

**County Health
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2014 *Rankings* Massachusetts



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Support provided by

Robert Wood Johnson Foundation



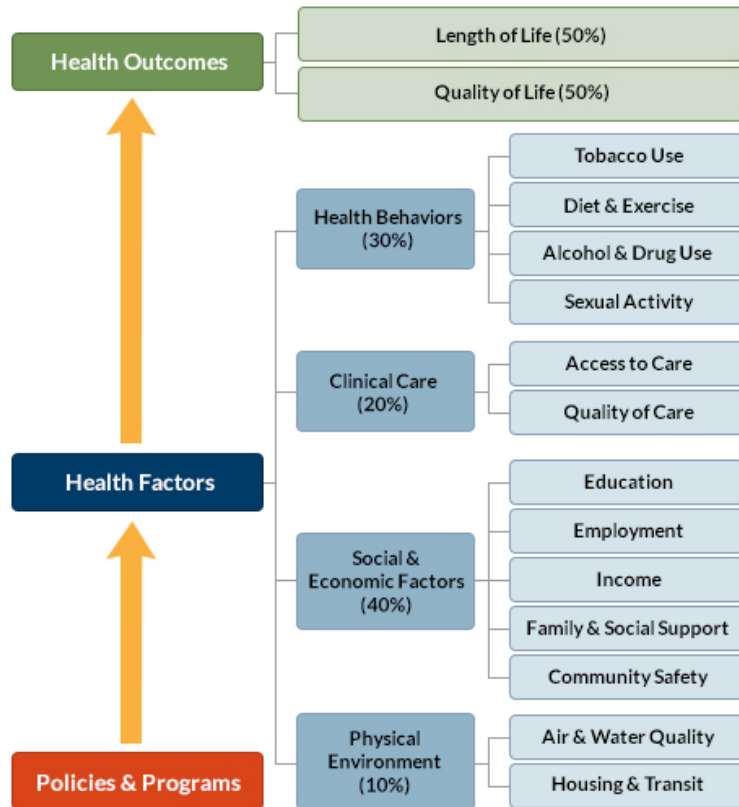
INSIDE FRONT COVER – INTENTIONALLY BLANK

INTRODUCTION

The *County Health Rankings & Roadmaps* program helps communities identify and implement solutions that make it easier for people to be healthy in their schools, workplaces, and neighborhoods. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate *what we know* when it comes to what is making people sick or healthy. The *Roadmaps* show *what we can do* to create healthier places to live, learn, work, and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

WHAT ARE THE COUNTY HEALTH RANKINGS?

The *County Health Rankings* measure the health of nearly every county in the nation. Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* look at a variety of measures that affect health, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Based on data available for each county, the *Rankings* are unique in their ability to measure the overall health of each county in all 50 states. They have been used to garner support for local health improvement initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



HOW ARE PEOPLE USING THE RANKINGS?

- Ø Highlighting community success
- Ø Identifying root causes of poor health
- Ø Supporting policy change
- Ø Engaging communities in health improvement

For more information, visit countyhealthrankings.org

WHAT ARE THE ROADMAPS TO HEALTH?

The *Roadmaps to Health* help communities bring people together to look at the many factors that influence health, select strategies that work, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities determine what they can do and what they can learn from others.

What You Can Do

The *Roadmaps to Health* Action Center provides step-by-step guides, tools, and webinars to help groups working to improve the health of their communities. Community Coaches also provide customized consultation to local communities that have demonstrated a willingness to address factors that we know influence health, such as education, income, and community safety.

The Action Center also features *What Works for Health* – a searchable database of evidence-informed policies and programs that can improve health.

