

Alabama

State Health Department Website: alabamapublichealth.gov

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

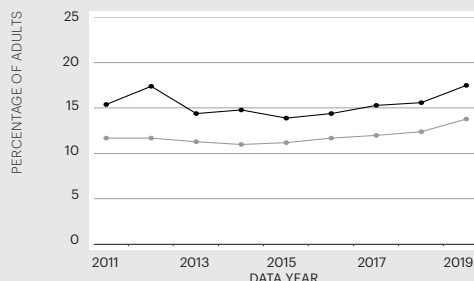
▲26% between 2015 and 2019 from 13.9% to 17.5% of adults

DIABETES

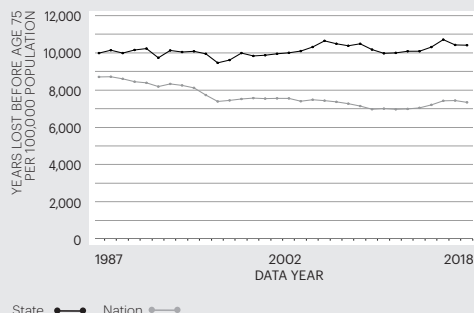
▲19% between 2011 and 2019 from 11.8% to 14.0% of adults

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, 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

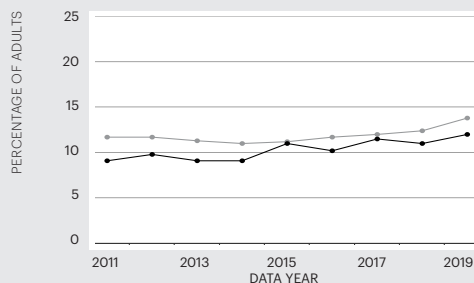
▲15% between 2011 and 2018 from 68.0% to 78.5% of students

HIGH BLOOD PRESSURE

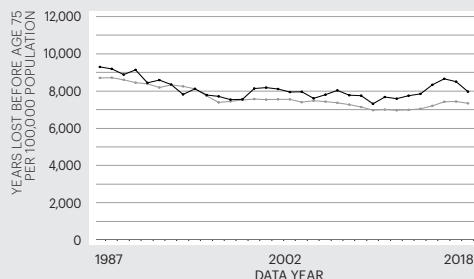
▲19% between 2015 and 2019 from 27.5% to 32.8% of adults

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, 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)

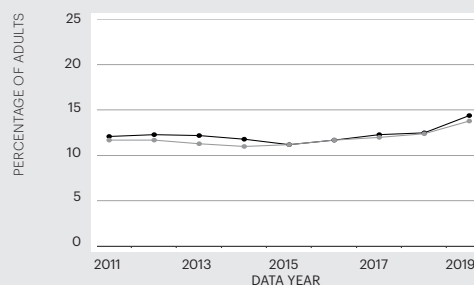
▲ **24%** between 2006-2008 and 2016-2018 from 1.7 to 2.1

CHLAMYDIA

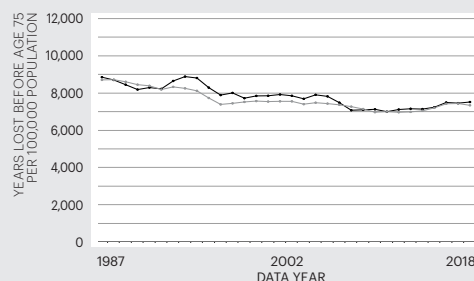
▲ **113%** between 2008 and 2018 from 273.5 to 581.6 cases per 100,000 population

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, 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

Challenges:

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

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

VIOLENT CRIME

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

HIGH SCHOOL GRADUATION RACIAL GAP

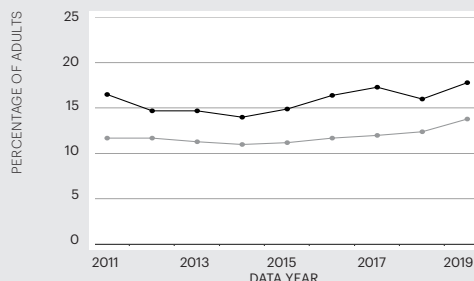
▲9% between 2017 and 2018 from 6.6 to 7.2 percentage points

FREQUENT MENTAL DISTRESS

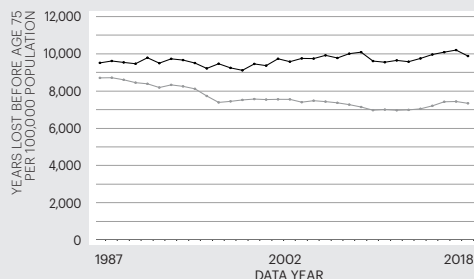
▲27% between 2014 and 2019 from 14.0% to 17.8% of adults

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
Quality of Care	Flu Vaccination (% adults)	++	42.1	31	50.5
	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
	Obesity (% of adults)	+	37.4	48	23.8
OVERALL			-0.678	—	0.723

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

AIR POLLUTION

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

HIGH SCHOOL GRADUATION RACIAL GAP

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

SUICIDE

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

TEEN BIRTHS

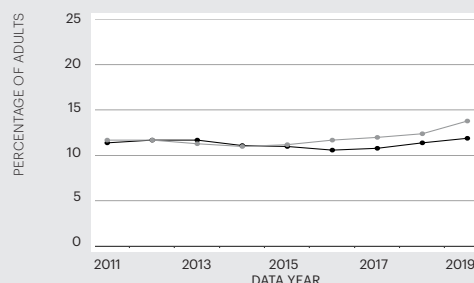
▼ **64%** between 2008 and 2018 from 37.9 to 13.6 births per 1,000 females ages 15-19

HIGH HEALTH STATUS

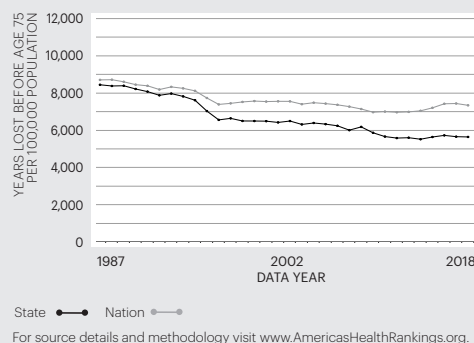
▼ **8%** between 2012 and 2019 from 52.7% to 48.3% of adults

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)	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
	Obesity (% of adults)	+++++	26.1	5	23.8
OVERALL			0.196	—	0.723

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

—Indicates data missing or suppressed.

Colorado

State Health Department Website: colorado.gov/cdphe

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

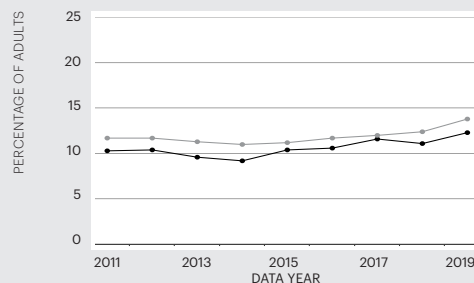
▲ **34%** between 2014 and 2019 from 9.2% to 12.3% of adults

LOW BIRTHWEIGHT

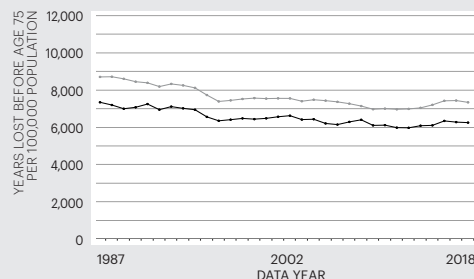
▲ **8%** between 2011 and 2018 from 8.7% to 9.4% of live births

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, 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

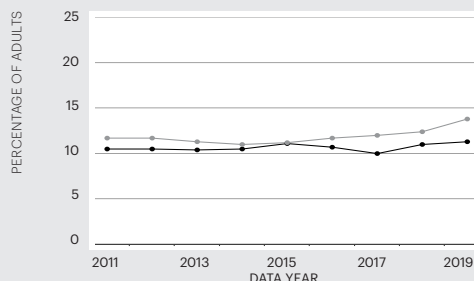
▼22% between 2011 and 2019 from 12.7% to 9.9%

