQUALITY

▲18% between 2007 and 2019 from 4.44 to 5.26

SEVERE HOUSING PROBLEMS

▼8% between 2008-2012 and 2013-2017 from 19.3% to 17.8% of occupied housing units

PREMATURE DEATH

▲11% between 2014 and 2018 from 5,451 to 6,035 years lost before age 75 per 100,000 population

ADULTS WHO AVOIDED CARE DUE TO COST

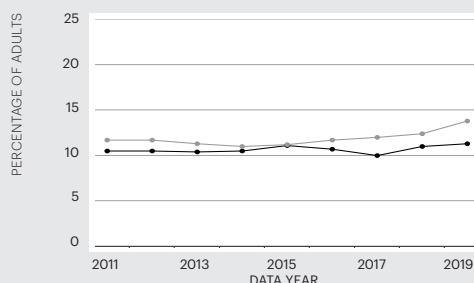
▼22% between 2011 and 2019 from 12.7% to 9.9%

LOW BIRTHWEIGHT RACIAL GAP

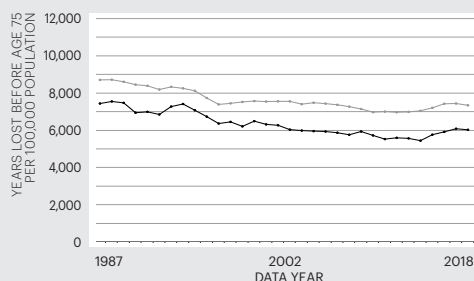
▲19% between 2017 and 2018 from 5.4 to 6.4 percentage points

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.6%
Dependency (ages 0-17 or ages 65+)	38.0%
Education (ages 25+ without a high school diploma)	9.3%
Per Capita Income	\$45,359
Poverty (households below the poverty level)	10.4%
Unemployment (ages 16-64)	5.4%

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	23.6%
Asthma	10.5%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	6.6%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	5.2%
Depression	14.4%
Diabetes	9.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.361	15	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.5	6	2.9
	Public Health Funding (dollars per person)	+++	\$90	28	\$289
	Violent Crime (offenses per 100,000 population)	+++++	184	3	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	25	9	1
	Food Insecurity (% of households)	++	12.4	31	7.8
	Income Inequality (80-20 ratio)	+	5.26	46	3.70
Education	High School Graduation (% of students)	++++	88.4	13	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	14.8	26	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	12.2	6	8.9
	High-speed Internet (% of households)	+++++	91.1	6	92.9
	Residential Segregation (index from 0-100)	++	59	36	42
	Volunteerism (% of adults)	+++	31.8	28	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	54.0	23	65.6
PHYSICAL ENVIRONMENT		++	0.237	33	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
	Drinking Water Violations (% of community water systems)	+++	0.6	29	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	2,130,643	19	317
	Water Fluoridation (% of population served)	++++	89.5	14	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	6.5	3	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	78.3	22	52.8
	Housing With Lead Risk (% of housing stock)	+	26.6	46	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.8	40	11.2
CLINICAL CARE		+++++	1.025	5	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	9.9	8	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	71.9	7	90.6
	Mental Health Providers (number per 100,000 population)	+++++	427.5	7	666.4
	Primary Care Providers (number per 100,000 population)	++++	277.9	15	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	5.9	11	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.4	4	77.1
	Dental Visit (% of adults)	+++++	76.5	1	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	83.2	5	86.6
	Flu Vaccination (% adults)	+++++	49.7	3	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	+++	53.8	28	78.9
	Dedicated Health Care Provider (% of adults)	+++++	83.4	10	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,365	28	1,971
BEHAVIORS		+++++	1.036	3	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	33.2	17	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	26.1	6	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	11.3	2	14.1
	Physical Inactivity (% of adults)	++++	23.5	12	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	466.3	16	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.5	8	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	8.3	3	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	+++++	12.1	4	7.9
ALL DETERMINANTS		+++++	0.657	5	0.865
HEALTH OUTCOMES		+++++	0.709	3	0.846
Behavioral Health	Depression (% of adults)*	+++++	14.4	3	11.8
	Excessive Drinking (% of adults)	++++	17.7	18	12.0
	Frequent Mental Distress (% of adults)	+++++	11.3	3	10.6
	Non-medical Drug Use (% of adults)	++++	8.9	11	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	29.9	42	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,035	5	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	+++++	11.3	6	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.6	9	9.3
	Low Birthweight (% of live births)	++++	7.6	16	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.4	25	2.4
	Multiple Chronic Conditions (% of adults)	+++++	7.7	7	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.9	15	25.8
	High Cholesterol (% of adults)*	++	34.5	33	28.1
OVERALL	Obesity (% of adults)	++++	29.1	12	23.8
			0.675	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Delaware

State Health Department Website: dhss.delaware.gov

Summary

Strengths:

- High immunization coverage among children
- Low premature death racial inequality
- Low residential segregation

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of multiple chronic conditions
- High incidence of chlamydia

Highlights:

HIGH SCHOOL GRADUATION

▲11% between 2011 and 2018 from 78.0% to 86.9% of students

ADULTS WITH A DEDICATED HEALTH CARE PROVIDER

▼7% between 2011 and 2019 from 88.2% to 82.3%

HIGH-SPEED INTERNET

▲12% between 2015 and 2018 from 80.9% to 90.8% of households

DEPRESSION

▲32% between 2011 and 2019 from 14.2% to 18.8% of adults

SEVERE HOUSING PROBLEMS

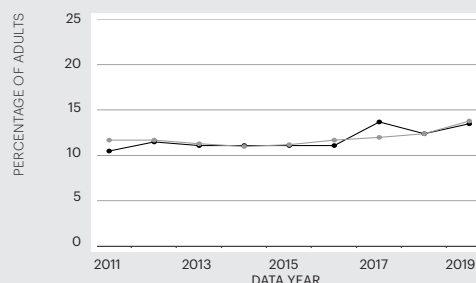
▼11% between 2007-2011 and 2013-2017 from 16.1% to 14.3% of occupied housing units

DIABETES

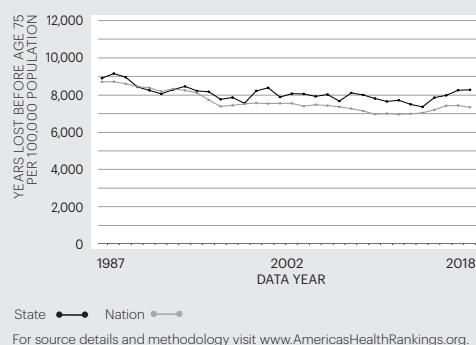
▲32% between 2011 and 2019 from 9.7% to 12.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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)	1.8%
Dependency (ages 0-17 or ages 65+)	40.4%
Education (ages 25+ without a high school diploma)	9.7%
Per Capita Income	\$36,858
Poverty (households below the poverty level)	11.1%
Unemployment (ages 16-64)	4.7%

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	27.4%
Asthma	9.8%
Cancer (excluding skin)	8.2%
Cardiovascular Disease	9.4%
Chronic Kidney Disease	4.4%
Chronic Obstructive Pulmonary Disease	8.5%
Depression	18.8%
Diabetes	12.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.322	16	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.1	17	2.9
	Public Health Funding (dollars per person)	++++	\$111	17	\$289
	Violent Crime (offenses per 100,000 population)	++	423	36	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	45	25	1
	Food Insecurity (% of households)	++++	10.5	16	7.8
	Income Inequality (80-20 ratio)	++++	4.41	19	3.70
Education	High School Graduation (% of students)	+++	86.9	21	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	13.9	22	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.2	36	8.9
	High-speed Internet (% of households)	++++	90.8	11	92.9
	Residential Segregation (index from 0-100)	+++++	42	1	42
	Volunteerism (% of adults)	+++	31.8	28	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	51.8	34	65.6
PHYSICAL ENVIRONMENT		++++	0.423	18	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.3	39	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	5,382,994	33	317
	Water Fluoridation (% of population served)	++++	85.9	19	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.6	12	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	80.7	32	52.8
	Housing With Lead Risk (% of housing stock)	+++	15.1	22	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.3	19	11.2
CLINICAL CARE		++++	0.427	16	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	10.6	12	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	39.0	50	90.6
	Mental Health Providers (number per 100,000 population)	++++	288.8	18	666.4
	Primary Care Providers (number per 100,000 population)	+++++	287.5	10	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.6	15	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	73.0	10	77.1
	Dental Visit (% of adults)	+++	66.5	29	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	82.0	8	86.6
Quality of Care	Flu Vaccination (% adults)	+++	43.8	24	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	59.2	18	78.9
	Dedicated Health Care Provider (% of adults)	++++	82.3	12	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,745	36	1,971
BEHAVIORS		+++	-0.055	30	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	35.5	28	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	23.8	22	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.4	21	14.1
	Physical Inactivity (% of adults)	+++	26.6	29	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	627.7	43	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.3	23	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	16.7	24	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.7%		4.3
	Smoking (% of adults)	+++	15.9	24	7.9
ALL DETERMINANTS		++++	0.256	19	0.865
HEALTH OUTCOMES		++	-0.196	35	0.846
Behavioral Health	Depression (% of adults)*	+++	18.8	22	11.8
	Excessive Drinking (% of adults)	+++	18.9	30	12.0
	Frequent Mental Distress (% of adults)	+++	13.5	21	10.6
	Non-medical Drug Use (% of adults)	+++	11.9	27	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	42.4	49	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,289	37	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+++++	11.7	9	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.5	25	9.3
	Low Birthweight (% of live births)	++	8.9	37	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.3	24	2.4
	Multiple Chronic Conditions (% of adults)	++	12.0	39	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	36.4	41	25.8
	High Cholesterol (% of adults)*	+	35.4	41	28.1
OVERALL			0.142	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Florida

State Health Department Website: floridahealth.gov

Summary

Strengths:

- High prevalence of exercise
- Low racial gap in high school graduation
- Low percentage of housing with lead risk

Highlights:

HIGH SCHOOL GRADUATION RACIAL GAP

▼18% between 2017 and 2018 from 11.4 to 9.3 percentage points

MENTAL HEALTH PROVIDERS

▲21% between 2016 and 2020 from 144.8 to 174.7 per 100,000 population

SMOKING

▼23% between 2011 and 2019 from 19.3% to 14.8% of adults

Challenges:

- High prevalence of high-risk HIV behaviors
- High prevalence of non-medical drug use
- High uninsured rate

CHLAMYDIA

▲58% between 2007 and 2018 from 315.5 to 499.2 cases per 100,000 population

FREQUENT MENTAL DISTRESS

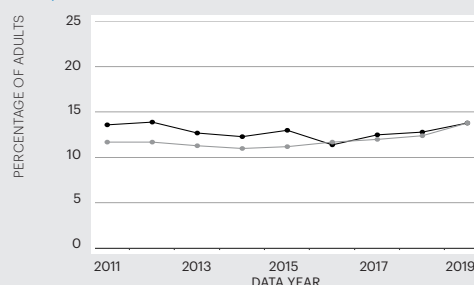
▲21% between 2016 and 2019 from 11.4% to 13.8% of adults

SUICIDE

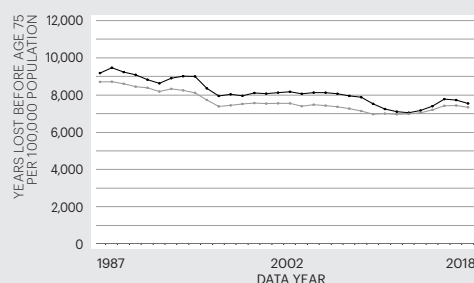
▲10% between 2016 and 2018 from 14.6 to 16.0 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.9%
Dependency (ages 0-17 or ages 65+)	40.6%
Education (ages 25+ without a high school diploma)	11.6%
Per Capita Income	\$32,887
Poverty (households below the poverty level)	12.3%
Unemployment (ages 16-64)	4.6%

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	25.1%
Asthma	7.4%
Cancer (excluding skin)	8.0%
Cardiovascular Disease	9.5%
Chronic Kidney Disease	4.0%
Chronic Obstructive Pulmonary Disease	7.7%
Depression	17.7%
Diabetes	11.7%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	-0.030	29	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.1	28	2.9
	Public Health Funding (dollars per person)	++	\$65	39	\$289
	Violent Crime (offenses per 100,000 population)	+++	378	29	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	61	37	1
	Food Insecurity (% of households)	+++	11.7	29	7.8
	Income Inequality (80-20 ratio)	+++	4.52	25	3.70
Education	High School Graduation (% of students)	+++	86.3	26	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	9.3	8	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	15.6	23	8.9
	High-speed Internet (% of households)	++	87.5	32	92.9
	Residential Segregation (index from 0-100)	++++	53	16	42
	Volunteerism (% of adults)	+	22.8	50	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	52.6	28	65.6
PHYSICAL ENVIRONMENT		++	0.170	36	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
	Drinking Water Violations (% of community water systems)	++	1.6	37	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	65,987,699	49	317
	Water Fluoridation (% of population served)	+++	77.8	24	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.6	12	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	78.1	21	52.8
	Housing With Lead Risk (% of housing stock)	+++++	8.3	4	5.2
	Severe Housing Problems (% of occupied housing units)	+	19.5	45	11.2
CLINICAL CARE		+	-0.555	41	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	16.0	45	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	52.0	38	90.6
	Mental Health Providers (number per 100,000 population)	+	174.7	41	666.4
	Primary Care Providers (number per 100,000 population)	+++	252.0	27	362.8
Preventive Clinical Services	Uninsured (% of population)	+	13.2	47	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	70.4	20	77.1
	Dental Visit (% of adults)	++	65.7	31	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	78.6	18	86.6
Quality of Care	Flu Vaccination (% adults)	+	36.9	47	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	56.0	23	78.9
	Dedicated Health Care Provider (% of adults)	+	72.0	43	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,779	38	1,971
BEHAVIORS		++	-0.059	31	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	36.5	30	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	27.0	4	28.5
	Fruit and Vegetable Consumption (% of adults)	++	7.1	33	14.1
	Physical Inactivity (% of adults)	+++	26.5	26	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	499.2	22	198.2
	High-risk HIV Behaviors (% of adults)	+	7.5	46	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	16.7	24	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.9%		4.3
	Smoking (% of adults)	++++	14.8	18	7.9
ALL DETERMINANTS		++	-0.116	33	0.865
HEALTH OUTCOMES		+++	-0.037	27	0.846
Behavioral Health	Depression (% of adults)*	++++	17.7	17	11.8
	Excessive Drinking (% of adults)	++++	18.0	19	12.0
	Frequent Mental Distress (% of adults)	+++	13.8	25	10.6
	Non-medical Drug Use (% of adults)	+	15.5	48	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	22.4	28	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,557	28	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.1	4	1.0
	Suicide (deaths per 100,000 population)*	+++	16.0	25	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.8	36	9.3
	Low Birthweight (% of live births)	++	8.7	33	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	6.7	34	2.4
	Multiple Chronic Conditions (% of adults)	++	10.2	32	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	33.5	31	25.8
	High Cholesterol (% of adults)*	+++	33.4	26	28.1
	Obesity (% of adults)	+++++	27.0	7	23.8
OVERALL			-0.101	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Georgia

State Health Department Website: dph.georgia.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- High percentage of fluoridated water
- Low premature death racial inequality

Challenges:

- High prevalence of avoided care due to cost
- High prevalence of high-risk HIV behaviors
- High prevalence of low birthweight

Highlights:

FOOD INSECURITY

▼ **24%** between 2013-2015 and 2016-2018 from 14.9% to 11.3% of households

MENTAL HEALTH PROVIDERS

▲ **22%** between 2016 and 2020 from 122.5 to 149.9 per 100,000 population

TEEN BIRTHS

▼ **59%** between 2008 and 2018 from 50.0 to 20.6 births per 1,000 females ages 15-19

FREQUENT MENTAL DISTRESS

▲ **26%** between 2011 and 2019 from 12.2% to 15.4% of adults

LOW BIRTHWEIGHT

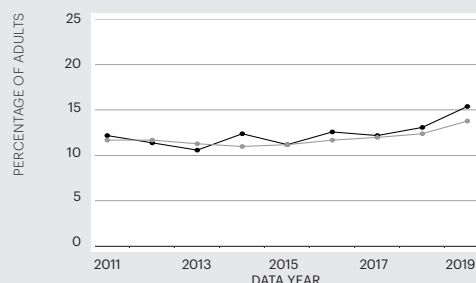
▲ **19%** between 1999 and 2018 from 8.5% to 10.1% of live births

DIABETES

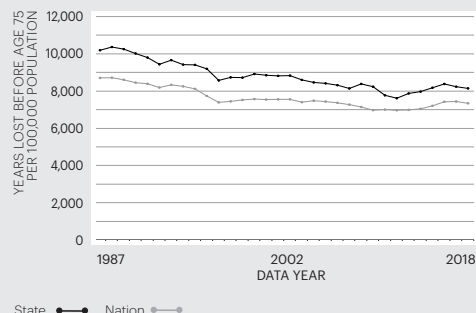
▲ **21%** between 2012 and 2019 from 9.9% to 12.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—
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)	2.1%
Dependency (ages 0-17 or ages 65+)	37.9%
Education (ages 25+ without a high school diploma)	12.1%
Per Capita Income	\$32,657
Poverty (households below the poverty level)	12.9%
Unemployment (ages 16-64)	4.9%

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	23.9%
Asthma	7.7%
Cancer (excluding skin)	6.5%
Cardiovascular Disease	8.8%
Chronic Kidney Disease	3.8%
Chronic Obstructive Pulmonary Disease	7.4%
Depression	17.0%
Diabetes	12.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	-0.054	30	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.2	30	2.9
	Public Health Funding (dollars per person)	++	\$83	34	\$289
	Violent Crime (offenses per 100,000 population)	+++	341	25	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	50	32	1
	Food Insecurity (% of households)	+++	11.3	27	7.8
	Income Inequality (80-20 ratio)	++	4.77	35	3.70
Education	High School Graduation (% of students)	+	81.6	41	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	10.3	12	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.4	26	8.9
	High-speed Internet (% of households)	++	86.8	34	92.9
	Residential Segregation (index from 0-100)	++++	53	16	42
	Volunteerism (% of adults)	+	26.5	43	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	55.9	16	65.6
PHYSICAL ENVIRONMENT		+++++	0.609	10	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	7.9	33	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	++	9.1	39	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	6,959,675	37	317
	Water Fluoridation (% of population served)	+++++	95.2	6	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.8	17	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	78.4	24	52.8
	Housing With Lead Risk (% of housing stock)	+++++	9.3	5	5.2
	Severe Housing Problems (% of occupied housing units)	++	16.3	32	11.2
CLINICAL CARE		+	-0.837	47	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	17.8	48	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	44.1	46	90.6
	Mental Health Providers (number per 100,000 population)	+	149.9	46	666.4
	Primary Care Providers (number per 100,000 population)	++	222.4	38	362.8
Preventive Clinical Services	Uninsured (% of population)	+	13.4	48	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	68.3	32	77.1
	Dental Visit (% of adults)	++	62.5	39	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.5	14	86.6
Quality of Care	Flu Vaccination (% adults)	+	36.2	49	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	49.7	36	78.9
	Dedicated Health Care Provider (% of adults)	++	73.7	37	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,741	35	1,971
BEHAVIORS		++	-0.564	39	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	38.0	41	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.1	18	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	7.6	27	14.1
	Physical Inactivity (% of adults)	++	27.9	34	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	632.2	44	198.2
	High-risk HIV Behaviors (% of adults)	+	8.0	50	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.6	36	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.3%		4.3
	Smoking (% of adults)	+++	16.3	28	7.9
ALL DETERMINANTS		++	-0.258	38	0.865
HEALTH OUTCOMES		++	-0.311	37	0.846
Behavioral Health	Depression (% of adults)*	+++++	17.0	10	11.8
	Excessive Drinking (% of adults)	++++	17.1	17	12.0
	Frequent Mental Distress (% of adults)	++	15.4	40	10.6
	Non-medical Drug Use (% of adults)	+	14.5	46	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	13.3	12	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,151	36	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.1	4	1.0
	Suicide (deaths per 100,000 population)*	++++	15.1	17	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.3	32	9.3
	Low Birthweight (% of live births)	+	10.1	47	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	7.4	39	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.5	22	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	34.8	36	25.8
	High Cholesterol (% of adults)*	++++	32.4	19	28.1
	Obesity (% of adults)	+++	33.1	28	23.8
OVERALL			-0.278	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Hawaii

State Health Department Website: health.hawaii.gov

Summary

Strengths:

- Low prevalence of household food insecurity
- Low prevalence of high-risk HIV behaviors
- Low prevalence of obesity

Challenges:

- Low percentage of fluoridated water
- High prevalence of severe housing problems
- Low percentage of volunteerism

Highlights:

SMOKING

▼27% between 2011 and 2019 from 16.8% to 12.3% of adults

AIR POLLUTION

▼47% between 2010-2012 and 2017-2019 from 9.1 to 4.8 micrograms of fine particulate per cubic meter

PREVENTABLE HOSPITALIZATIONS

▼26% between 2012 and 2018 from 2,676 to 1,971 discharges per 100,000 Medicare enrollees

INCOME INEQUALITY

▲12% between 2007 and 2019 from 3.88 to 4.36

FREQUENT MENTAL DISTRESS

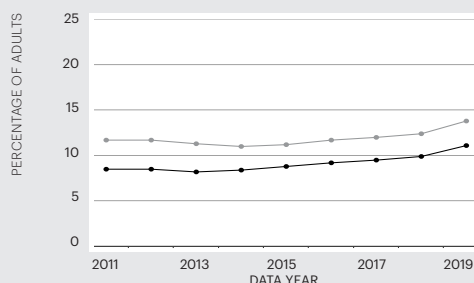
▲31% between 2011 and 2019 from 8.5% to 11.1% of adults

DIABETES

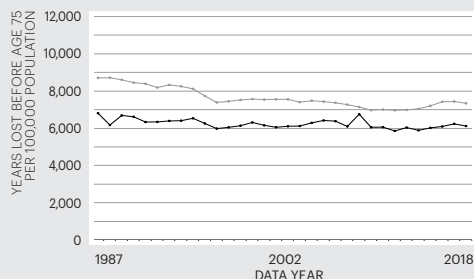
▲35% between 2012 and 2019 from 7.8% to 10.5% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	8.5%
Dependency (ages 0-17 or ages 65+)	40.2%
Education (ages 25+ without a high school diploma)	7.6%
Per Capita Income	\$36,989
Poverty (households below the poverty level)	9.2%
Unemployment (ages 16-64)	4.0%

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	20.8%
Asthma	9.6%
Cancer (excluding skin)	6.1%
Cardiovascular Disease	6.8%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	4.3%
Depression	12.8%
Diabetes	10.5%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.486	11	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.5	21	2.9
	Public Health Funding (dollars per person)	+++++	\$205	3	\$289
	Violent Crime (offenses per 100,000 population)	++++	286	17	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	53	34	1
	Food Insecurity (% of households)	+++++	8.0	2	7.8
	Income Inequality (80-20 ratio)	++++	4.36	15	3.70
Education	High School Graduation (% of students)	+++	84.5	30	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	6.0	3	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	13.3	11	8.9
	High-speed Internet (% of households)	+++++	89.8	15	92.9
	Residential Segregation (index from 0-100)	++++	51	13	42
	Volunteerism (% of adults)	++	28.0	40	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	44.0	49	65.6
PHYSICAL ENVIRONMENT		+++	0.310	28	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4.8	3	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	150,558	10	317
	Water Fluoridation (% of population served)	+	8.8	50	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	11.2	42	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	69.3	2	52.8
	Housing With Lead Risk (% of housing stock)	++++	11.3	11	5.2
	Severe Housing Problems (% of occupied housing units)	+	26.7	50	11.2
CLINICAL CARE		+++++	1.078	4	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	8.2	1	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	77.1	3	90.6
	Mental Health Providers (number per 100,000 population)	+++	267.0	25	666.4
	Primary Care Providers (number per 100,000 population)	++	223.5	37	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	4.2	3	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.1	7	77.1
	Dental Visit (% of adults)	+++++	75.3	2	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	77.9	21	86.6
Quality of Care	Flu Vaccination (% adults)	+++	43.7	25	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	66.0	5	78.9
	Dedicated Health Care Provider (% of adults)	+++++	83.6	9	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	1,971	1	1,971
BEHAVIORS		++++	0.353	13	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	42.9	50	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.8	14	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	9.1	8	14.1
	Physical Inactivity (% of adults)	++++	24.4	16	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	541.8	30	198.2
	High-risk HIV Behaviors (% of adults)	+++++	4.9	2	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	17.2	27	7.2
Tobacco Use	E-cigarette Use (% of adults)*		7.1%		4.3
	Smoking (% of adults)	+++++	12.3	5	7.9
ALL DETERMINANTS		+++++	0.545	8	0.865
HEALTH OUTCOMES		+++++	0.846	1	0.846
Behavioral Health	Depression (% of adults)*	+++++	12.8	2	11.8
	Excessive Drinking (% of adults)	++	19.3	33	12.0
	Frequent Mental Distress (% of adults)	+++++	11.1	2	10.6
	Non-medical Drug Use (% of adults)	++++	10.4	19	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	15.1	16	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,129	7	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.0	1	1.0
	Suicide (deaths per 100,000 population)*	+++++	12.3	10	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.6	9	9.3
	Low Birthweight (% of live births)	+++	8.3	26	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	4.9	15	2.4
	Multiple Chronic Conditions (% of adults)	+++++	6.5	3	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.7	13	25.8
	High Cholesterol (% of adults)*	+++++	29.9	7	28.1
OVERALL			0.622	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Idaho

State Health Department Website: healthandwelfare.idaho.gov

Summary

Strengths:

- Low income inequality
- Low racial gap in low birthweight
- Low preventable hospitalization rate

Challenges:

- Low high school graduation rate
- High racial gap in high school graduation
- Low percentage of fluoridated water

Highlights:

FOOD INSECURITY

▼ **29%** between 2013-2015 and 2016-2018 from 13.8% to 9.8% of households

HIGH-SPEED INTERNET

▲ **9%** between 2015 and 2018 from 82.2% to 90.0% of households

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **22%** between 2011 and 2019 from 18.6% to 14.5%

CHLAMYDIA

▲ **54%** between 2007 and 2018 from 248.2 to 382.8 cases per 100,000 population

SUICIDE

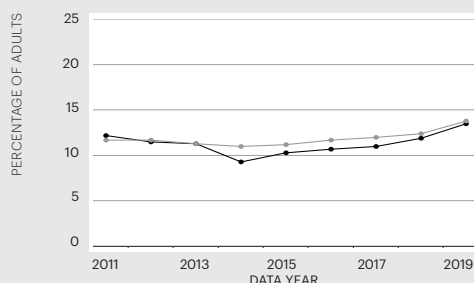
▲ **27%** between 2010 and 2018 from 19.3 to 24.5 deaths per 100,000 population

DIABETES

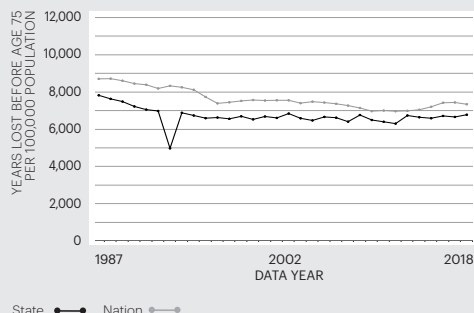
▲ **36%** between 2014 and 2019 from 7.6% to 10.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.8%
Dependency (ages 0-17 or ages 65+)	41.3%
Education (ages 25+ without a high school diploma)	8.5%
Per Capita Income	\$29,606
Poverty (households below the poverty level)	10.9%
Unemployment (ages 16-64)	3.4%

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	25.3%
Asthma	10.0%
Cancer (excluding skin)	6.7%
Cardiovascular Disease	8.5%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	5.1%
Depression	22.7%
Diabetes	10.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.160	23	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.2	30	2.9
	Public Health Funding (dollars per person)	+++++	\$150	5	\$289
	Violent Crime (offenses per 100,000 population)	+++++	224	10	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	50	32	1
	Food Insecurity (% of households)	++++	9.8	11	7.8
	Income Inequality (80-20 ratio)	+++++	3.98	2	3.70
Education	High School Graduation (% of students)	+	80.7	45	91.4
	High School Graduation Racial Gap (percentage point difference)	+	21.3	44	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.0	33	8.9
	High-speed Internet (% of households)	++++	90.0	14	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	+++++	37.9	9	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	47.9	47	65.6
PHYSICAL ENVIRONMENT		+++	0.267	30	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	6.6	12	4.1
	Drinking Water Violations (% of community water systems)	++	1.5	36	0.0
	Non-smoking Regulation (% of population)*	++	13.2	38	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	85,870	8	317
	Water Fluoridation (% of population served)	+	31.7	46	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	9.2	30	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	78.3	22	52.8
	Housing With Lead Risk (% of housing stock)	++++	12.6	17	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.4	21	11.2
CLINICAL CARE		++	-0.455	37	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.5	38	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	59.2	26	90.6
	Mental Health Providers (number per 100,000 population)	++	224.2	33	666.4
	Primary Care Providers (number per 100,000 population)	+	211.4	43	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.8	39	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.0	39	77.1
	Dental Visit (% of adults)	++	65.6	32	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	74.0	36	86.6
Quality of Care	Flu Vaccination (% adults)	+	38.2	44	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	44.1	45	78.9
	Dedicated Health Care Provider (% of adults)	+	72.1	42	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,390	3	1,971
BEHAVIORS		++++	0.279	17	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	32.6	13	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	21.7	33	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.3	22	14.1
	Physical Inactivity (% of adults)	++++	23.8	13	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	382.8	7	198.2
	High-risk HIV Behaviors (% of adults)	++	6.6	33	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	16.0	22	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.8%		4.3
	Smoking (% of adults)	+++	15.3	21	7.9
ALL DETERMINANTS		+++	0.083	24	0.865
HEALTH OUTCOMES		++++	0.360	14	0.846
Behavioral Health	Depression (% of adults)*	++	22.7	37	11.8
	Excessive Drinking (% of adults)	+++	18.7	27	12.0
	Frequent Mental Distress (% of adults)	+++	13.5	21	10.6
	Non-medical Drug Use (% of adults)	++++	9.9	16	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	14.9	15	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,788	16	5,648
	Premature Death Racial Inequality (ratio)	++	1.6	32	1.0
	Suicide (deaths per 100,000 population)*	+	24.5	46	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.9	27	9.3
	Low Birthweight (% of live births)	++++	7.3	13	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	4.3	9	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.6	26	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.6	11	25.8
	High Cholesterol (% of adults)*	++++	31.2	15	28.1
OVERALL			0.147	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Illinois

State Health Department Website: dph.illinois.gov

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- High percentage of fluoridated water
- Low prevalence of frequent mental distress

Challenges:

- High prevalence of excessive drinking
- High residential segregation
- High premature death racial inequality

Highlights:

SMOKING

▼ **31%** between 2011 and 2019 from 20.9% to 14.5% of adults

HIGH-SPEED INTERNET

▲ **9%** between 2015 and 2018 from 81.7% to 89.0% of households

SEVERE HOUSING PROBLEMS

▼ **9%** between 2007-2011 and 2013-2017 from 18.5% to 16.9% of occupied housing units

INCOME INEQUALITY

▲ **10%** between 2007 and 2019 from 4.53 to 4.97

FREQUENT MENTAL DISTRESS

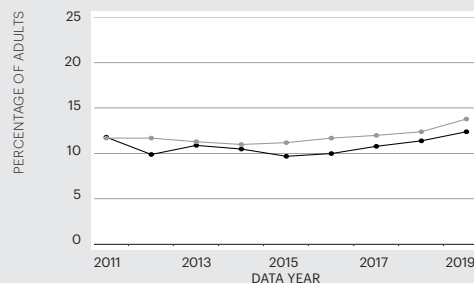
▲ **28%** between 2015 and 2019 from 9.7% to 12.4% of adults

SUICIDE

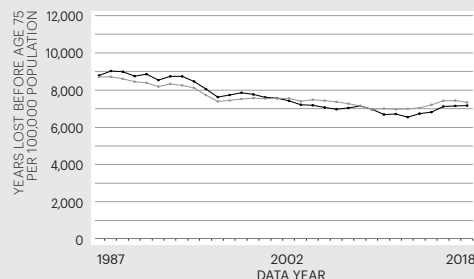
▲ **26%** between 2009 and 2018 from 9.2 to 11.6 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.3%
Dependency (ages 0-17 or ages 65+)	38.4%
Education (ages 25+ without a high school diploma)	10.2%
Per Capita Income	\$37,728
Poverty (households below the poverty level)	11.8%
Unemployment (ages 16-64)	5.0%

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	24.7%
Asthma	8.2%
Cancer (excluding skin)	6.4%
Cardiovascular Disease	7.9%
Chronic Kidney Disease	2.7%
Chronic Obstructive Pulmonary Disease	5.8%
Depression	18.3%
Diabetes	11.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.043	24	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.8	10	2.9
	Public Health Funding (dollars per person)	++	\$79	37	\$289
	Violent Crime (offenses per 100,000 population)	++	407	33	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	41	21	1
	Food Insecurity (% of households)	++++	10.7	19	7.8
	Income Inequality (80-20 ratio)	+	4.97	42	3.70
Education	High School Graduation (% of students)	+++	86.5	24	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	13.5	20	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	12.0	5	8.9
	High-speed Internet (% of households)	++++	89.0	18	92.9
	Residential Segregation (index from 0-100)	+	69	47	42
	Volunteerism (% of adults)	++	28.1	37	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	53.0	26	65.6
PHYSICAL ENVIRONMENT		++	0.239	32	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	9.5	49	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	21,508,993	45	317
	Water Fluoridation (% of population served)	+++++	98.2	3	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	2	22	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	8.0	20	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	72.4	8	52.8
	Housing With Lead Risk (% of housing stock)	+	24.9	44	5.2
	Severe Housing Problems (% of occupied housing units)	++	16.9	34	11.2
CLINICAL CARE		+++	0.015	24	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	13.3	29	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	71.7	8	90.6
	Mental Health Providers (number per 100,000 population)	+++	253.7	27	666.4
	Primary Care Providers (number per 100,000 population)	+++	249.6	28	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	7.4	21	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	66.7	41	77.1
	Dental Visit (% of adults)	++++	68.1	18	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.4	16	86.6
Quality of Care	Flu Vaccination (% adults)	+	38.8	42	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	54.9	25	78.9
	Dedicated Health Care Provider (% of adults)	++++	79.7	16	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	4,954	44	1,971
BEHAVIORS		+++	0.108	23	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	33.2	17	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	23.4	23	28.5
	Fruit and Vegetable Consumption (% of adults)	++	6.9	36	14.1
	Physical Inactivity (% of adults)	+++	25.6	21	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	604.0	42	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.9	16	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	15.8	20	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++++	14.5	13	7.9
ALL DETERMINANTS		+++	0.081	25	0.865
HEALTH OUTCOMES		+++	-0.048	28	0.846
Behavioral Health	Depression (% of adults)*	++++	18.3	20	11.8
	Excessive Drinking (% of adults)	+	21.6	43	12.0
	Frequent Mental Distress (% of adults)	++++	12.4	15	10.6
	Non-medical Drug Use (% of adults)	+++	12.0	30	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	21.2	25	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,178	22	5,648
	Premature Death Racial Inequality (ratio)	++	1.8	36	1.0
	Suicide (deaths per 100,000 population)*	+++++	11.6	8	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.5	15	9.3
	Low Birthweight (% of live births)	+++	8.5	29	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	7.4	40	2.4
	Multiple Chronic Conditions (% of adults)	++++	8.9	15	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	32.2	24	25.8
	High Cholesterol (% of adults)*	++++	31.5	17	28.1
OVERALL			0.049	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Indiana

