

Metric	Star Rating	2016 Value	2016 Rank	Least Healthy State	◆ State Value ◇ US Value	Most Healthy State
Behaviors						
Drug Deaths (deaths per 100,000 population)	★	18.6	41	32.2	◆	4.0
Excessive Drinking (% of adults)	★★★★	16.0	13	24.7	◆	11.2
High School Graduation (% of students)	★	77.4	44	68.6	◆	90.8
Obesity (% of adults)	★★★★	28.4	17	36.2	◆	20.2
Physical Inactivity (% of adults)	★★★★	24.7	18	36.8	◆	17.9
Smoking (% of adults)	★★★★★	14.0	6	25.9	◆	9.1
Behaviors Total*	★★★	0.038	21	-0.285	◆	0.273
Community & Environment						
Air Pollution (micrograms of fine particles per cubic meter)	★	9.3	43	11.4	◆	4.4
Children in Poverty (% of children)	★	25.5	47	29.5	◆	8.0
Infectious Disease (mean z score of Chlamydia, Pertussis, Salmonella)*	★★	-0.010	31	1.050	◆	-1.347
Chlamydia (cases per 100,000 population)	★★	488.9	37	787.5	◆	254.5
Pertussis (cases per 100,000 population)	★★★	7.8	27	48.7	◆	1.0
Salmonella (cases per 100,000 population)	★★	15.8	33	33.1	◆	6.2
Occupational Fatalities (deaths per 100,000 workers)	★★★★★	3.4	8	12.0	◆	2.0
Violent Crime (offenses per 100,000 population)	★★	410	34	730	◆	118
Community & Environment Total*	★★	-0.079	40	-0.174	◆	0.290
Policy						
Immunizations—Adolescents (mean z score of vaccines listed below)*	★★★★	0.227	20	-1.788	◆	1.783
HPV Females (% of females aged 13 to 17 years)	★★★	44.2	21	24.4	◆	68.0
HPV Males (% of males aged 13 to 17 years)	★★★	27.0	28	16.0	◆	58.1
Meningococcal (% of adolescents aged 13 to 17 years)	★★★★	87.6	12	55.3	◆	97.7
Tdap (% of adolescents aged 13 to 17 years)	★★★	86.6	30	69.7	◆	97.1
Immunizations—Children (% of children aged 19 to 35 months)	★★★	72.3	26	64.4	◆	80.6
Lack of Health Insurance (% of population)	★★	12.2	37	18.1	◆	3.1
Public Health Funding (dollars per person)	★	\$42	48	\$34	◆	\$261
Policy Total*	★★	-0.047	36	-0.136	◆	0.165
Clinical Care						
Dentists (number per 100,000 population)	★★★	53.9	28	40.9	◆	81.5
Low Birthweight (% of live births)	★★★★	7.0	12	11.3	◆	5.9
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	★★★★★	37.0	9	77.0	◆	23.5
Primary Care Physicians (number per 100,000 population)	★★	123.3	37	93.7	◆	247.7
Clinical Care Total*	★★★	0.026	22	-0.246	◆	0.170
All Determinants*	★★★	-0.062	30	-0.745	◆	0.648
Outcomes						
Cancer Deaths (deaths per 100,000 population)	★★★★★	170.0	6	232.2	◆	149.3
Cardiovascular Deaths (deaths per 100,000 population)	★★★★★	213.7	7	344.8	◆	188.2
Diabetes (% of adults)	★★★	10.1	27	14.7	◆	6.8
Disparity in Health Status (% difference by high school education)**	★	31.4	43	38.0	◆	14.8
Frequent Mental Distress (% of adults)	★★★	11.2	24	15.6	◆	7.1
Frequent Physical Distress (% of adults)	★★★	12.1	27	18.6	◆	8.5
Infant Mortality (deaths per 1,000 live births)	★★★	5.7	23	8.9	◆	4.3
Premature Death (years lost per 100,000 population)	★★★	7,148	24	10,804	◆	5,369
All Outcomes Total*	★★★	0.042	24	-0.378	◆	0.289
Overall*	★★★	-0.020	29	-1.123	◆	0.905

*Value indicates z score. Negative value denotes below US average; positive value denotes above US average.