LOW BIRTHWEIGHT RACIAL GAP

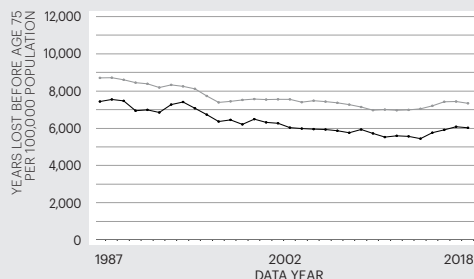
▲19% between 2017 and 2018 from 5.4 to 6.4 percentage points

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, 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

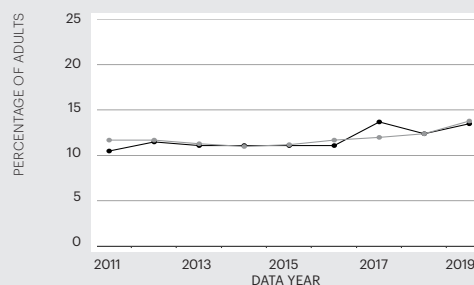
▼11% between 2007-2011 and 2013-2017 from 16.1% to 14.3% of occupied housing units

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
	Obesity (% of adults)	++	34.4	35	23.8
OVERALL			0.142	—	0.723

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

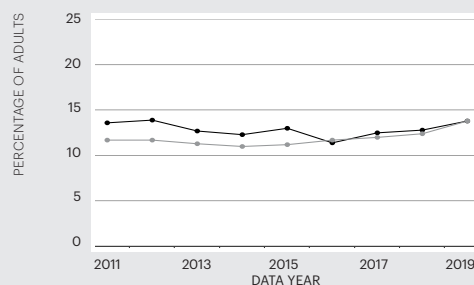
▲21% between 2016 and 2019 from 11.4% to 13.8% of adults

SUICIDE

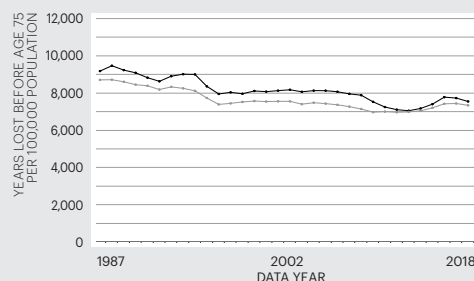
▲10% between 2016 and 2018 from 14.6 to 16.0 deaths per 100,000 population

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, 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

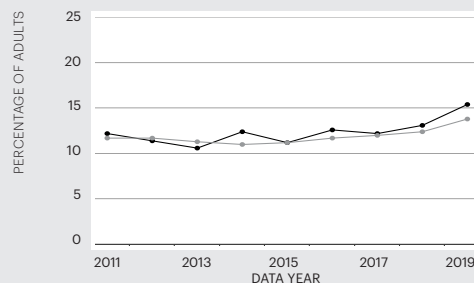
▲ **19%** between 1999 and 2018 from 8.5% to 10.1% of live births

DIABETES

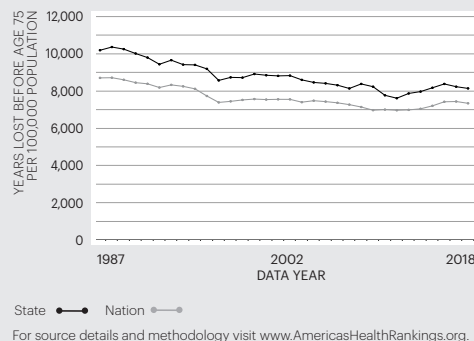
▲ **21%** between 2012 and 2019 from 9.9% to 12.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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, 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

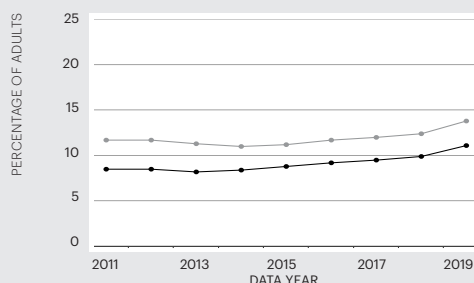
▲31% between 2011 and 2019 from 8.5% to 11.1% of adults

DIABETES

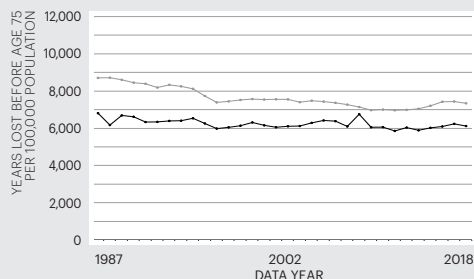
▲35% between 2012 and 2019 from 7.8% to 10.5% of adults

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
	Obesity (% of adults)	+++++	25.0	2	23.8
OVERALL			0.622	—	0.723

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

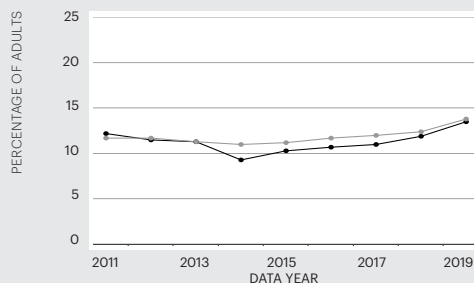
▲ **27%** between 2010 and 2018 from 19.3 to 24.5 deaths per 100,000 population

DIABETES

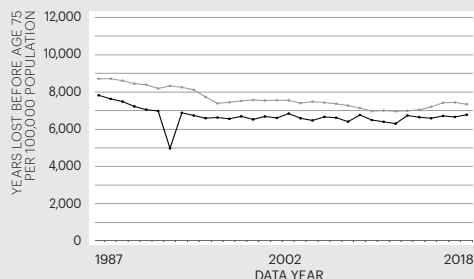
▲ **36%** between 2014 and 2019 from 7.6% to 10.3% of adults

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, 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

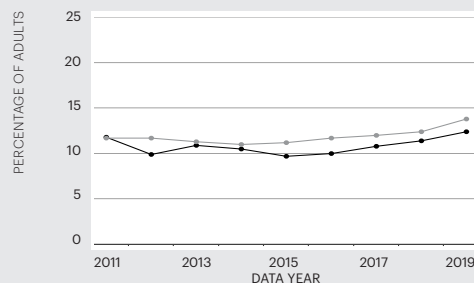
▲28% between 2015 and 2019 from 9.7% to 12.4% of adults

SUICIDE

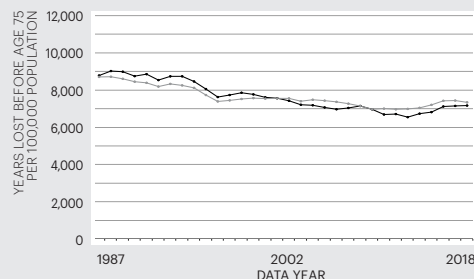
▲26% between 2009 and 2018 from 9.2 to 11.6 deaths per 100,000 population

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, 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

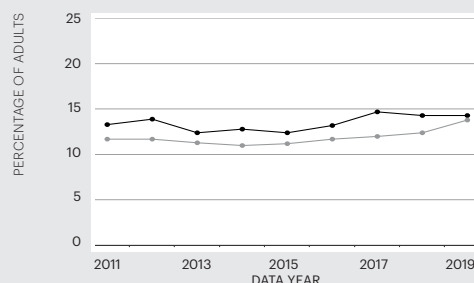
▲ **9%** between 2016 and 2019 from 32.5% to 35.3% of adults

DIABETES

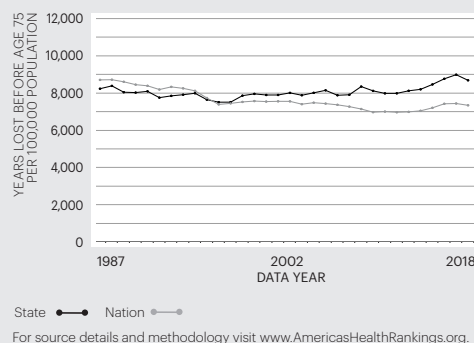
▲ **22%** between 2011 and 2019 from 10.2% to 12.4% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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
	Obesity (% of adults)	++	35.3	40	23.8
OVERALL			-0.224	—	0.723