State Health Department Website: in.gov/isdh

Indiana

Summary

Strengths:

- Low income inequality
- Low prevalence of severe housing problems
- Low prevalence of excessive drinking

Challenges:

- High premature death rate
- High residential segregation
- High prevalence of cigarette smoking

Highlights:

HOUSEHOLDS BELOW THE POVERTY LEVEL

▼ **8%** between 2017 and 2019 from 12.9% to 11.9%

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **28%** between 2011 and 2019 from 17.5% to 12.6%

EXERCISE

▲ **23%** between 2017 and 2019 from 17.1% to 21.1% of adults

PREMATURE DEATH

▲ **10%** between 2008 and 2018 from 7,917 to 8,693 years lost before age 75 per 100,000 population

OBESITY

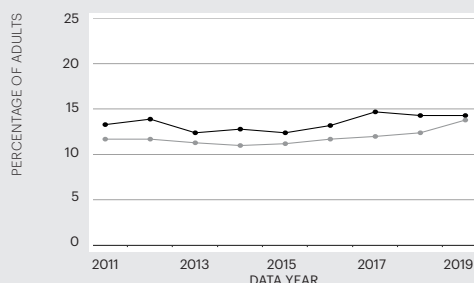
▲ **9%** between 2016 and 2019 from 32.5% to 35.3% of adults

DIABETES

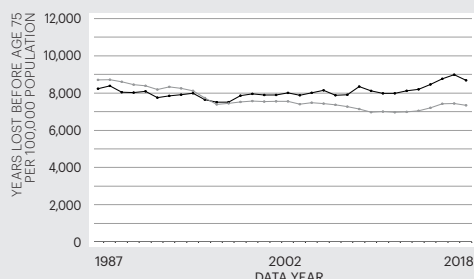
▲ **22%** between 2011 and 2019 from 10.2% to 12.4% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.4%
Education (ages 25+ without a high school diploma)	10.4%
Per Capita Income	\$30,988
Poverty (households below the poverty level)	11.9%
Unemployment (ages 16-64)	4.3%

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	27.0%
Asthma	9.8%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	9.9%
Chronic Kidney Disease	3.4%
Chronic Obstructive Pulmonary Disease	8.7%
Depression	21.0%
Diabetes	12.4%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.119	32	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	6.0	38	2.9
	Public Health Funding (dollars per person)	+	\$55	48	\$289
	Violent Crime (offenses per 100,000 population)	+++	371	27	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	47	30	1
	Food Insecurity (% of households)	++	13.5	38	7.8
	Income Inequality (80-20 ratio)	++++	4.31	12	3.70
Education	High School Graduation (% of students)	++++	88.1	14	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	10.6	13	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.1	35	8.9
	High-speed Internet (% of households)	++	86.4	37	92.9
	Residential Segregation (index from 0-100)	+	65	42	42
	Volunteerism (% of adults)	++++	34.9	19	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	49.3	42	65.6
PHYSICAL ENVIRONMENT		+++	0.316	27	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.7	46	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	++	31.5	33	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	9,651,384	41	317
	Water Fluoridation (% of population served)	+++++	92.4	10	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	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)	++	81.6	35	52.8
	Housing With Lead Risk (% of housing stock)	++	21.3	33	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	12.9	7	11.2
CLINICAL CARE		++	-0.462	38	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.6	25	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	50.1	41	90.6
	Mental Health Providers (number per 100,000 population)	+	172.5	43	666.4
	Primary Care Providers (number per 100,000 population)	++	231.9	34	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.7	29	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	68.2	33	77.1
	Dental Visit (% of adults)	++	64.4	37	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	71.2	44	86.6
Quality of Care	Flu Vaccination (% adults)	++	42.1	31	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	41.2	49	78.9
	Dedicated Health Care Provider (% of adults)	+++	77.9	25	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,810	40	1,971
BEHAVIORS		++	-0.479	36	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	36.9	32	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	21.1	35	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	9.1	8	14.1
	Physical Inactivity (% of adults)	+	30.9	43	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	523.9	29	198.2
	High-risk HIV Behaviors (% of adults)	++	6.5	31	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	21.8	39	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.7%		4.3
	Smoking (% of adults)	+	19.2	41	7.9
ALL DETERMINANTS		++	-0.226	35	0.865
HEALTH OUTCOMES		++	-0.207	36	0.846
Behavioral Health	Depression (% of adults)*	++	21.0	33	11.8
	Excessive Drinking (% of adults)	++++	16.5	13	12.0
	Frequent Mental Distress (% of adults)	++	14.3	35	10.6
	Non-medical Drug Use (% of adults)	+++	10.8	23	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	24.9	33	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,693	38	5,648
	Premature Death Racial Inequality (ratio)	+++	1.4	24	1.0
	Suicide (deaths per 100,000 population)*	+++	16.3	26	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.8	36	9.3
	Low Birthweight (% of live births)	+++	8.1	23	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.6	28	2.4
	Multiple Chronic Conditions (% of adults)	++	11.7	36	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	34.8	36	25.8
	High Cholesterol (% of adults)*	+++	33.8	30	28.1
OVERALL			-0.224	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Iowa

State Health Department Website: idph.iowa.gov

Summary

Strengths:

- Low prevalence of avoided care due to cost
- High percentage of high school graduation
- Low income inequality

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of excessive drinking
- High percentage of housing with lead risk

Highlights:

MENTAL HEALTH PROVIDERS

▲27% between 2016 and 2020 from 134.7 to 171.0 per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▲61% between 2017 and 2018 from 10.7 to 17.2 percentage points

HIGH-SPEED INTERNET

▲9% between 2015 and 2018 from 80.5% to 88.1% of households

FREQUENT MENTAL DISTRESS

▲40% between 2013 and 2019 from 8.8% to 12.3% of adults

AIR POLLUTION

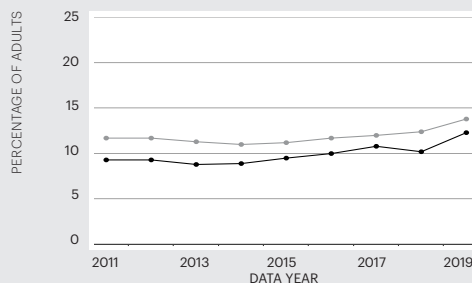
▼34% between 2000-2002 and 2017-2019 from 11.0 to 7.3 micrograms of fine particulate per cubic meter

DIABETES

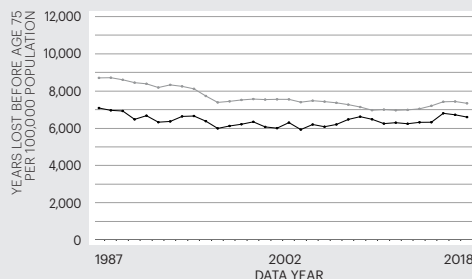
▲26% between 2011 and 2019 from 8.2% to 10.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	1.8%
Dependency (ages 0-17 or ages 65+)	40.4%
Education (ages 25+ without a high school diploma)	7.4%
Per Capita Income	\$33,107
Poverty (households below the poverty level)	11.5%
Unemployment (ages 16-64)	3.9%

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	25.7%
Asthma	8.0%
Cancer (excluding skin)	6.8%
Cardiovascular Disease	8.4%
Chronic Kidney Disease	2.2%
Chronic Obstructive Pulmonary Disease	6.1%
Depression	16.2%
Diabetes	10.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.551	5	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.4	33	2.9
	Public Health Funding (dollars per person)	++++	\$114	14	\$289
	Violent Crime (offenses per 100,000 population)	++++	267	13	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	40	19	1
	Food Insecurity (% of households)	+++++	9.2	8	7.8
	Income Inequality (80-20 ratio)	+++++	4.10	4	3.70
Education	High School Graduation (% of students)	+++++	91.4	1	91.4
	High School Graduation Racial Gap (percentage point difference)	++	17.2	34	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.7	30	8.9
	High-speed Internet (% of households)	+++	88.1	28	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	+++++	41.5	4	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	59.6	8	65.6
PHYSICAL ENVIRONMENT		++++	0.442	15	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	3,122,643	25	317
	Water Fluoridation (% of population served)	++++	90.3	13	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	2	22	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.6	33	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	80.2	29	52.8
	Housing With Lead Risk (% of housing stock)	+	26.1	45	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	11.9	3	11.2
CLINICAL CARE		+++++	0.746	9	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	8.5	2	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	58.4	28	90.6
	Mental Health Providers (number per 100,000 population)	+	171.0	44	666.4
	Primary Care Providers (number per 100,000 population)	++	245.2	31	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	5.0	6	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.5	18	77.1
	Dental Visit (% of adults)	++++	70.8	12	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.3	17	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	48.3	8	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	60.9	10	78.9
	Dedicated Health Care Provider (% of adults)	++++	82.8	11	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,632	16	1,971
BEHAVIORS		+++	0.118	22	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	31.7	9	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	20.0	41	28.5
	Fruit and Vegetable Consumption (% of adults)	++	7.1	33	14.1
	Physical Inactivity (% of adults)	+++	26.5	26	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	466.7	18	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.6	10	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	15.3	19	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.3%		4.3
	Smoking (% of adults)	+++	16.4	29	7.9
ALL DETERMINANTS		+++++	0.460	10	0.865
HEALTH OUTCOMES		++++	0.350	15	0.846
Behavioral Health	Depression (% of adults)*	+++++	16.2	7	11.8
	Excessive Drinking (% of adults)	+	22.5	46	12.0
	Frequent Mental Distress (% of adults)	++++	12.3	13	10.6
	Non-medical Drug Use (% of adults)	++++	10.0	17	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	9.5	3	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,610	13	5,648
	Premature Death Racial Inequality (ratio)	++	1.6	32	1.0
	Suicide (deaths per 100,000 population)*	+++	15.8	23	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	9.9	3	9.3
	Low Birthweight (% of live births)	+++++	6.9	7	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	5.4	19	2.4
	Multiple Chronic Conditions (% of adults)	++++	8.5	14	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	31.8	23	25.8
	High Cholesterol (% of adults)*	+++	33.4	26	28.1
OVERALL			0.431	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Kansas

State Health Department Website: kdheks.gov

Summary

Strengths:

- Low income inequality
- Low prevalence of severe housing problems
- Low prevalence of low birthweight

Highlights:

OCCUPATIONAL FATALITIES

▼ **52%** between 1988-1990 and 2016-2018 from 11.5 to 5.5 deaths per 100,000 workers

HIGH-SPEED INTERNET

▲ **9%** between 2015 and 2018 from 81.4% to 88.4% of households

HPV IMMUNIZATION

▲ **44%** between 2017 and 2019 from 34.4% to 49.5% of adolescents ages 13-17

Challenges:

- High prevalence of household food insecurity
- Low prevalence of exercise
- High prevalence of obesity

CHLAMYDIA

▲ **66%** between 2007 and 2018 from 294.7 to 488.5 cases per 100,000 population

FREQUENT PHYSICAL DISTRESS

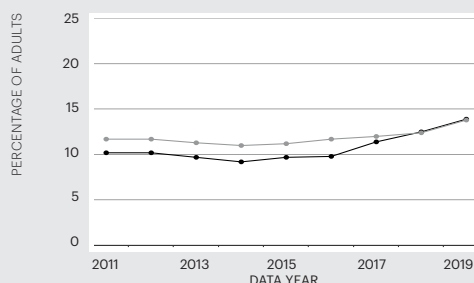
▲ **16%** between 2015 and 2019 from 10.0% to 11.6% of adults

SUICIDE

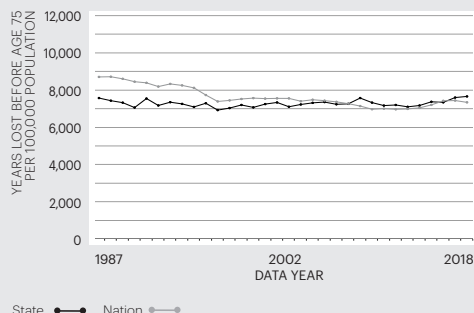
▲ **41%** between 2009 and 2018 from 13.8 to 19.5 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.9%
Dependency (ages 0-17 or ages 65+)	40.4%
Education (ages 25+ without a high school diploma)	8.2%
Per Capita Income	\$32,885
Poverty (households below the poverty level)	11.6%
Unemployment (ages 16-64)	3.9%

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	25.6%
Asthma	9.9%
Cancer (excluding skin)	7.6%
Cardiovascular Disease	8.2%
Chronic Kidney Disease	2.7%
Chronic Obstructive Pulmonary Disease	6.4%
Depression	19.9%
Diabetes	10.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.168	21	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.5	34	2.9
	Public Health Funding (dollars per person)	++	\$64	40	\$289
	Violent Crime (offenses per 100,000 population)	++	411	34	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	43	22	1
	Food Insecurity (% of households)	++	13.8	40	7.8
	Income Inequality (80-20 ratio)	+++++	4.27	9	3.70
Education	High School Graduation (% of students)	++++	87.2	18	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	10.7	15	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	15.9	24	8.9
	High-speed Internet (% of households)	+++	88.4	23	92.9
	Residential Segregation (index from 0-100)	++++	54	19	42
	Volunteerism (% of adults)	++++	36.5	12	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	56.9	14	65.6
PHYSICAL ENVIRONMENT		++	0.180	35	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.4	28	4.1
	Drinking Water Violations (% of community water systems)	++	1.2	35	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	4,579,921	30	317
	Water Fluoridation (% of population served)	++	65.1	33	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.8	35	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.7	47	52.8
	Housing With Lead Risk (% of housing stock)	++	21.4	34	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	12.9	7	11.2
CLINICAL CARE		+++	-0.082	28	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)	++	53.7	36	90.6
	Mental Health Providers (number per 100,000 population)	++	209.7	36	666.4
	Primary Care Providers (number per 100,000 population)	+++	255.1	25	362.8
Preventive Clinical Services	Uninsured (% of population)	++	9.2	32	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.3	37	77.1
	Dental Visit (% of adults)	+++	67.9	21	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	75.2	33	86.6
Quality of Care	Flu Vaccination (% adults)	++++	46.2	17	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	49.5	38	78.9
	Dedicated Health Care Provider (% of adults)	+++	78.2	24	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,014	21	1,971
BEHAVIORS		+++	0.046	26	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	33.1	16	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	20.8	38	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.6	18	14.1
	Physical Inactivity (% of adults)	++	27.1	31	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	488.5	21	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.8	13	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.0	32	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.5%		4.3
	Smoking (% of adults)	+++	16.2	27	7.9
ALL DETERMINANTS		+++	0.087	23	0.865
HEALTH OUTCOMES		+++	0.057	26	0.846
Behavioral Health	Depression (% of adults)*	+++	19.9	26	11.8
	Excessive Drinking (% of adults)	+++	18.7	27	12.0
	Frequent Mental Distress (% of adults)	+++	13.9	27	10.6
	Non-medical Drug Use (% of adults)	+++	10.8	23	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	12.3	10	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,668	30	5,648
	Premature Death Racial Inequality (ratio)	+++	1.5	27	1.0
	Suicide (deaths per 100,000 population)*	++	19.5	34	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.6	16	9.3
	Low Birthweight (% of live births)	++++	7.4	14	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.5	27	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.6	26	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	33.5	31	25.8
	High Cholesterol (% of adults)*	++	34.9	36	28.1
OVERALL			0.078	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Kentucky

State Health Department Website: chfs.ky.gov/agencies/dph

Summary

Strengths:

- High high school graduation rate
- High percentage of fluoridated water
- Low violent crime rate

Challenges:

- High prevalence of multiple chronic conditions
- High premature death rate
- High prevalence of cigarette smoking

Highlights:

HIGH SCHOOL GRADUATION RACIAL GAP

▼ **30%** between 2017 and 2018 from 14.2 to 9.9 percentage points

HIGH-SPEED INTERNET

▲ **13%** between 2015 and 2018 from 75.9% to 85.6% of households

AIR POLLUTION

▼ **37%** between 2007-2009 and 2017-2019 from 12.6 to 7.9 micrograms of fine particulate per cubic meter

UNINSURED RATE

▲ **14%** between 2018 and 2019 from 5.6% to 6.4%

SUICIDE

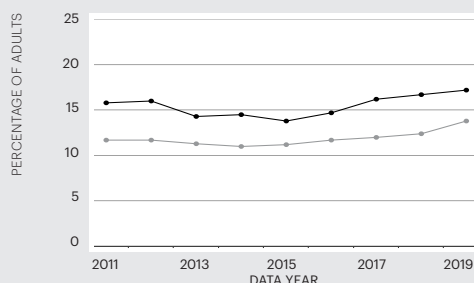
▲ **32%** between 2009 and 2018 from 13.6 to 17.9 deaths per 100,000 population

DIABETES

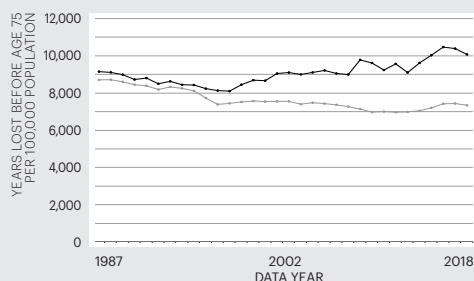
▲ **25%** between 2013 and 2019 from 10.6% to 13.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.1%
Dependency (ages 0-17 or ages 65+)	39.3%
Education (ages 25+ without a high school diploma)	12.8%
Per Capita Income	\$29,029
Poverty (households below the poverty level)	16.2%
Unemployment (ages 16-64)	4.9%

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	34.3%
Asthma	9.5%
Cancer (excluding skin)	9.0%
Cardiovascular Disease	12.1%
Chronic Kidney Disease	3.9%
Chronic Obstructive Pulmonary Disease	10.8%
Depression	25.7%
Diabetes	13.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.151	34	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.9	26	2.9
	Public Health Funding (dollars per person)	+++	\$91	27	\$289
	Violent Crime (offenses per 100,000 population)	+++++	217	7	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	70	43	1
	Food Insecurity (% of households)	+	14.7	43	7.8
	Income Inequality (80-20 ratio)	++	4.88	39	3.70
Education	High School Graduation (% of students)	+++++	90.3	3	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	9.9	10	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.8	39	8.9
	High-speed Internet (% of households)	++	85.6	40	92.9
	Residential Segregation (index from 0-100)	+++	57	30	42
	Volunteerism (% of adults)	++	28.1	37	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	53.8	25	65.6
PHYSICAL ENVIRONMENT		++++	0.406	19	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	7.9	33	4.1
	Drinking Water Violations (% of community water systems)	++	1.7	39	0.0
	Non-smoking Regulation (% of population)*	++	35.2	31	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	3,827,804	26	317
	Water Fluoridation (% of population served)	+++++	99.8	1	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	11.1	40	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	82.0	38	52.8
	Housing With Lead Risk (% of housing stock)	+++	15.6	23	5.2
	Severe Housing Problems (% of occupied housing units)	++++	13.7	12	11.2
CLINICAL CARE		++	-0.121	31	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.1	21	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	56.9	29	90.6
	Mental Health Providers (number per 100,000 population)	+++	249.1	28	666.4
	Primary Care Providers (number per 100,000 population)	++++	270.1	17	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	6.4	14	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	69.6	26	77.1
	Dental Visit (% of adults)	+	61.9	41	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	71.9	43	86.6
Quality of Care	Flu Vaccination (% adults)	++	42.1	31	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	54.9	25	78.9
	Dedicated Health Care Provider (% of adults)	++++	81.7	14	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,509	46	1,971
BEHAVIORS		+	-1.328	48	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	41.1	48	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	15.3	50	28.5
	Fruit and Vegetable Consumption (% of adults)	+	4.7	50	14.1
	Physical Inactivity (% of adults)	+	32.8	48	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	436.4	11	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.4	28	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	27.3	47	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+	23.6	49	7.9
ALL DETERMINANTS		+	-0.385	43	0.865
HEALTH OUTCOMES		+	-0.813	46	0.846
Behavioral Health	Depression (% of adults)*	+	25.7	49	11.8
	Excessive Drinking (% of adults)	++++	16.8	16	12.0
	Frequent Mental Distress (% of adults)	+	17.2	45	10.6
	Non-medical Drug Use (% of adults)	++	13.4	39	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	29.8	41	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	10,082	47	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.1	4	1.0
	Suicide (deaths per 100,000 population)*	+++	17.9	30	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	16.6	48	9.3
	Low Birthweight (% of live births)	++	8.9	37	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.1	22	2.4
	Multiple Chronic Conditions (% of adults)	+	15.1	49	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	40.9	46	25.8
	High Cholesterol (% of adults)*	+	37.9	49	28.1
	Obesity (% of adults)	+	36.5	45	23.8
OVERALL			-0.493	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Louisiana

State Health Department Website: ldh.la.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- High HPV vaccination coverage among adolescents
- Low premature death racial inequality

Challenges:

- High economic hardship index score
- High premature death rate
- High prevalence of cigarette smoking

Highlights:

PUBLIC HEALTH FUNDING

▲16% between 2014-2015 and 2018-2019 from \$81 to \$94 per person

TEEN BIRTHS

▼49% between 2008 and 2018 from 54.0 to 27.5 births per 1,000 females ages 15-19

MENTAL HEALTH PROVIDERS

▲7% between 2016 and 2020 from 257.1 to 275.5 per 100,000 population

VIOLENT CRIME

▲10% between 2011 and 2019 from 497 to 549 offenses per 100,000 population

EXCESSIVE DRINKING

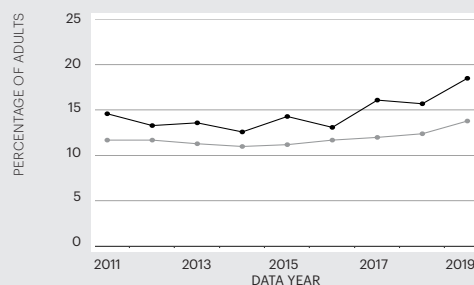
▲18% between 2014 and 2019 from 17.7% to 20.8% of adults

FREQUENT MENTAL DISTRESS

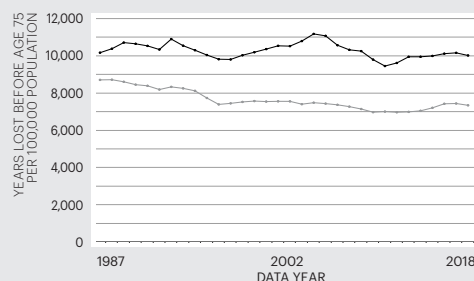
▲27% between 2011 and 2019 from 14.6% to 18.5% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.3%
Dependency (ages 0-17 or ages 65+)	39.3%
Education (ages 25+ without a high school diploma)	14.0%
Per Capita Income	\$28,662
Poverty (households below the poverty level)	19.0%
Unemployment (ages 16-64)	5.6%

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	27.6%
Asthma	7.9%
Cancer (excluding skin)	7.9%
Cardiovascular Disease	10.4%
Chronic Kidney Disease	4.0%
Chronic Obstructive Pulmonary Disease	8.6%
Depression	23.9%
Diabetes	12.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-1.036	50	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	6.0	38	2.9
	Public Health Funding (dollars per person)	+++	\$94	26	\$289
	Violent Crime (offenses per 100,000 population)	+	549	46	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	84	48	1
	Food Insecurity (% of households)	+	15.8	48	7.8
	Income Inequality (80-20 ratio)	+	5.73	49	3.70
Education	High School Graduation (% of students)	+	81.4	42	91.4
	High School Graduation Racial Gap (percentage point difference)	++	17.5	36	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	18.6	43	8.9
	High-speed Internet (% of households)	+	82.4	47	92.9
	Residential Segregation (index from 0-100)	++++	54	19	42
	Volunteerism (% of adults)	+	25.8	45	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	49.8	38	65.6
PHYSICAL ENVIRONMENT		+	-0.254	48	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)	+	3.6	45	0.0
	Non-smoking Regulation (% of population)*	++	27.9	36	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	18,561,626	44	317
	Water Fluoridation (% of population served)	+	39.0	45	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	15.7	47	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.1	41	52.8
	Housing With Lead Risk (% of housing stock)	++++	13.1	18	5.2
	Severe Housing Problems (% of occupied housing units)	+++	15.8	30	11.2
CLINICAL CARE		++	-0.551	40	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.8	39	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	48.4	44	90.6
	Mental Health Providers (number per 100,000 population)	+++	275.5	21	666.4
	Primary Care Providers (number per 100,000 population)	++	217.2	40	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.9	30	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	69.3	27	77.1
	Dental Visit (% of adults)	+	58.1	47	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	73.9	37	86.6
Quality of Care	Flu Vaccination (% adults)	+	38.7	43	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	59.5	16	78.9
	Dedicated Health Care Provider (% of adults)	+++	76.4	27	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,561	47	1,971
BEHAVIORS		+	-1.432	50	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.5	38	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	19.7	43	28.5
	Fruit and Vegetable Consumption (% of adults)	++	6.9	36	14.1
	Physical Inactivity (% of adults)	+	31.9	47	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	774.8	49	198.2
	High-risk HIV Behaviors (% of adults)	+	7.9	49	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	27.5	48	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.7%		4.3
	Smoking (% of adults)	+	21.9	48	7.9
ALL DETERMINANTS		+	-0.940	50	0.865
HEALTH OUTCOMES		+	-1.060	50	0.846
Behavioral Health	Depression (% of adults)*	+	23.9	42	11.8
	Excessive Drinking (% of adults)	++	20.8	40	12.0
	Frequent Mental Distress (% of adults)	+	18.5	49	10.6
	Non-medical Drug Use (% of adults)	++	13.2	37	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	24.7	32	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	10,028	46	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	+++	15.7	21	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	14.9	45	9.3
	Low Birthweight (% of live births)	+	10.8	49	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.4	47	2.4
	Multiple Chronic Conditions (% of adults)	+	12.3	41	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	39.7	45	25.8
	High Cholesterol (% of adults)*	+	37.6	48	28.1
	Obesity (% of adults)	+	35.9	42	23.8
OVERALL			-0.969	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Maine

State Health Department Website: maine.gov/dhhs

Summary

Strengths:

- High immunization coverage among children
- Low racial gap in low birthweight
- Low prevalence of non-medical drug use

Highlights:

HIGH-SPEED INTERNET

▲7% between 2015 and 2018 from 82.8% to 88.3% of households

TEEN BIRTHS

▼56% between 2008 and 2018 from 25.0 to 11.1 births per 1,000 females ages 15-19

MENTAL HEALTH PROVIDERS

▲14% between 2016 and 2020 from 442.1 to 504.5 per 100,000 population

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of multiple chronic conditions
- Low prevalence of exercise

ADULTS WHO AVOIDED CARE DUE TO COST

▲31% between 2015 and 2019 from 9.4% to 12.3%

CHLAMYDIA

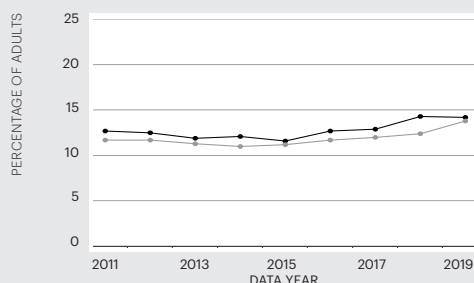
▲76% between 2009 and 2018 from 184.4 to 325.2 cases per 100,000 population

FREQUENT MENTAL DISTRESS

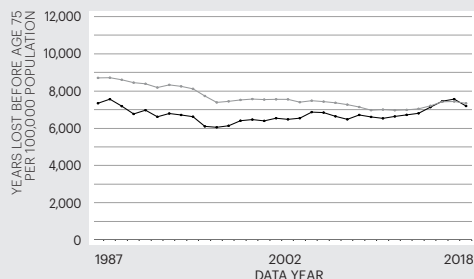
▲22% between 2015 and 2019 from 11.6% to 14.2% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.6%
Education (ages 25+ without a high school diploma)	6.8%
Per Capita Income	\$34,078
Poverty (households below the poverty level)	10.9%
Unemployment (ages 16-64)	3.5%

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	31.8%
Asthma	11.8%
Cancer (excluding skin)	9.5%
Cardiovascular Disease	10.4%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	9.2%
Depression	23.5%
Diabetes	10.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.451	12	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.8	10	2.9
	Public Health Funding (dollars per person)	++++	\$109	18	\$289
	Violent Crime (offenses per 100,000 population)	+++++	115	1	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	29	13	1
	Food Insecurity (% of households)	++	13.6	39	7.8
	Income Inequality (80-20 ratio)	++++	4.35	14	3.70
Education	High School Graduation (% of students)	+++	86.7	22	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	16.3	30	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.7	30	8.9
	High-speed Internet (% of households)	+++	88.3	24	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	+++++	38.7	8	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	65.6	1	65.6
PHYSICAL ENVIRONMENT		++++	0.485	13	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	5.3	7	4.1
	Drinking Water Violations (% of community water systems)	++	1.1	34	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	139,543	9	317
	Water Fluoridation (% of population served)	+++	79.3	22	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	8.2	22	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	78.5	25	52.8
	Housing With Lead Risk (% of housing stock)	+	24.0	41	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.3	19	11.2
CLINICAL CARE		+++++	0.769	7	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.3	24	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	58.5	27	90.6
	Mental Health Providers (number per 100,000 population)	+++++	504.5	4	666.4
	Primary Care Providers (number per 100,000 population)	+++++	330.8	3	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.0	25	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.8	2	77.1
	Dental Visit (% of adults)	++	65.3	34	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	86.6	1	86.6
Quality of Care	Flu Vaccination (% adults)	++++	46.4	15	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	52.6	32	78.9
	Dedicated Health Care Provider (% of adults)	+++++	85.4	5	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,556	15	1,971
BEHAVIORS		++++	0.183	20	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	33.2	17	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	20.2	39	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	9.2	7	14.1
	Physical Inactivity (% of adults)	++	30.1	40	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	325.2	4	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.2	21	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	11.1	7	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.3%		4.3
	Smoking (% of adults)	++	17.6	35	7.9
ALL DETERMINANTS		++++	0.448	11	0.865
HEALTH OUTCOMES		+++	0.215	23	0.846
Behavioral Health	Depression (% of adults)*	+	23.5	41	11.8
	Excessive Drinking (% of adults)	++	19.9	37	12.0
	Frequent Mental Distress (% of adults)	++	14.2	33	10.6
	Non-medical Drug Use (% of adults)	+++++	8.3	5	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	26.6	37	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,205	23	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.0	1	1.0
	Suicide (deaths per 100,000 population)*	++	19.2	32	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	14.0	40	9.3
	Low Birthweight (% of live births)	++++	7.2	11	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	2.4	1	2.4
	Multiple Chronic Conditions (% of adults)	+	13.2	44	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	36.2	40	25.8
	High Cholesterol (% of adults)*	++	34.9	36	28.1
OVERALL			0.391	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Maryland

State Health Department Website: health.maryland.gov

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of non-medical drug use
- Low prevalence of frequent physical distress

Challenges:

- High racial gap in high school graduation
- High prevalence of insufficient sleep
- High residential segregation

Highlights:

HPV IMMUNIZATION

▲30% between 2017 and 2019 from 52.9% to 68.9% of adolescents ages 13-17

OCCUPATIONAL FATALITIES

▲24% between 2011-2013 and 2016-2018 from 3.8 to 4.7 deaths per 100,000 workers

ADULTS WHO AVOIDED CARE DUE TO COST

▼17% between 2011 and 2019 from 13.1% to 10.9%

HIGH SCHOOL GRADUATION RACIAL GAP

▲12% between 2017 and 2018 from 18.7 to 21.0 percentage points

EXCESSIVE DRINKING

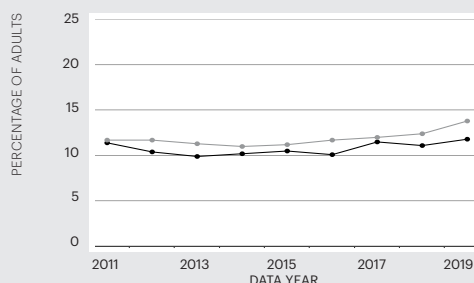
▼23% between 2011 and 2019 from 19.6% to 15.1% of adults

FREQUENT MENTAL DISTRESS

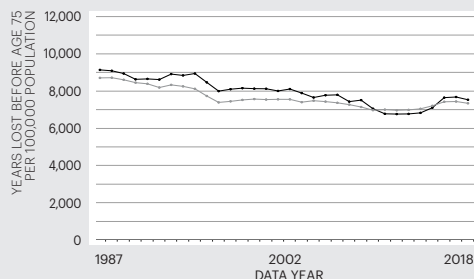
▲19% between 2013 and 2019 from 9.9% to 11.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.4%
Dependency (ages 0-17 or ages 65+)	37.9%
Education (ages 25+ without a high school diploma)	9.6%
Per Capita Income	\$43,325
Poverty (households below the poverty level)	9.0%
Unemployment (ages 16-64)	4.6%

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	24.0%
Asthma	9.0%
Cancer (excluding skin)	7.1%
Cardiovascular Disease	7.2%
Chronic Kidney Disease	2.8%
Chronic Obstructive Pulmonary Disease	5.4%
Depression	15.8%
Diabetes	11.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.265	18	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.7	23	2.9
	Public Health Funding (dollars per person)	++++	\$108	20	\$289
	Violent Crime (offenses per 100,000 population)	++	454	40	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	22	6	1
	Food Insecurity (% of households)	+++	11.1	24	7.8
	Income Inequality (80-20 ratio)	+++	4.55	26	3.70
Education	High School Graduation (% of students)	++++	87.1	19	91.4
	High School Graduation Racial Gap (percentage point difference)	+	21.0	42	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	13.6	14	8.9
	High-speed Internet (% of households)	+++++	91.0	9	92.9
	Residential Segregation (index from 0-100)	++	61	39	42
	Volunteerism (% of adults)	++++	36.3	13	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	54.2	21	65.6
PHYSICAL ENVIRONMENT		+++++	0.637	8	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.2	22	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	684,433	14	317
	Water Fluoridation (% of population served)	+++++	93.7	7	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.1	6	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	73.9	10	52.8
	Housing With Lead Risk (% of housing stock)	+++	17.7	29	5.2
	Severe Housing Problems (% of occupied housing units)	++	16.2	31	11.2
CLINICAL CARE		+++++	0.702	10	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	10.9	14	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	66.7	14	90.6
	Mental Health Providers (number per 100,000 population)	++++	284.2	20	666.4
	Primary Care Providers (number per 100,000 population)	++++	263.8	20	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.0	12	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	72.5	11	77.1
	Dental Visit (% of adults)	+++	66.8	28	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	77.4	23	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	49.6	4	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	68.9	4	78.9
	Dedicated Health Care Provider (% of adults)	+++++	84.8	7	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,107	23	1,971
BEHAVIORS		++++	0.289	14	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.1	35	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	24.0	21	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.0	25	14.1
	Physical Inactivity (% of adults)	++++	23.4	11	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	586.3	39	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.8	13	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	14.1	15	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.3%		4.3
	Smoking (% of adults)	+++++	12.7	7	7.9
ALL DETERMINANTS		++++	0.408	15	0.865
HEALTH OUTCOMES		+++++	0.544	8	0.846
Behavioral Health	Depression (% of adults)*	+++++	15.8	6	11.8
	Excessive Drinking (% of adults)	+++++	15.1	7	12.0
	Frequent Mental Distress (% of adults)	+++++	11.8	8	10.6
	Non-medical Drug Use (% of adults)	+++++	8.3	5	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	37.7	48	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,541	27	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	+++++	10.7	5	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.0	5	9.3
	Low Birthweight (% of live births)	++	8.8	36	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	5.8	20	2.4
	Multiple Chronic Conditions (% of adults)	+++++	8.2	10	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	34.3	34	25.8
	High Cholesterol (% of adults)*	++	34.9	36	28.1
OVERALL			0.444	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Massachusetts