**Difference in the percentage of adults aged 25 years and older with versus without a high school education who report their health is very good or excellent.

Strengths

Low prevalence of smoking

Low rate of preventable hospitalizations

Low rate of cancer deaths

Challenges

Low percentage of high school graduation

High percentage of children in poverty

Large disparity in health status by educational attainment



STAR RATING	
Stars	Rank
★★★★★	1–10
★★★★	11–20
★★★	21–30
★★	31–40
★	41–50

Highlights

In the past year, smoking decreased 15% from 16.5% to 14.0% of adults.

In the past six years, chlamydia incidence increased 79% from 273.5 to 488.9 cases per 100,000 population.

In the past year, HPV immunization among females aged 13 to 17 years increased 23% from 35.8% to 44.2%.

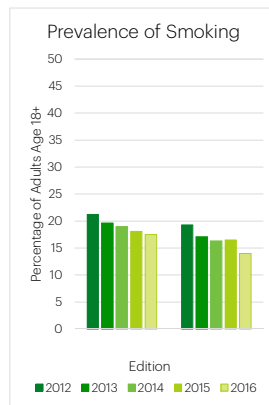
Since the 1990 edition, cardiovascular deaths decreased 36% from 332.5 to 213.7 deaths per 100,000 population.

In the past year, infant mortality increased 4% from 5.5 to 5.7 deaths per 1,000 live births.

Smoking is regarded as a public health success story in the last 50 years. However, success varies by state and education level.

These graphs show the prevalence of smoking over the past four years for the US and for your state. The graph to the right represents your state comparison and the four graphs below show the variation by education level. Overall, smoking prevalence among US adults aged 18 years and older is decreasing each year.

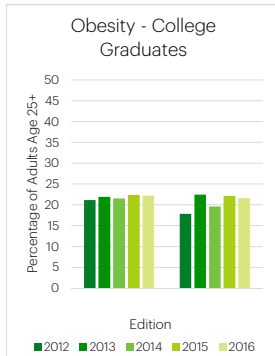
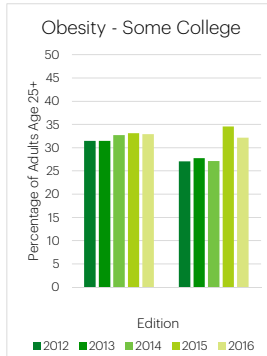
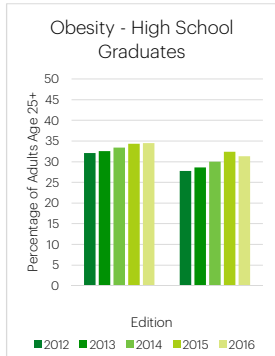
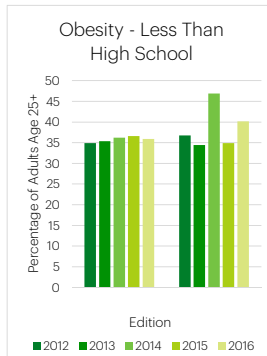
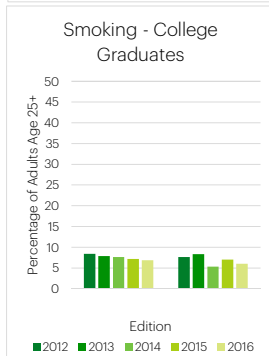
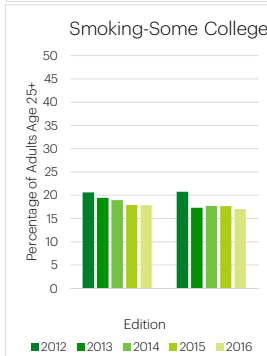
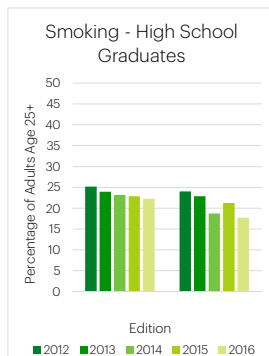
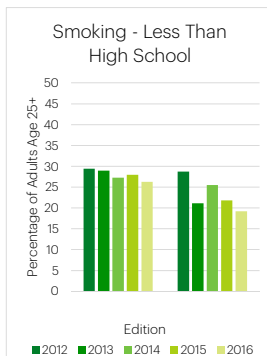
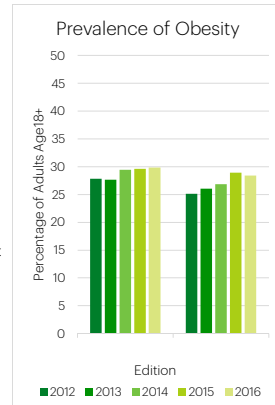
However, success in reducing smoking prevalence varies by group. In some states smoking prevalence is increasing among adults with less education.