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

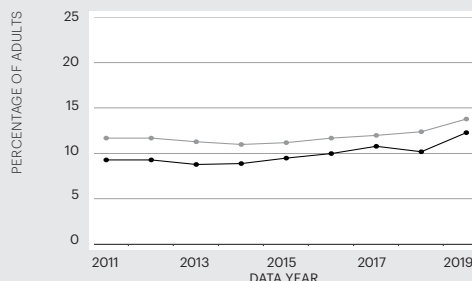
▼34% between 2000-2002 and 2017-2019 from 11.0 to 7.3 micrograms of fine particulate per cubic meter

DIABETES

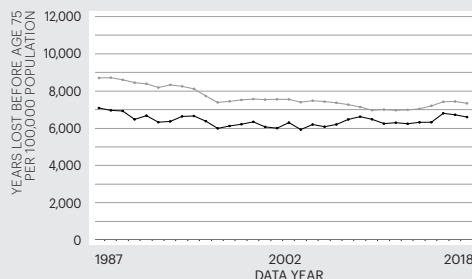
▲26% between 2011 and 2019 from 8.2% to 10.3% of adults

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, 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

Challenges:

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

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

CHLAMYDIA

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

FREQUENT PHYSICAL DISTRESS

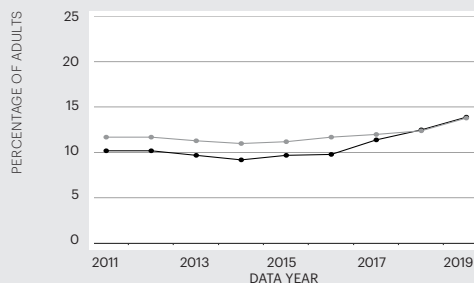
▲ **16%** between 2015 and 2019 from 10.0% to 11.6% of adults

SUICIDE

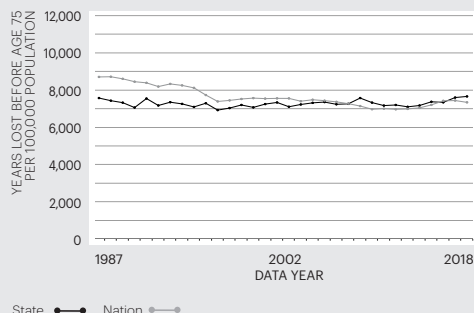
▲ **41%** between 2009 and 2018 from 13.8 to 19.5 deaths per 100,000 population

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
	Obesity (% of adults)	++	35.2	39	23.8
OVERALL			0.078	—	0.723

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

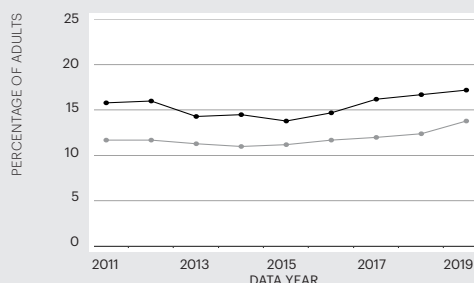
▲ **32%** between 2009 and 2018 from 13.6 to 17.9 deaths per 100,000 population

DIABETES

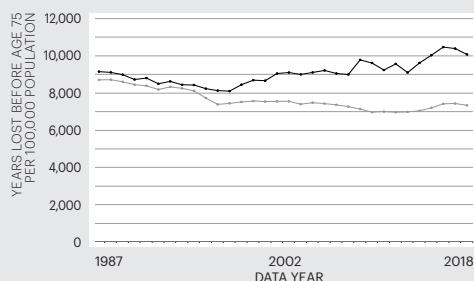
▲ **25%** between 2013 and 2019 from 10.6% to 13.3% of adults

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, 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

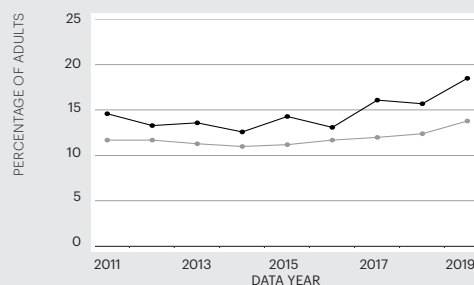
▲18% between 2014 and 2019 from 17.7% to 20.8% of adults

FREQUENT MENTAL DISTRESS

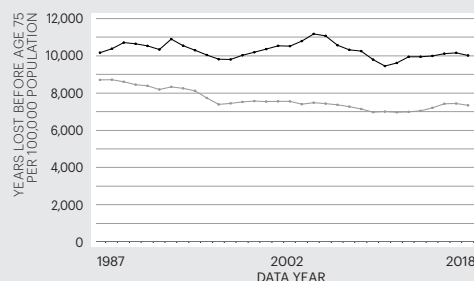
▲27% between 2011 and 2019 from 14.6% to 18.5% of adults

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, 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

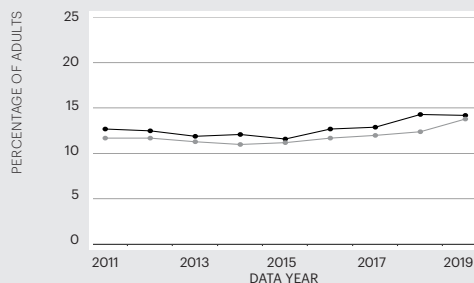
▲76% between 2009 and 2018 from 184.4 to 325.2 cases per 100,000 population

FREQUENT MENTAL DISTRESS

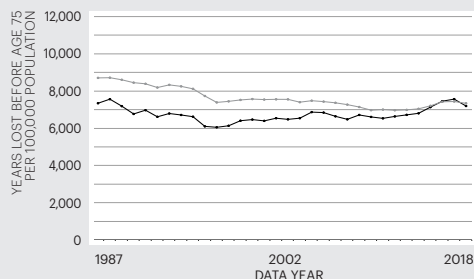
▲22% between 2015 and 2019 from 11.6% to 14.2% of adults

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
	Obesity (% of adults)	+++	31.7	22	23.8
OVERALL			0.391	—	0.723

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

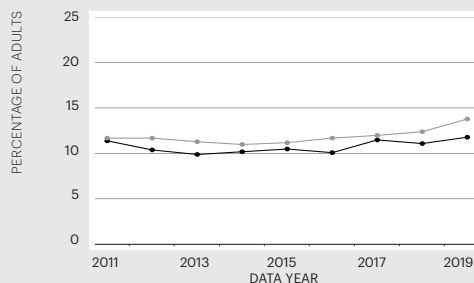
▼23% between 2011 and 2019 from 19.6% to 15.1% of adults

FREQUENT MENTAL DISTRESS

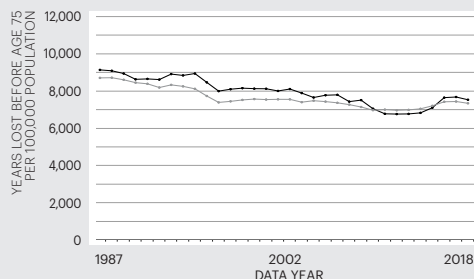
▲19% between 2013 and 2019 from 9.9% to 11.8% of adults

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
	Obesity (% of adults)	+++	32.2	26	23.8
OVERALL			0.444	—	0.723

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

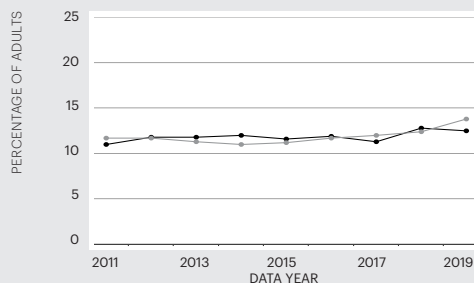
▼ **8%** between 2007-2011 and 2013-2017 from 19.0% to 17.5% of occupied housing units