State Health Department Website: mass.gov/orgs/department-of-public-health

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- Low economic hardship index score
- Low teen birth rate

Challenges:

- High prevalence of excessive drinking
- High percentage of housing with lead risk
- High income inequality

Highlights:

VIOLENT CRIME

▼30% between 2009 and 2019 from 467 to 328 offenses per 100,000 population

INCOME INEQUALITY

▲9% between 2007 and 2019 from 4.92 to 5.34

TEEN BIRTHS

▼64% between 2008 and 2018 from 19.8 to 7.2 births per 1,000 females ages 15-19

PREMATURE DEATH

▲12% between 2012 and 2018 from 5,345 to 5,973 years lost before age 75 per 100,000 population

SEVERE HOUSING PROBLEMS

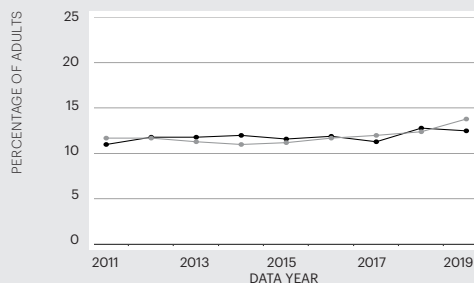
▼8% between 2007-2011 and 2013-2017 from 19.0% to 17.5% of occupied housing units

LOW BIRTHWEIGHT

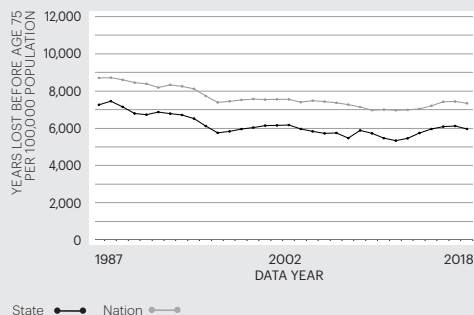
▲29% between 1992 and 2018 from 5.9% to 7.6% of live births

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —
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)	2.1%
Dependency (ages 0-17 or ages 65+)	36.6%
Education (ages 25+ without a high school diploma)	8.7%
Per Capita Income	\$46,241
Poverty (households below the poverty level)	10.3%
Unemployment (ages 16-64)	4.0%

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	24.5%
Asthma	10.3%
Cancer (excluding skin)	7.5%
Cardiovascular Disease	7.6%
Chronic Kidney Disease	2.3%
Chronic Obstructive Pulmonary Disease	4.9%
Depression	18.5%
Diabetes	8.4%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.542	7	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.7	8	2.9
	Public Health Funding (dollars per person)	+++++	\$144	9	\$289
	Violent Crime (offenses per 100,000 population)	+++	328	24	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	9	2	1
	Food Insecurity (% of households)	+++++	9.3	9	7.8
	Income Inequality (80-20 ratio)	+	5.34	47	3.70
Education	High School Graduation (% of students)	++++	87.8	16	91.4
	High School Graduation Racial Gap (percentage point difference)	++	18.4	39	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	11.0	3	8.9
	High-speed Internet (% of households)	+++++	91.3	5	92.9
	Residential Segregation (index from 0-100)	++	58	32	42
	Volunteerism (% of adults)	+++	32.6	24	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	55.5	17	65.6
PHYSICAL ENVIRONMENT		+++	0.272	29	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	6.4	10	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	1,246,658	16	317
	Water Fluoridation (% of population served)	++	57.3	38	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	6.7	4	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	69.6	3	52.8
	Housing With Lead Risk (% of housing stock)	+	30.8	48	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.5	39	11.2
CLINICAL CARE		+++++	1.443	1	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	8.7	4	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	86.3	2	90.6
	Mental Health Providers (number per 100,000 population)	+++++	666.4	1	666.4
	Primary Care Providers (number per 100,000 population)	+++++	362.8	1	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	3.0	1	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	77.1	1	77.1
	Dental Visit (% of adults)	+++++	74.4	3	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.7	13	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	50.5	1	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	74.3	3	78.9
	Dedicated Health Care Provider (% of adults)	+++++	87.3	2	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	4,883	43	1,971
BEHAVIORS		+++++	0.559	9	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	33.9	21	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	22.2	28	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.8	14	14.1
	Physical Inactivity (% of adults)	+++	26.4	25	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	444.0	12	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.2	21	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	7.2	1	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	+++++	12.0	3	7.9
ALL DETERMINANTS		+++++	0.691	3	0.865
HEALTH OUTCOMES		+++++	0.751	2	0.846
Behavioral Health	Depression (% of adults)*	+++	18.5	21	11.8
	Excessive Drinking (% of adults)	+	21.3	42	12.0
	Frequent Mental Distress (% of adults)	++++	12.5	16	10.6
	Non-medical Drug Use (% of adults)	+++++	8.6	9	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	31.8	43	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	5,973	4	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.1	4	1.0
	Suicide (deaths per 100,000 population)*	+++++	10.4	4	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.5	8	9.3
	Low Birthweight (% of live births)	++++	7.6	16	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	4.3	9	2.4
	Multiple Chronic Conditions (% of adults)	++++	8.9	15	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	28.1	4	25.8
	High Cholesterol (% of adults)*	++++	30.7	13	28.1
	Obesity (% of adults)	+++++	25.2	3	23.8
OVERALL			0.712	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Michigan

State Health Department Website: michigan.gov/mdhhs

Summary

Strengths:

- Low income inequality
- Low prevalence of non-medical drug use
- Low uninsured rate

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of multiple chronic conditions
- Low high school graduation rate

Highlights:

HIGH SCHOOL GRADUATION

▲9% between 2011 and 2018 from 74.0% to 80.6% of students

HIGH-SPEED INTERNET

▲11% between 2015 and 2018 from 79.4% to 87.9% of households

ADULTS WHO AVOIDED CARE DUE TO COST

▼29% between 2011 and 2019 from 16.5% to 11.7%

FREQUENT MENTAL DISTRESS

▲36% between 2015 and 2019 from 11.9% to 16.2% of adults

LOW BIRTHWEIGHT RACIAL GAP

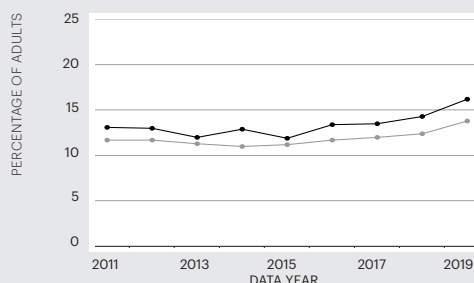
▲10% between 2017 and 2018 from 7.3 to 8.0 percentage points

OBESITY

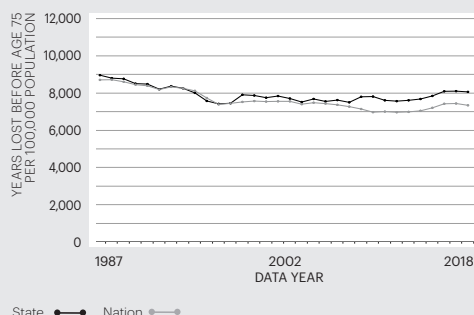
▲16% between 2012 and 2019 from 31.1% to 36.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —
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)	1.6%
Dependency (ages 0-17 or ages 65+)	39.1%
Education (ages 25+ without a high school diploma)	8.6%
Per Capita Income	\$32,892
Poverty (households below the poverty level)	12.6%
Unemployment (ages 16-64)	5.1%

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	30.9%
Asthma	11.1%
Cancer (excluding skin)	8.3%
Cardiovascular Disease	9.4%
Chronic Kidney Disease	3.4%
Chronic Obstructive Pulmonary Disease	8.4%
Depression	21.4%
Diabetes	11.1%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.347	44	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.3	19	2.9
	Public Health Funding (dollars per person)	+	\$60	44	\$289
	Violent Crime (offenses per 100,000 population)	++	437	38	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	46	27	1
	Food Insecurity (% of households)	++	12.9	35	7.8
	Income Inequality (80-20 ratio)	+++	4.49	24	3.70
Education	High School Graduation (% of students)	+	80.6	46	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	13.9	22	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	18.3	42	8.9
	High-speed Internet (% of households)	++++	87.9	30	92.9
	Residential Segregation (index from 0-100)	+	71	48	42
	Volunteerism (% of adults)	++	29.4	35	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	59.5	9	65.6
PHYSICAL ENVIRONMENT		+	0.052	41	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)	+	2.6	42	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	9,037,202	40	317
	Water Fluoridation (% of population served)	++++	89.5	14	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.7	16	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	81.8	36	52.8
	Housing With Lead Risk (% of housing stock)	++	22.3	37	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.7	25	11.2
CLINICAL CARE		++++	0.520	15	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	11.7	18	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	68.0	13	90.6
	Mental Health Providers (number per 100,000 population)	++++	287.4	19	666.4
	Primary Care Providers (number per 100,000 population)	++++	278.8	14	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	5.8	9	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	74.6	8	77.1
	Dental Visit (% of adults)	++++	71.0	11	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	78.4	20	86.6
Quality of Care	Flu Vaccination (% adults)	++	40.4	38	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	59.4	17	78.9
	Dedicated Health Care Provider (% of adults)	+++++	85.5	4	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	4,820	41	1,971
BEHAVIORS		++	-0.300	35	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	39.0	45	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	23.3	24	28.5
	Fruit and Vegetable Consumption (% of adults)	+	6.5	41	14.1
	Physical Inactivity (% of adults)	++++	25.4	19	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	507.8	24	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.3	23	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	15.8	20	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.1%		4.3
	Smoking (% of adults)	++	18.7	39	7.9
ALL DETERMINANTS		++	-0.108	31	0.865
HEALTH OUTCOMES		++	-0.442	40	0.846
Behavioral Health	Depression (% of adults)*	++	21.4	34	11.8
	Excessive Drinking (% of adults)	++	19.1	32	12.0
	Frequent Mental Distress (% of adults)	+	16.2	43	10.6
	Non-medical Drug Use (% of adults)	++++	9.2	13	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	26.3	35	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,071	34	5,648
	Premature Death Racial Inequality (ratio)	++	1.6	32	1.0
	Suicide (deaths per 100,000 population)*	++++	15.4	19	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.9	38	9.3
	Low Birthweight (% of live births)	+++	8.5	29	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.0	41	2.4
	Multiple Chronic Conditions (% of adults)	++	12.1	40	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	35.1	38	25.8
	High Cholesterol (% of adults)*	++	35.0	39	28.1
	Obesity (% of adults)	+	36.0	43	23.8
OVERALL			-0.186	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Minnesota

State Health Department Website: health.state.mn.us

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of non-medical drug use
- Low premature death rate

Challenges:

- High prevalence of excessive drinking
- High racial gap in high school graduation
- High premature death racial inequality

Highlights:

HIGH-SPEED INTERNET

▲7% between 2015 and 2018 from 84.8% to 90.7% of households

PREVENTABLE HOSPITALIZATIONS

▲9% between 2012 and 2018 from 5,242 to 5,721 discharges per 100,000 Medicare enrollees

SEVERE HOUSING PROBLEMS

▼10% between 2007-2011 and 2013-2017 from 14.6% to 13.2% of occupied housing units

FREQUENT MENTAL DISTRESS

▲27% between 2011 and 2019 from 9.1% to 11.6% of adults

MENTAL HEALTH PROVIDERS

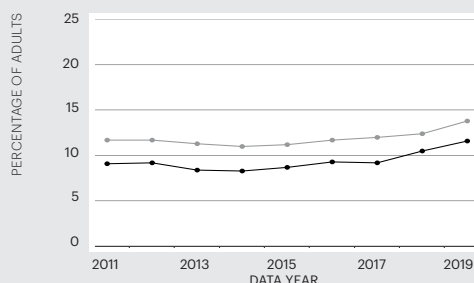
▲27% between 2016 and 2020 from 216.8 to 274.4 per 100,000 population

LOW BIRTHWEIGHT

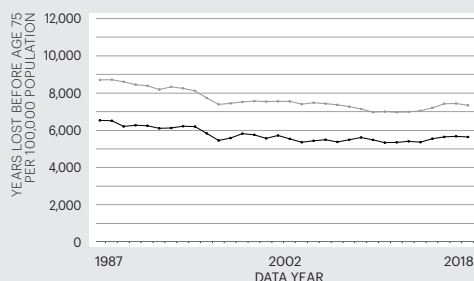
▲35% between 1991 and 2018 from 5.1% to 6.9% of live births

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.1%
Dependency (ages 0-17 or ages 65+)	39.4%
Education (ages 25+ without a high school diploma)	6.4%
Per Capita Income	\$39,025
Poverty (households below the poverty level)	9.0%
Unemployment (ages 16-64)	3.2%

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	21.6%
Asthma	8.3%
Cancer (excluding skin)	6.7%
Cardiovascular Disease	7.3%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	4.4%
Depression	20.2%
Diabetes	8.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.546	6	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.3	5	2.9
	Public Health Funding (dollars per person)	++	\$84	32	\$289
	Violent Crime (offenses per 100,000 population)	++++	236	11	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	17	4	1
	Food Insecurity (% of households)	+++++	8.6	4	7.8
	Income Inequality (80-20 ratio)	+++++	4.19	7	3.70
Education	High School Graduation (% of students)	++	83.2	34	91.4
	High School Graduation Racial Gap (percentage point difference)	+	37.4	49	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	13.7	15	8.9
	High-speed Internet (% of households)	+++++	90.7	12	92.9
	Residential Segregation (index from 0-100)	++	59	36	42
	Volunteerism (% of adults)	+++++	45.1	2	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	63.0	4	65.6
PHYSICAL ENVIRONMENT		+++++	0.682	4	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	6.8	14	4.1
	Drinking Water Violations (% of community water systems)	+++	0.5	26	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	1,982,571	17	317
	Water Fluoridation (% of population served)	+++++	98.8	2	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	8.3	23	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	77.6	20	52.8
	Housing With Lead Risk (% of housing stock)	++	19.7	32	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	13.2	9	11.2
CLINICAL CARE		++++	0.608	4	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	10.0	9	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	65.6	15	90.6
	Mental Health Providers (number per 100,000 population)	+++	274.4	23	666.4
	Primary Care Providers (number per 100,000 population)	+++++	291.4	8	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	4.9	5	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	73.6	9	77.1
	Dental Visit (% of adults)	+++++	73.9	4	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	82.8	6	86.6
Quality of Care	Flu Vaccination (% adults)	++++	45.7	20	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	56.8	21	78.9
	Dedicated Health Care Provider (% of adults)	++	74.8	34	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,721	50	1,971
BEHAVIORS		+++++	0.961	4	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	28.7	1	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	25.5	10	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.5	20	14.1
	Physical Inactivity (% of adults)	+++++	19.9	5	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	422.6	10	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.5	8	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	10.2	5	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.0%		4.3
	Smoking (% of adults)	++++	14.6	15	7.9
ALL DETERMINANTS		+++++	0.687	4	0.865
HEALTH OUTCOMES		+++++	0.548	7	0.846
Behavioral Health	Depression (% of adults)*	+++	20.2	29	11.8
	Excessive Drinking (% of adults)	+	22.0	45	12.0
	Frequent Mental Distress (% of adults)	+++++	11.6	7	10.6
	Non-medical Drug Use (% of adults)	+++++	6.9	2	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	11.5	7	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	5,648	1	5,648
	Premature Death Racial Inequality (ratio)	+	3.4	47	1.0
	Suicide (deaths per 100,000 population)*	++++	13.3	11	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	9.9	3	9.3
	Low Birthweight (% of live births)	+++++	6.9	7	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	4.2	8	2.4
	Multiple Chronic Conditions (% of adults)	+++++	7.6	6	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	28.7	5	25.8
	High Cholesterol (% of adults)*	+++++	29.8	6	28.1
OVERALL			0.652	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Mississippi

State Health Department Website: msdh.ms.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- Low racial gap in high school graduation
- Low residential segregation

Challenges:

- High economic hardship index score
- Low prevalence of exercise
- High premature death rate

Highlights:

FOOD INSECURITY

▼ **24%** between 2013-2015 and 2016-2018 from 20.8% to 15.9% of households

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **26%** between 2011 and 2019 from 23.3% to 17.2%

HIGH-SPEED INTERNET

▲ **23%** between 2015 and 2018 from 65.6% to 80.6% of households

HIGH SCHOOL GRADUATION RACIAL GAP

▲ **12%** between 2017 and 2018 from 7.8 to 8.7 percentage points

LOW BIRTHWEIGHT

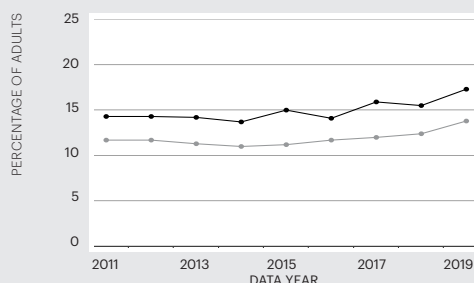
▲ **26%** between 1991 and 2018 from 9.6% to 12.1% of live births

FREQUENT MENTAL DISTRESS

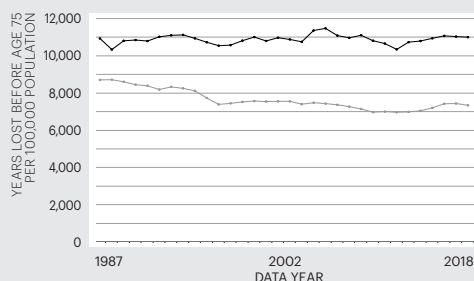
▲ **26%** between 2014 and 2019 from 13.7% to 17.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.6%
Dependency (ages 0-17 or ages 65+)	39.8%
Education (ages 25+ without a high school diploma)	14.7%
Per Capita Income	\$25,301
Poverty (households below the poverty level)	18.9%
Unemployment (ages 16-64)	6.8%

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	28.9%
Asthma	9.9%
Cancer (excluding skin)	6.6%
Cardiovascular Disease	11.3%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	9.4%
Depression	20.6%
Diabetes	14.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.674	47	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	8.5	47	2.9
	Public Health Funding (dollars per person)	+++	\$87	29	\$289
	Violent Crime (offenses per 100,000 population)	++++	278	14	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	100	50	1
	Food Insecurity (% of households)	+	15.9	49	7.8
	Income Inequality (80-20 ratio)	+	5.37	48	3.70
Education	High School Graduation (% of students)	++	84.0	32	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	8.7	7	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	18.2	40	8.9
	High-speed Internet (% of households)	+	80.6	49	92.9
	Residential Segregation (index from 0-100)	+++++	48	7	42
	Volunteerism (% of adults)	+	23.8	49	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	54.2	21	65.6
PHYSICAL ENVIRONMENT		+	-0.246	47	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	7.8	31	4.1
	Drinking Water Violations (% of community water systems)	+	5.5	49	0.0
	Non-smoking Regulation (% of population)*	++	31.1	34	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	2,102,778	18	317
	Water Fluoridation (% of population served)	++	60.7	35	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	14.2	46	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	84.8	49	52.8
	Housing With Lead Risk (% of housing stock)	+++++	11.0	10	5.2
	Severe Housing Problems (% of occupied housing units)	+++	15.4	29	11.2
CLINICAL CARE		+	-1.100	49	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	17.2	47	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	43.2	47	90.6
	Mental Health Providers (number per 100,000 population)	+	173.0	42	666.4
	Primary Care Providers (number per 100,000 population)	++	232.3	33	362.8
Preventive Clinical Services	Uninsured (% of population)	+	13.0	46	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	62.6	46	77.1
	Dental Visit (% of adults)	+	54.1	50	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	80.0	11	86.6
Quality of Care	Flu Vaccination (% adults)	+	39.4	41	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	30.5	50	78.9
	Dedicated Health Care Provider (% of adults)	++	73.6	38	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,628	49	1,971
BEHAVIORS		+	-1.375	49	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.1	35	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	15.7	48	28.5
	Fruit and Vegetable Consumption (% of adults)	+	6.3	42	14.1
	Physical Inactivity (% of adults)	+	37.7	50	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	740.1	48	198.2
	High-risk HIV Behaviors (% of adults)	++	6.7	35	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	27.8	49	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	+	20.4	46	7.9
ALL DETERMINANTS		+	-0.889	49	0.865
HEALTH OUTCOMES		+	-0.975	49	0.846
Behavioral Health	Depression (% of adults)*	++	20.6	32	11.8
	Excessive Drinking (% of adults)	+++++	14.6	5	12.0
	Frequent Mental Distress (% of adults)	+	17.3	46	10.6
	Non-medical Drug Use (% of adults)	++	12.9	36	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	10.6	5	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	11,011	49	5,648
	Premature Death Racial Inequality (ratio)	+++	1.5	27	1.0
	Suicide (deaths per 100,000 population)*	++++	14.2	12	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	14.0	40	9.3
	Low Birthweight (% of live births)	+	12.1	50	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.4	47	2.4
	Multiple Chronic Conditions (% of adults)	+	13.2	44	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	43.6	49	25.8
	High Cholesterol (% of adults)*	+	36.8	45	28.1
OVERALL			-0.915	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Missouri

State Health Department Website: health.mo.gov

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- High high school graduation rate
- Low prevalence of non-medical drug use

Challenges:

- Low prevalence of exercise
- High residential segregation
- Low immunization coverage among children

Highlights:

HIGH-SPEED INTERNET

▲11% between 2015 and 2018 from 78.0% to 86.9% of households

SEVERE HOUSING PROBLEMS

▼9% between 2009-2013 and 2013-2017 from 14.6% to 13.3% of occupied housing units

MENTAL HEALTH PROVIDERS

▲22% between 2016 and 2020 from 171.5 to 209.8 per 100,000 population

CHLAMYDIA

▲43% between 2007 and 2018 from 396.5 to 568.1 cases per 100,000 population

LOW BIRTHWEIGHT RACIAL GAP

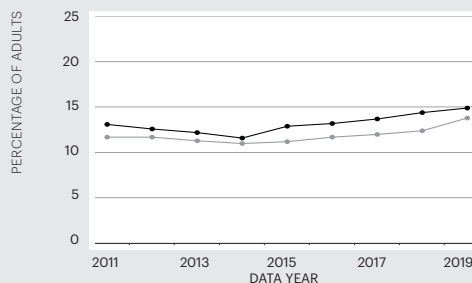
▲14% between 2017 and 2018 from 7.3 to 8.3 percentage points

FREQUENT MENTAL DISTRESS

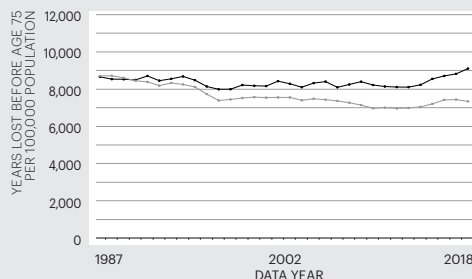
▲28% between 2014 and 2019 from 11.6% to 14.9% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.9%
Dependency (ages 0-17 or ages 65+)	39.6%
Education (ages 25+ without a high school diploma)	9.3%
Per Capita Income	\$31,756
Poverty (households below the poverty level)	13.2%
Unemployment (ages 16-64)	3.9%

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	27.1%
Asthma	10.1%
Cancer (excluding skin)	8.1%
Cardiovascular Disease	9.9%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	8.8%
Depression	22.8%
Diabetes	10.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.013	26	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.0	27	2.9
	Public Health Funding (dollars per person)	+	\$61	41	\$289
	Violent Crime (offenses per 100,000 population)	+	495	43	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	46	27	1
	Food Insecurity (% of households)	+++	12.0	30	7.8
	Income Inequality (80-20 ratio)	+++	4.58	29	3.70
Education	High School Graduation (% of students)	+++++	89.2	9	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	11.6	17	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	13.1	8	8.9
	High-speed Internet (% of households)	++	86.9	33	92.9
	Residential Segregation (index from 0-100)	+	68	45	42
	Volunteerism (% of adults)	+++	31.9	27	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	55.0	18	65.6
PHYSICAL ENVIRONMENT		+++	0.339	25	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.6	30	4.1
	Drinking Water Violations (% of community water systems)	+++	0.6	29	0.0
	Non-smoking Regulation (% of population)*	++	29.1	35	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	4,565,815	29	317
	Water Fluoridation (% of population served)	+++	75.6	26	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	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)	+	82.1	41	52.8
	Housing With Lead Risk (% of housing stock)	+++	18.7	30	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	13.3	10	11.2
CLINICAL CARE		++	-0.348	35	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.3	36	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	52.6	37	90.6
	Mental Health Providers (number per 100,000 population)	++	209.8	35	666.4
	Primary Care Providers (number per 100,000 population)	+++	259.4	23	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.0	35	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	69.7	25	77.1
	Dental Visit (% of adults)	++	63.3	38	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	69.1	47	86.6
Quality of Care	Flu Vaccination (% adults)	++++	46.0	19	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	54.3	27	78.9
	Dedicated Health Care Provider (% of adults)	+++	78.8	22	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,662	33	1,971
BEHAVIORS		+	-0.838	43	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	34.0	22	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	17.1	46	28.5
	Fruit and Vegetable Consumption (% of adults)	+	6.1	44	14.1
	Physical Inactivity (% of adults)	+	30.6	42	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	568.1	33	198.2
	High-risk HIV Behaviors (% of adults)	++	6.9	37	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	21.6	38	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	+	19.6	42	7.9
ALL DETERMINANTS		++	-0.243	36	0.865
HEALTH OUTCOMES		++	-0.400	38	0.846
Behavioral Health	Depression (% of adults)*	++	22.8	38	11.8
	Excessive Drinking (% of adults)	+++	18.1	21	12.0
	Frequent Mental Distress (% of adults)	++	14.9	38	10.6
	Non-medical Drug Use (% of adults)	++++	9.8	15	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	26.8	38	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	9,112	40	5,648
	Premature Death Racial Inequality (ratio)	++	1.6	32	1.0
	Suicide (deaths per 100,000 population)*	++	20.1	39	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.3	32	9.3
	Low Birthweight (% of live births)	++	8.7	33	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.3	46	2.4
	Multiple Chronic Conditions (% of adults)	++	11.2	35	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.9	15	25.8
	High Cholesterol (% of adults)*	++	34.4	32	28.1
OVERALL			-0.283	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Montana

State Health Department Website: dphhs.mt.gov

Summary

Strengths:

- High prevalence of exercise
- Low prevalence of obesity
- High percentage of volunteerism

Highlights:

OCCUPATIONAL FATALITIES

▼ **79%** between 1990-1992 and 2016-2018 from 27.8 to 5.9 deaths per 100,000 workers

PREVENTABLE HOSPITALIZATIONS

▼ **21%** between 2012 and 2018 from 3,691 to 2,932 discharges per 100,000 Medicare enrollees

EXERCISE

▲ **34%** between 2017 and 2019 from 21.1% to 28.3% of adults

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of excessive drinking
- High premature death racial inequality

CHLAMYDIA

▲ **53%** between 2009 and 2018 from 306.5 to 468.1 cases per 100,000 population

FREQUENT MENTAL DISTRESS

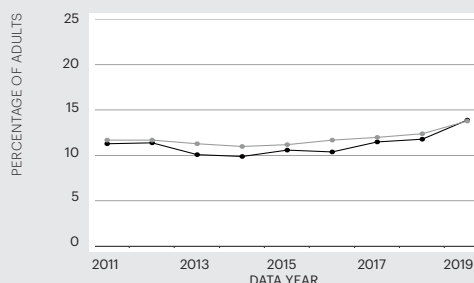
▲ **40%** between 2014 and 2019 from 9.9% to 13.9% of adults

PREMATURE DEATH RACIAL INEQUALITY (RATIO)

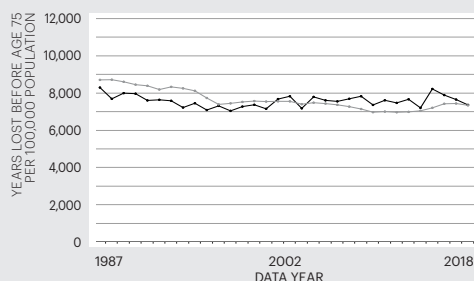
▲ **35%** between 2001-2003 and 2016-2018 from 2.0 to 2.7

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.9%
Dependency (ages 0-17 or ages 65+)	40.6%
Education (ages 25+ without a high school diploma)	5.8%
Per Capita Income	\$32,625
Poverty (households below the poverty level)	12.7%
Unemployment (ages 16-64)	4.2%

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	29.0%
Asthma	10.0%
Cancer (excluding skin)	8.3%
Cardiovascular Disease	8.7%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	6.8%
Depression	24.1%
Diabetes	7.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.016	25	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.9	37	2.9
	Public Health Funding (dollars per person)	+++++	\$125	10	\$289
	Violent Crime (offenses per 100,000 population)	++	405	32	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	43	22	1
	Food Insecurity (% of households)	++++	10.3	14	7.8
	Income Inequality (80-20 ratio)	+++	4.43	22	3.70
Education	High School Graduation (% of students)	+++	86.4	25	91.4
	High School Graduation Racial Gap (percentage point difference)	+	21.4	45	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	23.9	49	8.9
	High-speed Internet (% of households)	++	87.8	31	92.9
	Residential Segregation (index from 0-100)	++	58	32	42
	Volunteerism (% of adults)	+++++	38.8	7	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	63.8	3	65.6
PHYSICAL ENVIRONMENT		+++	0.343	22	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	6.3	9	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	221,212	12	317
	Water Fluoridation (% of population served)	+	30.7	47	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	11.1	40	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.2	15	52.8
	Housing With Lead Risk (% of housing stock)	+++	17.3	27	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.7	25	11.2
CLINICAL CARE		++	-0.122	32	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	10.3	11	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	64.9	16	90.6
	Mental Health Providers (number per 100,000 population)	++++	320.6	16	666.4
	Primary Care Providers (number per 100,000 population)	+++	261.5	22	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.3	27	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	64.4	44	77.1
	Dental Visit (% of adults)	+++	66.4	30	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	69.1	47	86.6
Quality of Care	Flu Vaccination (% adults)	+++	42.9	27	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	46.7	43	78.9
	Dedicated Health Care Provider (% of adults)	++	73.0	40	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,932	10	1,971
BEHAVIORS		+++++	0.633	8	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	30.1	5	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	28.3	2	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	7.5	28	14.1
	Physical Inactivity (% of adults)	+++++	19.7	4	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	468.1	19	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.7	12	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	17.2	27	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.7%		4.3
	Smoking (% of adults)	+++	16.6	30	7.9
ALL DETERMINANTS		+++	0.197	21	0.865
HEALTH OUTCOMES		+	-0.454	41	0.846
Behavioral Health	Depression (% of adults)*	+	24.1	43	11.8
	Excessive Drinking (% of adults)	+	22.7	48	12.0
	Frequent Mental Distress (% of adults)	+++	13.9	27	10.6
	Non-medical Drug Use (% of adults)	++	13.4	39	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	12.1	9	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,372	24	5,648
	Premature Death Racial Inequality (ratio)	+	2.7	45	1.0
	Suicide (deaths per 100,000 population)*	+	25.1	47	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.4	34	9.3
	Low Birthweight (% of live births)	+++++	7.4	14	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.1	42	2.4
	Multiple Chronic Conditions (% of adults)	++	10.8	33	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	29.5	6	25.8
	High Cholesterol (% of adults)*	++++	30.5	11	28.1
OVERALL			0.033	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Nebraska

State Health Department Website: dhhs.ne.gov

Summary

Strengths:

- High immunization coverage among children
- Low prevalence of frequent mental distress
- Low prevalence of non-medical drug use

Challenges:

- High prevalence of excessive drinking
- High racial gap in high school graduation
- High premature death racial inequality

Highlights:

HIGH-SPEED INTERNET

▲8% between 2015 and 2018 from 83.6% to 90.1% of households

PREVENTABLE HOSPITALIZATIONS

▼20% between 2012 and 2018 from 4,391 to 3,517 discharges per 100,000 Medicare enrollees

SMOKING

▼27% between 2011 and 2019 from 20.0% to 14.7% of adults

FREQUENT MENTAL DISTRESS

▲38% between 2014 and 2019 from 8.2% to 11.3% of adults

SUICIDE

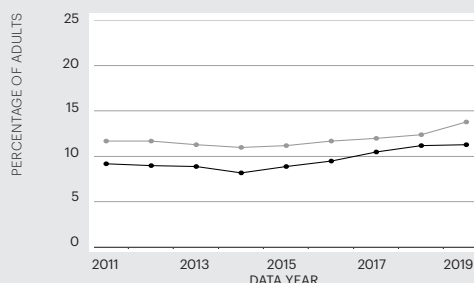
▲52% between 2009 and 2018 from 9.5 to 14.4 deaths per 100,000 population

DIABETES

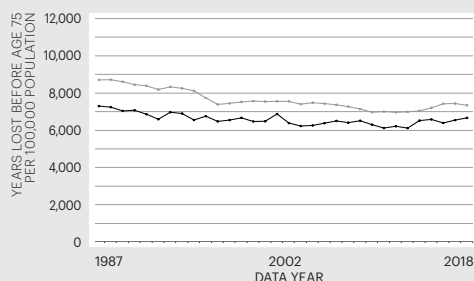
▲26% between 2012 and 2019 from 8.1% to 10.2% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation

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)	1.9%
Dependency (ages 0-17 or ages 65+)	40.7%
Education (ages 25+ without a high school diploma)	8.0%
Per Capita Income	\$33,272
Poverty (households below the poverty level)	10.5%
Unemployment (ages 16-64)	3.4%

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	8.0%
Cancer (excluding skin)	7.0%
Cardiovascular Disease	7.7%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	5.7%
Depression	16.2%
Diabetes	10.2%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.300	17	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.7	23	2.9
	Public Health Funding (dollars per person)	+++	\$96	24	\$289
	Violent Crime (offenses per 100,000 population)	+++	301	21	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	38	17	1
	Food Insecurity (% of households)	+++	11.4	28	7.8
	Income Inequality (80-20 ratio)	+++++	4.06	3	3.70
Education	High School Graduation (% of students)	++++	88.7	12	91.4
	High School Graduation Racial Gap (percentage point difference)	+	21.5	46	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	15.3	20	8.9
	High-speed Internet (% of households)	++++	90.1	13	92.9
	Residential Segregation (index from 0-100)	++	60	38	42
	Volunteerism (% of adults)	+++++	40.2	6	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	50.8	36	65.6
PHYSICAL ENVIRONMENT		+++	0.366	21	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	815,500	15	317
	Water Fluoridation (% of population served)	+++	71.6	30	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	11.0	39	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	81.8	36	52.8
	Housing With Lead Risk (% of housing stock)	++	22.4	39	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	12.6	6	11.2
CLINICAL CARE		++++	0.560	13	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.6	25	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	68.5	12	90.6
	Mental Health Providers (number per 100,000 population)	+++	275.2	22	666.4
	Primary Care Providers (number per 100,000 population)	++++	272.5	16	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	8.3	27	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	68.7	31	77.1
	Dental Visit (% of adults)	+++	67.7	22	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	84.7	2	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	49.0	6	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	60.5	12	78.9
	Dedicated Health Care Provider (% of adults)	++++	79.6	17	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,517	14	1,971
BEHAVIORS		++++	0.262	18	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	31.6	7	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	20.9	36	28.5
	Fruit and Vegetable Consumption (% of adults)	++	7.3	31	14.1
	Physical Inactivity (% of adults)	+++	26.9	30	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	418.0	9	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.6	10	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	16.7	24	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	++++	14.7	16	7.9
ALL DETERMINANTS		++++	0.351	17	0.865
HEALTH OUTCOMES		++++	0.245	20	0.846
Behavioral Health	Depression (% of adults)*	+++++	16.2	7	11.8
	Excessive Drinking (% of adults)	+	21.9	44	12.0
	Frequent Mental Distress (% of adults)	+++++	11.3	3	10.6
	Non-medical Drug Use (% of adults)	+++++	7.3	3	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	7.4	2	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	6,675	14	5,648
	Premature Death Racial Inequality (ratio)	+	2.2	42	1.0
	Suicide (deaths per 100,000 population)*	++++	14.4	15	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	10.4	7	9.3
	Low Birthweight (% of live births)	++++	7.6	16	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.7	30	2.4
	Multiple Chronic Conditions (% of adults)	+++++	8.2	10	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	31.0	18	25.8
	High Cholesterol (% of adults)*	++++	31.1	14	28.1
OVERALL			0.325	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Nevada