Obesity is a public health challenge nationwide.

These graphs show the prevalence of obesity over the past four years for the US and for your state. The graph to the right represents your state comparison and the four graphs below show the variation by education level. Overall, obesity prevalence among US adults aged 18 years and older is increasing at an average annual rate of 0.6% per year.

However, the prevalence of obesity is not increasing at the same rate in each group—in several states obesity prevalence is decreasing among adults in some education levels.



Prevalence of Smoking (% of adults)

Prevalence	Confidence Interval
14.0%	12.8% - 15.3%
15.0%	8.7% - 21.3%
12.8%	10.0% - 15.5%
14.7%	13.3% - 16.1%
21.6%	18.5% - 24.7%
17.9%	15.0% - 20.8%
10.3%	7.4% - 13.2%
7.1%	5.3% - 8.8%
19.2%	14.4% - 24.1%
17.7%	15.3% - 20.2%
17.0%	14.8% - 19.2%
6.0%	4.8% - 7.2%
12.0%	10.5% - 13.4%
16.2%	14.2% - 18.1%

Overall
Black*
Hispanic
White*
Less Than \$25,000
\$25,000 to \$49,999
\$50,000 to \$74,999
\$75,000 or More
Less Than High School
High School Graduate
Some College
College Graduate

Female
Male

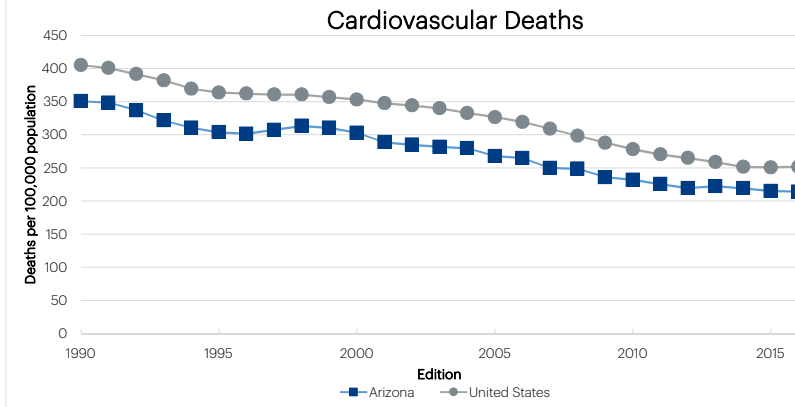
Prevalence of Obesity (% of adults)

Prevalence	Confidence Interval	
28.4%	26.8% - 30.0%	(% aged 18+)
31.5%	22.8% - 40.3%	(% aged 18+)
35.9%	32.0% - 39.7%	(% aged 18+)
25.4%	23.7% - 27.1%	(% aged 18+)
38.3%	34.6% - 42.1%	(% aged 25+)
28.8%	25.6% - 32.1%	(% aged 25+)
30.9%	26.5% - 35.4%	(% aged 25+)
25.5%	22.7% - 28.3%	(% aged 25+)
40.1%	34.1% - 46.1%	(% aged 25+)
31.3%	28.2% - 34.5%	(% aged 25+)
32.1%	29.3% - 34.9%	(% aged 25+)
21.6%	19.6% - 23.6%	(% aged 25+)
27.1%	25.1% - 29.2%	(% aged 18+)
29.6%	27.3% - 32.0%	(% aged 18+)