LOW BIRTHWEIGHT

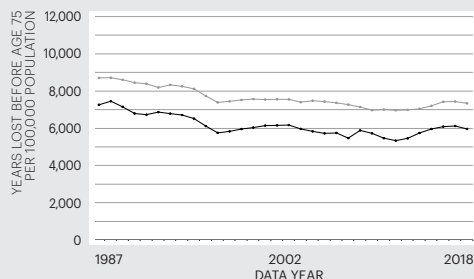
▲ **29%** between 1992 and 2018 from 5.9% to 7.6% of live births

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
OVERALL			0.712	—	0.723

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

FREQUENT MENTAL DISTRESS

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

HIGH-SPEED INTERNET

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

LOW BIRTHWEIGHT RACIAL GAP

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

ADULTS WHO AVOIDED CARE DUE TO COST

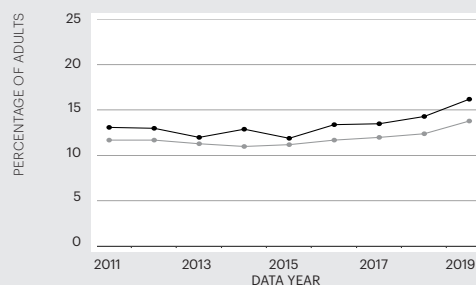
▼29% between 2011 and 2019 from 16.5% to 11.7%

OBESITY

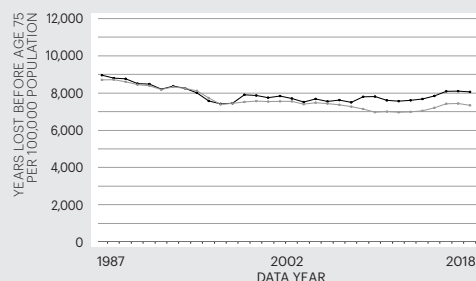
▲16% between 2012 and 2019 from 31.1% to 36.0% of adults

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, 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

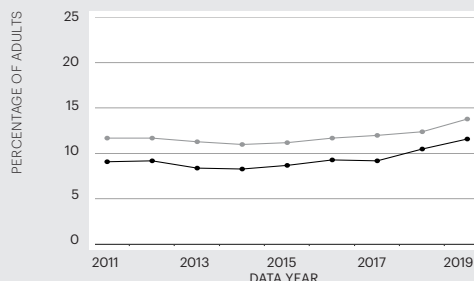
▲27% between 2016 and 2020 from 216.8 to 274.4 per 100,000 population

LOW BIRTHWEIGHT

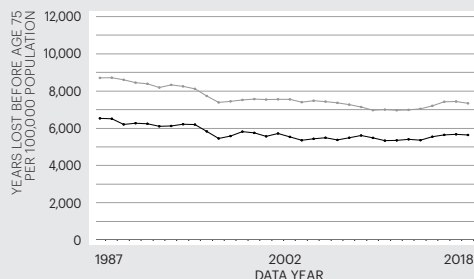
▲35% between 1991 and 2018 from 5.1% to 6.9% of live births

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
	Obesity (% of adults)	++++	30.1	17	23.8
OVERALL			0.652	—	0.723

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

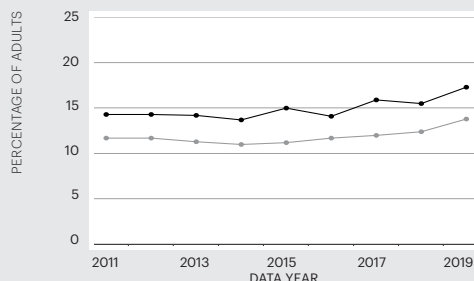
▲ **26%** between 1991 and 2018 from 9.6% to 12.1% of live births

FREQUENT MENTAL DISTRESS

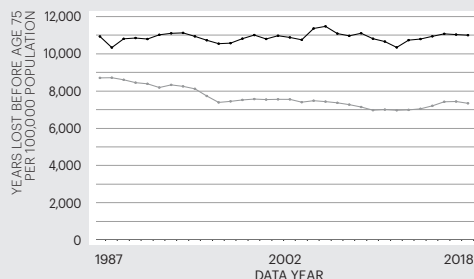
▲ **26%** between 2014 and 2019 from 13.7% to 17.3% of adults

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
	Obesity (% of adults)	+	40.8	50	23.8
OVERALL			-0.915	—	0.723

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

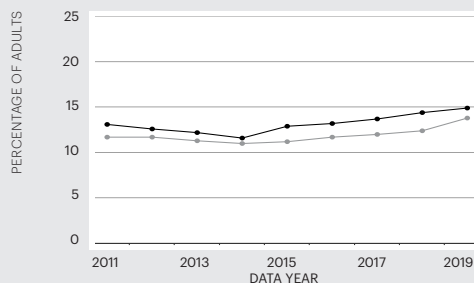
▲14% between 2017 and 2018 from 7.3 to 8.3 percentage points

FREQUENT MENTAL DISTRESS

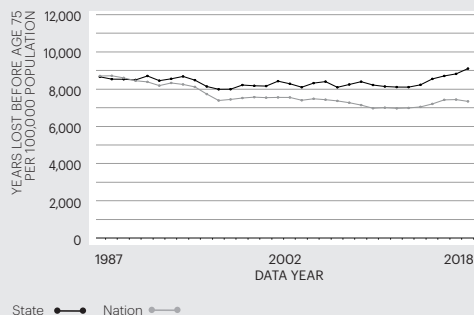
▲28% between 2014 and 2019 from 11.6% to 14.9% of adults

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
	Obesity (% of adults)	++	34.8	36	23.8
OVERALL			-0.283	—	0.723

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

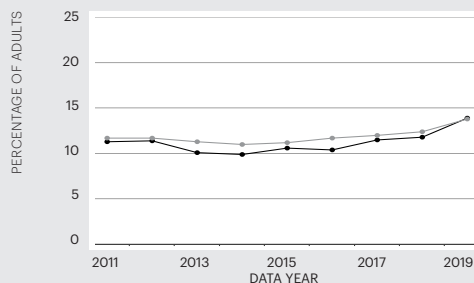
▲ **40%** between 2014 and 2019 from 9.9% to 13.9% of adults

PREMATURE DEATH RACIAL INEQUALITY (RATIO)

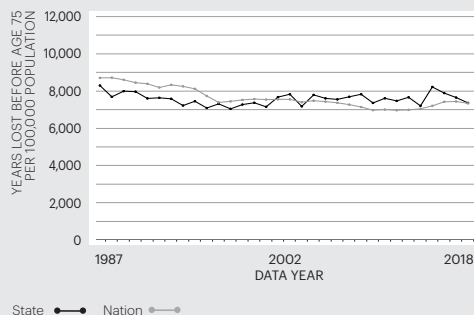
▲ **35%** between 2001-2003 and 2016-2018 from 2.0 to 2.7

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, 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

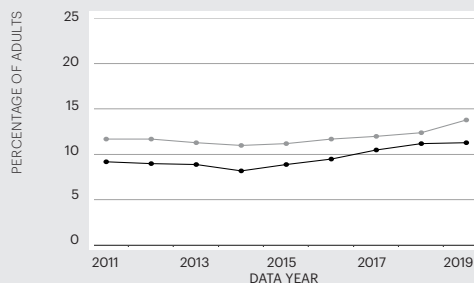
▲52% between 2009 and 2018 from 9.5 to 14.4 deaths per 100,000 population

DIABETES

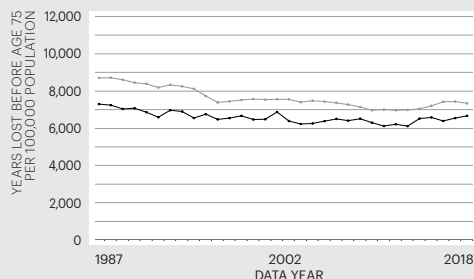
▲26% between 2012 and 2019 from 8.1% to 10.2% of adults