State Health Department Website: dhhs.nv.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- Low racial gap in low birthweight
- Low residential segregation

Challenges:

- Low prevalence of exercise
- Low flu vaccination coverage
- High prevalence of non-medical drug use

Highlights:

PER CAPITA INCOME

▲11% between 2017 and 2019 from \$30,166 to \$33,575

SEVERE HOUSING PROBLEMS

▼17% between 2008-2012 and 2013-2017 from 22.6% to 18.8% of occupied housing units

ADULTS WHO AVOIDED CARE DUE TO COST

▼28% between 2011 and 2019 from 20.9% to 15.1%

CHLAMYDIA

▲63% between 2010 and 2018 from 357.9 to 584.0 cases per 100,000 population

FREQUENT MENTAL DISTRESS

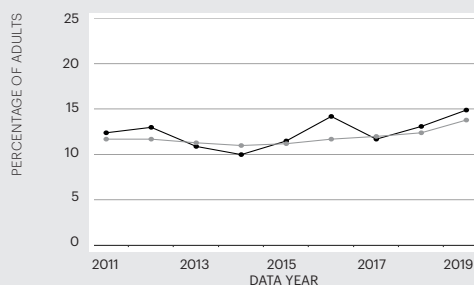
▲49% between 2014 and 2019 from 10.0% to 14.9% of adults

OBESITY

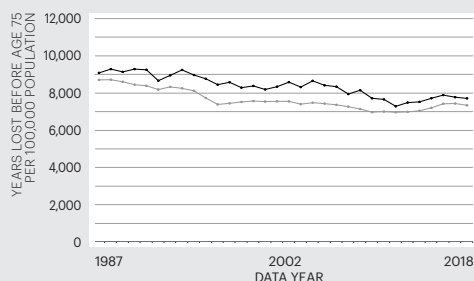
▲25% between 2011 and 2019 from 24.5% to 30.6% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	4.3%
Dependency (ages 0-17 or ages 65+)	38.6%
Education (ages 25+ without a high school diploma)	13.1%
Per Capita Income	\$33,575
Poverty (households below the poverty level)	12.6%
Unemployment (ages 16-64)	5.1%

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	22.8%
Asthma	9.4%
Cancer (excluding skin)	6.0%
Cardiovascular Disease	9.5%
Chronic Kidney Disease	3.0%
Chronic Obstructive Pulmonary Disease	8.0%
Depression	17.7%
Diabetes	10.9%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.080	31	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.8	10	2.9
	Public Health Funding (dollars per person)	+	\$50	50	\$289
	Violent Crime (offenses per 100,000 population)	+	494	42	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	62	38	1
	Food Insecurity (% of households)	++	12.9	35	7.8
	Income Inequality (80-20 ratio)	++++	4.36	15	3.70
Education	High School Graduation (% of students)	++	83.2	34	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	14.5	24	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	14.6	16	8.9
	High-speed Internet (% of households)	+++	88.7	21	92.9
	Residential Segregation (index from 0-100)	+++++	43	2	42
	Volunteerism (% of adults)	+	24.4	48	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	48.7	43	65.6
PHYSICAL ENVIRONMENT		++++	0.480	14	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.3	39	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	544,403	13	317
	Water Fluoridation (% of population served)	+++	75.0	27	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	2	22	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.6	12	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	77.0	19	52.8
	Housing With Lead Risk (% of housing stock)	+++++	5.2	1	5.2
	Severe Housing Problems (% of occupied housing units)	+	18.8	43	11.2
CLINICAL CARE		+	-0.854	48	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	15.1	42	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	55.5	30	90.6
	Mental Health Providers (number per 100,000 population)	++	226.6	32	666.4
	Primary Care Providers (number per 100,000 population)	+	182.8	50	362.8
Preventive Clinical Services	Uninsured (% of population)	+	11.4	43	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	60.6	47	77.1
	Dental Visit (% of adults)	++	64.7	36	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	75.2	33	86.6
	Flu Vaccination (% adults)	+	32.5	50	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	++	52.9	31	78.9
	Dedicated Health Care Provider (% of adults)	+	66.3	50	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,936	19	1,971
BEHAVIORS		++	-0.559	38	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.0	33	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	20.0	41	28.5
	Fruit and Vegetable Consumption (% of adults)	+	5.4	47	14.1
	Physical Inactivity (% of adults)	+++	25.8	23	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	584.0	37	198.2
	High-risk HIV Behaviors (% of adults)	++	7.0	40	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.5	35	7.2
Tobacco Use	E-cigarette Use (% of adults)*	—	—	—	4.3
	Smoking (% of adults)	+++	15.7	23	7.9
ALL DETERMINANTS		++	-0.288	39	0.865
HEALTH OUTCOMES		+++	-0.106	30	0.846
Behavioral Health	Depression (% of adults)*	++++	17.7	17	11.8
	Excessive Drinking (% of adults)	+++	18.4	25	12.0
	Frequent Mental Distress (% of adults)	++	14.9	38	10.6
	Non-medical Drug Use (% of adults)	+	16.0	50	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	22.4	28	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	7,722	31	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	+	21.7	43	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	14.2	42	9.3
	Low Birthweight (% of live births)	++	8.7	33	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	4.7	13	2.4
	Multiple Chronic Conditions (% of adults)	++++	9.0	18	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	32.8	26	25.8
	High Cholesterol (% of adults)*	++	34.1	31	28.1
OVERALL			-0.249	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

New Hampshire

State Health Department Website: dhhs.nh.gov

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of household food insecurity
- Low teen birth rate

Challenges:

- High prevalence of frequent physical distress
- High percentage of housing with lead risk
- Low percentage of fluoridated water

Highlights:

MULTIPLE CHRONIC CONDITIONS

▼18% between 2018 and 2019 from 11.3% to 9.3% of adults

MENTAL HEALTH PROVIDERS

▲21% between 2016 and 2020 from 273.8 to 330.8 per 100,000 population

EXERCISE

▲23% between 2017 and 2019 from 21.4% to 26.4% of adults

INCOME INEQUALITY

▲10% between 2007 and 2019 from 3.82 to 4.22

PREMATURE DEATH

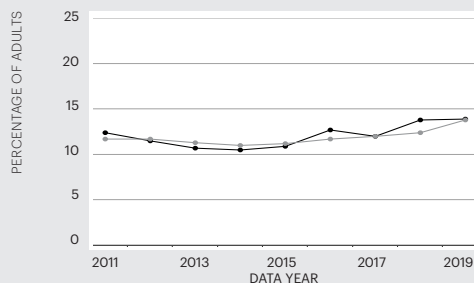
▲22% between 2012 and 2018 from 5,580 to 6,819 years lost before age 75 per 100,000 population

SUICIDE

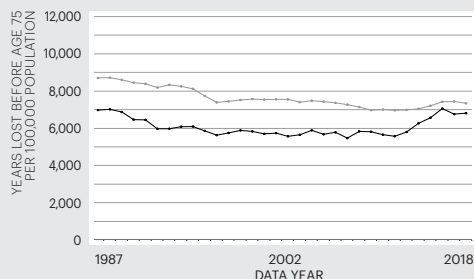
▲62% between 2009 and 2018 from 12.2 to 19.8 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	37.4%
Education (ages 25+ without a high school diploma)	6.7%
Per Capita Income	\$41,241
Poverty (households below the poverty level)	8.1%
Unemployment (ages 16-64)	3.0%

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	26.5%
Asthma	10.8%
Cancer (excluding skin)	8.1%
Cardiovascular Disease	7.4%
Chronic Kidney Disease	2.6%
Chronic Obstructive Pulmonary Disease	6.1%
Depression	20.0%
Diabetes	9.2%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.965	1	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.7	8	2.9
	Public Health Funding (dollars per person)	+++	\$87	29	\$289
	Violent Crime (offenses per 100,000 population)	+++++	153	2	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	1	1	1
	Food Insecurity (% of households)	+++++	7.8	1	7.8
	Income Inequality (80-20 ratio)	+++++	4.22	8	3.70
Education	High School Graduation (% of students)	++++	88.8	11	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	13.5	20	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	13.1	8	8.9
	High-speed Internet (% of households)	+++++	92.4	3	92.9
	Residential Segregation (index from 0-100)	++++	54	19	42
	Volunteerism (% of adults)	++++	35.7	16	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	56.2	15	65.6
PHYSICAL ENVIRONMENT		+++	0.340	24	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4.1	1	4.1
	Drinking Water Violations (% of community water systems)	++++	0.3	17	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	24,207	5	317
	Water Fluoridation (% of population served)	+	46.7	44	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.5	10	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	80.4	31	52.8
	Housing With Lead Risk (% of housing stock)	++	21.7	35	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.5	22	11.2
CLINICAL CARE		+++++	0.962	6	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	11.4	15	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	63.6	18	90.6
	Mental Health Providers (number per 100,000 population)	++++	330.8	15	666.4
	Primary Care Providers (number per 100,000 population)	+++++	303.2	6	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.3	13	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.2	5	77.1
	Dental Visit (% of adults)	++++	68.9	17	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	84.2	4	86.6
Quality of Care	Flu Vaccination (% adults)	++++	47.7	12	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	63.2	8	78.9
	Dedicated Health Care Provider (% of adults)	+++++	88.4	1	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,837	18	1,971
BEHAVIORS		+++++	0.904	5	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	34.3	24	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	26.4	5	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	9.1	8	14.1
	Physical Inactivity (% of adults)	+++++	21.7	7	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	278.1	3	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.4	5	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	8.0	2	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.7%		4.3
	Smoking (% of adults)	+++	15.9	24	7.9
ALL DETERMINANTS		+++++	0.865	1	0.865
HEALTH OUTCOMES		++++	0.284	17	0.846
Behavioral Health	Depression (% of adults)*	+++	20.0	27	11.8
	Excessive Drinking (% of adults)	+++	18.6	26	12.0
	Frequent Mental Distress (% of adults)	+++	13.9	27	10.6
	Non-medical Drug Use (% of adults)	+++++	8.3	5	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	34.1	45	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,819	17	5,648
	Premature Death Racial Inequality (ratio)		—		1.0
	Suicide (deaths per 100,000 population)*	++	19.8	37	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	13.0	28	9.3
	Low Birthweight (% of live births)	+++++	6.8	6	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	6.8	36	2.4
	Multiple Chronic Conditions (% of adults)	++++	9.3	19	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	31.5	20	25.8
	High Cholesterol (% of adults)*	++++	32.5	20	28.1
OVERALL			0.723	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

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

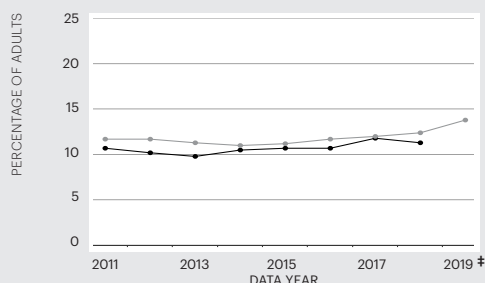
▲ **30%** between 2016 and 2020 from 188.9 to 245.1 per 100,000 population

LOW BIRTHWEIGHT RACIAL GAP

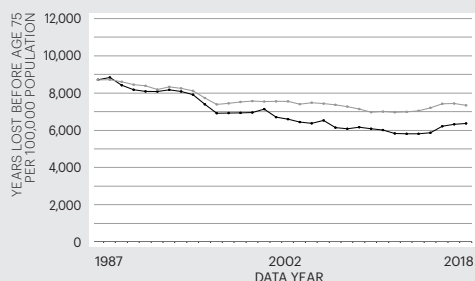
▲ **16%** between 2017 and 2018 from 5.8 to 6.7 percentage points

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, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

New Mexico

State Health Department Website: nmhealth.org

Summary

Strengths:

- Low racial gap in low birthweight
- High prevalence of exercise
- Low residential segregation

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High economic hardship index score
- High prevalence of household food insecurity

Highlights:

PUBLIC HEALTH FUNDING

▲84% between 2014-2015 and 2018-2019 from \$123 to \$226 per person

ADULTS WHO AVOIDED CARE DUE TO COST

▼28% between 2011 and 2019 from 19.2% to 13.9%

PREVENTABLE HOSPITALIZATIONS

▼25% between 2012 and 2018 from 3,712 to 2,788 discharges per 100,000 Medicare enrollees

CHLAMYDIA

▲44% between 2008 and 2018 from 466.8 to 670.5 cases per 100,000 population

SUICIDE

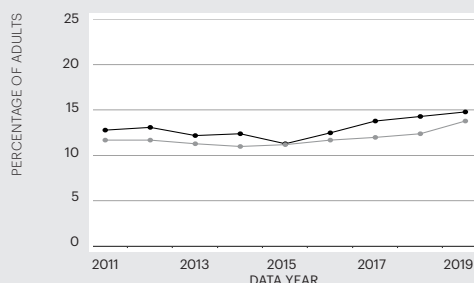
▲37% between 2009 and 2018 from 18.7 to 25.7 deaths per 100,000 population

DIABETES

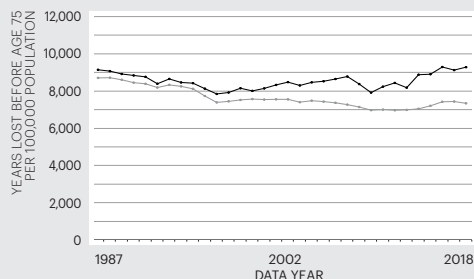
▲23% between 2011 and 2019 from 10.0% to 12.3% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	3.3%
Dependency (ages 0-17 or ages 65+)	40.6%
Education (ages 25+ without a high school diploma)	14.1%
Per Capita Income	\$28,423
Poverty (households below the poverty level)	17.1%
Unemployment (ages 16-64)	5.6%

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	25.9%
Asthma	8.4%
Cancer (excluding skin)	7.0%
Cardiovascular Disease	7.5%
Chronic Kidney Disease	3.6%
Chronic Obstructive Pulmonary Disease	5.6%
Depression	17.3%
Diabetes	12.3%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.989	49	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	6.4	40	2.9
	Public Health Funding (dollars per person)	+++++	\$226	2	\$289
	Violent Crime (offenses per 100,000 population)	+	832	49	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	90	49	1
	Food Insecurity (% of households)	+	16.8	50	7.8
	Income Inequality (80-20 ratio)	+	5.07	43	3.70
Education	High School Graduation (% of students)	+	73.9	50	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	13.3	18	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	21.7	47	8.9
	High-speed Internet (% of households)	+	79.4	50	92.9
	Residential Segregation (index from 0-100)	+++++	45	4	42
	Volunteerism (% of adults)	+	27.1	42	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	48.1	46	65.6
PHYSICAL ENVIRONMENT		++	0.262	31	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	5.9	8	4.1
	Drinking Water Violations (% of community water systems)	+	3.3	43	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	12,354	2	317
	Water Fluoridation (% of population served)	+++	76.7	25	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	10.9	38	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	80.7	32	52.8
	Housing With Lead Risk (% of housing stock)	++++	12.4	16	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.3	37	11.2
CLINICAL CARE		+++	-0.086	29	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.9	34	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	62.4	21	90.6
	Mental Health Providers (number per 100,000 population)	+++++	407.2	10	666.4
	Primary Care Providers (number per 100,000 population)	+++	247.9	30	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.0	35	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	64.7	43	77.1
	Dental Visit (% of adults)	++	65.1	35	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	76.5	29	86.6
	Flu Vaccination (% adults)	+++	43.1	26	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	++++	59.8	15	78.9
	Dedicated Health Care Provider (% of adults)	+	69.8	45	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,788	8	1,971
BEHAVIORS		++	-0.192	34	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	32.6	13	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	25.7	8	28.5
	Fruit and Vegetable Consumption (% of adults)	++	6.6	40	14.1
	Physical Inactivity (% of adults)	++++	25.4	19	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	670.5	46	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.3	23	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	25.3	42	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+++	16.0	26	7.9
ALL DETERMINANTS		+	-0.429	44	0.865
HEALTH OUTCOMES		++	-0.135	31	0.846
Behavioral Health	Depression (% of adults)*	++++	17.3	14	11.8
	Excessive Drinking (% of adults)	++++	16.3	12	12.0
	Frequent Mental Distress (% of adults)	++	14.8	37	10.6
	Non-medical Drug Use (% of adults)	++++	10.4	19	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	26.4	36	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,292	41	5,648
	Premature Death Racial Inequality (ratio)	++	1.8	36	1.0
	Suicide (deaths per 100,000 population)*	+	25.7	49	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	14.4	43	9.3
	Low Birthweight (% of live births)	++	9.0	39	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	4.5	12	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.5	22	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	31.6	21	25.8
	High Cholesterol (% of adults)*	++++	31.3	16	28.1
OVERALL			-0.355	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

New York

State Health Department Website: health.ny.gov

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- Low prevalence of cigarette smoking
- Low premature death rate

Challenges:

- Low immunization coverage among children
- High income inequality
- High residential segregation

Highlights:

PREMATURE DEATH RACIAL INEQUALITY (RATIO)

▼19% between 2006-2008 and 2016-2018 from 1.6 to 1.3

FOOD INSECURITY

▼26% between 2013-2015 and 2016-2018 from 14.1% to 10.5% of households

EXERCISE

▲22% between 2017 and 2019 from 19.8% to 24.1% of adults

CHLAMYDIA

▲44% between 2007 and 2018 from 418.3 to 602.4 cases per 100,000 population

OBESITY

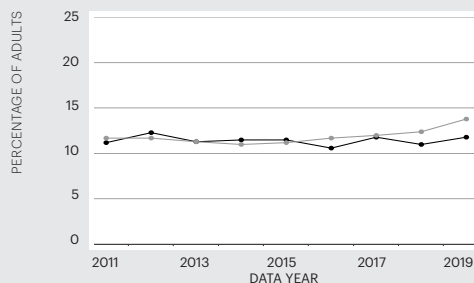
▲15% between 2012 and 2019 from 23.6% to 27.1% of adults

SUICIDE

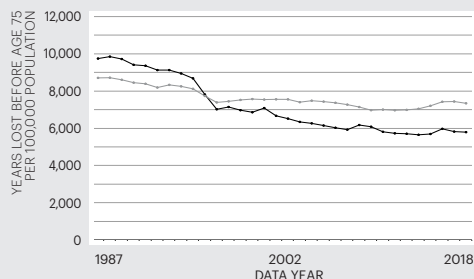
▲21% between 2009 and 2018 from 7.2 to 8.7 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	4.9%
Dependency (ages 0-17 or ages 65+)	37.6%
Education (ages 25+ without a high school diploma)	12.4%
Per Capita Income	\$41,857
Poverty (households below the poverty level)	13.3%
Unemployment (ages 16-64)	4.5%

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	22.2%
Asthma	9.3%
Cancer (excluding skin)	6.9%
Cardiovascular Disease	7.9%
Chronic Kidney Disease	2.5%
Chronic Obstructive Pulmonary Disease	5.8%
Depression	15.3%
Diabetes	10.5%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.213	37	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.1	3	2.9
	Public Health Funding (dollars per person)	+++++	\$147	6	\$289
	Violent Crime (offenses per 100,000 population)	+++	359	26	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	46	27	1
	Food Insecurity (% of households)	++++	10.5	16	7.8
	Income Inequality (80-20 ratio)	+	5.74	50	3.70
Education	High School Graduation (% of students)	++	82.3	37	91.4
	High School Graduation Racial Gap (percentage point difference)	+	21.1	43	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	10.3	2	8.9
	High-speed Internet (% of households)	+++	88.3	24	92.9
	Residential Segregation (index from 0-100)	+	71	48	42
	Volunteerism (% of adults)	+	25.3	47	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	49.5	40	65.6
PHYSICAL ENVIRONMENT		++	0.214	34	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	6.4	10	4.1
	Drinking Water Violations (% of community water systems)	++++	0.3	17	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	2,537,300	20	317
	Water Fluoridation (% of population served)	++	71.5	31	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	5.8	1	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	52.8	1	52.8
	Housing With Lead Risk (% of housing stock)	+	33.2	50	5.2
	Severe Housing Problems (% of occupied housing units)	+	23.5	48	11.2
CLINICAL CARE		++++	0.317	19	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	11.5	16	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	70.3	11	90.6
	Mental Health Providers (number per 100,000 population)	++++	313.5	17	666.4
	Primary Care Providers (number per 100,000 population)	+++++	290.6	9	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	5.2	7	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	70.0	22	77.1
	Dental Visit (% of adults)	++++	69.8	13	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	70.8	45	86.6
Quality of Care	Flu Vaccination (% adults)	+++	44.9	21	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	57.0	19	78.9
	Dedicated Health Care Provider (% of adults)	++++	79.4	20	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,234	27	1,971
BEHAVIORS		++++	0.220	19	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	38.6	43	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.1	18	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	11.0	3	14.1
	Physical Inactivity (% of adults)	++	27.2	32	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	602.4	41	198.2
	High-risk HIV Behaviors (% of adults)	++	6.8	36	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	11.7	9	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.4%		4.3
	Smoking (% of adults)	+++++	12.7	7	7.9
ALL DETERMINANTS		+++	0.065	26	0.865
HEALTH OUTCOMES		+++++	0.518	10	0.846
Behavioral Health	Depression (% of adults)*	+++++	15.3	5	11.8
	Excessive Drinking (% of adults)	+++	18.2	22	12.0
	Frequent Mental Distress (% of adults)	+++++	11.8	8	10.6
	Non-medical Drug Use (% of adults)	+++	11.8	26	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	18.5	22	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	5,800	3	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	+++++	8.7	2	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.7	18	9.3
	Low Birthweight (% of live births)	+++	8.1	23	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.4	25	2.4
	Multiple Chronic Conditions (% of adults)	++++	8.3	13	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	29.6	7	25.8
	High Cholesterol (% of adults)*	+++	32.6	22	28.1
OVERALL			0.181	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

North Carolina

State Health Department Website: ncdhhs.gov

Summary

Strengths:

- Low prevalence of 2+ adverse childhood experiences
- High immunization coverage among children
- Low prevalence of excessive drinking

Challenges:

- High prevalence of high-risk HIV behaviors
- High prevalence of multiple chronic conditions
- High prevalence of avoided care due to cost

Highlights:

MENTAL HEALTH PROVIDERS

▲21% between 2016 and 2020 from 219.1 to 265.5 per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▲10% between 2017 and 2018 from 8.7 to 9.6 percentage points

HIGH-SPEED INTERNET

▲11% between 2015 and 2018 from 78.4% to 86.8% of households

OCCUPATIONAL FATALITIES

▲38% between 2012-2014 and 2016-2018 from 3.7 to 5.1 deaths per 100,000 workers

SEVERE HOUSING PROBLEMS

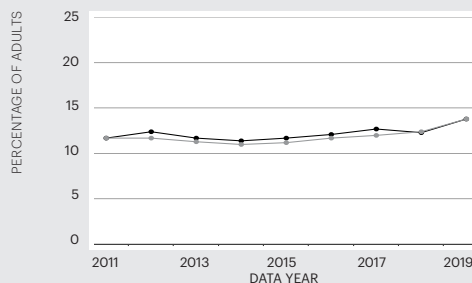
▼7% between 2007-2011 and 2013-2017 from 16.2% to 15.1% of occupied housing units

FREQUENT MENTAL DISTRESS

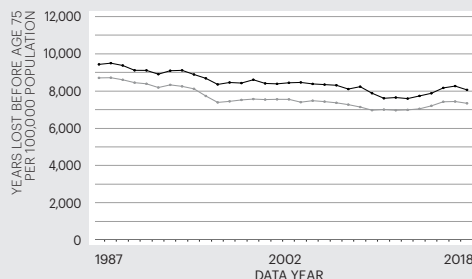
▲21% between 2014 and 2019 from 11.4% to 13.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.3%
Dependency (ages 0-17 or ages 65+)	38.6%
Education (ages 25+ without a high school diploma)	11.4%
Per Capita Income	\$32,021
Poverty (households below the poverty level)	13.3%
Unemployment (ages 16-64)	4.7%

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	27.0%
Asthma	8.3%
Cancer (excluding skin)	7.8%
Cardiovascular Disease	9.7%
Chronic Kidney Disease	3.9%
Chronic Obstructive Pulmonary Disease	7.8%
Depression	21.6%
Diabetes	11.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.167	22	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.1	28	2.9
	Public Health Funding (dollars per person)	+	\$61	41	\$289
	Violent Crime (offenses per 100,000 population)	+++	372	28	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	53	34	1
	Food Insecurity (% of households)	+	13.9	41	7.8
	Income Inequality (80-20 ratio)	+++	4.62	30	3.70
Education	High School Graduation (% of students)	+++	86.3	26	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	9.6	9	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	12.3	7	8.9
	High-speed Internet (% of households)	++	86.8	34	92.9
	Residential Segregation (index from 0-100)	+++++	49	10	42
	Volunteerism (% of adults)	++++	35.1	18	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	52.4	30	65.6
PHYSICAL ENVIRONMENT		+++++	0.628	9	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+	0.3	41	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	7,228,746	38	317
	Water Fluoridation (% of population served)	++++	87.6	17	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.1	6	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	80.2	29	52.8
	Housing With Lead Risk (% of housing stock)	+++++	10.6	8	5.2
	Severe Housing Problems (% of occupied housing units)	+++	15.1	28	11.2
CLINICAL CARE		+++	-0.076	27	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	15.9	44	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	50.6	40	90.6
	Mental Health Providers (number per 100,000 population)	+++	265.5	26	666.4
	Primary Care Providers (number per 100,000 population)	+++	253.2	26	362.8
Preventive Clinical Services	Uninsured (% of population)	+	11.3	41	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.7	16	77.1
	Dental Visit (% of adults)	++	65.4	33	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	82.4	7	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	49.2	5	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	49.5	38	78.9
	Dedicated Health Care Provider (% of adults)	+++	76.0	28	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,498	31	1,971
BEHAVIORS		++	-0.479	36	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	35.4	27	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	21.6	34	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.2	23	14.1
	Physical Inactivity (% of adults)	+++	26.3	24	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	647.8	45	198.2
	High-risk HIV Behaviors (% of adults)	+	7.3	43	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	18.7	29	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.1%		4.3
	Smoking (% of adults)	++	18.5	38	7.9
ALL DETERMINANTS		+++	0.008	29	0.865
HEALTH OUTCOMES		++	-0.135	31	0.846
Behavioral Health	Depression (% of adults)*	++	21.6	35	11.8
	Excessive Drinking (% of adults)	+++++	15.4	9	12.0
	Frequent Mental Distress (% of adults)	+++	13.8	25	10.6
	Non-medical Drug Use (% of adults)	+++	11.9	27	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	21.8	27	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,072	35	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	++++	14.3	14	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.7	26	9.3
	Low Birthweight (% of live births)	++	9.2	40	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.7	30	2.4
	Multiple Chronic Conditions (% of adults)	++	11.9	37	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	35.1	38	25.8
	High Cholesterol (% of adults)*	++	35.0	39	28.1
	Obesity (% of adults)	++	34.0	31	23.8
OVERALL			-0.030	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

North Dakota

State Health Department Website: health.nd.gov

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of frequent physical distress
- Low racial gap in low birthweight

Challenges:

- High prevalence of excessive drinking
- High occupational fatality rate
- High premature death racial inequality

Highlights:

PREVENTABLE HOSPITALIZATIONS

▼14% between 2012 and 2018 from 4,783 to 4,128 discharges per 100,000 Medicare enrollees

VIOLENT CRIME

▲19% between 2015 and 2019 from 239 to 285 offenses per 100,000 population

LOW BIRTHWEIGHT RACIAL GAP

▼28% between 2017 and 2018 from 4.3 to 3.1 percentage points

FREQUENT MENTAL DISTRESS

▲53% between 2014 and 2019 from 7.4% to 11.3% of adults

HPV IMMUNIZATION

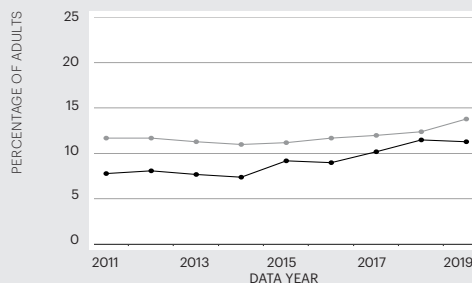
▲33% between 2017 and 2019 from 57.8% to 76.9% of adolescents ages 13-17

ECONOMIC HARDSHIP INDEX SCORE

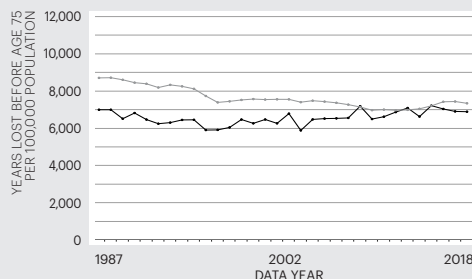
▲40% between 2017 and 2019 from 15 to 21

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.8%
Dependency (ages 0-17 or ages 65+)	39.0%
Education (ages 25+ without a high school diploma)	6.5%
Per Capita Income	\$36,611
Poverty (households below the poverty level)	11.4%
Unemployment (ages 16-64)	2.8%

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	25.4%
Asthma	8.1%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	7.5%
Chronic Kidney Disease	2.7%
Chronic Obstructive Pulmonary Disease	5.1%
Depression	17.9%
Diabetes	8.9%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.493	10	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	7.5	45	2.9
	Public Health Funding (dollars per person)	++++	\$123	11	\$289
	Violent Crime (offenses per 100,000 population)	++++	285	16	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	21	5	1
	Food Insecurity (% of households)	+++++	8.8	5	7.8
	Income Inequality (80-20 ratio)	++++	4.39	17	3.70
Education	High School Graduation (% of students)	++++	88.1	14	91.4
	High School Graduation Racial Gap (percentage point difference)	+	19.4	41	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.6	28	8.9
	High-speed Internet (% of households)	+	84.9	43	92.9
	Residential Segregation (index from 0-100)	+++++	47	6	42
	Volunteerism (% of adults)	+++++	37.4	10	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	61.9	5	65.6
PHYSICAL ENVIRONMENT		+++++	0.816	1	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	5.0	5	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++++	213,988	11	317
	Water Fluoridation (% of population served)	+++++	96.5	4	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	18.3	48	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.5	46	52.8
	Housing With Lead Risk (% of housing stock)	+++	17.0	26	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	11.6	2	11.2
CLINICAL CARE		++++	0.385	18	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	9.2	5	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	59.8	24	90.6
	Mental Health Providers (number per 100,000 population)	++	204.3	37	666.4
	Primary Care Providers (number per 100,000 population)	+++++	302.6	7	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.9	19	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.0	39	77.1
	Dental Visit (% of adults)	+++	67.6	24	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	76.9	26	86.6
	Flu Vaccination (% adults)	++++	47.3	14	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	+++++	76.9	2	78.9
	Dedicated Health Care Provider (% of adults)	+	69.5	46	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,128	24	1,971
BEHAVIORS		+++	-0.043	28	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	32.0	10	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	20.1	40	28.5
	Fruit and Vegetable Consumption (% of adults)	+	5.8	46	14.1
	Physical Inactivity (% of adults)	++	28.0	35	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	466.6	17	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.4	5	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	16.4	23	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.4%		4.3
	Smoking (% of adults)	++	17.0	31	7.9
ALL DETERMINANTS		++++	0.372	16	0.865
HEALTH OUTCOMES		++++	0.287	16	0.846
Behavioral Health	Depression (% of adults)*	++++	17.9	19	11.8
	Excessive Drinking (% of adults)	+	23.3	49	12.0
	Frequent Mental Distress (% of adults)	+++++	11.3	3	10.6
	Non-medical Drug Use (% of adults)	++++	9.2	13	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	9.5	3	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,899	20	5,648
	Premature Death Racial Inequality (ratio)	+	2.8	46	1.0
	Suicide (deaths per 100,000 population)*	++	19.6	36	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++++	9.3	1	9.3
	Low Birthweight (% of live births)	+++++	6.6	2	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.1	3	2.4
	Multiple Chronic Conditions (% of adults)	+++++	8.0	8	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	29.8	8	25.8
	High Cholesterol (% of adults)*	+++++	28.8	4	28.1
OVERALL			0.348	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Ohio

State Health Department Website: odh.ohio.gov

Ohio

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low prevalence of severe housing problems
- Low uninsured rate

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of cigarette smoking
- High residential segregation

Highlights:

TEEN BIRTHS

▼ **52%** between 2008 and 2018 from 39.5 to 18.9 births per 1,000 females ages 15-19

OCCUPATIONAL FATALITIES

▲ **28%** between 2008-2010 and 2016-2018 from 3.2 to 4.1 deaths per 100,000 workers

FOOD INSECURITY

▼ **18%** between 2013-2015 and 2016-2018 from 16.1% to 13.2% of households

FREQUENT MENTAL DISTRESS

▲ **36%** between 2015 and 2019 from 12.0% to 16.3% of adults

PREVENTABLE HOSPITALIZATIONS

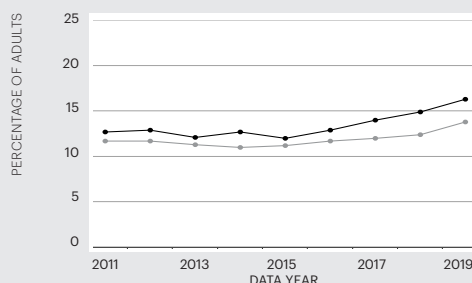
▼ **19%** between 2012 and 2018 from 6,039 to 4,866 discharges per 100,000 Medicare enrollees

DIABETES

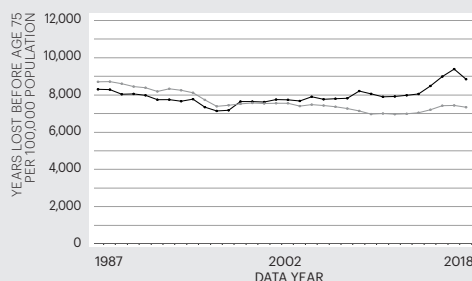
▲ **20%** between 2011 and 2019 from 10.0% to 12.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.5%
Education (ages 25+ without a high school diploma)	9.2%
Per Capita Income	\$32,780
Poverty (households below the poverty level)	12.9%
Unemployment (ages 16-64)	4.7%