*non-Hispanic only NA is Not Available

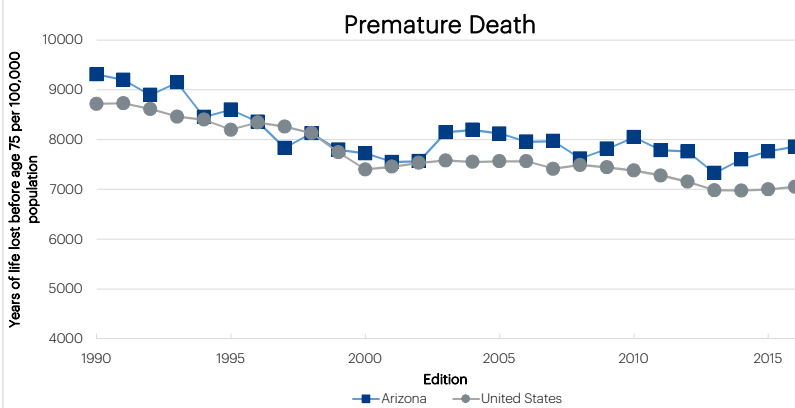
Cardiovascular Deaths and Premature Deaths: No improvement nationwide

Arizona



Cardiovascular disease (CVD) is a leading cause of death in the United States. While CVD affects adults of all races, ages, and income levels, disparities exist. Non-Hispanic blacks have nearly twice the rate of avoidable deaths from heart disease, stroke, and hypertensive disease as non-Hispanic whites.

For the first time in America's Health Rankings' 27 year history, the rate of death from CVD in the United States overall has increased. The graph to the left compares the US CVD death rate to your state's rate for editions 1990 to 2016.

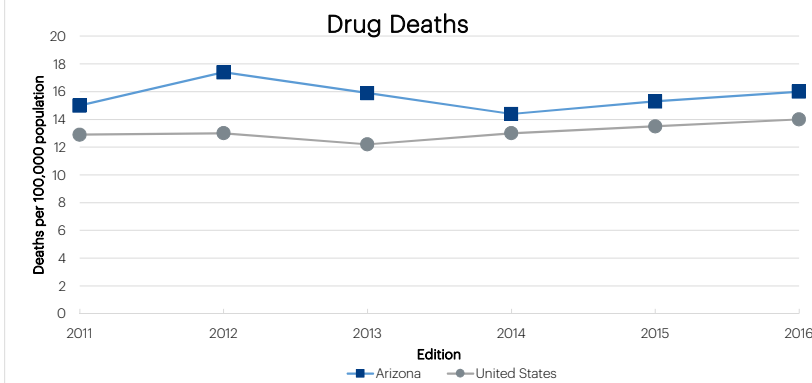


Premature death captures the years of potential life lost before age 75 (YPLL-75). Deaths occurring in youth cause the measure's value to increase more than a death in someone closer to age 75. Deaths among youth are more likely to be preventable than deaths in seniors and often indicate health care system failures and/or lifestyle factors. Cancer, unintentional injuries, heart disease, suicide, and perinatal deaths are the US's top five causes of premature death. Nearly half of US premature deaths are due to behavioral factors such as tobacco use, lack of physical activity, and poor diet.

The graph to the left compares the US premature death rate to your state's rate for editions 1990 to 2016.