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, 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

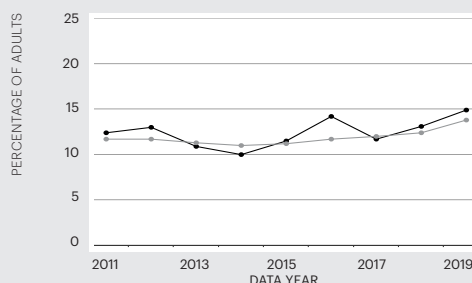
▲49% between 2014 and 2019 from 10.0% to 14.9% of adults

OBESITY

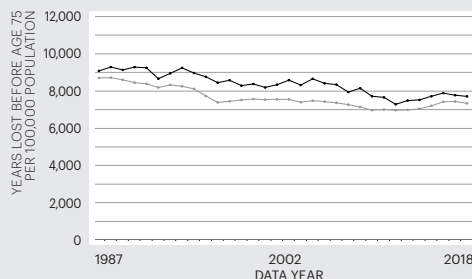
▲25% between 2011 and 2019 from 24.5% to 30.6% of adults

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
Quality of Care	Flu Vaccination (% adults)	+	32.5	50	50.5
	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
	Obesity (% of adults)	++++	30.6	19	23.8
OVERALL			-0.249	—	0.723

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

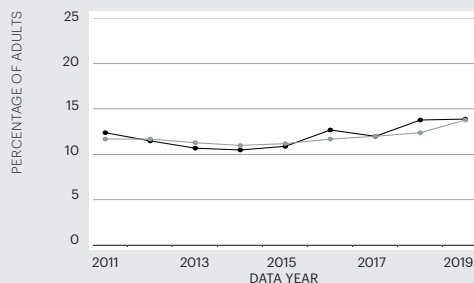
▲22% between 2012 and 2018 from 5,580 to 6,819 years lost before age 75 per 100,000 population

SUICIDE

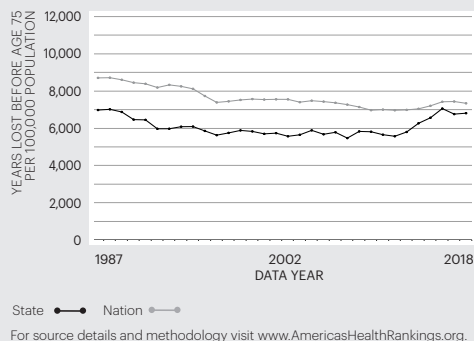
▲62% between 2009 and 2018 from 12.2 to 19.8 deaths per 100,000 population

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
	Obesity (% of adults)	+++	31.8	24	23.8
OVERALL			0.723	—	0.723

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

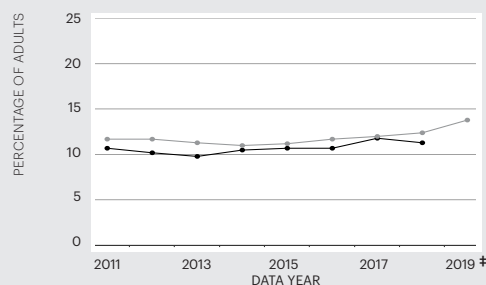
▲ **30%** between 2016 and 2020 from 188.9 to 245.1 per 100,000 population

LOW BIRTHWEIGHT RACIAL GAP

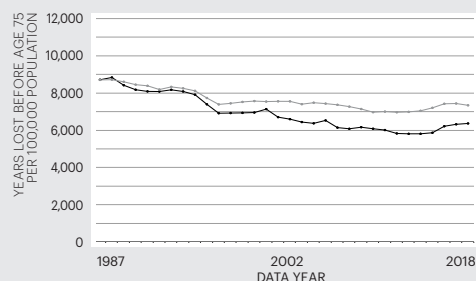
▲ **16%** between 2017 and 2018 from 5.8 to 6.7 percentage points

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, 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

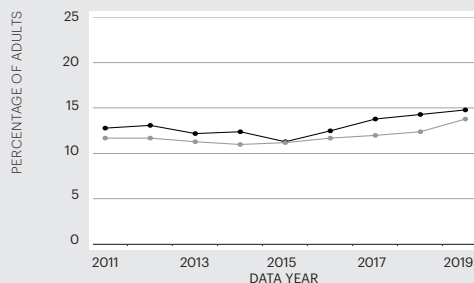
▲37% between 2009 and 2018 from 18.7 to 25.7 deaths per 100,000 population

DIABETES

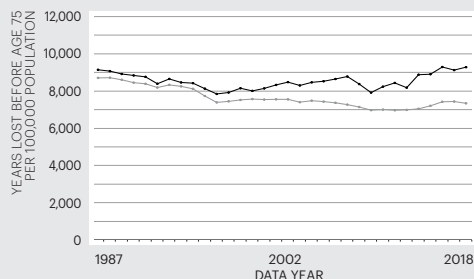
▲23% between 2011 and 2019 from 10.0% to 12.3% of adults

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, 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

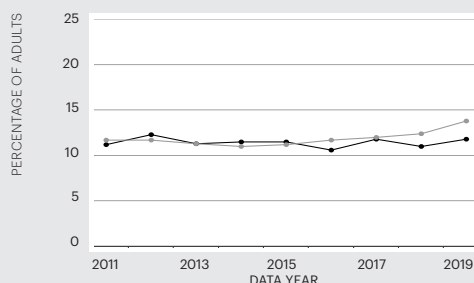
▲15% between 2012 and 2019 from 23.6% to 27.1% of adults

SUICIDE

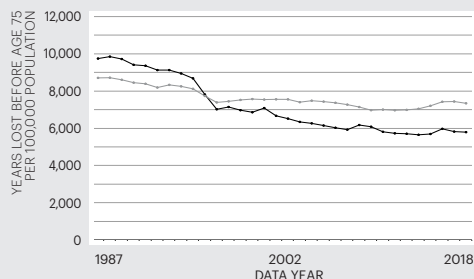
▲21% between 2009 and 2018 from 7.2 to 8.7 deaths per 100,000 population

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, 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

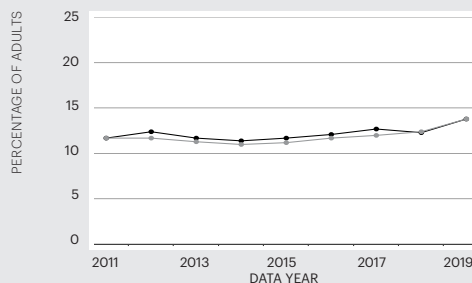
▼7% between 2007-2011 and 2013-2017 from 16.2% to 15.1% of occupied housing units

FREQUENT MENTAL DISTRESS

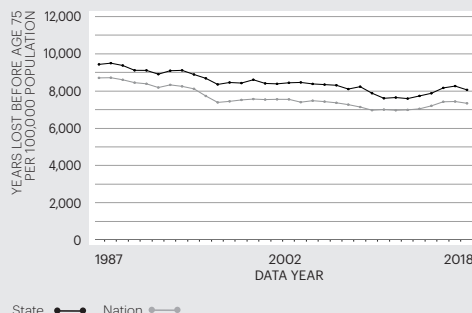
▲21% between 2014 and 2019 from 11.4% to 13.8% of adults

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, 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

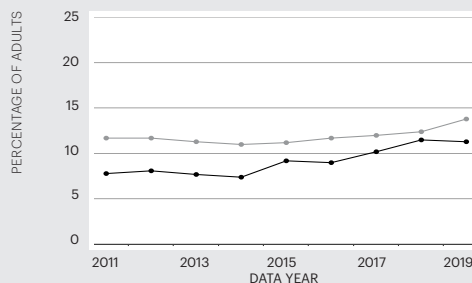
▲33% between 2017 and 2019 from 57.8% to 76.9% of adolescents ages 13-17