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	30.5%
Asthma	11.1%
Cancer (excluding skin)	8.1%
Cardiovascular Disease	10.1%
Chronic Kidney Disease	3.3%
Chronic Obstructive Pulmonary Disease	9.0%
Depression	20.3%
Diabetes	12.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.261	42	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.1	17	2.9
	Public Health Funding (dollars per person)	+	\$57	46	\$289
	Violent Crime (offenses per 100,000 population)	++++	293	18	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	47	30	1
	Food Insecurity (% of households)	++	13.2	37	7.8
	Income Inequality (80-20 ratio)	+++	4.57	27	3.70
Education	High School Graduation (% of students)	++	82.1	38	91.4
	High School Graduation Racial Gap (percentage point difference)	++	17.0	32	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.5	38	8.9
	High-speed Internet (% of households)	+++	88.2	27	92.9
	Residential Segregation (index from 0-100)	+	67	44	42
	Volunteerism (% of adults)	+++	33.2	22	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++	52.5	29	65.6
PHYSICAL ENVIRONMENT		++	0.082	39	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.7	46	4.1
	Drinking Water Violations (% of community water systems)	++	1.0	33	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	27,391,214	47	317
	Water Fluoridation (% of population served)	+++++	92.5	9	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.9	19	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.4	44	52.8
	Housing With Lead Risk (% of housing stock)	+	24.8	43	5.2
	Severe Housing Problems (% of occupied housing units)	++++	13.7	12	11.2
CLINICAL CARE		+++	-0.086	29	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	12.1	21	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	55.1	33	90.6
	Mental Health Providers (number per 100,000 population)	+++	272.2	24	666.4
	Primary Care Providers (number per 100,000 population)	+++	261.8	21	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.6	15	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	67.2	38	77.1
	Dental Visit (% of adults)	+++	67.4	26	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	72.7	40	86.6
	Flu Vaccination (% adults)	+++	42.8	28	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	++	49.6	37	78.9
	Dedicated Health Care Provider (% of adults)	++++	79.6	17	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	4,866	42	1,971
BEHAVIORS		+	-0.667	41	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	39.7	46	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++	20.9	36	28.5
	Fruit and Vegetable Consumption (% of adults)	+	6.3	42	14.1
	Physical Inactivity (% of adults)	++	28.3	36	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	542.3	31	198.2
	High-risk HIV Behaviors (% of adults)	++++	6.0	18	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++	18.9	30	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.4%		4.3
	Smoking (% of adults)	+	20.8	47	7.9
ALL DETERMINANTS		++	-0.289	40	0.865
HEALTH OUTCOMES		++	-0.440	39	0.846
Behavioral Health	Depression (% of adults)*	+++	20.3	30	11.8
	Excessive Drinking (% of adults)	+++	18.7	27	12.0
	Frequent Mental Distress (% of adults)	+	16.3	44	10.6
	Non-medical Drug Use (% of adults)	++++	10.0	17	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	34.8	46	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	8,857	39	5,648
	Premature Death Racial Inequality (ratio)	+++	1.4	24	1.0
	Suicide (deaths per 100,000 population)*	+++	15.7	21	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.9	38	9.3
	Low Birthweight (% of live births)	+++	8.5	29	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	7.1	37	2.4
	Multiple Chronic Conditions (% of adults)	+	12.7	42	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	34.5	35	25.8
	High Cholesterol (% of adults)*	+++	32.8	24	28.1
OVERALL			-0.326	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Oklahoma

State Health Department Website: ok.gov/health

Summary

Strengths:

- Low prevalence of excessive drinking
- Low racial gap in high school graduation
- Low premature death racial inequality

Challenges:

- High prevalence of 2+ adverse childhood experiences
- Low prevalence of exercise
- High premature death rate

Highlights:

HIGH-SPEED INTERNET

▲14% between 2015 and 2018 from 75.3% to 85.6% of households

FREQUENT MENTAL DISTRESS

▲19% between 2014 and 2019 from 13.1% to 15.6% of adults

ADULTS WHO AVOIDED CARE DUE TO COST

▼18% between 2011 and 2019 from 19.8% to 16.2%

LOW BIRTHWEIGHT RACIAL GAP

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

TEEN BIRTHS

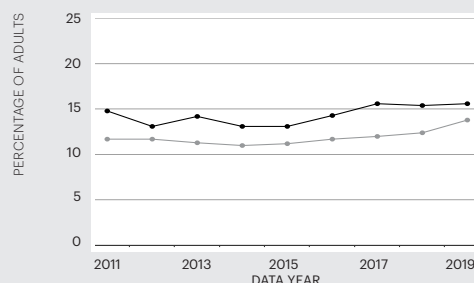
▼53% between 2008 and 2018 from 57.8 to 27.2 births per 1,000 females ages 15-19

SUICIDE

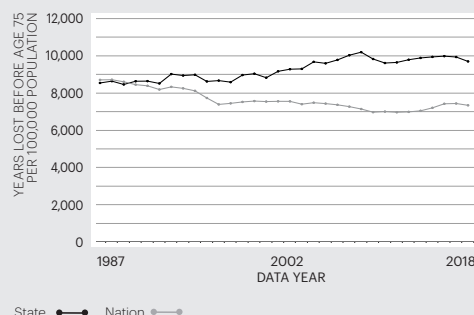
▲32% between 2009 and 2018 from 15.5 to 20.5 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —
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)	2.6%
Dependency (ages 0-17 or ages 65+)	40.1%
Education (ages 25+ without a high school diploma)	11.6%
Per Capita Income	\$29,666
Poverty (households below the poverty level)	14.8%
Unemployment (ages 16-64)	4.5%

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	26.8%
Asthma	10.2%
Cancer (excluding skin)	7.4%
Cardiovascular Disease	11.2%
Chronic Kidney Disease	3.9%
Chronic Obstructive Pulmonary Disease	8.7%
Depression	23.0%
Diabetes	12.2%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.446	45	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	6.8	42	2.9
	Public Health Funding (dollars per person)	+++	\$95	25	\$289
	Violent Crime (offenses per 100,000 population)	++	432	37	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	66	40	1
	Food Insecurity (% of households)	+	15.6	46	7.8
	Income Inequality (80-20 ratio)	++	4.63	31	3.70
Education	High School Graduation (% of students)	++	81.8	39	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	6.1	4	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	19.8	45	8.9
	High-speed Internet (% of households)	++	85.6	40	92.9
	Residential Segregation (index from 0-100)	++++	52	14	42
	Volunteerism (% of adults)	+++	32.0	26	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	49.4	41	65.6
PHYSICAL ENVIRONMENT		+	-0.082	45	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.4	43	4.1
	Drinking Water Violations (% of community water systems)	+	4.0	46	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	3,046,572	23	317
	Water Fluoridation (% of population served)	++	67.5	32	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	12.3	44	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.7	47	52.8
	Housing With Lead Risk (% of housing stock)	+++	14.7	21	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.0	15	11.2
CLINICAL CARE		+	-0.715	46	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	16.2	46	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	55.3	31	90.6
	Mental Health Providers (number per 100,000 population)	+++++	411.3	9	666.4
	Primary Care Providers (number per 100,000 population)	+	212.4	42	362.8
Preventive Clinical Services	Uninsured (% of population)	+	14.3	49	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	62.7	45	77.1
	Dental Visit (% of adults)	+	60.4	45	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	77.9	21	86.6
Quality of Care	Flu Vaccination (% adults)	+++	44.8	22	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	41.8	47	78.9
	Dedicated Health Care Provider (% of adults)	+++	75.5	30	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,723	34	1,971
BEHAVIORS		+	-1.065	46	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.0	33	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	15.6	49	28.5
	Fruit and Vegetable Consumption (% of adults)	+	5.1	49	14.1
	Physical Inactivity (% of adults)	+	34.0	49	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	559.0	32	198.2
	High-risk HIV Behaviors (% of adults)	++++	6.0	18	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	27.2	46	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++	18.9	40	7.9
ALL DETERMINANTS		+	-0.616	48	0.865
HEALTH OUTCOMES		+	-0.543	43	0.846
Behavioral Health	Depression (% of adults)*	++	23.0	39	11.8
	Excessive Drinking (% of adults)	+++++	13.7	4	12.0
	Frequent Mental Distress (% of adults)	+	15.6	41	10.6
	Non-medical Drug Use (% of adults)	+	15.7	49	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	18.8	23	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,708	43	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+	20.5	41	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	14.8	44	9.3
	Low Birthweight (% of live births)	+++	8.3	26	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	6.7	32	2.4
	Multiple Chronic Conditions (% of adults)	+	12.8	43	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	37.8	42	25.8
	High Cholesterol (% of adults)*	+	36.4	43	28.1
	Obesity (% of adults)	+	36.8	47	23.8
OVERALL			-0.601	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Oregon

State Health Department Website: oregon.gov/oha/ph

Summary

Strengths:

- Low prevalence of low birthweight
- Low racial gap in low birthweight
- High percentage of volunteerism

Challenges:

- Low immunization coverage among children
- Low high school graduation rate
- High prevalence of non-medical drug use

Highlights:

FOOD INSECURITY

▼ **31%** between 2013-2015 and 2016-2018 from 16.1% to 11.1% of households

MULTIPLE CHRONIC CONDITIONS

▼ **19%** between 2018 and 2019 from 12.4% to 10.0% of adults

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **25%** between 2013 and 2019 from 18.0% to 13.5%

CHLAMYDIA

▲ **64%** between 2008 and 2018 from 283.5 to 464.0 cases per 100,000 population

LOW BIRTHWEIGHT

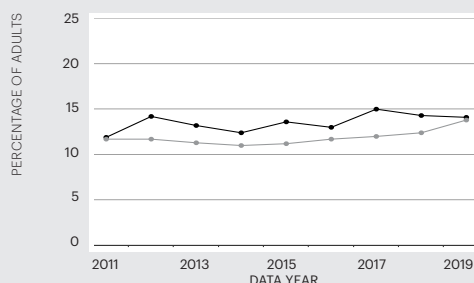
▲ **10%** between 2011 and 2018 from 6.1% to 6.7% of live births

AIR POLLUTION

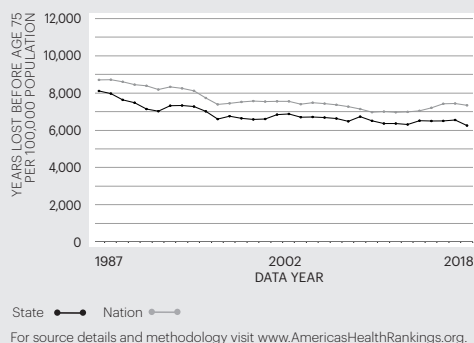
▲ **24%** between 2012-2014 and 2017-2019 from 6.7 to 8.3 micrograms of fine particulate per cubic meter

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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)	3.4%
Dependency (ages 0-17 or ages 65+)	38.7%
Education (ages 25+ without a high school diploma)	8.6%
Per Capita Income	\$35,531
Poverty (households below the poverty level)	11.4%
Unemployment (ages 16-64)	5.1%

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	26.3%
Asthma	11.1%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	8.2%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	6.1%
Depression	24.6%
Diabetes	8.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.206	20	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	3.9	14	2.9
	Public Health Funding (dollars per person)	++	\$86	31	\$289
	Violent Crime (offenses per 100,000 population)	++++	284	15	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	45	25	1
	Food Insecurity (% of households)	+++	11.1	24	7.8
	Income Inequality (80-20 ratio)	+++	4.44	23	3.70
Education	High School Graduation (% of students)	+	78.7	47	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	15.1	27	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.3	37	8.9
	High-speed Internet (% of households)	+++++	91.1	6	92.9
	Residential Segregation (index from 0-100)	++++	54	19	42
	Volunteerism (% of adults)	+++++	43.2	3	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	61.1	7	65.6
PHYSICAL ENVIRONMENT		+	0.014	42	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.3	39	4.1
	Drinking Water Violations (% of community water systems)	+++	0.5	26	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	22,308,014	46	317
	Water Fluoridation (% of population served)	+	26.3	48	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.5	10	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	71.5	7	52.8
	Housing With Lead Risk (% of housing stock)	+++	16.1	24	5.2
	Severe Housing Problems (% of occupied housing units)	+	19.1	44	11.2
CLINICAL CARE		+++	0.160	22	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.5	31	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	72.3	6	90.6
	Mental Health Providers (number per 100,000 population)	+++++	571.0	2	666.4
	Primary Care Providers (number per 100,000 population)	++	244.4	32	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	7.2	20	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	72.4	12	77.1
	Dental Visit (% of adults)	++++	68.0	19	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	65.0	50	86.6
Quality of Care	Flu Vaccination (% adults)	+++	42.8	28	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	60.8	11	78.9
	Dedicated Health Care Provider (% of adults)	++	75.4	32	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,650	6	1,971
BEHAVIORS		++++	0.358	12	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	32.1	12	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.9	12	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	9.0	11	14.1
	Physical Inactivity (% of adults)	++++	23.9	14	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	464.0	14	198.2
	High-risk HIV Behaviors (% of adults)	+	7.4	44	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	13.3	13	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.4%		4.3
	Smoking (% of adults)	++++	14.5	13	7.9
ALL DETERMINANTS		++++	0.212	20	0.865
HEALTH OUTCOMES		++++	0.259	19	0.846
Behavioral Health	Depression (% of adults)*	+	24.6	46	11.8
	Excessive Drinking (% of adults)	++	19.6	35	12.0
	Frequent Mental Distress (% of adults)	++	14.1	32	10.6
	Non-medical Drug Use (% of adults)	+	15.3	47	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	12.9	11	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,262	11	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	++	19.8	37	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.4	24	9.3
	Low Birthweight (% of live births)	+++++	6.7	5	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	4.5	11	2.4
	Multiple Chronic Conditions (% of adults)	+++	10.0	30	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.6	11	25.8
	High Cholesterol (% of adults)*	+++++	30.3	10	28.1
OVERALL			0.223	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Pennsylvania

State Health Department Website: health.pa.gov

Summary

Strengths:

- High immunization coverage among children
- Low economic hardship index score
- Low uninsured rate

Challenges:

- High percentage of housing with lead risk
- High racial disparity in low birthweight
- High residential segregation

Highlights:

HIGH-SPEED INTERNET

▲8% between 2015 and 2018 from 81.2% to 88.1% of households

FLU VACCINATION COVERAGE

▲19% between 2018 and 2019 from 40.3% to 48.1% of adults

SMOKING

▼18% between 2013 and 2019 from 21.0% to 17.3% of adults

LOW BIRTHWEIGHT RACIAL GAP

▲28% between 2017 and 2018 from 6.7 to 8.6 percentage points

OBESITY

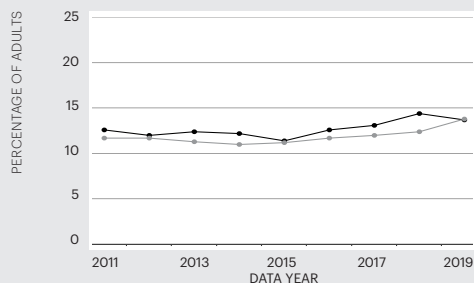
▲16% between 2011 and 2019 from 28.6% to 33.2% of adults

SUICIDE

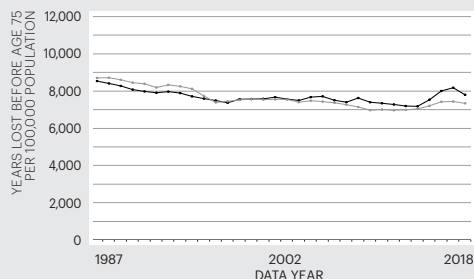
▲26% between 2010 and 2018 from 12.2 to 15.4 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.2%
Education (ages 25+ without a high school diploma)	9.0%
Per Capita Income	\$35,804
Poverty (households below the poverty level)	11.9%
Unemployment (ages 16-64)	4.6%

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	29.1%
Asthma	10.9%
Cancer (excluding skin)	8.0%
Cardiovascular Disease	9.2%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	7.2%
Depression	19.6%
Diabetes	10.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++	0.003	27	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.0	15	2.9
	Public Health Funding (dollars per person)	+	\$61	41	\$289
	Violent Crime (offenses per 100,000 population)	+++	306	22	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	39	18	1
	Food Insecurity (% of households)	+++	11.1	24	7.8
	Income Inequality (80-20 ratio)	++	4.73	32	3.70
Education	High School Graduation (% of students)	+++	85.9	28	91.4
	High School Graduation Racial Gap (percentage point difference)	++	18.4	39	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	14.9	18	8.9
	High-speed Internet (% of households)	+++	88.1	28	92.9
	Residential Segregation (index from 0-100)	+	68	45	42
	Volunteerism (% of adults)	++++	34.2	20	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	54.6	20	65.6
PHYSICAL ENVIRONMENT		+	-0.088	46	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.8	48	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	44,009,275	48	317
	Water Fluoridation (% of population served)	+	55.7	41	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.3	9	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	75.2	12	52.8
	Housing With Lead Risk (% of housing stock)	+	28.9	47	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.7	25	11.2
CLINICAL CARE		+++++	0.765	8	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	10.0	9	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	60.0	23	90.6
	Mental Health Providers (number per 100,000 population)	++	227.0	31	666.4
	Primary Care Providers (number per 100,000 population)	++++	281.8	12	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	5.8	9	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.9	14	77.1
	Dental Visit (% of adults)	++++	69.5	14	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	84.3	3	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	48.1	10	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	60.1	14	78.9
	Dedicated Health Care Provider (% of adults)	+++++	83.8	8	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,461	29	1,971
BEHAVIORS		++	-0.172	33	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.5	38	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	21.8	30	28.5
	Fruit and Vegetable Consumption (% of adults)	++	7.0	35	14.1
	Physical Inactivity (% of adults)	+++	25.6	21	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	463.4	13	198.2
	High-risk HIV Behaviors (% of adults)	++	6.6	33	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	14.1	15	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++	17.3	32	7.9
ALL DETERMINANTS		+++	0.097	22	0.865
HEALTH OUTCOMES		++	-0.161	34	0.846
Behavioral Health	Depression (% of adults)*	+++	19.6	24	11.8
	Excessive Drinking (% of adults)	++++	18.0	19	12.0
	Frequent Mental Distress (% of adults)	+++	13.7	24	10.6
	Non-medical Drug Use (% of adults)	+++	10.7	21	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	35.0	47	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++	7,807	32	5,648
	Premature Death Racial Inequality (ratio)	+++	1.4	24	1.0
	Suicide (deaths per 100,000 population)*	++++	15.4	19	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	13.0	28	9.3
	Low Birthweight (% of live births)	+++	8.3	26	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.6	49	2.4
	Multiple Chronic Conditions (% of adults)	++	11.1	34	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	33.3	30	25.8
	High Cholesterol (% of adults)*	+++	33.5	29	28.1
OVERALL			0.037	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Rhode Island

State Health Department Website: health.ri.gov

Summary

Strengths:

- Low economic hardship index score
- Low premature death racial inequality
- Low uninsured rate

Challenges:

- High racial gap in high school graduation
- High prevalence of high-risk HIV behaviors
- High percentage of housing with lead risk

Highlights:

EXERCISE

▲28% between 2017 and 2019 from 18.9% to 24.1% of adults

ADULTS WHO AVOIDED CARE DUE TO COST

▼45% between 2011 and 2019 from 15.6% to 8.6%

MENTAL HEALTH PROVIDERS

▲15% between 2016 and 2020 from 375.0 to 433.1 per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▲24% between 2017 and 2018 from 14.7 to 18.3 percentage points

CHLAMYDIA

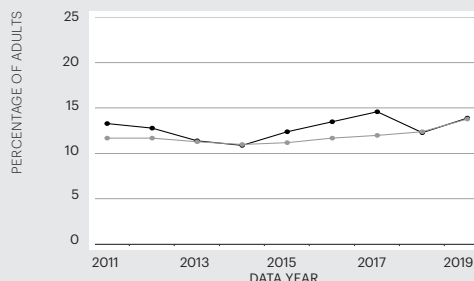
▲72% between 2007 and 2018 from 300.3 to 517.8 cases per 100,000 population

DIABETES

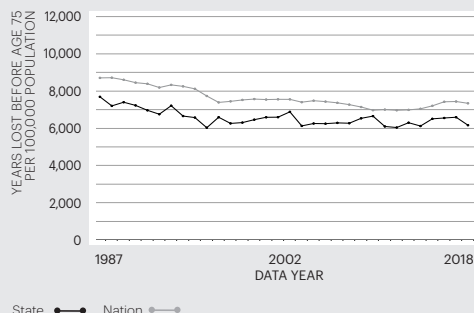
▲24% between 2011 and 2019 from 8.4% to 10.4% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —
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)	1.9%
Dependency (ages 0-17 or ages 65+)	36.9%
Education (ages 25+ without a high school diploma)	10.7%
Per Capita Income	\$37,525
Poverty (households below the poverty level)	11.9%
Unemployment (ages 16-64)	4.4%

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	26.8%
Asthma	11.2%
Cancer (excluding skin)	7.9%
Cardiovascular Disease	8.0%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	6.9%
Depression	19.6%
Diabetes	10.4%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.265	18	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.7	23	2.9
	Public Health Funding (dollars per person)	+++++	\$147	6	\$289
	Violent Crime (offenses per 100,000 population)	+++++	221	9	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	31	14	1
	Food Insecurity (% of households)	+++	11.0	22	7.8
	Income Inequality (80-20 ratio)	++	4.81	38	3.70
Education	High School Graduation (% of students)	++	84.0	32	91.4
	High School Graduation Racial Gap (percentage point difference)	++	18.3	37	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	13.4	13	8.9
	High-speed Internet (% of households)	+++++	89.7	16	92.9
	Residential Segregation (index from 0-100)	+++	57	30	42
	Volunteerism (% of adults)	++	30.7	32	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	51.6	35	65.6
PHYSICAL ENVIRONMENT		++	0.085	38	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	48,020	6	317
	Water Fluoridation (% of population served)	+++	83.2	21	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	5.9	2	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	79.6	26	52.8
	Housing With Lead Risk (% of housing stock)	+	31.4	49	5.2
	Severe Housing Problems (% of occupied housing units)	+	18.0	41	11.2
CLINICAL CARE		+++++	1.225	2	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	8.6	3	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	54.2	35	90.6
	Mental Health Providers (number per 100,000 population)	+++++	433.1	6	666.4
	Primary Care Providers (number per 100,000 population)	+++++	344.1	2	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	4.1	2	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.7	3	77.1
	Dental Visit (% of adults)	+++++	72.3	6	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.5	14	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	50.4	2	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	78.9	1	78.9
	Dedicated Health Care Provider (% of adults)	+++++	85.4	5	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,964	20	1,971
BEHAVIORS		++++	0.284	16	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	36.5	30	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.1	18	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	10.4	4	14.1
	Physical Inactivity (% of adults)	+++	26.5	26	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	517.8	27	198.2
	High-risk HIV Behaviors (% of adults)	+	7.1	42	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	11.5	8	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.5%		4.3
	Smoking (% of adults)	+++++	13.3	10	7.9
ALL DETERMINANTS		++++	0.438	13	0.865
HEALTH OUTCOMES		++++	0.272	18	0.846
Behavioral Health	Depression (% of adults)*	+++	19.6	24	11.8
	Excessive Drinking (% of adults)	++	20.1	38	12.0
	Frequent Mental Distress (% of adults)	+++	13.9	27	10.6
	Non-medical Drug Use (% of adults)	++	12.4	32	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	29.7	40	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,174	8	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.0	1	1.0
	Suicide (deaths per 100,000 population)*	+++++	9.8	3	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	13.0	28	9.3
	Low Birthweight (% of live births)	++++	7.6	16	5.9
	Low Birthweight Racial Gap (percentage point difference)	++++	5.2	16	2.4
	Multiple Chronic Conditions (% of adults)	++	10.1	31	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	33.0	28	25.8
	High Cholesterol (% of adults)*	++++	32.5	20	28.1
OVERALL			0.403	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

South Carolina

State Health Department Website: scdhec.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- Low racial gap in high school graduation
- Low residential segregation

Challenges:

- Low high school graduation rate
- High prevalence of multiple chronic conditions
- High premature death rate

Highlights:

HIGH-SPEED INTERNET

▲15% between 2015 and 2018 from 74.0% to 84.9% of households

EXCESSIVE DRINKING

▲20% between 2018 and 2019 from 16.7% to 20.1% of adults

SEVERE HOUSING PROBLEMS

▼8% between 2007-2011 and 2013-2017 from 15.8% to 14.5% of occupied housing units

SUICIDE

▲19% between 2009 and 2018 from 13.4 to 15.9 deaths per 100,000 population

MENTAL HEALTH PROVIDERS

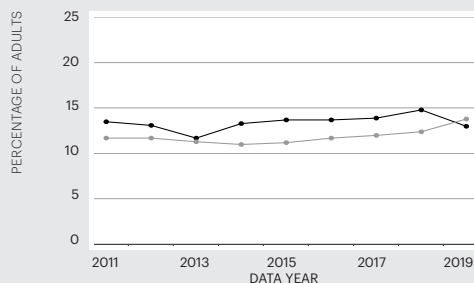
▲18% between 2016 and 2020 from 157.7 to 186.0 per 100,000 population

DIABETES

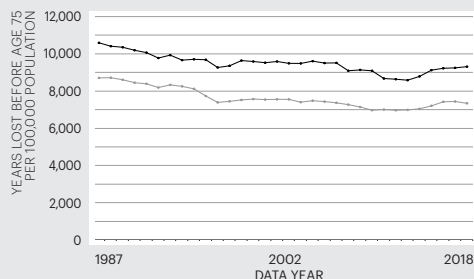
▲16% between 2012 and 2019 from 11.6% to 13.4% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.2%
Dependency (ages 0-17 or ages 65+)	39.8%
Education (ages 25+ without a high school diploma)	11.7%
Per Capita Income	\$31,295
Poverty (households below the poverty level)	14.0%
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	28.3%
Asthma	9.4%
Cancer (excluding skin)	8.1%
Cardiovascular Disease	10.6%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	8.1%
Depression	20.0%
Diabetes	13.4%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.228	41	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	6.5	41	2.9
	Public Health Funding (dollars per person)	++	\$84	32	\$289
	Violent Crime (offenses per 100,000 population)	+	511	44	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	62	38	1
	Food Insecurity (% of households)	+++	11.0	22	7.8
	Income Inequality (80-20 ratio)	++	4.74	34	3.70
Education	High School Graduation (% of students)	+	81.0	43	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	10.6	13	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.5	27	8.9
	High-speed Internet (% of households)	+	84.9	43	92.9
	Residential Segregation (index from 0-100)	+++++	45	4	42
	Volunteerism (% of adults)	++	30.8	31	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	48.7	43	65.6
PHYSICAL ENVIRONMENT		+++++	0.640	7	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.2	22	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	++	32.0	32	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	5,294,869	32	317
	Water Fluoridation (% of population served)	++++	91.9	11	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.5	31	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.1	41	52.8
	Housing With Lead Risk (% of housing stock)	+++++	9.5	6	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.5	22	11.2
CLINICAL CARE		++	-0.371	36	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.9	40	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	48.8	43	90.6
	Mental Health Providers (number per 100,000 population)	++	186.0	40	666.4
	Primary Care Providers (number per 100,000 population)	++	226.2	36	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.8	39	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	70.9	19	77.1
	Dental Visit (% of adults)	+	61.8	42	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	76.8	27	86.6
Quality of Care	Flu Vaccination (% adults)	+++	42.6	30	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	53.0	30	78.9
	Dedicated Health Care Provider (% of adults)	++	75.3	33	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,141	25	1,971
BEHAVIORS		++	-0.620	40	1.072
Sleep Health	Insufficient Sleep (% of adults)	++	37.4	37	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	23.0	25	28.5
	Fruit and Vegetable Consumption (% of adults)	++	7.2	32	14.1
	Physical Inactivity (% of adults)	++	28.8	38	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+	674.9	47	198.2
	High-risk HIV Behaviors (% of adults)	++	6.9	37	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	22.0	40	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++	17.5	34	7.9
ALL DETERMINANTS		++	-0.245	37	0.865
HEALTH OUTCOMES		+	-0.484	42	0.846
Behavioral Health	Depression (% of adults)*	+++	20.0	27	11.8
	Excessive Drinking (% of adults)	++	20.1	38	12.0
	Frequent Mental Distress (% of adults)	++++	13.0	20	10.6
	Non-medical Drug Use (% of adults)	+++	11.4	25	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	22.4	28	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,319	42	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+++	15.9	24	8.6
Physical Health	Frequent Physical Distress (% of adults)	++	13.5	35	9.3
	Low Birthweight (% of live births)	+	9.6	46	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.1	42	2.4
	Multiple Chronic Conditions (% of adults)	++	11.9	37	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	38.3	43	25.8
	High Cholesterol (% of adults)*	+	36.7	44	28.1
	Obesity (% of adults)	++	35.3	40	23.8
OVERALL			-0.308	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

South Dakota

State Health Department Website: doh.sd.gov

Summary

Strengths:

- Low prevalence of frequent mental distress
- Low income inequality
- Low prevalence of non-medical drug use

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High racial gap in high school graduation
- High premature death racial inequality

Highlights:

HIGH-SPEED INTERNET

▲7% between 2015 and 2018 from 79.7% to 85.4% of households

HPV IMMUNIZATION

▲37% between 2017 and 2019 from 44.8% to 61.2% of adolescents ages 13-17

TEEN BIRTHS

▼48% between 2008 and 2018 from 39.1 to 20.4 births per 1,000 females ages 15-19

FREQUENT MENTAL DISTRESS

▲49% between 2015 and 2019 from 7.1% to 10.6% of adults

PREMATURE DEATH RACIAL INEQUALITY (RATIO)

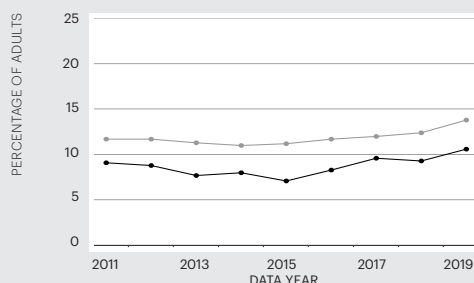
▲23% between 2007-2009 and 2016-2018 from 2.9 to 3.5

DIABETES

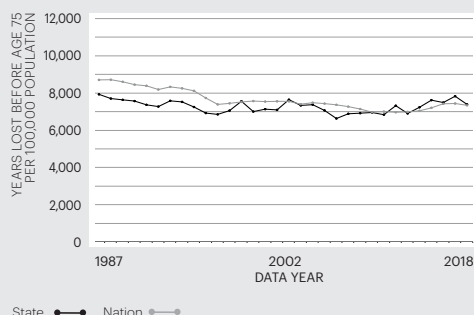
▲36% between 2012 and 2019 from 7.8% to 10.6% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—
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)	2.0%
Dependency (ages 0-17 or ages 65+)	41.7%
Education (ages 25+ without a high school diploma)	7.9%
Per Capita Income	\$31,550
Poverty (households below the poverty level)	10.6%
Unemployment (ages 16-64)	3.2%

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	26.7%
Asthma	8.5%
Cancer (excluding skin)	7.4%
Cardiovascular Disease	8.4%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	5.9%
Depression	17.3%
Diabetes	10.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.215	39	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	7.4	44	2.9
	Public Health Funding (dollars per person)	++++	\$112	15	\$289
	Violent Crime (offenses per 100,000 population)	++	399	31	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	44	24	1
	Food Insecurity (% of households)	+++	10.9	21	7.8
	Income Inequality (80-20 ratio)	+++++	4.11	5	3.70
Education	High School Graduation (% of students)	++	84.1	31	91.4
	High School Graduation Racial Gap (percentage point difference)	+	39.9	50	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	18.2	40	8.9
	High-speed Internet (% of households)	+	85.4	42	92.9
	Residential Segregation (index from 0-100)	++	58	32	42
	Volunteerism (% of adults)	++++	36.3	13	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	51.9	32	65.6
PHYSICAL ENVIRONMENT		+++++	0.643	6	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	5.2	6	4.1
	Drinking Water Violations (% of community water systems)	+	1.9	41	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	66,505	7	317
	Water Fluoridation (% of population served)	+++++	93.7	7	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	11.3	43	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	79.8	27	52.8
	Housing With Lead Risk (% of housing stock)	++	19.5	31	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	12.2	5	11.2
CLINICAL CARE		+++	0.186	21	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	9.8	7	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	55.2	32	90.6
	Mental Health Providers (number per 100,000 population)	++	195.1	38	666.4
	Primary Care Providers (number per 100,000 population)	++++	279.3	13	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.2	38	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	69.1	28	77.1
	Dental Visit (% of adults)	++++	68.0	19	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	74.7	35	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	48.5	7	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	61.2	9	78.9
	Dedicated Health Care Provider (% of adults)	+++	75.7	29	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,087	22	1,971
BEHAVIORS		+++	0.039	27	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	29.1	2	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	21.8	30	28.5
	Fruit and Vegetable Consumption (% of adults)	++	6.7	39	14.1
	Physical Inactivity (% of adults)	++	30.0	39	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	509.6	25	198.2
	High-risk HIV Behaviors (% of adults)	+++++	4.5	1	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.4	34	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.6%		4.3
	Smoking (% of adults)	++	18.3	36	7.9
ALL DETERMINANTS		+++	0.047	28	0.865
HEALTH OUTCOMES		+++	0.152	24	0.846
Behavioral Health	Depression (% of adults)*	++++	17.3	14	11.8
	Excessive Drinking (% of adults)	+	22.6	47	12.0
	Frequent Mental Distress (% of adults)	+++++	10.6	1	10.6
	Non-medical Drug Use (% of adults)	+++++	6.4	1	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	6.8	1	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,400	25	5,648
	Premature Death Racial Inequality (ratio)	+	3.5	48	1.0
	Suicide (deaths per 100,000 population)*	++	19.5	34	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	10.8	12	9.3
	Low Birthweight (% of live births)	+++++	6.6	2	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.2	23	2.4
	Multiple Chronic Conditions (% of adults)	++++	9.3	19	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.9	15	25.8
	High Cholesterol (% of adults)*	+++++	28.1	1	28.1
OVERALL			0.073	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Tennessee

State Health Department Website: tn.gov/health

Summary

Strengths:

- Low prevalence of excessive drinking
- High percentage of high school graduation
- Low racial gap in high school graduation

Challenges:

- High prevalence of multiple chronic conditions
- High premature death rate
- High violent crime rate

Highlights:

AIR POLLUTION

▼ **40%** between 2007-2009 and 2017-2019 from 12.0 to 7.2 micrograms of fine particulate per cubic meter

HIGH-SPEED INTERNET

▲ **15%** between 2015 and 2018 from 74.8% to 85.7% of households

PREVENTABLE HOSPITALIZATIONS

▼ **18%** between 2012 and 2018 from 5,876 to 4,792 discharges per 100,000 Medicare enrollees

CHLAMYDIA

▲ **26%** between 2008 and 2018 from 451.1 to 569.0 cases per 100,000 population

PREMATURE DEATH

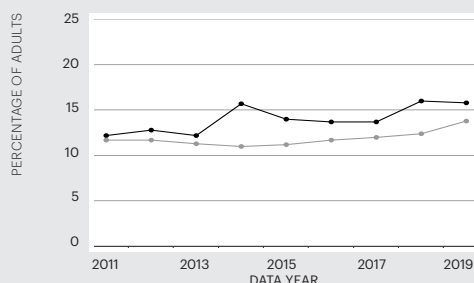
▲ **10%** between 2013 and 2018 from 9,088 to 9,981 years lost before age 75 per 100,000 population

DEPRESSION

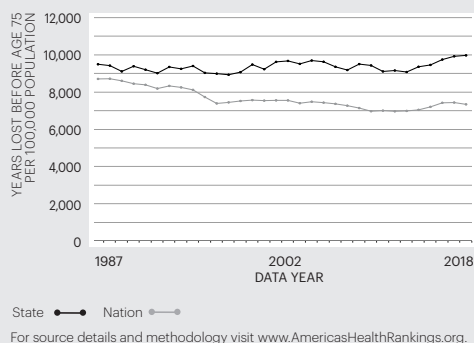
▲ **30%** between 2011 and 2019 from 19.2% to 25.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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)	1.9%
Dependency (ages 0-17 or ages 65+)	38.8%
Education (ages 25+ without a high school diploma)	12.0%
Per Capita Income	\$31,224
Poverty (households below the poverty level)	13.6%
Unemployment (ages 16-64)	4.7%