Drug Deaths: Rapidly evolving challenge

Arizona

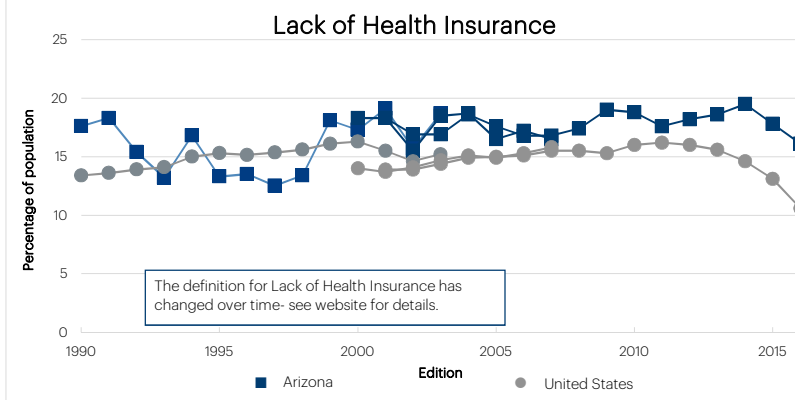


Drug overdoses are the leading cause of injury deaths in the United States with a record high of 47,055 deaths in 2014. More than six out of 10 drug deaths involve an opioid, primarily prescription pain relievers (morphine, oxycodone, hydrocodone) or heroin. Opioid-related overdose deaths increased 200% between 2000 and 2014 and since 1999 prescription for opioid pain relievers have quadrupled. The total cost of illicit drug use on the US economy—including its impact on crime, health, and productivity—is an estimated \$193 billion per year.

The graph to the left compares the US rate of drug deaths to your state's rate for editions 2011 to 2016.

Lack of Health Insurance: Reached a 27 year low

Arizona

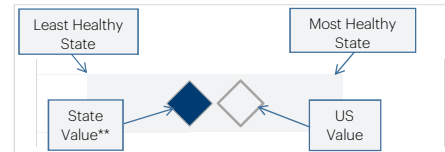


Individuals without health insurance have more difficulty accessing the health care system, are often unable to participate in preventive care programs, and tend to have more unmet health needs than those with health insurance. Unmet health needs may develop into more serious conditions requiring more costly treatments. Lack of health insurance often leads to emergency department visits that can be 10 times more costly than treatment in a clinic. Since the passage of the Affordable Care Act in 2010, the percentage of uninsured Americans is the lowest it has been in over 50 years.

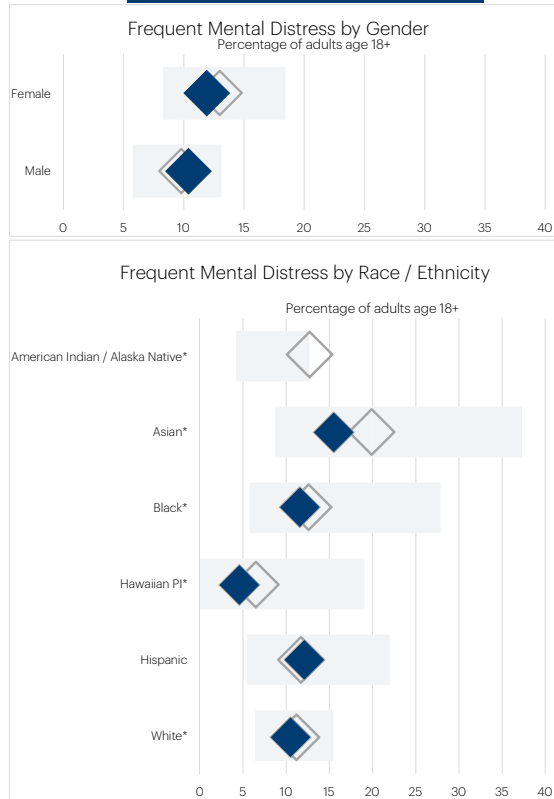
The graph to the left compares the US value of lack of health insurance to your state's value for editions 1990 to 2016.

Frequent mental distress captures the segment of the population experiencing persistent and likely severe mental health issues. The measure is the percentage of adults who report their mental health was not good 14 or more days in the past 30 days. The 14-day period is often the marker used for clinical diagnosis of depression and anxiety disorders, and a longer duration of symptoms is associated with greater limitation of activity.