ECONOMIC HARDSHIP INDEX SCORE

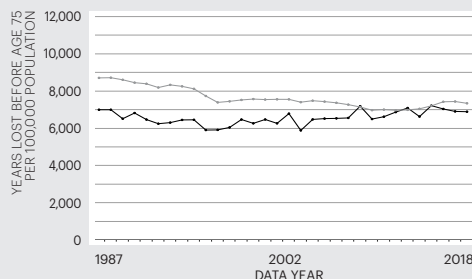
▲40% between 2017 and 2019 from 15 to 21

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
Quality of Care	Flu Vaccination (% adults)	++++	47.3	14	50.5
	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
	Obesity (% of adults)	++	34.8	36	23.8
OVERALL			0.348	—	0.723

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

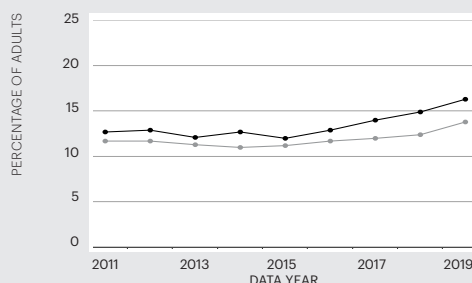
▼ **19%** between 2012 and 2018 from 6,039 to 4,866 discharges per 100,000 Medicare enrollees

DIABETES

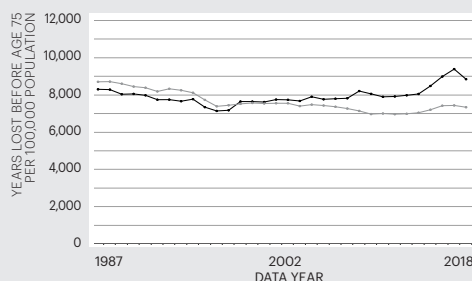
▲ **20%** between 2011 and 2019 from 10.0% to 12.0% of adults

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, 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

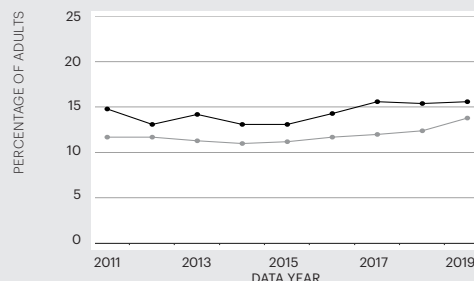
▼53% between 2008 and 2018 from 57.8 to 27.2 births per 1,000 females ages 15-19

SUICIDE

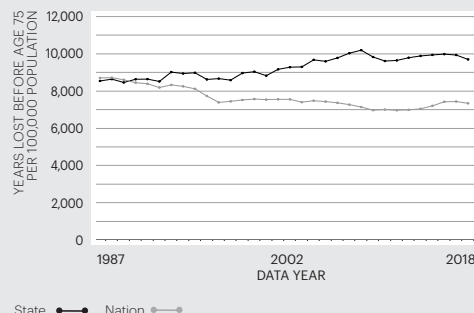
▲32% between 2009 and 2018 from 15.5 to 20.5 deaths per 100,000 population

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, visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Oregon

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

Oregon

Summary

Strengths:

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

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%

Challenges:

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

CHLAMYDIA

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

LOW BIRTHWEIGHT

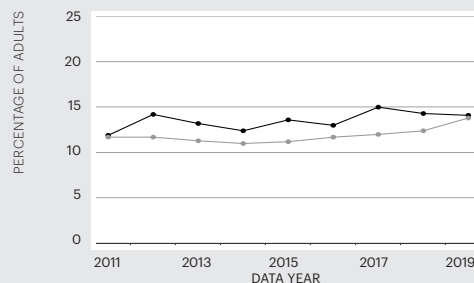
▲ **10%** between 2011 and 2018 from 6.1% to 6.7% of live births

AIR POLLUTION

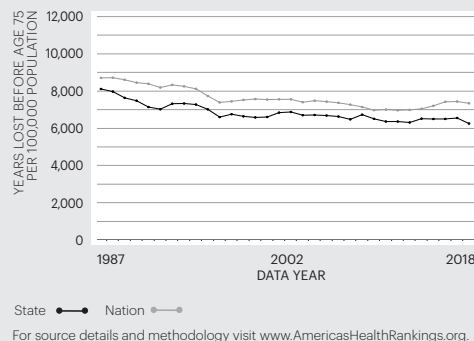
▲ **24%** between 2012-2014 and 2017-2019 from 6.7 to 8.3 micrograms of fine particulate per cubic meter

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
	Obesity (% of adults)	++++	29.0	11	23.8
OVERALL			0.223	—	0.723

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

LOW BIRTHWEIGHT RACIAL GAP

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

FLU VACCINATION COVERAGE

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

OBESITY

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

SMOKING

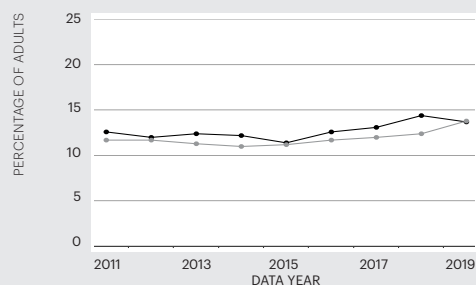
▼18% between 2013 and 2019 from 21.0% to 17.3% of adults

SUICIDE

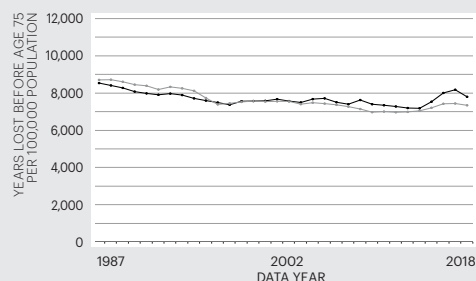
▲26% between 2010 and 2018 from 12.2 to 15.4 deaths per 100,000 population

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
	Obesity (% of adults)	+++	33.2	29	23.8
OVERALL			0.037	—	0.723

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

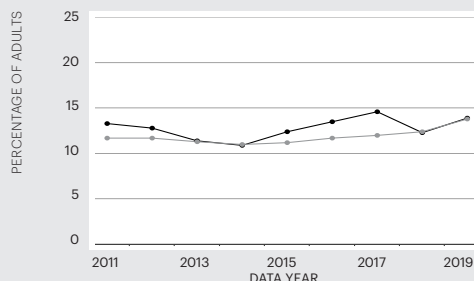
▲72% between 2007 and 2018 from 300.3 to 517.8 cases per 100,000 population

DIABETES

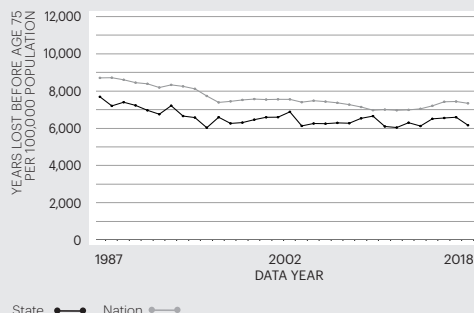
▲24% between 2011 and 2019 from 8.4% to 10.4% of adults

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
	Obesity (% of adults)	++++	30.0	16	23.8
OVERALL			0.403	—	0.723

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

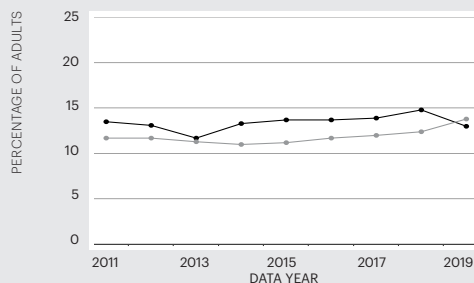
▲18% between 2016 and 2020 from 157.7 to 186.0 per 100,000 population

DIABETES

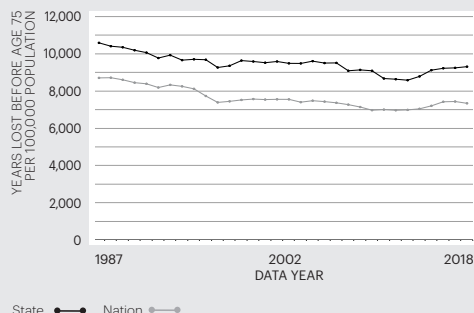
▲16% between 2012 and 2019 from 11.6% to 13.4% of adults