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	30.7%
Asthma	8.8%
Cancer (excluding skin)	7.9%
Cardiovascular Disease	11.0%
Chronic Kidney Disease	3.7%
Chronic Obstructive Pulmonary Disease	9.7%
Depression	25.0%
Diabetes	13.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.217	40	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.7	36	2.9
	Public Health Funding (dollars per person)	+++	\$100	23	\$289
	Violent Crime (offenses per 100,000 population)	+	595	48	115
Economic Resources	Economic Hardship Index (index from 1-100)	++	55	36	1
	Food Insecurity (% of households)	++	12.4	31	7.8
	Income Inequality (80-20 ratio)	+++	4.57	27	3.70
Education	High School Graduation (% of students)	+++++	90.0	5	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	9.9	10	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	16.8	32	8.9
	High-speed Internet (% of households)	++	85.7	39	92.9
	Residential Segregation (index from 0-100)	+	65	42	42
	Volunteerism (% of adults)	+++	31.3	30	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	49.6	39	65.6
PHYSICAL ENVIRONMENT		++++	0.429	17	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.2	22	4.1
	Drinking Water Violations (% of community water systems)	++	1.7	39	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	12,853,013	42	317
	Water Fluoridation (% of population served)	++++	88.8	16	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.5	31	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	82.0	38	52.8
	Housing With Lead Risk (% of housing stock)	++++	12.3	15	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.2	18	11.2
CLINICAL CARE		+	-0.655	44	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.9	40	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	47.9	45	90.6
	Mental Health Providers (number per 100,000 population)	+	164.1	45	666.4
	Primary Care Providers (number per 100,000 population)	++++	268.5	18	362.8
Preventive Clinical Services	Uninsured (% of population)	++	10.1	37	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	69.1	28	77.1
	Dental Visit (% of adults)	+	58.3	46	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	73.9	37	86.6
Quality of Care	Flu Vaccination (% adults)	++	41.2	37	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	43.0	46	78.9
	Dedicated Health Care Provider (% of adults)	++	74.2	36	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,792	39	1,971
BEHAVIORS		+	-0.694	42	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	40.0	47	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	21.8	30	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.6	18	14.1
	Physical Inactivity (% of adults)	++	30.1	40	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	569.0	34	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.3	23	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	25.3	42	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.6%		4.3
	Smoking (% of adults)	+	19.9	43	7.9
ALL DETERMINANTS		+	-0.346	42	0.865
HEALTH OUTCOMES		+	-0.717	44	0.846
Behavioral Health	Depression (% of adults)*	+	25.0	47	11.8
	Excessive Drinking (% of adults)	++++	15.8	11	12.0
	Frequent Mental Distress (% of adults)	+	15.8	42	10.6
	Non-medical Drug Use (% of adults)	++	12.7	34	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	26.9	39	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,981	45	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+++	17.1	29	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	15.1	46	9.3
	Low Birthweight (% of live births)	+	9.3	41	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	7.1	37	2.4
	Multiple Chronic Conditions (% of adults)	+	14.6	48	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	39.3	44	25.8
	High Cholesterol (% of adults)*	+	36.2	42	28.1
	Obesity (% of adults)	+	36.5	45	23.8
OVERALL			-0.442	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Texas

State Health Department Website: dshs.state.tx.us

Summary

Strengths:

- High high school graduation rate
- Low racial gap in high school graduation
- Low prevalence of multiple chronic conditions

Challenges:

- High prevalence of avoided care due to cost
- High teen birth rate
- High uninsured rate

Highlights:

HIGH-SPEED INTERNET

▲13% between 2015 and 2018 from 76.6% to 86.7% of households

MENTAL HEALTH PROVIDERS

▲26% between 2016 and 2020 from 98.3 to 123.7 per 100,000 population

TEEN BIRTHS

▼26% between 2015 and 2018 from 34.4 to 25.3 births per 1,000 females ages 15-19

FREQUENT MENTAL DISTRESS

▲30% between 2014 and 2019 from 9.4% to 12.2% of adults

DIABETES

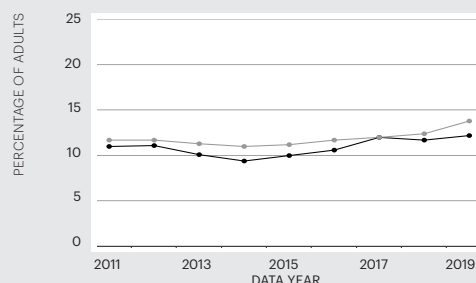
▲20% between 2011 and 2019 from 10.2% to 12.2% of adults

SUICIDE

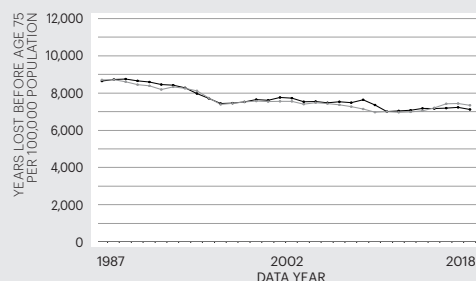
▲20% between 2009 and 2018 from 11.8 to 14.2 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	4.7%
Dependency (ages 0-17 or ages 65+)	38.4%
Education (ages 25+ without a high school diploma)	15.4%
Per Capita Income	\$32,267
Poverty (households below the poverty level)	13.1%
Unemployment (ages 16-64)	4.4%

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	20.7%
Asthma	7.1%
Cancer (excluding skin)	6.1%
Cardiovascular Disease	8.3%
Chronic Kidney Disease	3.3%
Chronic Obstructive Pulmonary Disease	5.2%
Depression	17.2%
Diabetes	12.2%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.121	33	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	5.2	30	2.9
	Public Health Funding (dollars per person)	+	\$59	45	\$289
	Violent Crime (offenses per 100,000 population)	++	419	35	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	67	41	1
	Food Insecurity (% of households)	+	14.0	42	7.8
	Income Inequality (80-20 ratio)	++	4.78	36	3.70
Education	High School Graduation (% of students)	+++++	90.0	5	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	8.6	6	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	15.3	20	8.9
	High-speed Internet (% of households)	++	86.7	36	92.9
	Residential Segregation (index from 0-100)	++++	52	14	42
	Volunteerism (% of adults)	++	28.4	36	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	48.4	45	65.6
PHYSICAL ENVIRONMENT		+	-0.073	43	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	8.4	43	4.1
	Drinking Water Violations (% of community water systems)	++	1.6	37	0.0
	Non-smoking Regulation (% of population)*	+++	44.5	30	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	353,924,163	50	317
	Water Fluoridation (% of population served)	+++	72.7	29	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	12.3	44	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++	80.1	28	52.8
	Housing With Lead Risk (% of housing stock)	+++++	9.8	7	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.4	38	11.2
CLINICAL CARE		+	-1.293	50	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	18.8	50	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++	51.7	39	90.6
	Mental Health Providers (number per 100,000 population)	+	123.7	49	666.4
	Primary Care Providers (number per 100,000 population)	+	191.7	47	362.8
Preventive Clinical Services	Uninsured (% of population)	+	18.4	50	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	59.7	49	77.1
	Dental Visit (% of adults)	+	60.7	44	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	72.1	42	86.6
Quality of Care	Flu Vaccination (% adults)	++	40.0	39	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++	48.4	40	78.9
	Dedicated Health Care Provider (% of adults)	+	68.1	47	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,656	32	1,971
BEHAVIORS		+++	-0.047	29	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	34.5	26	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	24.3	17	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	9.6	6	14.1
	Physical Inactivity (% of adults)	++	27.2	32	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	517.6	26	198.2
	High-risk HIV Behaviors (% of adults)	++	7.0	40	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	25.3	42	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.2%		4.3
	Smoking (% of adults)	++++	14.7	16	7.9
ALL DETERMINANTS		+	-0.329	41	0.865
HEALTH OUTCOMES		+++	0.217	22	0.846
Behavioral Health	Depression (% of adults)*	++++	17.2	12	11.8
	Excessive Drinking (% of adults)	++	19.3	33	12.0
	Frequent Mental Distress (% of adults)	+++++	12.2	12	10.6
	Non-medical Drug Use (% of adults)	+++	11.9	27	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	10.7	6	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,126	21	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	++++	14.2	12	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	10.9	13	9.3
	Low Birthweight (% of live births)	+++	8.5	29	5.9
	Low Birthweight Racial Gap (percentage point difference)	++	6.7	34	2.4
	Multiple Chronic Conditions (% of adults)	+++++	8.1	9	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++	31.7	22	25.8
	High Cholesterol (% of adults)*	++	34.8	35	28.1
OVERALL			-0.201	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Utah

State Health Department Website: health.utah.gov

Summary

Strengths:

- Low income inequality
- Low racial gap in low birthweight
- Low prevalence of cigarette smoking

Challenges:

- Low HPV vaccination coverage among adolescents
- High prevalence of non-medical drug use
- High premature death racial inequality

Highlights:

SEVERE HOUSING PROBLEMS

▼ **15%** between 2008-2012 and 2013-2017 from 16.0% to 13.6% of occupied housing units

MENTAL HEALTH PROVIDERS

▲ **21%** between 2016 and 2020 from 293.4 to 354.7 per 100,000 population

TEEN BIRTHS

▼ **37%** between 2013 and 2018 from 20.8 to 13.1 births per 1,000 females ages 15-19

FREQUENT MENTAL DISTRESS

▲ **38%** between 2014 and 2019 from 10.3% to 14.2% of adults

OBESITY

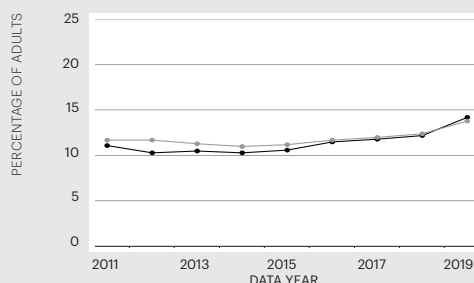
▲ **16%** between 2017 and 2019 from 25.2% to 29.2% of adults

HIGH HEALTH STATUS

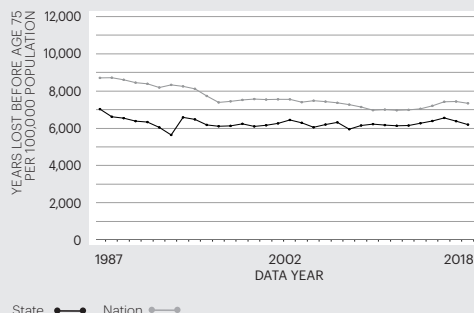
▼ **7%** between 2013 and 2019 from 59.0% to 54.6% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	3.4%
Dependency (ages 0-17 or ages 65+)	40.4%
Education (ages 25+ without a high school diploma)	7.0%
Per Capita Income	\$31,771
Poverty (households below the poverty level)	9.1%
Unemployment (ages 16-64)	3.2%

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	9.9%
Cancer (excluding skin)	5.4%
Cardiovascular Disease	5.6%
Chronic Kidney Disease	2.5%
Chronic Obstructive Pulmonary Disease	4.1%
Depression	23.1%
Diabetes	8.0%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.737	2	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.8	10	2.9
	Public Health Funding (dollars per person)	++	\$81	35	\$289
	Violent Crime (offenses per 100,000 population)	++++	236	11	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	36	16	1
	Food Insecurity (% of households)	++++	9.8	11	7.8
	Income Inequality (80-20 ratio)	+++++	3.70	1	3.70
Education	High School Graduation (% of students)	++++	87.0	20	91.4
	High School Graduation Racial Gap (percentage point difference)	++++	13.3	18	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	15.0	19	8.9
	High-speed Internet (% of households)	+++++	92.9	1	92.9
	Residential Segregation (index from 0-100)	++++	50	11	42
	Volunteerism (% of adults)	+++++	51.0	1	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	57.6	12	65.6
PHYSICAL ENVIRONMENT		++++	0.493	12	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	7.8	31	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	2,974,965	22	317
	Water Fluoridation (% of population served)	+	52.2	42	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	8.4	24	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.1	14	52.8
	Housing With Lead Risk (% of housing stock)	++++	11.4	12	5.2
	Severe Housing Problems (% of occupied housing units)	++++	13.6	11	11.2
CLINICAL CARE		+++	0.012	25	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	14.3	36	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	59.5	25	90.6
	Mental Health Providers (number per 100,000 population)	++++	354.7	14	666.4
	Primary Care Providers (number per 100,000 population)	+	187.5	49	362.8
Preventive Clinical Services	Uninsured (% of population)	++	9.7	33	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	70.0	22	77.1
	Dental Visit (% of adults)	+++++	72.0	8	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	79.8	12	86.6
Quality of Care	Flu Vaccination (% adults)	++	41.5	35	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	44.6	44	78.9
	Dedicated Health Care Provider (% of adults)	+	72.9	41	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,287	2	1,971
BEHAVIORS		+++++	1.060	2	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	31.2	6	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.9	12	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	7.4	30	14.1
	Physical Inactivity (% of adults)	+++++	18.5	1	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	339.8	5	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.8	13	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	13.1	12	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.1%		4.3
	Smoking (% of adults)	+++++	7.9	1	7.9
ALL DETERMINANTS		+++++	0.646	7	0.865
HEALTH OUTCOMES		+++++	0.607	6	0.846
Behavioral Health	Depression (% of adults)*	++	23.1	40	11.8
	Excessive Drinking (% of adults)	+++++	12.0	1	12.0
	Frequent Mental Distress (% of adults)	++	14.2	33	10.6
	Non-medical Drug Use (% of adults)	+	13.6	43	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	21.6	26	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,205	9	5,648
	Premature Death Racial Inequality (ratio)	++	1.9	38	1.0
	Suicide (deaths per 100,000 population)*	+	22.2	44	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	10.7	11	9.3
	Low Birthweight (% of live births)	++++	7.2	11	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.6	4	2.4
	Multiple Chronic Conditions (% of adults)	+++++	7.4	5	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	25.8	1	25.8
	High Cholesterol (% of adults)*	+++++	29.5	5	28.1
	Obesity (% of adults)	++++	29.2	13	23.8
OVERALL			0.630	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Vermont

State Health Department Website: healthvermont.gov

Summary

Strengths:

- High prevalence of exercise
- Low economic hardship index score
- Low racial gap in low birthweight

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of high-risk HIV behaviors
- High percentage of housing with lead risk

Highlights:

EXERCISE

▲26% between 2017 and 2019 from 22.6% to 28.5% of adults

VIOLENT CRIME

▲67% between 2013 and 2019 from 121 to 202 offenses per 100,000 population

CHLAMYDIA

▼23% between 2014 and 2018 from 357.0 to 274.5 cases per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

▲27% between 2017 and 2018 from 12.8 to 16.2 percentage points

MENTAL HEALTH PROVIDERS

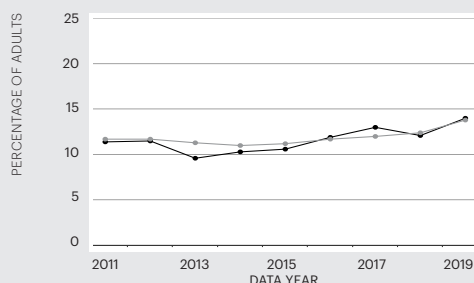
▲19% between 2016 and 2020 from 407.3 to 486.2 per 100,000 population

FREQUENT MENTAL DISTRESS

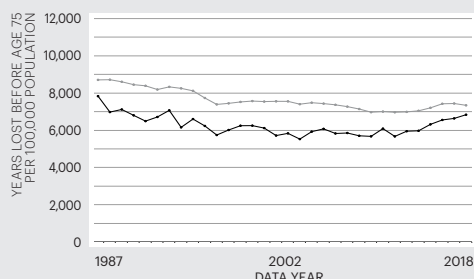
▲46% between 2013 and 2019 from 9.6% to 14.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.9%
Dependency (ages 0-17 or ages 65+)	38.3%
Education (ages 25+ without a high school diploma)	6.9%
Per Capita Income	\$35,702
Poverty (households below the poverty level)	10.8%
Unemployment (ages 16-64)	3.5%

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	27.1%
Asthma	11.6%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	8.7%
Chronic Kidney Disease	2.4%
Chronic Obstructive Pulmonary Disease	6.6%
Depression	22.1%
Diabetes	8.7%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.495	9	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	5.6	35	2.9
	Public Health Funding (dollars per person)	+++++	\$157	4	\$289
	Violent Crime (offenses per 100,000 population)	+++++	202	4	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	22	6	1
	Food Insecurity (% of households)	+++++	9.6	10	7.8
	Income Inequality (80-20 ratio)	++++	4.40	18	3.70
Education	High School Graduation (% of students)	+++	85.1	29	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	16.2	29	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++	16.6	28	8.9
	High-speed Internet (% of households)	++	86.1	38	92.9
	Residential Segregation (index from 0-100)	+++++	48	7	42
	Volunteerism (% of adults)	++++	36.0	15	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	54.9	19	65.6
PHYSICAL ENVIRONMENT		++++	0.367	20	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4.8	3	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	317	1	317
	Water Fluoridation (% of population served)	++	56.2	40	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++++	4	1	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.2	8	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.2	15	52.8
	Housing With Lead Risk (% of housing stock)	++	23.4	40	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.0	35	11.2
CLINICAL CARE		+++++	1.140	3	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++++	9.3	6	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	62.8	20	90.6
	Mental Health Providers (number per 100,000 population)	+++++	486.2	5	666.4
	Primary Care Providers (number per 100,000 population)	+++++	305.3	5	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	4.5	4	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	71.8	15	77.1
	Dental Visit (% of adults)	+++++	72.6	5	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	81.8	9	86.6
Quality of Care	Flu Vaccination (% adults)	++++	47.6	13	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++++	63.6	6	78.9
	Dedicated Health Care Provider (% of adults)	+++++	86.2	3	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,248	11	1,971
BEHAVIORS		+++++	1.072	1	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	29.9	4	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	28.5	1	28.5
	Fruit and Vegetable Consumption (% of adults)	+++++	14.1	1	14.1
	Physical Inactivity (% of adults)	+++++	20.0	6	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	274.5	2	198.2
	High-risk HIV Behaviors (% of adults)	+	7.4	44	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	8.8	4	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	++++	15.1	20	7.9
ALL DETERMINANTS		+++++	0.761	2	0.865
HEALTH OUTCOMES		++++	0.482	12	0.846
Behavioral Health	Depression (% of adults)*	++	22.1	36	11.8
	Excessive Drinking (% of adults)	+	21.0	41	12.0
	Frequent Mental Distress (% of adults)	++	14.0	31	10.6
	Non-medical Drug Use (% of adults)	+++++	8.2	4	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++	25.7	34	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,844	18	5,648
	Premature Death Racial Inequality (ratio)		—		1.0
	Suicide (deaths per 100,000 population)*	++	19.4	33	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.3	23	9.3
	Low Birthweight (% of live births)	+++++	7.0	9	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.0	2	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.8	28	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	30.2	9	25.8
	High Cholesterol (% of adults)*	++++	30.6	12	28.1
	Obesity (% of adults)	+++++	26.6	6	23.8
OVERALL			0.695	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Virginia

State Health Department Website: www.vdh.virginia.gov

Virginia

Summary

Strengths:

- Low prevalence of household food insecurity
- Low economic hardship index score
- Low residential segregation

Challenges:

- High racial gap in high school graduation
- Low mental health providers rate
- High prevalence of non-medical drug use

Highlights:

HIGH-SPEED INTERNET

▲7% between 2015 and 2018 from 82.8% to 89.0% of households

CHLAMYDIA

▲25% between 2013 and 2018 from 407.0 to 507.3 cases per 100,000 population

ADULTS WHO AVOIDED CARE DUE TO COST

▼22% between 2013 and 2019 from 15.3% to 12.0%

FREQUENT MENTAL DISTRESS

▲27% between 2014 and 2019 from 10.0% to 12.7% of adults

SMOKING

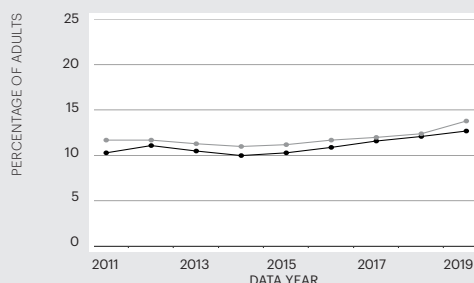
▼33% between 2011 and 2019 from 20.9% to 14.0% of adults

SUICIDE

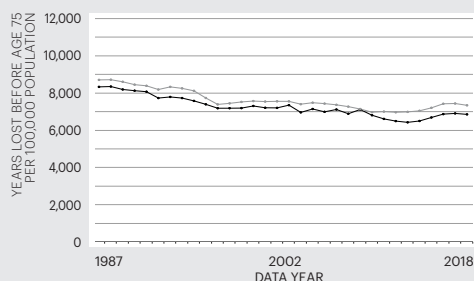
▲21% between 2009 and 2018 from 12.0 to 14.5 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.0%
Dependency (ages 0-17 or ages 65+)	37.7%
Education (ages 25+ without a high school diploma)	10.0%
Per Capita Income	\$40,635
Poverty (households below the poverty level)	9.8%
Unemployment (ages 16-64)	4.1%

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	26.2%
Asthma	8.8%
Cancer (excluding skin)	7.0%
Cardiovascular Disease	8.0%
Chronic Kidney Disease	2.7%
Chronic Obstructive Pulmonary Disease	6.5%
Depression	17.0%
Diabetes	10.9%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.539	8	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	4.5	21	2.9
	Public Health Funding (dollars per person)	++	\$80	36	\$289
	Violent Crime (offenses per 100,000 population)	+++++	208	6	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	23	8	1
	Food Insecurity (% of households)	++++	10.1	13	7.8
	Income Inequality (80-20 ratio)	++	4.80	37	3.70
Education	High School Graduation (% of students)	++++	87.5	17	91.4
	High School Graduation Racial Gap (percentage point difference)	++	18.3	37	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+++++	13.2	10	8.9
	High-speed Internet (% of households)	++++	89.0	18	92.9
	Residential Segregation (index from 0-100)	+++++	48	7	42
	Volunteerism (% of adults)	+++	34.0	21	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++++	57.5	13	65.6
PHYSICAL ENVIRONMENT		+++++	0.743	2	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	6.9	15	4.1
	Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
	Non-smoking Regulation (% of population)*	+	0.0	42	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	8,277,922	39	317
	Water Fluoridation (% of population served)	+++++	96.3	5	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	8.4	24	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.6	17	52.8
	Housing With Lead Risk (% of housing stock)	++++	13.5	19	5.2
	Severe Housing Problems (% of occupied housing units)	+++	14.6	24	11.2
CLINICAL CARE		++++	0.278	20	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	12.0	20	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++	60.5	22	90.6
	Mental Health Providers (number per 100,000 population)	++	193.2	39	666.4
	Primary Care Providers (number per 100,000 population)	++	230.3	35	362.8
Preventive Clinical Services	Uninsured (% of population)	+++	7.9	23	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++	70.0	22	77.1
	Dental Visit (% of adults)	+++++	71.7	9	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	78.6	18	86.6
Quality of Care	Flu Vaccination (% adults)	++++	47.9	11	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	55.2	24	78.9
	Dedicated Health Care Provider (% of adults)	+++	78.3	23	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++	4,200	26	1,971
BEHAVIORS		+++	0.173	21	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	38.0	41	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	22.7	26	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.8	14	14.1
	Physical Inactivity (% of adults)	++++	25.3	18	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++	507.3	23	198.2
	High-risk HIV Behaviors (% of adults)	++++	6.1	20	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	14.3	17	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.9%		4.3
	Smoking (% of adults)	++++	14.0	12	7.9
ALL DETERMINANTS		++++	0.416	14	0.865
HEALTH OUTCOMES		+++	0.243	21	0.846
Behavioral Health	Depression (% of adults)*	+++++	17.0	10	11.8
	Excessive Drinking (% of adults)	++++	16.6	15	12.0
	Frequent Mental Distress (% of adults)	++++	12.7	18	10.6
	Non-medical Drug Use (% of adults)	++	12.4	32	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	16.8	20	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,863	19	5,648
	Premature Death Racial Inequality (ratio)	++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	++++	14.5	16	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.7	18	9.3
	Low Birthweight (% of live births)	+++	8.2	25	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++	6.6	28	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.4	21	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++	33.6	33	25.8
	High Cholesterol (% of adults)*	+++	32.7	23	28.1
OVERALL			0.371	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Washington

State Health Department Website: doh.wa.gov

Summary

Strengths:

- Low economic hardship index score
- Low racial gap in low birthweight
- Low prevalence of physical inactivity

Challenges:

- High prevalence of non-medical drug use
- High premature death racial inequality
- Low percentage of fluoridated water

Highlights:

PER CAPITA INCOME

▲12% between 2017 and 2019 from \$36,975 to \$41,521

EXCESSIVE DRINKING

▼19% between 2011 and 2019 from 19.3% to 15.7% of adults

PREVENTABLE HOSPITALIZATIONS

▼14% between 2012 and 2018 from 3,253 to 2,804 discharges per 100,000 Medicare enrollees

CHLAMYDIA

▲22% between 2014 and 2018 from 381.2 to 465.2 cases per 100,000 population

AIR POLLUTION

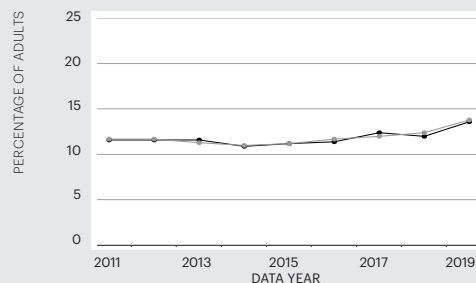
▲6% between 2014-2016 and 2017-2019 from 7.8 to 8.3 micrograms of fine particulate per cubic meter

FREQUENT MENTAL DISTRESS

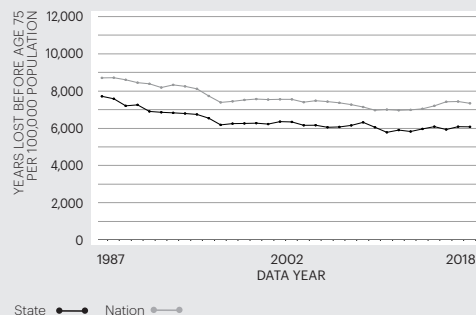
▲25% between 2014 and 2019 from 10.9% to 13.6% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	3.5%
Dependency (ages 0-17 or ages 65+)	37.7%
Education (ages 25+ without a high school diploma)	8.3%
Per Capita Income	\$41,521
Poverty (households below the poverty level)	9.5%
Unemployment (ages 16-64)	4.7%

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	24.6%
Asthma	9.9%
Cancer (excluding skin)	7.6%
Cardiovascular Disease	7.6%
Chronic Kidney Disease	2.7%
Chronic Obstructive Pulmonary Disease	5.2%
Depression	24.2%
Diabetes	9.4%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+++++	0.629	4	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3.0	2	2.9
	Public Health Funding (dollars per person)	+++	\$102	22	\$289
	Violent Crime (offenses per 100,000 population)	++++	294	20	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	26	11	1
	Food Insecurity (% of households)	++++	10.3	14	7.8
	Income Inequality (80-20 ratio)	++++	4.41	19	3.70
Education	High School Graduation (% of students)	+++	86.7	22	91.4
	High School Graduation Racial Gap (percentage point difference)	++	17.0	32	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	13.3	11	8.9
	High-speed Internet (% of households)	+++++	92.6	2	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	++++	35.7	16	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	61.9	5	65.6
PHYSICAL ENVIRONMENT		++++	0.434	16	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.3	39	4.1
	Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	5,939,624	34	317
	Water Fluoridation (% of population served)	++	63.9	34	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++	9.0	26	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	70.9	5	52.8
	Housing With Lead Risk (% of housing stock)	++++	14.5	20	5.2
	Severe Housing Problems (% of occupied housing units)	++	17.0	35	11.2
CLINICAL CARE		++++	0.544	14	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	11.5	16	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	71.6	9	90.6
	Mental Health Providers (number per 100,000 population)	+++++	413.8	8	666.4
	Primary Care Providers (number per 100,000 population)	+++	248.4	29	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	6.6	15	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	72.1	13	77.1
	Dental Visit (% of adults)	++++	69.2	16	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	77.3	24	86.6
Quality of Care	Flu Vaccination (% adults)	+++++	48.3	8	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+++	53.3	29	78.9
	Dedicated Health Care Provider (% of adults)	+++	75.5	30	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,804	9	1,971
BEHAVIORS		+++++	0.856	6	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	31.6	7	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++++	25.9	7	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	8.7	16	14.1
	Physical Inactivity (% of adults)	+++++	19.2	3	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	465.2	15	198.2
	High-risk HIV Behaviors (% of adults)	++++	5.9	16	4.5
	Teen Births (births per 1,000 females ages 15-19)	+++++	12.7	10	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+++++	12.6	6	7.9
ALL DETERMINANTS		+++++	0.647	6	0.865
HEALTH OUTCOMES		++++	0.446	13	0.846
Behavioral Health	Depression (% of adults)*	+	24.2	45	11.8
	Excessive Drinking (% of adults)	+++++	15.7	10	12.0
	Frequent Mental Distress (% of adults)	+++	13.6	23	10.6
	Non-medical Drug Use (% of adults)	+	13.5	42	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	15.2	17	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++++	6,086	6	5,648
	Premature Death Racial Inequality (ratio)	++	1.9	38	1.0
	Suicide (deaths per 100,000 population)*	+++	16.7	27	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.2	22	9.3
	Low Birthweight (% of live births)	+++++	6.6	2	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.9	7	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.5	22	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+++++	30.3	10	25.8
	High Cholesterol (% of adults)*	++++	31.9	18	28.1
OVERALL			0.596	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

West Virginia

State Health Department Website: dhhr.wv.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- High high school graduation rate
- Low racial gap in low birthweight

Challenges:

- High economic hardship index score
- High prevalence of frequent mental distress
- High prevalence of multiple chronic conditions

Highlights:

TEEN BIRTHS

▼**37%** between 2013 and 2018 from 40.2 to 25.4 births per 1,000 females ages 15-19

OCCUPATIONAL FATALITIES

▲**46%** between 2012-2014 and 2016-2018 from 6.8 to 9.9 deaths per 100,000 workers

HIGH-SPEED INTERNET

▲**10%** between 2015 and 2018 from 76.0% to 83.6% of households

EXCESSIVE DRINKING

▲**28%** between 2014 and 2019 from 10.3% to 13.2% of adults

ADULTS WHO AVOIDED CARE DUE TO COST

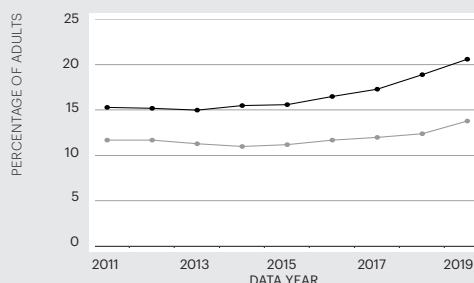
▼**32%** between 2011 and 2019 from 19.8% to 13.4%

FREQUENT MENTAL DISTRESS

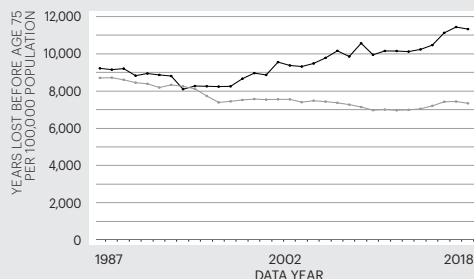
▲**37%** between 2013 and 2019 from 15.0% to 20.6% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	1.2%
Dependency (ages 0-17 or ages 65+)	40.5%
Education (ages 25+ without a high school diploma)	12.9%
Per Capita Income	\$27,446
Poverty (households below the poverty level)	16.7%
Unemployment (ages 16-64)	6.2%

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	41.3%
Asthma	11.5%
Cancer (excluding skin)	9.8%
Cardiovascular Disease	14.8%
Chronic Kidney Disease	4.2%
Chronic Obstructive Pulmonary Disease	12.3%
Depression	28.8%
Diabetes	15.7%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.463	46	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	9.9	48	2.9
	Public Health Funding (dollars per person)	+++++	\$147	6	\$289
	Violent Crime (offenses per 100,000 population)	+++	317	23	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	83	47	1
	Food Insecurity (% of households)	+	15.7	47	7.8
	Income Inequality (80-20 ratio)	++	4.90	40	3.70
Education	High School Graduation (% of students)	+++++	90.2	4	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	4.4	2	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	19.6	44	8.9
	High-speed Internet (% of households)	+	83.6	45	92.9
	Residential Segregation (index from 0-100)	+++	56	24	42
	Volunteerism (% of adults)	++	28.1	37	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	44.1	48	65.6
PHYSICAL ENVIRONMENT		+	-0.075	44	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.4	28	4.1
	Drinking Water Violations (% of community water systems)	+	19.6	50	0.0
	Non-smoking Regulation (% of population)*	+++	65.1	28	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	6,000,827	35	317
	Water Fluoridation (% of population served)	++++	90.7	12	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	10.7	37	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	82.0	38	52.8
	Housing With Lead Risk (% of housing stock)	++	21.8	36	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	11.2	1	11.2
CLINICAL CARE		++	-0.260	33	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+++	13.4	30	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	49.7	42	90.6
	Mental Health Providers (number per 100,000 population)	+	140.5	48	666.4
	Primary Care Providers (number per 100,000 population)	++++	282.7	11	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	6.7	18	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++	68.1	34	77.1
	Dental Visit (% of adults)	+	55.3	49	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	77.0	25	86.6
Quality of Care	Flu Vaccination (% adults)	+++	44.3	23	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	47.4	41	78.9
	Dedicated Health Care Provider (% of adults)	++++	81.7	14	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+	5,593	48	1,971
BEHAVIORS		+	-0.906	44	1.072
Sleep Health	Insufficient Sleep (% of adults)	+	41.4	49	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	17.1	46	28.5
	Fruit and Vegetable Consumption (% of adults)	+	5.2	48	14.1
	Physical Inactivity (% of adults)	+	31.2	44	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	198.2	1	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.4	5	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	25.4	45	7.2
Tobacco Use	E-cigarette Use (% of adults)*		—		4.3
	Smoking (% of adults)	+	23.8	50	7.9
ALL DETERMINANTS		+	-0.489	46	0.865
HEALTH OUTCOMES		+	-0.768	45	0.846
Behavioral Health	Depression (% of adults)*	+	28.8	50	11.8
	Excessive Drinking (% of adults)	+++++	13.2	2	12.0
	Frequent Mental Distress (% of adults)	+	20.6	50	10.6
	Non-medical Drug Use (% of adults)	+	13.8	45	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+	49.1	50	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	11,338	50	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	+	21.6	42	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	19.0	50	9.3
	Low Birthweight (% of live births)	+	9.4	42	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.6	5	2.4
	Multiple Chronic Conditions (% of adults)	+	20.0	50	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	43.8	50	25.8
	High Cholesterol (% of adults)*	+	39.5	50	28.1
OVERALL			-0.559	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Wisconsin

State Health Department Website: dhs.wisconsin.gov

Summary

Strengths:

- Low economic hardship index score
- Low prevalence of high-risk HIV behaviors
- Low income inequality

Challenges:

- High prevalence of excessive drinking
- High premature death racial inequality
- High residential segregation

Highlights:

SEVERE HOUSING PROBLEMS

▼9% between 2008-2012 and 2013-2017 from 15.4% to 14.0% of occupied housing units

PREVENTABLE HOSPITALIZATIONS

▼12% between 2012 and 2018 from 4,227 to 3,702 discharges per 100,000 Medicare enrollees