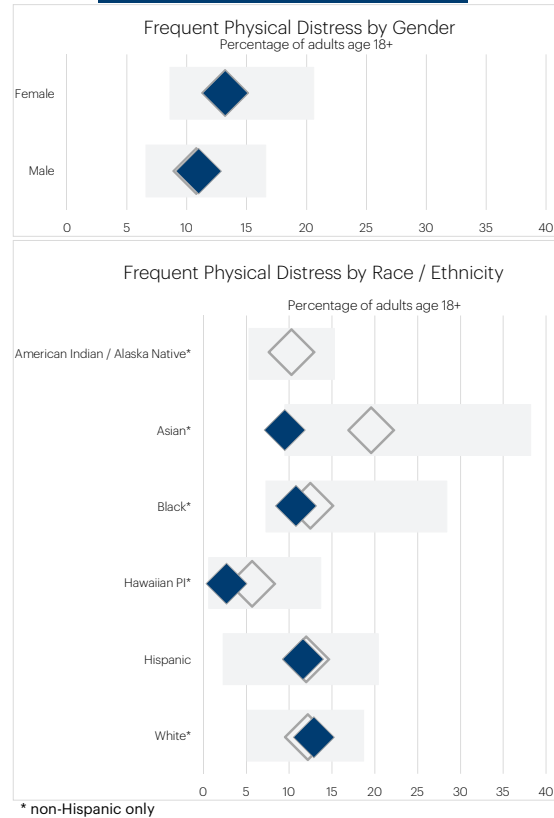
The frequent physical distress measure captures the population experiencing persistent and likely severe physical health problems. It is the percentage of adults who report their physical health was not good 14 or more days in the past 30 days.



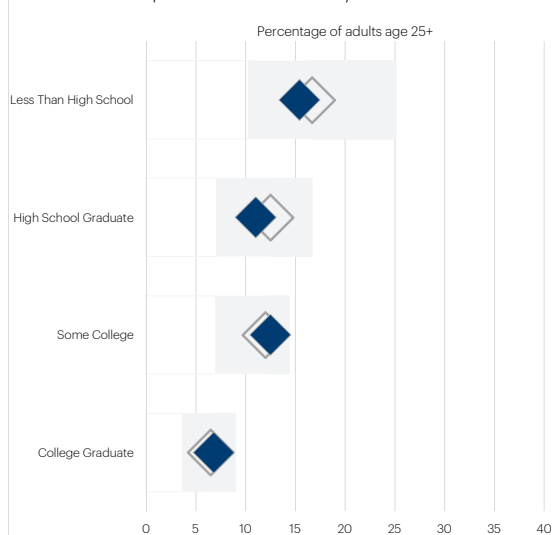
Frequent Mental Distress



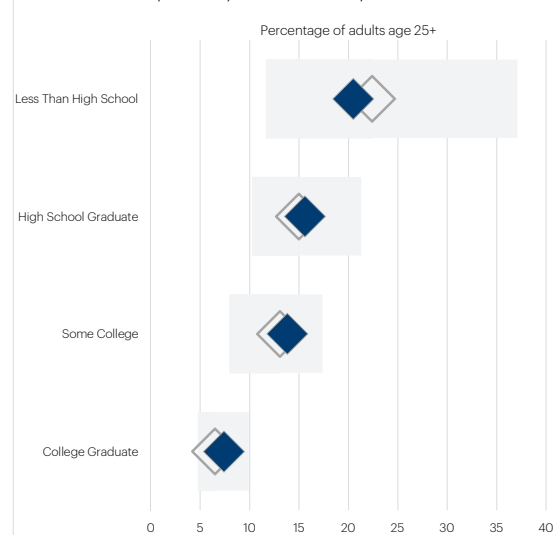
Frequent Physical Distress



Frequent Mental Distress by Education Level



Frequent Physical Distress by Education Level



** Graphs without a state value (blue diamond) indicate that there is insufficient data to estimate the prevalence.

12/7/2016