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, 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)

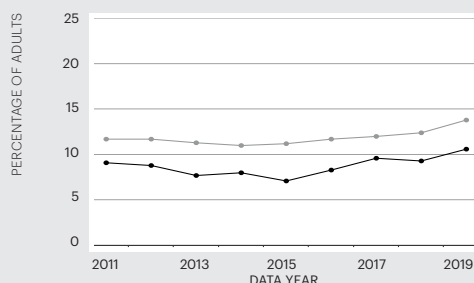
▲23% between 2007-2009 and 2016-2018 from 2.9 to 3.5

DIABETES

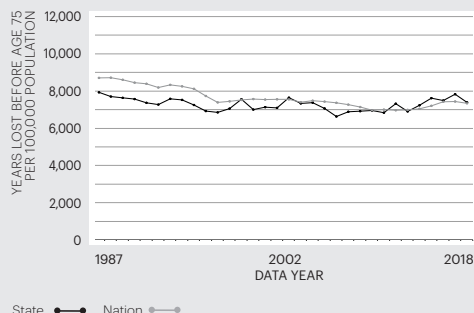
▲36% between 2012 and 2019 from 7.8% to 10.6% of adults

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
	Obesity (% of adults)	+++	33.0	27	23.8
OVERALL			0.073	—	0.723

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

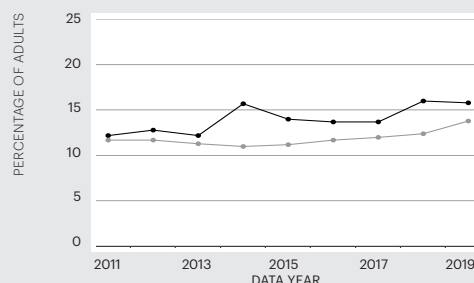
▲ **10%** between 2013 and 2018 from 9,088 to 9,981 years lost before age 75 per 100,000 population

DEPRESSION

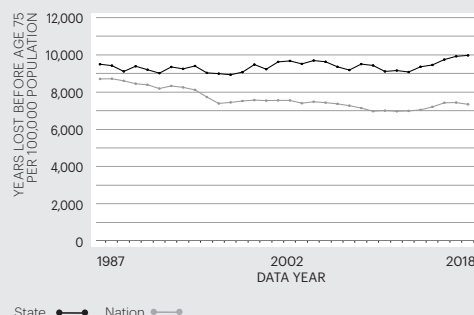
▲ **30%** between 2011 and 2019 from 19.2% to 25.0% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



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+)	38.8%
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, 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

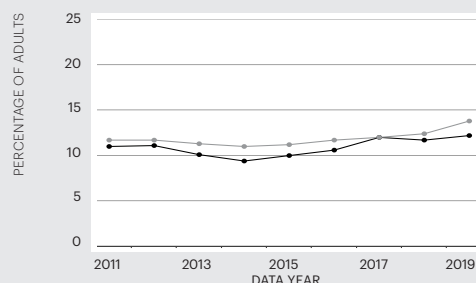
▲20% between 2011 and 2019 from 10.2% to 12.2% of adults

SUICIDE

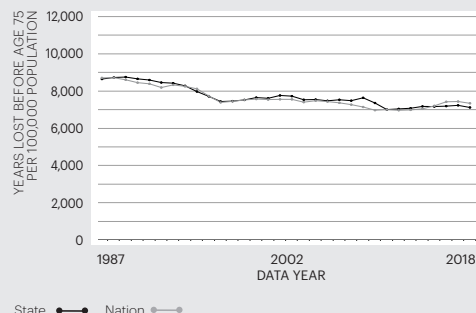
▲20% between 2009 and 2018 from 11.8 to 14.2 deaths per 100,000 population

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
	Flu Vaccination (% adults)	++	40.0	39	50.5
Quality of Care	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, 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

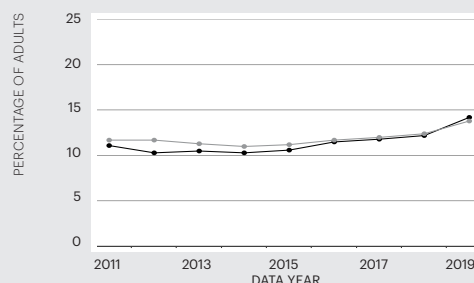
▲ **16%** between 2017 and 2019 from 25.2% to 29.2% of adults

HIGH HEALTH STATUS

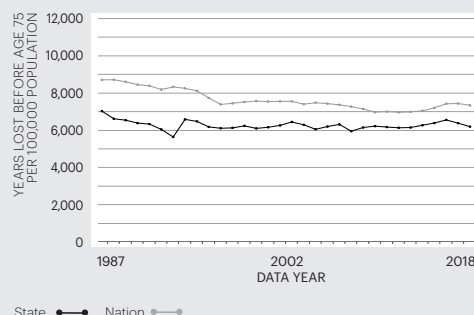
▼ **7%** between 2013 and 2019 from 59.0% to 54.6% of adults

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, 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

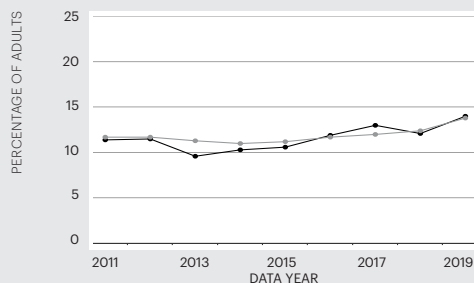
▲19% between 2016 and 2020 from 407.3 to 486.2 per 100,000 population

FREQUENT MENTAL DISTRESS

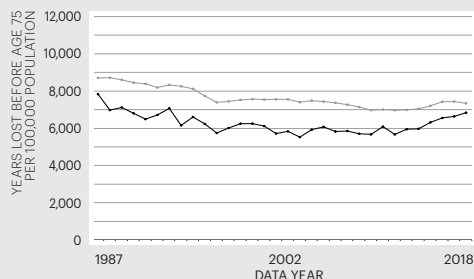
▲46% between 2013 and 2019 from 9.6% to 14.0% of adults

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
	Flu Vaccination (% adults)	++++	47.6	13	50.5
Quality of Care	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
OVERALL			0.695	—	0.723

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

Highlights:

HIGH-SPEED INTERNET

▲7% between 2015 and 2018 from 82.8% to 89.0% of households

ADULTS WHO AVOIDED CARE DUE TO COST

▼22% between 2013 and 2019 from 15.3% to 12.0%

SMOKING

▼33% between 2011 and 2019 from 20.9% to 14.0% of adults

Challenges:

- High racial gap in high school graduation
- Low mental health providers rate
- High prevalence of non-medical drug use

CHLAMYDIA

▲25% between 2013 and 2018 from 407.0 to 507.3 cases per 100,000 population

FREQUENT MENTAL DISTRESS

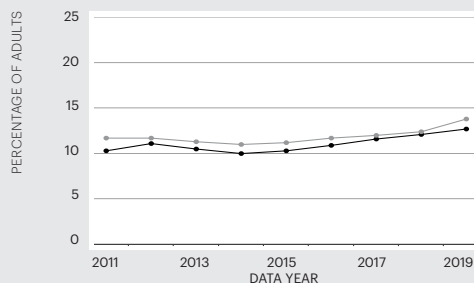
▲27% between 2014 and 2019 from 10.0% to 12.7% of adults

SUICIDE

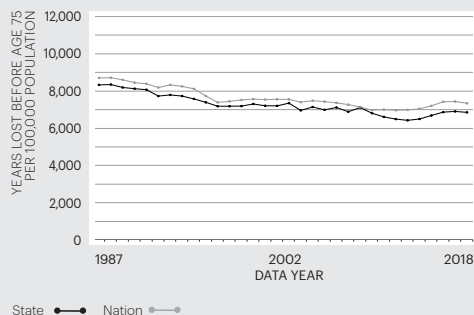
▲21% between 2009 and 2018 from 12.0 to 14.5 deaths per 100,000 population