SMOKING

▼26% between 2011 and 2019 from 20.9% to 15.4% of adults

CHLAMYDIA

▲39% between 2007 and 2018 from 349.1 to 483.6 cases per 100,000 population

LOW BIRTHWEIGHT

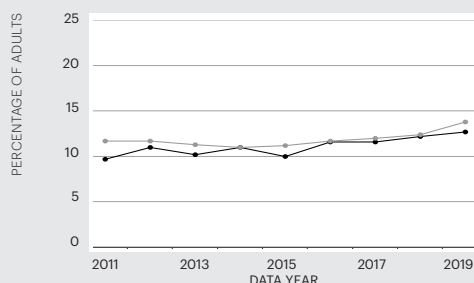
▲10% between 2013 and 2018 from 7.0% to 7.7% of live births

FREQUENT MENTAL DISTRESS

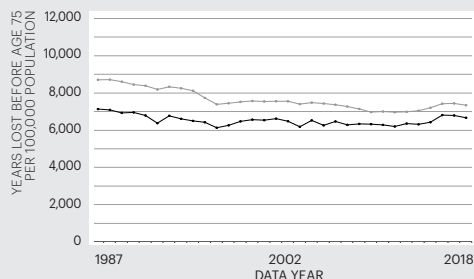
▲27% between 2015 and 2019 from 10.0% to 12.7% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	1.5%
Dependency (ages 0-17 or ages 65+)	39.2%
Education (ages 25+ without a high school diploma)	7.2%
Per Capita Income	\$34,568
Poverty (households below the poverty level)	10.2%
Unemployment (ages 16-64)	3.3%

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	27.6%
Asthma	10.2%
Cancer (excluding skin)	7.7%
Cardiovascular Disease	7.3%
Chronic Kidney Disease	2.8%
Chronic Obstructive Pulmonary Disease	5.6%
Depression	20.5%
Diabetes	8.7%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.393	14	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	4.0	15	2.9
	Public Health Funding (dollars per person)	+	\$55	48	\$289
	Violent Crime (offenses per 100,000 population)	++++	293	18	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	25	9	1
	Food Insecurity (% of households)	+++++	8.9	6	7.8
	Income Inequality (80-20 ratio)	+++++	4.12	6	3.70
Education	High School Graduation (% of students)	+++++	89.7	8	91.4
	High School Graduation Racial Gap (percentage point difference)	+	24.1	47	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++++	14.7	17	8.9
	High-speed Internet (% of households)	+++	88.6	22	92.9
	Residential Segregation (index from 0-100)	+	72	50	42
	Volunteerism (% of adults)	+++++	37.4	10	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	64.6	2	65.6
PHYSICAL ENVIRONMENT		++	0.139	37	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
	Drinking Water Violations (% of community water systems)	+	3.3	43	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++	4,334,580	28	317
	Water Fluoridation (% of population served)	++++	87.3	18	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	2	22	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++++	7.8	17	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++	80.8	34	52.8
	Housing With Lead Risk (% of housing stock)	++	22.3	37	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.0	15	11.2
CLINICAL CARE		++++	0.647	11	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++++	10.6	12	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	63.5	19	90.6
	Mental Health Providers (number per 100,000 population)	++	216.0	34	666.4
	Primary Care Providers (number per 100,000 population)	++++	264.5	19	362.8
Preventive Clinical Services	Uninsured (% of population)	+++++	5.7	8	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+++++	75.2	5	77.1
	Dental Visit (% of adults)	+++++	71.2	10	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	76.8	27	86.6
Quality of Care	Flu Vaccination (% adults)	++++	46.1	18	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	60.5	12	78.9
	Dedicated Health Care Provider (% of adults)	++++	82.3	12	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,702	17	1,971
BEHAVIORS		+++++	0.526	10	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++++	32.0	10	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+++	24.7	15	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	7.5	28	14.1
	Physical Inactivity (% of adults)	+++++	23.2	10	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	483.6	20	198.2
	High-risk HIV Behaviors (% of adults)	+++++	5.3	4	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	13.0	11	7.2
Tobacco Use	E-cigarette Use (% of adults)*		4.8%		4.3
	Smoking (% of adults)	+++	15.4	22	7.9
ALL DETERMINANTS		++++	0.445	12	0.865
HEALTH OUTCOMES		++	-0.151	33	0.846
Behavioral Health	Depression (% of adults)*	++	20.5	31	11.8
	Excessive Drinking (% of adults)	+	23.6	50	12.0
	Frequent Mental Distress (% of adults)	++++	12.7	18	10.6
	Non-medical Drug Use (% of adults)	+++++	8.8	10	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++	18.9	24	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,676	15	5,648
	Premature Death Racial Inequality (ratio)	++	2.1	40	1.0
	Suicide (deaths per 100,000 population)*	++++	15.3	18	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.3	14	9.3
	Low Birthweight (% of live births)	+++	7.7	21	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	9.3	50	2.4
	Multiple Chronic Conditions (% of adults)	+++	9.5	22	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	31.0	18	25.8
	High Cholesterol (% of adults)*	+++	33.3	25	28.1
	Obesity (% of adults)	++	34.2	34	23.8
OVERALL			0.300	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Wyoming

State Health Department Website: health.wyo.gov

Wyoming

Summary

Strengths:

- Low incidence of chlamydia
- Low income inequality
- Low economic hardship index score

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High racial gap in high school graduation
- High premature death racial inequality

Highlights:

FLU VACCINATION COVERAGE

▲18% between 2018 and 2019 from 31.0% to 36.5% of adults

SMOKING

▼20% between 2011 and 2019 from 23.0% to 18.4% of adults

DRUG DEATHS

▼39% between 2014 and 2018 from 19.0 to 11.6 deaths per 100,000 population

INCOME INEQUALITY

▲10% between 2011 and 2019 from 3.95 to 4.33

FREQUENT MENTAL DISTRESS

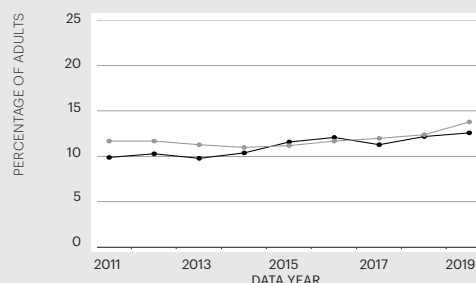
▲29% between 2013 and 2019 from 9.8% to 12.6% of adults

LOW BIRTHWEIGHT

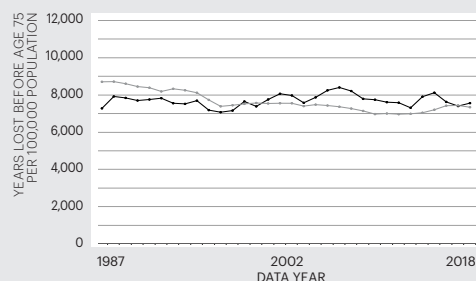
▲8% between 2017 and 2018 from 8.7% to 9.4% of live births

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State —●— Nation —○—

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)	2.1%
Dependency (ages 0-17 or ages 65+)	40.3%
Education (ages 25+ without a high school diploma)	5.5%
Per Capita Income	\$34,104
Poverty (households below the poverty level)	10.7%
Unemployment (ages 16-64)	3.7%

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	25.0%
Asthma	9.5%
Cancer (excluding skin)	7.3%
Cardiovascular Disease	8.0%
Chronic Kidney Disease	2.3%
Chronic Obstructive Pulmonary Disease	6.8%
Depression	19.2%
Diabetes	7.8%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++	-0.214	38	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	9.9	48	2.9
	Public Health Funding (dollars per person)	++++	\$112	15	\$289
	Violent Crime (offenses per 100,000 population)	+++++	217	7	115
Economic Resources	Economic Hardship Index (index from 1-100)	++++	32	15	1
	Food Insecurity (% of households)	++	12.6	34	7.8
	Income Inequality (80-20 ratio)	++++	4.33	13	3.70
Education	High School Graduation (% of students)	++	81.7	40	91.4
	High School Graduation Racial Gap (percentage point difference)	+	24.8	48	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	21.5	46	8.9
	High-speed Internet (% of households)	++++	89.0	18	92.9
	Residential Segregation (index from 0-100)	+++	55	23	42
	Volunteerism (% of adults)	+++	32.7	23	51.0
	Voter Participation — Midterm (% of U.S. citizens)	++	52.1	31	65.6
PHYSICAL ENVIRONMENT		+++++	0.710	3	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4.5	2	4.1
	Drinking Water Violations (% of community water systems)	+++	0.5	26	0.0
	Non-smoking Regulation (% of population)*	+	0.3	41	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+++++	18,544	4	317
	Water Fluoridation (% of population served)	++	57.1	39	99.8
Climate Change	Climate Change Policies (number of four policies)*	++	0	36	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+	20.4	49	5.8
Housing and Transit	Drive Alone to Work (% of workers)	++++	76.9	18	52.8
	Housing With Lead Risk (% of housing stock)	+++	16.1	24	5.2
	Severe Housing Problems (% of occupied housing units)	+++++	11.9	3	11.2
CLINICAL CARE		+	-0.672	45	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.5	31	8.2
	Providers				
	Dental Providers (number per 100,000 population)	++++	63.8	17	90.6
	Mental Health Providers (number per 100,000 population)	++++	360.9	13	666.4
	Primary Care Providers (number per 100,000 population)	++	221.3	39	362.8
Preventive Clinical Services	Uninsured (% of population)	+	12.3	45	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	58.8	50	77.1
	Dental Visit (% of adults)	+++	67.7	22	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	73.9	37	86.6
Quality of Care	Flu Vaccination (% adults)	+	36.5	48	50.5
	HPV Vaccination (% of adolescents ages 13-17)	+	41.5	48	78.9
	Dedicated Health Care Provider (% of adults)	+	67.0	49	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++++	3,300	12	1,971
BEHAVIORS		+++	0.051	25	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	32.9	15	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.5	16	28.5
	Fruit and Vegetable Consumption (% of adults)	++	6.9	36	14.1
	Physical Inactivity (% of adults)	++++	24.6	17	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	+++++	374.4	6	198.2
	High-risk HIV Behaviors (% of adults)	+++	6.3	23	4.5
	Teen Births (births per 1,000 females ages 15-19)	++	20.8	37	7.2
Tobacco Use	E-cigarette Use (% of adults)*		6.5%		4.3
	Smoking (% of adults)	++	18.4	37	7.9
ALL DETERMINANTS		++	-0.112	32	0.865
HEALTH OUTCOMES		+++	0.079	25	0.846
Behavioral Health	Depression (% of adults)*	+++	19.2	23	11.8
	Excessive Drinking (% of adults)	++	19.0	31	12.0
	Frequent Mental Distress (% of adults)	++++	12.6	17	10.6
	Non-medical Drug Use (% of adults)	+++	10.7	21	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	+++++	11.6	8	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+++	7,570	29	5,648
	Premature Death Racial Inequality (ratio)	+	2.4	43	1.0
	Suicide (deaths per 100,000 population)*	+	25.8	50	8.6
Physical Health	Frequent Physical Distress (% of adults)	++++	11.8	20	9.3
	Low Birthweight (% of live births)	+	9.4	42	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	3.6	5	2.4
	Multiple Chronic Conditions (% of adults)	++++	8.9	15	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.7	13	25.8
	High Cholesterol (% of adults)*	+++++	28.1	1	28.1
OVERALL			-0.069	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

District of Columbia

State Health Department Website: dchealth.dc.gov

Summary

Strengths:

- High mental health provider rate
- Low prevalence of multiple chronic conditions
- High percentage of fluoridated water

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of non-medical drug use
- High preventable hospitalization rate

Highlights:

EXERCISE

▲29% between 2017 and 2019 from 21.1% to 27.2% of adults

PER CAPITA INCOME

▲14% between 2017 and 2019 from \$52,500 to \$59,808

FLU VACCINATION COVERAGE

▲31% between 2012 and 2019 from 36.9% to 48.4% of adults

HIGH SCHOOL GRADUATION RACIAL GAP

▲85% between 2017 and 2018 from 13.0 to 24.0 percentage points

CHLAMYDIA

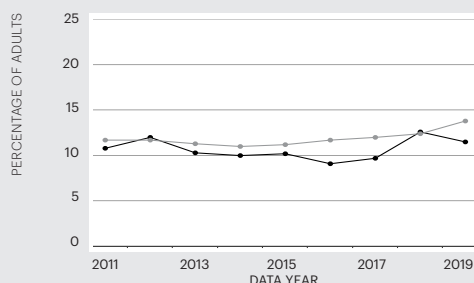
▲59% between 2014 and 2018 from 818.8 to 1298.9 cases per 100,000 population

DRUG DEATHS

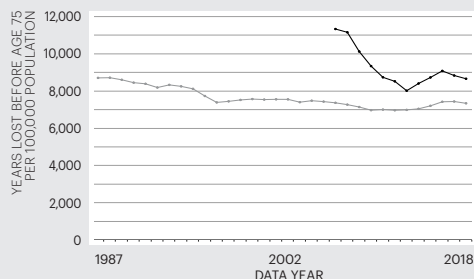
▲95% between 2015 and 2018 from 21.0 to 40.9 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	2.7%
Dependency (ages 0-17 or ages 65+)	30.5%
Education (ages 25+ without a high school diploma)	8.1%
Per Capita Income	\$59,808
Poverty (households below the poverty level)	12.6%
Unemployment (ages 16-64)	6.4%

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	17.2%
Asthma	11.4%
Cancer (excluding skin)	5.2%
Cardiovascular Disease	6.7%
Chronic Kidney Disease	2.0%
Chronic Obstructive Pulmonary Disease	4.5%
Depression	20.5%
Diabetes	8.7%

Measures

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

		Value	Healthiest State
SOCIAL & ECONOMIC FACTORS		—	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	5.5	2.9
	Public Health Funding (dollars per person)	\$618	\$289
	Violent Crime (offenses per 100,000 population)	1049	115
Economic Resources	Economic Hardship Index (index from 1-100)	—	1
	Food Insecurity (% of households)	10.6	7.8
	Income Inequality (80-20 ratio)	6.27	3.70
Education	High School Graduation (% of students)	68.5	91.4
	High School Graduation Racial Gap (percentage point difference)	24.0	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	19.4	8.9
	High-speed Internet (% of households)	88.3	92.9
	Residential Segregation (index from 0-100)	67	42
	Volunteerism (% of adults)	39.8	51.0
	Voter Participation — Midterm (% of U.S. citizens)	61.1	65.6
PHYSICAL ENVIRONMENT		—	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	9.5	4.1
	Drinking Water Violations (% of community water systems)	—	0.0
	Non-smoking Regulation (% of population)*	—	100.0
	Risk-screening Environmental Indicator Score (unitless score)	19,043	317
	Water Fluoridation (% of population served)	100.0	99.8
Climate Change	Climate Change Policies (number of four policies)*	3	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	2.9	5.8
Housing and Transit	Drive Alone to Work (% of workers)	33.0	52.8
	Housing With Lead Risk (% of housing stock)	33.9	5.2
	Severe Housing Problems (% of occupied housing units)	20.9	11.2
CLINICAL CARE		—	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	10.4	8.2
	Providers		
	Dental Providers (number per 100,000 population)	102.6	90.6
	Mental Health Providers (number per 100,000 population)	562.1	666.4
	Primary Care Providers (number per 100,000 population)	489.3	362.8
Preventive Clinical Services	Uninsured (% of population)	3.5	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	73.8	77.1
	Dental Visit (% of adults)	73.8	76.5
	Immunizations		
	Childhood Immunizations (% by age 35 months)	75.3	86.6
Quality of Care	Flu Vaccination (% adults)	48.4	50.5
	HPV Vaccination (% of adolescents ages 13-17)	75.5	78.9
	Dedicated Health Care Provider (% of adults)	76.6	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	5,176	1,971
BEHAVIORS		—	1.072
Sleep Health	Insufficient Sleep (% of adults)	34.8	28.7
Nutrition and Physical Activity	Exercise (% of adults)	27.2	28.5
	Fruit and Vegetable Consumption (% of adults)	10.4	14.1
	Physical Inactivity (% of adults)	19.0	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	1298.9	198.2
	High-risk HIV Behaviors (% of adults)	14.2	4.5
	Teen Births (births per 1,000 females ages 15-19)	19.3	7.2
Tobacco Use	E-cigarette Use (% of adults)*	—	4.3
	Smoking (% of adults)	12.7	7.9
ALL DETERMINANTS		—	0.865
HEALTH OUTCOMES		—	0.846
Behavioral Health	Depression (% of adults)*	20.5	11.8
	Excessive Drinking (% of adults)	27.2	12.0
	Frequent Mental Distress (% of adults)	11.5	10.6
	Non-medical Drug Use (% of adults)	17.2	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	40.9	6.8
	Premature Death (years lost before age 75 per 100,000 population)	8,670	5,648
	Premature Death Racial Inequality (ratio)	4.8	1.0
	Suicide (deaths per 100,000 population)*	7.8	8.6
Physical Health	Frequent Physical Distress (% of adults)	9.2	9.3
	Low Birthweight (% of live births)	10.0	5.9
	Low Birthweight Racial Gap (percentage point difference)	9.4	2.4
	Multiple Chronic Conditions (% of adults)	7.1	6.4
	Risk Factors		
	High Blood Pressure (% of adults)*	27.2	25.8
	High Cholesterol (% of adults)*	28.2	28.1
	Obesity (% of adults)	23.8	23.8
OVERALL		—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

United States

State Health Department Website: hhs.gov

Summary

Highlights:

HIGH SCHOOL GRADUATION

▲8% between 2011 and 2018 from 79.0% to 85.3% of students

FLU VACCINATION

▲25% between 2018 and 2019 from 35.0% to 43.7% of adults

HPV IMMUNIZATION

▲6% between 2018 and 2019 from 51.1% to 54.2% of adolescents ages 13-17

MENTAL HEALTH PROVIDERS

▲23% between 2016 and 2020 from 218.0 to 268.6 per 100,000 population

MULTIPLE CHRONIC CONDITIONS

▼8% between 2018 and 2019 from 10.3% to 9.5% of adults

NON-MEDICAL DRUG USE IN THE PAST MONTH

▲10% between 2019 and 2020 from 5.9% to 6.5% of adults

FREQUENT MENTAL DISTRESS

▲11% between 2018 and 2019 from 12.4% to 13.8% of adults

LOW BIRTHWEIGHT

▲19% between 1990 and 2018 from 7.0% to 8.3% of live births

OBESITY

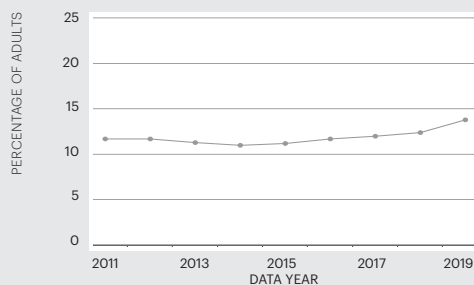
▲15% between 2011 and 2019 from 27.8% to 31.9% of adults

SUICIDE

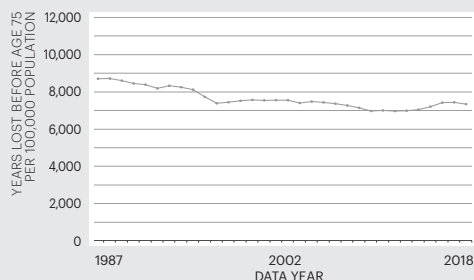
▲23% between 2009 and 2018 from 12.0 to 14.8 deaths per 100,000 population

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

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)	3.3%
Dependency (ages 0-17 or ages 65+)	38.7%
Education (ages 25+ without a high school diploma)	11.4%
Per Capita Income	\$35,672
Poverty (households below the poverty level)	12.2%
Unemployment (ages 16-64)	4.6%

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	25.9%
Asthma	9.7%
Cancer (excluding skin)	7.3%
Cardiovascular Disease	8.4%
Chronic Kidney Disease	2.9%
Chronic Obstructive Pulmonary Disease	6.5%
Depression	19.9%
Diabetes	10.8%

Measures

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

		Value	Healthiest State
SOCIAL & ECONOMIC FACTORS		0.000	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	4.4	2.9
	Public Health Funding (dollars per person)	\$91	\$289
	Violent Crime (offenses per 100,000 population)	379	115
Economic Resources	Economic Hardship Index (index from 1-100)	—	1
	Food Insecurity (% of households)	11.7	7.8
	Income Inequality (80-20 ratio)	4.85	3.70
Education	High School Graduation (% of students)	85.3	91.4
	High School Graduation Racial Gap (percentage point difference)	15.6	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	14.7	8.9
	High-speed Internet (% of households)	88.3	92.9
	Residential Segregation (index from 0-100)	—	42
	Volunteerism (% of adults)	30.3	51.0
	Voter Participation — Midterm (% of U.S. citizens)	53.4	65.6
PHYSICAL ENVIRONMENT		0.000	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	8.3	4.1
	Drinking Water Violations (% of community water systems)	1.1	0.0
	Non-smoking Regulation (% of population)*	61.1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	3,122,643	317
	Water Fluoridation (% of population served)	73.0	99.8
Climate Change	Climate Change Policies (number of four policies)*	—	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	8.7	5.8
Housing and Transit	Drive Alone to Work (% of workers)	75.9	52.8
	Housing With Lead Risk (% of housing stock)	17.6	5.2
	Severe Housing Problems (% of occupied housing units)	17.5	11.2
CLINICAL CARE		0.000	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	12.6	8.2
	Providers		
	Dental Providers (number per 100,000 population)	61.2	90.6
	Mental Health Providers (number per 100,000 population)	268.6	666.4
	Primary Care Providers (number per 100,000 population)	241.9	362.8
Preventive Clinical Services	Uninsured (% of population)	9.2	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	69.7	77.1
	Dental Visit (% of adults)	67.6	76.5
	Immunizations		
	Childhood Immunizations (% by age 35 months)	75.8	86.6
Quality of Care	Flu Vaccination (% adults)	43.7	50.5
	HPV Vaccination (% of adolescents ages 13-17)	54.2	78.9
	Dedicated Health Care Provider (% of adults)	77.3	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	4,237	1,971
BEHAVIORS		0.000	1.072
Sleep Health	Insufficient Sleep (% of adults)	34.5	28.7
Nutrition and Physical Activity	Exercise (% of adults)	23.0	28.5
	Fruit and Vegetable Consumption (% of adults)	8.0	14.1
	Physical Inactivity (% of adults)	26.4	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	539.9	198.2
	High-risk HIV Behaviors (% of adults)	6.3	4.5
	Teen Births (births per 1,000 females ages 15-19)	17.4	7.2
Tobacco Use	E-cigarette Use (% of adults)*	—	4.3
	Smoking (% of adults)	15.9	7.9
ALL DETERMINANTS		0.000	0.865
HEALTH OUTCOMES		0.000	0.846
Behavioral Health	Depression (% of adults)*	19.9	11.8
	Excessive Drinking (% of adults)	18.6	12.0
	Frequent Mental Distress (% of adults)	13.8	10.6
	Non-medical Drug Use (% of adults)	11.9	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	20.6	6.8
	Premature Death (years lost before age 75 per 100,000 population)	7,350	5,648
	Premature Death Racial Inequality (ratio)	1.5	1.0
	Suicide (deaths per 100,000 population)*	14.8	8.6
Physical Health	Frequent Physical Distress (% of adults)	12.5	9.3
	Low Birthweight (% of live births)	8.3	5.9
	Low Birthweight Racial Gap (percentage point difference)	7.0	2.4
	Multiple Chronic Conditions (% of adults)	9.5	6.4
	Risk Factors		
	High Blood Pressure (% of adults)*	32.5	25.8
	High Cholesterol (% of adults)*	33.3	28.1
	Obesity (% of adults)	31.9	23.8
OVERALL		0.000	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, see Measures Table (Page 168) or visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.

Appendix

Appendix

Measures Table

Social & Economic Factors	Measure	Description	Source	Data Year(s)
	Community and Family Safety	Sum of weighted z-scores of all ranked community and family safety measures	<i>America's Health Rankings</i> composite measure	2020
	Occupational Fatalities	Number of fatal occupational injuries in construction; manufacturing; professional and business services; and trade, transportation and utilities per 100,000 workers	U.S. Bureau of Labor Statistics, Census of Fatal Occupational Injuries; U.S. Bureau of Economic Analysis	2016-2018
	Public Health Funding	State dollars dedicated to public health and federal dollars directed to states per person by the Centers for Disease Control and Prevention (CDC) and the Health Resources & Services Administration	Trust for America's Health; U.S. Department of Health and Human Services (HHS)	2018-2019
	Violent Crime	Number of murders, rapes, robberies and aggravated assaults per 100,000 population	U.S. Department of Justice, Federal Bureau of Investigation	2019
	Economic Resources	Sum of weighted z-scores of all ranked economic resources measures	<i>America's Health Rankings</i> composite measure	2020
	Economic Hardship Index	Compares the economic condition of one state relative to another based on crowded housing, dependency, education, income, poverty and unemployment; normalized index scores range from 0 to 100, with a higher score indicating worse economic conditions	U.S. Census Bureau, American Community Survey	2019
	Crowded Housing*	Percentage of occupied housing units with more than one person per room	U.S. Census Bureau, American Community Survey	2019
	Dependency*	Percentage of population ages 0-17 or ages 65 and older	U.S. Census Bureau, American Community Survey	2019
	Education — Less Than High School*	Percentage of population ages 25 and older without a high school diploma	U.S. Census Bureau, American Community Survey	2019
	Per Capita Income*	Per capita income in the past 12 months (in inflation-adjusted dollars to data year)	U.S. Census Bureau, American Community Survey	2019
	Poverty*	Percentage of households living below the federal poverty level	U.S. Census Bureau, American Community Survey	2019
	Unemployment*	Percentage of civilian population ages 16-64 that are unemployed	U.S. Census Bureau, American Community Survey	2019
	Food Insecurity	Percentage of households unable to provide adequate food for one or more household members due to lack of resources	U.S. Department of Agriculture, <i>Household Food Security in the United States Report</i>	2016-2018
	Income Inequality	Ratio of median household income at the 80th percentile to household income at the 20th percentile	U.S. Census Bureau, American Community Survey	2019

Social &
Economic
Factors

Measure	Description	Source	Data Year(s)
Education	Sum of weighted z-scores of all ranked education measures	<i>America's Health Rankings</i> composite measure	2020
High School Graduation	Percentage of high school students who graduated with a regular high school diploma within four years of starting ninth grade	U.S. Department of Education, National Center for Education Statistics	2018
High School Graduation Racial Gap	Difference in the high school graduation rate between white students and the racial/ethnic group with the lowest rate (varies by state)	U.S. Department of Education, National Center for Education Statistics	2018
Social Support and Engagement	Sum of weighted z-scores of all ranked social support and engagement measures	<i>America's Health Rankings</i> composite measure	2020
Adverse Childhood Experiences	Percentage of children ages 0-17 who experienced two or more of the following: parental divorce or separation; living with someone who had an alcohol or drug problem; neighborhood violence victim or witness; living with someone who was mentally ill, suicidal or severely depressed; domestic violence witness; parent served jail time; being treated or judged unfairly due to race/ethnicity; or death of parent	U.S. HHS, Health Resources and Services Administration, Maternal and Child Health Bureau, National Survey of Children's Health	2018-2019
High-speed Internet	Percentage of households that have a broadband internet subscription and a computer, smartphone or tablet	IPUMS National Historical Geographic Information System: Version 14.0	2018
Residential Segregation	Index of dissimilarity with higher values indicating greater segregation between Black and white state residents, ranging from zero (complete integration) to 100 (complete segregation)	U.S. Census Bureau, American Community Survey	2014-2018
Volunteerism	Percentage of adults who reported volunteering in the past 12 months	Corporation for National & Community Service	2018
Voter Participation (Midterm)	Percentage of U.S. citizens ages 18 and older who voted in the last midterm national election	U.S. Census Bureau, Current Population Survey, Voting and Registration Supplement	2018

*Measure is not included in overall score and/or is a component of another measure.

NOTE: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Appendix

Measures Table, continued

Physical Environment	Measure	Description	Source	Data Year(s)
	Air and Water Quality	Sum of weighted z-scores of all ranked air and water quality measures	<i>America's Health Rankings</i> composite measure	2020
	Air Pollution	Average exposure of the general public to particulate matter of 2.5 microns or less measured in micrograms per cubic meter	U.S. Environmental Protection Agency	2017-2019
	Drinking Water Violations	Percentage of population served by community water systems with a serious drinking water violation during the year	Environmental Protection Agency, Enforcement and Compliance History Online, Safe Drinking Water Information System	2020
	Non-smoking Regulation*	Percentage of population covered by 100% smokefree laws for restaurants, bars and non-hospitality workplaces	American Nonsmokers' Rights Foundation	2020
	Risk-screening Environmental Indicator Score	Estimated human health-related risk from exposure to toxic chemicals based on emission data of more than 600 chemicals, with higher scores denoting elevated risk	Environmental Protection Agency, Toxic Release Inventory, National Analysis File	2018
	Water Fluoridation	Percentage of population served by community water systems that receive fluoridated water	Centers for Disease Control and Prevention (CDC), Water Fluoridation Reporting System	2018
Climate Change				
	Climate Change Policies*	Number of the following state policies in place: legally binding electricity portfolio standards, carbon pricing policies, climate change action plans and economy-wide greenhouse gas emission targets	Center for Climate and Energy Solutions	2020
	Transportation Energy Use*	Per capita energy use by the transportation sector	U.S. Department of Transportation, State Transportation Statistics	2018
Housing and Transit				
	Housing and Transit	Sum of weighted z-scores of all ranked housing and transit measures	<i>America's Health Rankings</i> composite measure	2020
	Drive Alone to Work	Percentage of workers who drive alone to work	U.S. Census Bureau, American Community Survey	2019
	Housing With Lead Risk	Percentage of housing stock with potential elevated lead risk due to age of housing	U.S. Census Bureau, American Community Survey	2019
	Severe Housing Problems	Percentage of occupied housing units with at least one of the following problems: lack of complete kitchen facilities, lack of plumbing facilities, overcrowding or severely cost-burdened occupants	U.S. Department of Housing and Urban Development, Comprehensive Housing Affordability Strategy	2013-2017

Clinical Care

Measure	Description	Source	Data Year(s)
Access to Care	Sum of weighted z-scores of all ranked access to care measures	<i>America's Health Rankings</i> composite measure	2020
Avoided Care Due to Cost	Percentage of adults who reported a time in the past 12 months when they needed to see a doctor but could not because of cost	CDC, Behavioral Risk Factor Surveillance System	2019
Providers	Sum of weighted z-scores of all ranked providers measures	<i>America's Health Rankings</i> composite measure	2020
Dental Care Providers	Number of general dentists and advanced practice dental therapists per 100,000 population	U.S. HHS, Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System	September 2020
Mental Health Providers	Number of psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, advanced practice nurses specializing in mental health care as well as providers that treat alcohol and other drug abuse per 100,000 population	U.S. HHS, Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System	September 2020
Primary Care Providers	Number of active primary care providers (including general practice, family practice, obstetrics and gynecology, pediatrics, geriatrics, internal medicine, physician assistants and nurse practitioners) per 100,000 population	U.S. HHS, Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System	September 2020
Uninsured	Percentage of population not covered by private or public health insurance	U.S. Census Bureau, American Community Survey	2019

*Measure is not included in overall score and/or is a component of another measure.

NOTE: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Appendix

Measures Table, continued

Clinical Care	Measure	Description	Source	Data Year(s)
	Preventive Clinical Services	Sum of weighted z-scores of all ranked preventive clinical services measures	<i>America's Health Rankings</i> composite measure	2020
	Colorectal Cancer Screening	Percentage of adults ages 50-75 who reported receiving one or more of the recommended colorectal cancer screening tests within the recommended time interval (fecal occult blood test [FOBT] within the past year, colonoscopy within the past 10 years, or sigmoidoscopy within five years and a home FOBT within the past three years)	CDC, Behavioral Risk Factor Surveillance System	2018
	Dental Visit	Percentage of adults who reported visiting the dentist or dental clinic within the past year	CDC, Behavioral Risk Factor Surveillance System	2018
	Immunizations	Sum of weighted z-scores of all ranked immunizations measures	<i>America's Health Rankings</i> composite measure	2020
	Childhood Immunizations	Percentage of children who received by age 35 months all recommended doses of the combined 7-vaccine series: diphtheria and tetanus toxoids and acellular pertussis (DTaP) vaccine; measles, mumps and rubella (MMR) vaccine; poliovirus vaccine; <i>Haemophilus influenzae</i> type b (Hib) vaccine; hepatitis B (HepB) vaccine; varicella vaccine; and pneumococcal conjugate vaccine (PCV)	CDC, National Immunization Survey—Child (Birth Cohort)	2016-2017
	Flu Vaccination	Percentage of adults who reported receiving a seasonal flu vaccine in the past 12 months	CDC, Behavioral Risk Factor Surveillance System	2019
	HPV Vaccination	Percentage of adolescents ages 13-17 who have received all recommended doses of the human papillomavirus (HPV) vaccine	CDC, National Immunization Survey—Teen	2019
	Quality of Care	Sum of weighted z-scores of all ranked quality of care measures	<i>America's Health Rankings</i> composite measure	2020
	Dedicated Health Care Provider	Percentage of adults who reported having a personal doctor or health care provider	CDC, Behavioral Risk Factor Surveillance System	2019
	Preventable Hospitalizations	Discharges following hospitalization for diabetes with short- or long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, angina without a procedure, asthma, hypertension, heart failure, dehydration, bacterial pneumonia or urinary tract infection per 100,000 Medicare enrollees ages 18 years or older continuously enrolled in Medicare fee-for-service Part A	Centers for Medicare & Medicaid Services Office of Minority Health's Mapping Medicare Disparities Tool	2018

Behaviors

Measure	Description	Source	Data Year(s)
Insufficient Sleep	Percentage of adults who reported sleeping, on average, less than seven hours in a 24-hour period	CDC, Behavioral Risk Factor Surveillance System	2018
Nutrition and Physical Activity	Sum of weighted z-scores of all ranked nutrition and physical activity measures	<i>America's Health Rankings</i> composite measure	2020
Exercise	Percentage of adults who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
Fruit and Vegetable Consumption	Percentage of adults who reported consuming two or more fruits and three or more vegetables daily	CDC, Behavioral Risk Factor Surveillance System	2019
Physical Inactivity	Percentage of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
Sexual Health	Sum of weighted z-scores of all ranked sexual health measures	<i>America's Health Rankings</i> composite measure	2020
Chlamydia	Number of new cases of chlamydia per 100,000 population	CDC, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention Atlas	2018
High-risk HIV Behaviors	Percentage of adults who reported any of the following situations in the past year: injected any drug other than those prescribed for you, been treated for a sexually transmitted disease (STD), or given or received money or drugs in exchange for sex	CDC, Behavioral Risk Factor Surveillance System	2019
Teen Births	Number of births per 1,000 females ages 15-19	CDC Wide-ranging Online Data for Epidemiologic Research (CDC WONDER), Natality public-use data	2018
Tobacco Use	Sum of weighted z-scores of all ranked tobacco use measures	<i>America's Health Rankings</i> composite measure	2020
E-cigarette Use*	Percentage of adults who reported using e-cigarettes or other electronic vaping products at least once in their lifetime and now use daily or some days	CDC, Behavioral Risk Factor Surveillance System	2018
Smoking	Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days	CDC, Behavioral Risk Factor Surveillance System	2019

*Measure is not included in overall score and/or is a component of another measure.