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, 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

CHLAMYDIA

▲22% between 2014 and 2018 from 381.2 to 465.2 cases per 100,000 population

EXCESSIVE DRINKING

▼19% between 2011 and 2019 from 19.3% to 15.7% of adults

AIR POLLUTION

▲6% between 2014-2016 and 2017-2019 from 7.8 to 8.3 micrograms of fine particulate per cubic meter

PREVENTABLE HOSPITALIZATIONS

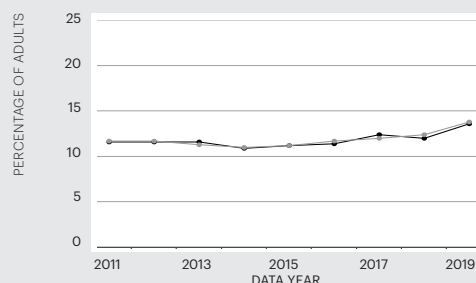
▼14% between 2012 and 2018 from 3,253 to 2,804 discharges per 100,000 Medicare enrollees

FREQUENT MENTAL DISTRESS

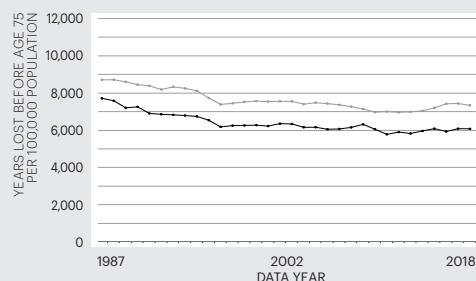
▲25% between 2014 and 2019 from 10.9% to 13.6% of adults

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, 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

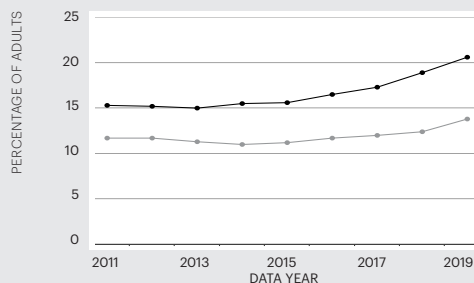
▼**32%** between 2011 and 2019 from 19.8% to 13.4%

FREQUENT MENTAL DISTRESS

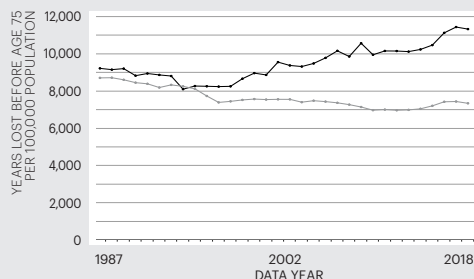
▲**37%** between 2013 and 2019 from 15.0% to 20.6% of adults

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
	Obesity (% of adults)	+	39.7	49	23.8
OVERALL			-0.559	—	0.723

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

CHLAMYDIA

▲39% between 2007 and 2018 from 349.1 to 483.6 cases per 100,000 population

PREVENTABLE HOSPITALIZATIONS

▼12% between 2012 and 2018 from 4,227 to 3,702 discharges per 100,000 Medicare enrollees

LOW BIRTHWEIGHT

▲10% between 2013 and 2018 from 7.0% to 7.7% of live births

SMOKING

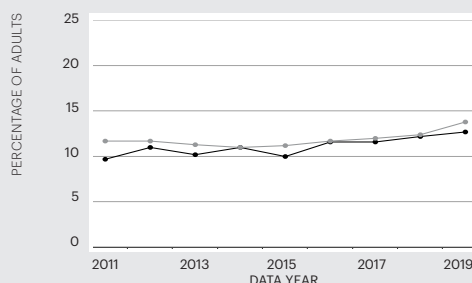
▼26% between 2011 and 2019 from 20.9% to 15.4% of adults

FREQUENT MENTAL DISTRESS

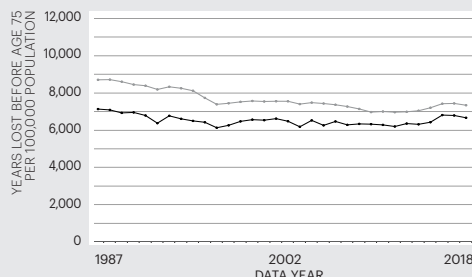
▲27% between 2015 and 2019 from 10.0% to 12.7% of adults

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, visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.

Wyoming

State Health Department Website: health.wyo.gov

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

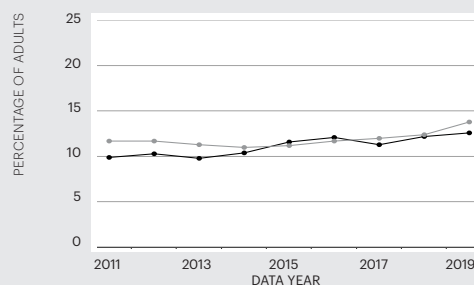
▲29% between 2013 and 2019 from 9.8% to 12.6% of adults

LOW BIRTHWEIGHT

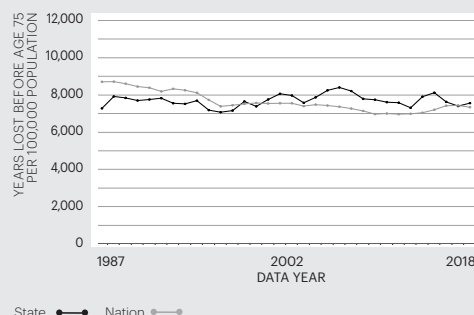
▲8% between 2017 and 2018 from 8.7% to 9.4% of live births

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, 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

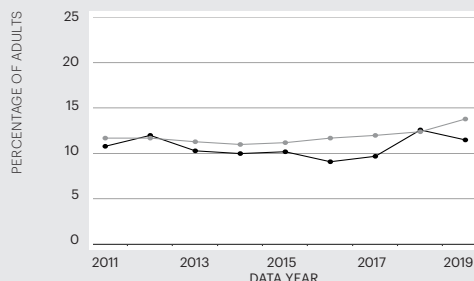
▲59% between 2014 and 2018 from 818.8 to 1298.9 cases per 100,000 population

DRUG DEATHS

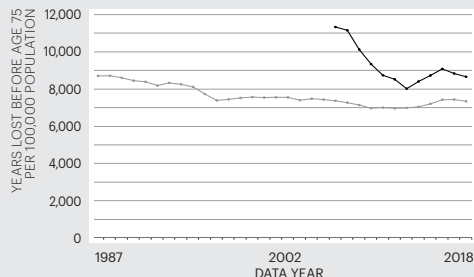
▲95% between 2015 and 2018 from 21.0 to 40.9 deaths per 100,000 population

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, 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

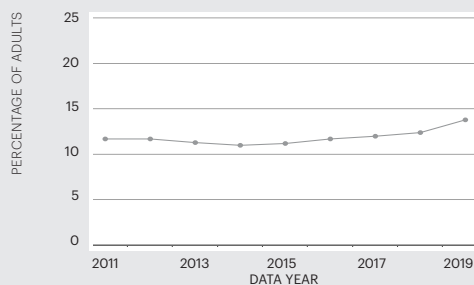
▲15% between 2011 and 2019 from 27.8% to 31.9% of adults

SUICIDE

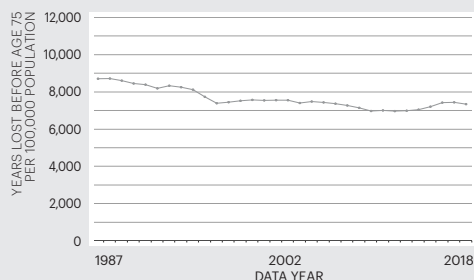
▲23% between 2009 and 2018 from 12.0 to 14.8 deaths per 100,000 population

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, visit www.AmericasHealthRankings.org.
 —Indicates data missing or suppressed.