NOTE: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Appendix

Measures Table, continued

Health Outcomes	Measure	Description	Source	Data Year(s)
	Behavioral Health	Sum of weighted z-scores of all ranked behavioral health measures	<i>America's Health Rankings</i> composite measure	2020
	Depression*	Percentage of adults who reported being told by a health professional they have a depressive disorder including depression, major depression, minor depression or dysthymia	CDC, Behavioral Risk Factor Surveillance System	2019
	Excessive Drinking	Percentage of adults who reported binge drinking (four or more [women] or five or more [men] drinks on one occasion in the past 30 days) or chronic drinking (eight or more [women] or 15 or more [men] drinks per week)	CDC, Behavioral Risk Factor Surveillance System	2019
	Frequent Mental Distress	Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
	Non-medical Drug Use	Percentage of adults who reported using prescription drugs non-medically (including pain relievers, stimulants and sedatives) or illicit drugs (excluding cannabis) in the last 12 months	Rocky Mountain Poison & Drug Safety, RADARS® System Survey of Non-Medical Use of Prescription Drugs Program	2020
	Non-medical Drug Use — Past Month*	Percentage of adults who reported using prescription drugs non-medically (including pain relievers, stimulants and sedatives) or illicit drugs (excluding cannabis) in the last 30 days	Rocky Mountain Poison & Drug Safety, RADARS® System Survey of Non-Medical Use of Prescription Drugs Program	2020
	Mortality	Sum of weighted z-scores of all ranked mortality measures	<i>America's Health Rankings</i> composite measure	2020
	Drug Deaths*	Number of deaths due to drug injury (unintentional, suicide, homicide or undetermined) per 100,000 population	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files	2018
	Premature Death	Number of years of potential life lost before age 75 per 100,000 population	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files	2018
Physical Health	Premature Death Racial Inequality	Ratio of the racial/ethnic group with the highest premature death rate before age 75 (varies by state) to the white population	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files	2016-2018
	Suicide*	Number of deaths due to intentional self-harm per 100,000 population (age-adjusted to data year)	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files	2018
	Physical Health	Sum of weighted z-scores of all ranked physical health measures	<i>America's Health Rankings</i> composite measure	2020
	Frequent Physical Distress	Percentage of adults who reported their physical health was not good 14 or more days in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
High Health Status*	High Health Status*	Percentage of adults who reported that their health is very good or excellent	CDC, Behavioral Risk Factor Surveillance System	2019

Health
Outcomes

Physical Health, continued

Measure	Description	Source	Data Year(s)
Low Birthweight	Percentage of infants weighing less than 2,500 grams (5 pounds, 8 ounces) at birth	CDC WONDER Online Data-base, Natality public-use data	2018
Low Birthweight Racial Gap	Difference between the racial/ethnic group with the highest percentage of infants with low birthweight (varies by state) and white infants with low birthweight	CDC WONDER Online Data-base, Natality public-use data	2018
Multiple Chronic Conditions	Percentage of adults who have three or more of the following chronic health conditions: arthritis; asthma; chronic kidney disease; chronic obstructive pulmonary disease; cardiovascular disease (heart disease; heart attack or stroke); cancer (excluding skin); depression; diabetes	CDC, Behavioral Risk Factor Surveillance System	2019
Arthritis*	Percentage of adults who reported being told by a health professional that they have some form of arthritis	CDC, Behavioral Risk Factor Surveillance System	2019
Asthma*	Percentage of adults who reported being told by a health professional that they currently have asthma	CDC, Behavioral Risk Factor Surveillance System	2019
Cancer*	Percentage of adults who reported being told by a health professional that they had any form of cancer other than skin cancer	CDC, Behavioral Risk Factor Surveillance System	2019
Cardiovascular Diseases*	Percentage of adults who reported being told by a health professional that they had angina or coronary heart disease; a heart attack or myocardial infarction; or a stroke	CDC, Behavioral Risk Factor Surveillance System	2019
Chronic Kidney Disease*	Percentage of adults who reported being told by a health professional that they have kidney disease not including kidney stones, bladder infection or incontinence	CDC, Behavioral Risk Factor Surveillance System	2019
Chronic Obstructive Pulmonary Disease*	Percentage of adults who reported being told by a health professional that they have chronic obstructive pulmonary disease, emphysema or chronic bronchitis	CDC, Behavioral Risk Factor Surveillance System	2019
Diabetes*	Percentage of adults who reported being told by a health professional that they have diabetes (excluding prediabetes and gestational diabetes)	CDC, Behavioral Risk Factor Surveillance System	2019
Risk Factors	Sum of weighted z-scores of all ranked risk factors measures	<i>America's Health Rankings</i> composite measure	2020
High Blood Pressure*	Percentage of adults who reported being told by a health professional that they have high blood pressure	CDC, Behavioral Risk Factor Surveillance System	2019
High Cholesterol*	Percentage of adults who reported having their cholesterol checked and were told by a health professional that it was high	CDC, Behavioral Risk Factor Surveillance System	2019
Obesity	Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight	CDC, Behavioral Risk Factor Surveillance System	2019

*Measure is not included in overall score and/or is a component of another measure.

NOTE: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Data Source Descriptions

America's Health Rankings Summation Measure

These measures are calculated to provide summary information for multiple measures within a topic or model category. These measures are presented as the sum of weighted z-scores of the ranked measures.

American Nonsmokers' Rights Foundation

This nonprofit organization creates programs to educate the public about the adverse health effects of smoking and secondhand smoke exposure as well as the benefits of smokefree environments. The foundation produces lists and maps covering laws regarding clean air, e-cigarettes, marijuana and tobacco sales in pharmacies.

Center for Climate and Energy Solutions

This nonprofit is an environmental policy think tank which produces data and reports on climate basics, solutions and policies.

Corporation for National & Community Service

This federal agency engages more than 5 million Americans in service through its Senior Corps, AmeriCorps and the Social Innovation Fund. As the nation's largest grant-maker for service and volunteering, the organization plays a critical role in strengthening America's nonprofit sector and addressing our nation's challenges through service.

IPUMS National Historical Geographic Information System

This information system from the Minnesota Population Center at the University of Minnesota provides summary statistics and geographic information system files for the U.S. Censuses and other nationwide surveys. Steven Manson, Jonathan Schroeder, David Van Riper, and Steven Ruggles. IPUMS National Historical

Geographic Information System: Version 14.0 [Database]. Minneapolis, MN: IPUMS. 2019. <http://doi.org/10.18128/D050.V14.0>, 2018

Rocky Mountain Poison & Drug Safety (RMPDS)

RMPDS is a division of Denver Health, an acute care academic safety net hospital and community health system for the Denver area. The Researched Abuse, Diversion and Addiction-Related Surveillance (RADARS®) System collects product- and geographically-specific data on abuse, misuse and diversion of prescription drugs. RADARS data are obtained via a direct request to the organization.

Trust for America's Health

This is a public health policy, research and advocacy organization. State public health funding data are obtained via a direct request to the organization.

U.S. Census Bureau American Community Survey

This ongoing survey provides information yearly about population demographics and housing in the nation.

Current Population Survey, Voting and Registration Supplement

The Current Population Survey is an ongoing survey, sponsored jointly by the U.S. Census Bureau and the U.S. Bureau of Labor Statistics. It provides information monthly about employment, earnings and education in the nation. Additionally, voting and registration data are available every two years following national elections.

Population Estimates Program

This program produces estimates of the population and housing units for the nation, states, metropolitan and micropolitan statistical areas, counties, cities and towns.

U.S. Department of Agriculture **Household Food Security in the United States Report**

The U.S. Department of Agriculture's Economic Research Service analyzes data from the U.S. Census Bureau's Current Population Survey Food Security Supplement. The data are published annually in a report that provides national statistics on food security, household food spending, and the use of federal food and nutrition assistance by food-insecure households.

U.S. Department of Education **National Center for Education Statistics**

This is the primary federal entity for collecting and analyzing data related to education in the nation. The Common Core of Data survey collects national, state and local data on public schools and school districts.

U.S. Department of Health and Human Services **Center for Disease Control and Prevention** **Behavioral Risk Factor Surveillance System**

This is the nation's largest phone-based population survey. The survey provides information about U.S. residents' health-related risk behaviors, chronic health conditions and use of preventive services.

CDC WONDER Mortality and Natality

CDC Wide-ranging Online Data for Epidemiologic Research is a query system for analyzing public-use data. The data are produced by the National Center for Health Statistics.

Multiple Cause of Death files contain counts, rates and causes of death, as well as demographic information for U.S. residents based on death certificates.

Natality files are derived from birth certificates and include counts and rates of births to U.S. residents occurring within the United States as well as demographic characteristics.

National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention Atlas

This interactive atlas allows users to create customized tables, maps and charts using more than 15 years of surveillance data on HIV/AIDS, viral hepatitis, sexually transmitted diseases, tuberculosis as well as social and economic data.

National Immunization Surveys

These phone surveys collect information about vaccination coverage among children 19-35 months and teens 13-17 years, as well as flu vaccinations for children 6 months-17 years.

Water Fluoridation Reporting System

The Division of Oral Health monitors community water systems receiving optimally fluoridated drinking water through its Water Fluoridation Reporting System. The division provides national- and state-level water fluoridation statistics.

Centers for Medicare & Medicaid Services **Office of Minority Health's Mapping Medicare Disparities Tool**

This office is a comprehensive source of information, offering data on eliminating health disparities and improving health of minority populations. This tool features health outcome measures for disease prevalence, costs, hospitalization for 60 chronic conditions, emergency department use, readmissions rates, mortality, preventable hospitalizations and preventive services.

National Plan and Provider Enumeration System

This is a system used to assign unique identifiers to health care providers and health plans as required by the Health Insurance Portability and Accountability Act of 1996.

Appendix

Data Source Descriptions, *continued*

Maternal and Child Health Bureau

National Survey of Children's Health

This ongoing survey is funded and directed by the Health Resources & Services Administration's Maternal and Child Health Bureau. These data — reported by parents and guardians — provide information about children's health and access to health care as well as children's family, neighborhood, school and social contexts.

U.S. Department of Housing and Urban Development

Comprehensive Housing Affordability Strategy

The department's Office of Policy Development and Research manages data from the American Community Survey. These data, known as the Comprehensive Housing Affordability Strategy, demonstrate the extent of housing problems and needs, particularly for low-income households.

U.S. Department of Justice

Federal Bureau of Investigation

The Federal Bureau of Investigation manages the Uniform Crime Reporting Program, a nationwide effort of nearly 18,000 city, university and college, county, state, tribal and federal law enforcement agencies voluntarily reporting data on reported crimes. The program's annual Crime in the United States report includes the number and rate of violent and property crime offenses in the nation and by state.

U.S. Department of Labor

Bureau of Labor Statistics

Census of Fatal Occupational Injuries

The Bureau's Injuries, Illnesses, and Fatalities program produces information about workplace injuries and illnesses. The census, implemented in 1992, is a federal-state cooperative program that includes all 50 states and the District of Columbia. It uses multiple sources to identify, verify and profile fatal worker injuries. Employment data (denominator) are obtained from the U.S. Department of Commerce's Bureau of Economic Analysis.

U.S. Department of Transportation

State Transportation Statistics

The Bureau is the main source of statistics on commercial aviation, multimodal freight activity and transportation economics. The Bureau provides context to decision makers and the public for understanding statistics on transportation.

U.S. Environmental Protection Agency

This agency performs a variety of federal research, monitoring, standard-setting and enforcement activities to ensure environmental protection. The agency publishes public and environmental health data. State-level data are obtained via a special request to the agency.

Enforcement and Compliance

History Online (ECHO)

Safe Drinking Water Information System

The ECHO website provides data detailing compliance, assurance and enforcement activities related to federal environmental laws. National Safe Drinking Water Act data are available as a public-use dataset.

Toxic Release Inventory,

National Analysis File

The agency's Risk-Screening Environmental Indicators model provides important information about the potential health-related impacts of toxic releases from facilities in communities across the United States that report to the Toxics Release Inventory. The model brings together large amounts of complex information that can be used for screening, prioritizing and analyzing trends. The value reported is a unitless number that accounts for the size of the toxic release, toxicity, the fate and transport of the toxin through the environment, and the size and location of the exposed population.

Methodology

Measure Rankings and Overall Score

For each measure, the most recent state level data as of October 31, 2020, are presented as the value. The ranking of each measure is the ordering of states according to value. Ties in values are assigned equal ranks. The state value is then normalized into a z-score. The score for each measure is based on the following formula:

$$\text{Score} = \frac{\text{state value} - \text{national value}}{\text{standard deviation of all state values}}$$

The score indicates the number of standard deviations a state value is above or below the U.S. value. A zero score indicates a state has the same value as the nation. States with higher values than the U.S. have a positive score, while states that perform below the U.S. value have a negative score. To prevent an extreme score from exerting excessive influence, the maximum score for a measure is capped at +/- 2.00. If a U.S. value is not available from the original data source for a measure, the mean of all states and the District of Columbia is used. For measures from the Behavioral Risk Factor Surveillance System, the median of state and District of Columbia values is used for the U.S. value to conform to the Centers for Disease Control and Prevention methodology.

A state's overall score is calculated by adding the products of the score for each ranked measure multiplied by its assigned weight. If a state value is not available for a measure in this edition, the value for the measure from a prior edition is used. If no previous value exists for a missing measure, the state's score for that measure is set to zero. Measure weights can be found at AmericasHealthRankings.org/about. It's important to note that the rankings are a relative measure of health. Not all changes in rank translate into actual declines or improvements in health. For additional methodology, please see AmericasHealthRankings.org/about/methodology.

Data Considerations

Measures are selected using the following criteria:

1. Represent a broad range of health topics that affect the health of the population.
2. Be available at the state level.
3. Use common measurement criteria across the 50 states.
4. Be current and updated periodically.
5. Be amenable to change.

Data presented in this report are aggregated at the state level and cannot be used to make inferences at the individual level. The most recent data available are used for each measure. As a result the data years vary by measure. For some measures, multiple years of data are combined to have a sufficient sample size. Measure definitions, sources and data years are available in the Measures Table (Page 168). Values and ranks from prior years are updated on our website to reflect known errors or updates from the reporting source. Error bars on graphs represent the 95 percent confidence interval.

The race and ethnicity classification labels reflect the data source, so they vary between measures (e.g., birth and death records use Asian/Pacific Islander and the Behavioral Risk Factor Surveillance System uses Hawaiian/Pacific Islander). We acknowledge that race and ethnicity categories are broad and have great variation within groups. For example, the category Asian refers to a wide range of ethnicities as one group. Broad race and ethnicity categorization is limiting as it assumes ethnic homogeneity; differences that exist within groups are often missed.

America's Health Rankings has chosen not to include a state's overall ranking in this year's report due to the unprecedented health challenges presented by the COVID-19 pandemic. Furthermore, the model changes revealed in this edition are substantial and model category rankings are no longer comparable with prior editions. Most measure-specific rankings, however, are still comparable over time.

Model Revisions

This year's *America's Health Rankings Annual Report* introduces a new model that expands the influence of social determinants of health. The community and environment category was expanded into two categories: social and economic factors and physical environment. The policy category was dropped and measures from that area were reassigned to the other categories. Many measures from the prior model were retained and reassigned to a new model category as appropriate. The new model includes 74 measures from 20 data sources. Also new this year are health topics such as economic resources, tobacco use and physical health. For a list of current measures, definitions and source details, see the Measures Table (Page 168).

Measure Changes

New measures

- Adverse childhood experiences
- Avoided care due to cost
- Climate policies
- Colorectal cancer screening
- Crowded housing (economic hardship index)
- Dedicated health care provider
- Dental visit
- Dependency (economic hardship index)
- Depression
- Drinking water violations
- Drive alone to work
- E-cigarette use
- Economic hardship index
- Education — less than high school (economic hardship index)
- Exercise
- Flu vaccination
- Food insecurity
- Fruit and vegetable consumption
- High-risk HIV behaviors

- High school graduation racial gap
- High-speed internet
- Housing with lead risk
- HPV vaccination
- Income inequality
- Insufficient sleep
- Low birthweight racial gap
- Multiple chronic conditions
- Non-medical drug use
- Non-medical drug use - past month
- Non-smoking regulation
- Per capita income (economic hardship index)
- Poverty (economic hardship index)
- Premature death racial gap
- Residential segregation
- Risk-screening environmental indicators score
- Severe housing problems
- Teen births
- Transportation energy use
- Volunteerism
- Voter participation (midterm)
- Water fluoridation

Retired measures

- Cancer deaths
- Cardiovascular deaths
- Cholesterol check
- Disconnected youth
- Disparity in health status
- Fruits
- Heart attack
- Heart disease
- Immunizations — adolescents
- Immunizations — HPV females
- Immunizations — HPV males
- Infectious disease
- Injury deaths
- Median household income
- Meningococcal immunization
- Pertussis

- Salmonella
- Seat belt use
- Stroke
- Underemployment rate
- Vegetables
- Voter registration

Measure category assignment changes

- High school graduation: from behaviors to social and economic factors
- Occupational fatalities: from community and environment to social and economic factors
- Public health funding: from policy to social and economic factors
- Violent crime: from community and environment to social and economic factors
- Air pollution: from policy to physical environment
- Childhood immunizations: from policy to clinical care
- Uninsured: from policy to clinical care
- Chlamydia: from community and environment to behaviors
- Excessive drinking: from behaviors to health outcomes
- Low birthweight: from clinical care to health outcomes
- Obesity: from behaviors to health outcomes

- Drug deaths. Previously calculated using three years of data, the new measure uses single year estimates age-adjusted to the current year U.S. population.
- Dental care providers. Previously provided by the American Dental Association, the new measure is calculated using data from the National Plan and Provider Enumeration System, and the definition has been expanded to include advanced practice therapists.
- Preventable hospitalizations. Previously provided by the Dartmouth Atlas of Health Care, the new measure uses data from the Centers for Medicare & Medicaid Services, Mapping Medicare Disparities Tool.
- Primary care providers. Previously provided by Redi-Data, Inc., the new measure is calculated using data from the National Plan and Provider Enumeration System, and the definition has been expanded to include physician assistants and nurse practitioners.
- Uninsured. Previously calculated using two years of data, the new measure uses single year estimates.

Data source or methodology changes

The following measures are not comparable to previous years' data:

- Childhood immunizations. Previously presented by survey year, the new measure is reported by birth cohort.

Advisory Committee

The measures and model for *America's Health Rankings Annual Report* were developed by an advisory committee, led by Dr. Anna Schenck from the University of North Carolina Gillings School of Global Public Health. The advisory committee includes representatives from state health departments, members of the Association of State and Territorial Health Officials and the American Public Health Association as well as experts from academic disciplines such as epidemiology and health economics. Each year, the advisory committee reviews the model and measures to improve existing measures, addresses emerging public health concerns and makes adjustments for changing availability of data.

Advisory Committee Members

Dennis P. Andrulis, Ph.D., M.P.H.

Senior Research Scientist
Texas Health Institute

Maggie Carlin, M.P.H.

Senior Director, Research and Evaluation
Association of State and Territorial Health Officials

Regina Davis Moss, Ph.D., M.P.H., M.C.H.E.S.

Associate Executive Director of Health Policy and Practice
American Public Health Association

Leah Devlin, D.D.S., M.P.H.

Professor of the Practice, Health Policy and Management
UNC Gillings School of Global Public Health
University of North Carolina at Chapel Hill

Marisa Domino, Ph.D.

Professor, Health Policy and Management
UNC Gillings School of Global Public Health
University of North Carolina at Chapel Hill

Tom Eckstein, M.B.A.

Principal
Arundel Metrics, Inc.

Jonathan E. Fielding, M.D., M.P.H., M.B.A., M.A.

Distinguished Professor in Residence of Health Policy and Management
UCLA Fielding School of Public Health
Distinguished Professor of Pediatrics
UCLA David Geffen School of Medicine

Marjory Givens, Ph.D.

Associate Director
University of Wisconsin Population Health Institute

Marthe Gold, M.D., M.P.H.

Senior Scholar, The New York Academy of Medicine

Glen P. Mays, Ph.D., M.P.H.

Professor and Chair, Department of Health Systems, Management and Policy
Colorado School of Public Health at Colorado University Anschutz Medical Campus

Sarah Milder, M.P.H.

Principal
Arundel Metrics, Inc.

Rhonda Randall, D.O.

Senior Medical Advisor to the United Health Foundation
Chief Medical Officer of UnitedHealthcare National Markets
UnitedHealthcare Retiree Solutions

Patrick Remington, M.D., M.P.H.

Professor Emeritus
University of Wisconsin School of Medicine and Public Health

Thomas C. Ricketts, Ph.D., M.P.H.

Professor of Health Policy and Administration and Social Medicine
UNC Gillings School of Global Public Health
University of North Carolina at Chapel Hill

The Team

Anna Schenck, Ph.D., M.S.P.H.

Professor and Director of the Public Health
Leadership Program
UNC Gillings School of Global Public Health
University of North Carolina at Chapel Hill

Mary C. Selecky

Retired Secretary of Health
Washington State

Katie Sellers, Dr.P.H., C.P.H.

Vice President for Impact
de Beaumont Foundation

Kristin Shaw, M.P.H.

Principal
Arundel Metrics, Inc.

Leiyu Shi, Dr.P.H., M.P.A., M.B.A.

Professor, Department of Health Policy
and Management at Johns Hopkins
University Bloomberg School of Public
Health
Director, Johns Hopkins Primary Care
Policy Center

Steven Teutsch, M.D., M.P.H.

Senior Fellow at the USC Schaeffer Center
for Health Policy and Economics Adjunct
Professor
Population Health Consultant at the UCLA
Fielding School of Public Health

Mylynn Tufte, M.B.A., M.S.I.M., R.N.

Former State Health Officer
North Dakota Department of Health

America's Health Rankings Annual Report is created
and disseminated by professionals in the following
organizations, listed alphabetically:

Aldrich Design

Emily Aldrich

Arundel Metrics, Inc.

Aaron Clark
Tom Eckstein
Dr. Mary Ann Honors
Laura Houghtaling
Natalasha Kataeva
Christine Kim Park
Alexia Málaga
Sarah Milder
Elise Parks Santangelo
Kristin Shaw

The Glover Park Group

Talia Katz
André Malkine
Peter Martin
Kevin Newman
Dan Richfield
Dan Stone
John Taylor

Reservoir Communications Group

Danielle Apfel
John Cerulli
Jill Courtney Kornmayer
David Lumbert
Robert Schooling
Gretta Stone

RoninWare Inc.

T.J. Kellie

United Health Foundation

Alyssa Malinski Erickson
Tracy Malone
Jenifer McCormick
Dr. Rhonda Randall
Anne Yau

Wunderman Thompson

Diana Agnew
Lindsey Hart
Kates Hartman
Jeff Holmberg
Westin Long
Heidi Rose
Alejandro Veliz

References

1. Bread for the World Institute, ed. *The Nourishing Effect: Ending Hunger, Improving Health, Reducing Inequality*. Hunger Report, 26.2016. Washington, DC, 2015. hungerreport.org/2016/wp-content/uploads/2015/11/HR2016-Full-Report-Web.pdf.
2. Seth A. Berkowitz et al. "State-Level and County-Level Estimates of Health Care Costs Associated with Food Insecurity." *Preventing Chronic Disease* 16 (July 11, 2019): 180549. <https://doi.org/10.5888/pcd16.180549>.
3. Jessica Joiner et al. "Economic Hardship and Life Expectancy in Nassau County, Florida." *Preventing Chronic Disease* 16 (March 14, 2019): 180481. <https://doi.org/10.5888/pcd16.180481>.
4. Kate E. Pickett et al. "Income Inequality and Health: A Causal Review." *Soc Sci Med* 128 (March 2015): 316–26. <https://doi.org/10.1016/j.socscimed.2014.12.031>.
5. The VCU Center on Society and Health et al. "Why Education Matters to Health: Exploring the Causes." Issue Brief. Richmond, Virginia: The VCU Center on Society and Health, April 2014. <https://societyhealth.vcu.edu/media/society-health/pdf/test-folder/CSH-EHI-Issue-Brief-2.pdf>.
6. Steven H. Woolf et al. "How Are Income and Wealth Linked to Health and Longevity?" Center on Society and Health: Urban Institute, April 2015. www.urban.org/sites/default/files/publication/49116/2000178-How-are-Income-and-Wealth-Linked-to-Health-and-Longevity.pdf.
7. James R. Dunn. "Health Behavior vs the Stress of Low Socioeconomic Status and Health Outcomes." *JAMA* 303, no. 12 (March 24, 2010): 1199–1200. <https://doi.org/10.1001/jama.2010.332>.
8. David Dooley. "Unemployment, Underemployment, and Mental Health: Conceptualizing Employment Status as a Continuum." *American Journal of Community Psychology* 32, no. 1–2 (2003): 9–20. <https://doi.org/10.1023/A:1025634504740>.
9. "How Does Employment—or Unemployment—Affect Health?" Issue Brief. Robert Wood Johnson Foundation, March 2013. https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf403360.
10. David J. Roelfs et al. "Losing Life and Livelihood: A Systematic Review and Meta-Analysis of Unemployment and All-Cause Mortality." *Soc Sci Med* 72, no. 6 (March 2011): 840–54. <https://doi.org/10.1016/j.socscimed.2011.01.005>.
11. E. P. Davila et al. "Young Adults, Mortality, and Employment." *Journal of Occupational and Environmental Medicine* 52, no. 5 (May 2010): 501–4. <https://doi.org/10.1097/JOM.0b013e3181d5e371>.
12. Catherine E. Ross et al. "The Links Between Education and Health." *American Sociological Review* 60, no. 5 (1995): 719–45. <https://doi.org/10.2307/2096319>.
13. Anita Pearson et al. "Health Literacy Revisited: What Do We Mean and Why Does It Matter?" *Health Promot Int* 24, no. 3 (September 2009): 285–96. <https://doi.org/10.1093/heapro/dap014>.
14. Petter Lundborg. "The Health Returns to Schooling—What Can We Learn from Twins?" *Journal of Population Economics* 26, no. 2 (2012): 673–701. <https://doi.org/10.1007/s00148-012-0429-5>.

15. David Cutler et al. "Education and Health." Policy Brief. Ann Arbor, MI: Poverty Solutions at the University of Michigan, March 2007. http://www.npc.umich.edu/publications/policy_briefs/brief9/.
16. Jennifer E. Lansford et al. "A Public Health Perspective on School Dropout and Adult Outcomes: A Prospective Study of Risk and Protective Factors From Age 5 to 27 Years." *J Adolesc Health* 58, no. 6 (June 2016): 652–58. <https://doi.org/10.1016/j.jadohealth.2016.01.014>.
17. Bill DeBaun et al. "Well and Well-off: Decreasing Medicaid and Health-Care Costs by Increasing Educational Attainment." Washington, D.C.: Alliance for Excellent Education, July 2013. <https://all4ed.org/wp-content/uploads/2013/08/WellWellOff.pdf#page=4>.
18. "Promotion and Protection of All Human Rights, Civil, Political, Economic, Social and Cultural Rights, Including the Right to Development." Koninklijke Brill NV. Accessed November 19, 2020. https://doi.org/10.1163/2210-7975_HRD-9970-2016149.
19. Fabio Caiazzo et al. "Air Pollution and Early Deaths in the United States. Part I: Quantifying the Impact of Major Sectors in 2005." *Atmospheric Environment* 79 (November 2013): 198–208. <https://doi.org/10.1016/j.atmosenv.2013.05.081>.
20. C. Arden Pope et al. "Fine-Particulate Air Pollution and Life Expectancy in the United States." *New England Journal of Medicine* 360, no. 4 (January 22, 2009): 376–86. <https://doi.org/10.1056/NEJMsa0805646>.
21. Craig Evan Pollack et al. "Housing Affordability and Health Among Homeowners and Renters." *American Journal of Preventive Medicine* 39, no. 6 (December 2010): 515–21. <https://doi.org/10.1016/j.amepre.2010.08.002>.
22. Eunice Park-Lee et al. "Receipt of Services for Substance Use and Mental Health Issues Among Adults: Results from the 2016 National Survey on Drug Use and Health." In *CBHSQ Data Review*. Rockville (MD): Substance Abuse and Mental Health Services Administration (US), 2012. <http://www.ncbi.nlm.nih.gov/books/NBK481724/>.
23. Freeman, Joseph D. et al. "The Causal Effect of Health Insurance on Utilization and Outcomes in Adults: A Systematic Review of US Studies." *Medical Care* 46, no. 10 (2008). <https://doi.org/10.1097/MLR.0b013e318185c913>.
24. "The Consequences of Being Uninsured." Issue Brief. Los Angeles, CA: National Immigration Law Center, August 2014. <https://www.nilc.org/wp-content/uploads/2015/11/consequences-of-being-uninsured-2014-08.pdf>.
25. Wilper, Andrew P. et al. "Health Insurance and Mortality in US Adults." *American Journal of Public Health* 99, no. 12 (December 1, 2009): 2289–95. <https://doi.org/10.2105/AJPH.2008.157685>.
26. Manya F. Newton et al. "Uninsured Adults Presenting to US Emergency Departments: Assumptions vs Data." *JAMA* 300, no. 16 (October 22, 2008): 1914–24. <https://doi.org/10.1001/jama.300.16.1914>.
27. Virginia Senkomago et al. "Human Papillomavirus-Attributable Cancers — United States, 2012–2016." *MMWR. Morbidity and Mortality Weekly Report* 68, no. 33 (August 23, 2019): 724–28. <https://doi.org/10.15585/mmwr.mm6833a3>.

Appendix

References, continued

28. Ernest Moy et al. "Potentially Preventable Hospitalizations - United States, 2001-2009." *MMWR Supplements* 62, no. 3 (November 22, 2013): 139-43.
29. Aldo Rosano et al. "The Relationship between Avoidable Hospitalization and Accessibility to Primary Care: A Systematic Review." *European Journal of Public Health* 23, no. 3 (May 29, 2012): 356-60. <https://doi.org/10.1093/eurpub/cks053>.
30. Andrew B. Bindman et al. "Preventable Hospitalizations and Access to Health Care." *JAMA* 274, no. 4 (July 26, 1995): 305-11. <https://doi.org/10.1001/jama.1995.03530040033037>.
31. Roy Penchansky et al. "The Concept of Access: Definition and Relationship to Consumer Satisfaction." *Medical Care* 19, no. 2 (1981): 127-40. <https://doi.org/10.1097/00005650-198102000-00001>.
32. H. Joanna Jiang et al. "Nationwide Frequency and Costs of Potentially Preventable Hospitalizations, 2006: Statistical Brief #72." In *Healthcare Cost and Utilization Project (HCUP) Statistical Briefs*. Rockville (MD): Agency for Healthcare Research and Quality (US), 2006. <http://www.ncbi.nlm.nih.gov/books/NBK53971/>.
33. "Physical Activity Guidelines for Americans, 2nd Edition," n.d., 118.
34. "Reducing Teenage Pregnancy." New York, NY: Planned Parenthood Federation of America, 2014. https://www.plannedparenthood.org/uploads/filer_public/94/d7/94d748c6-5be0-4765-9d38-b1b90d16a254/reducing_teen_pregnancy.pdf.
35. "The 2018 National Drug Threat Assessment." Washington, D.C.: United States Drug Enforcement Administration, October 2018. <https://www.dea.gov/documents/2018/10/02/2018-national-drug-threat-assessment-ndta>.
36. Paula W. Yoon et al. "Potentially Preventable Deaths from the Five Leading Causes of Death—United States, 2008-2010." *MMWR. Morbidity and Mortality Weekly Report* 63, no. 17 (May 2, 2014): 369-74.
37. US Department of Health and Human Services. "Multiple Chronic Conditions—a Strategic Framework: Optimum Health and Quality of Life for Individuals with Multiple Chronic Conditions," 2010.
38. Christine Buttorff et al. *Multiple Chronic Conditions in the United States*. RAND Corporation, 2017. <https://doi.org/10.7249/TL221>.
39. Adam Biener et al. "The High and Rising Costs of Obesity to the US Health Care System." *Journal of General Internal Medicine* 32, no. S1 (April 2017): 6-8. <https://doi.org/10.1007/s11606-016-3968-8>.
40. Tatiana Andreyeva et al. "State-Level Estimates of Obesity-Attributable Costs of Absenteeism." *Journal of Occupational and Environmental Medicine* 56, no. 11 (November 2014): 1120-1127. <https://doi.org/10.1097/JOM.0000000000000298>.

41. T. J. Matthews et al. "Infant Mortality Statistics From the 2013 Period Linked Birth/Infant Death Data Set." *National Vital Statistics Reports: From the Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System* 64, no. 9 (August 6, 2015): 1–30.
42. Chiara Squarza et al. "Learning Disabilities in Extremely Low Birth Weight Children and Neurodevelopmental Profiles at Preschool Age." *Frontiers in Psychology* 7 (2016). <https://doi.org/10.3389/fpsyg.2016.00998>.
43. Danielle M Ely et al. "Infant Mortality in the United States, 2018: Data From the Period Linked Birth/Infant Death File." *National Vital Statistics Reports* 69, no. 7 (July 2020): 18.
44. Bradley Sawyer et al. "How Does Health Spending in the U.S. Compare to Other Countries?" *Peterson-KFF: Health System Tracker* (blog), December 2018. <https://www.healthsystemtracker.org/chart-collection/health-spending-u-s-compare-countries/#item-start>.
45. Michael Mueller et al. "Focus on Public Funding of Health Care." Paris, France: OECD 2020, 2020. <https://www.oecd.org/health/Public-funding-of-health-care-Brief-2020.pdf>.

America's Health Rankings® Annual Report is available in its entirety at www.AmericasHealthRankings.org. Visit the site to request or download additional copies.

America's Health Rankings Annual Report 2020 edition is funded entirely by the United Health Foundation, a recognized 501(c)(3) organization.

Data contained within this report were obtained from and used with permission of:

American Nonsmokers' Rights Foundation
Center for Climate and Energy Solutions
Corporation for National & Community Service
IPUMS National Historical Geographic Information System; University of Minnesota
Organization for Economic Co-operation and Development
Rocky Mountain Poison & Drug Safety
RADARS® System Survey of Non-Medical Use of Prescription Drugs Program
Trust for America's Health
U.S. Census Bureau
 American Community Survey
 Current Population Survey
 Population Estimates Program
U.S. Department of Agriculture
 Household Food Security in the United States Report
U.S. Department of Education
 National Center for Education Statistics
U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention
 Centers for Medicare & Medicaid Services
 Health Resources & Services Administration, Maternal and Child Health Bureau
U.S. Department of Housing and Urban Development
 Comprehensive Housing Affordability Strategy
U.S. Department of Justice
 Federal Bureau of Investigation
U.S. Department of Labor
 Bureau of Labor Statistics
U.S. Department of Transportation
 State Transportation Statistics
U.S. Environmental Protection Agency
 Enforcement and Compliance History Online
 Toxic Release Inventory Program

United Health Foundation encourages the distribution of information contained in this publication for non-commercial and charitable, educational or scientific purposes. Please acknowledge *America's Health Rankings Annual Report* as the source and provide the following notice: ©2020 United Health Foundation. All Rights Reserved. Please acknowledge the original source of specific data as cited.

Arundel Metrics, Inc. of Saint Paul, Minnesota, conducted this project for and in cooperation with United Health Foundation. Design by Aldrich Design, Saint Paul, Minnesota. Questions and comments on the report should be directed to the United Health Foundation at unitedhealthfoundationinfo@uhc.com.

Copyright ©2020 United Health Foundation

Explore data.

Gain insights.

Learn more about your state.

VISIT www.AmericasHealthRankings.org



AMERICA'S
HEALTH RANKINGS®
UNITED HEALTH FOUNDATION



About the United Health Foundation

Through collaboration with community partners, grants and outreach efforts, the United Health Foundation works to improve our health system, build a diverse and dynamic health workforce and enhance the well-being of local communities. The United Health Foundation was established by UnitedHealth Group (NYSE: UNH) in 1999 as a not-for-profit, private foundation dedicated to improving health and health care. To date, the United Health Foundation has committed more than \$500 million to programs and communities around the world. We invite you to learn more at www.unitedhealthgroup.com.

**United Health Foundation
9900 Bren Road East
Minnetonka, MN 55343**

America's Health Rankings® is available in its entirety at www.AmericasHealthRankings.org Visit the website to request or download additional copies.

DECEMBER 2020