Learning From Others

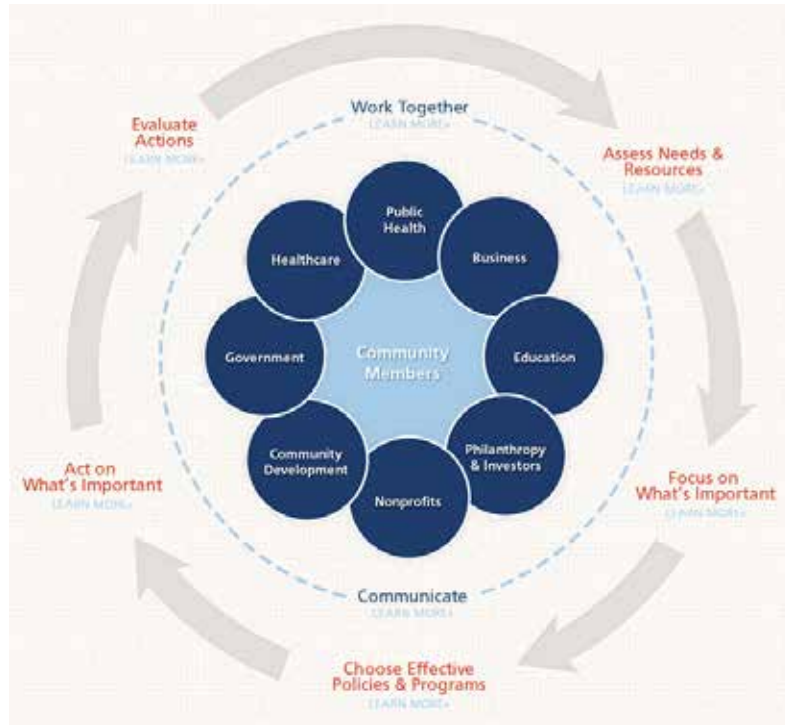
Honoring the efforts of communities working at the forefront of health improvement, the Robert Wood

Johnson Foundation annually awards the *RWJF Culture of Health Prize* to outstanding communities that are working toward better health. The *Prize* recognizes communities with strong and diverse partnerships that are coming together with a shared vision and commitment to address multiple factors that affect health and make lasting changes that create a culture of health for all. Visit countyhealthrankings.org or rwjf.org/prize to learn about the work of past prize winners.

At countyhealthrankings.org, we also feature stories from communities across the nation who have used data from the *County Health Rankings* or have engaged in strategies to improve health. For example, you can learn from the successes and challenges of the 30 *Roadmaps to Health* Community Grantees. These grantees are working to create positive policy or systems changes that address social and economic factors that influence how healthy people are and how long they live, such as education and community safety. You might also want to contact your local affiliate of United Way Worldwide, the National Business Coalition on Health, or the National Association of Counties - their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities.

How can you get involved?

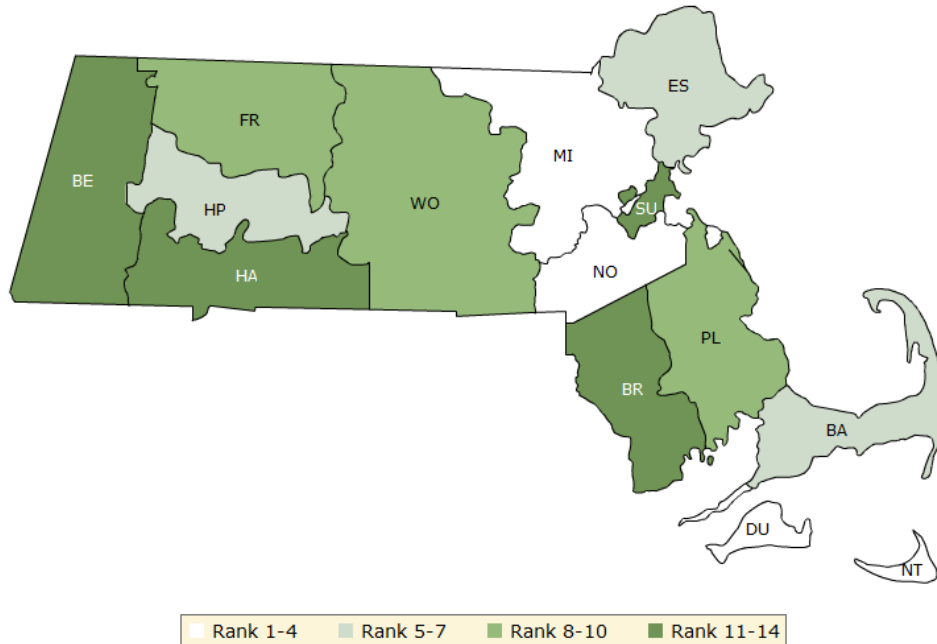
In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.



The green map below shows the distribution of Massachusetts's **health outcomes**, based on an equal weighting of length and quality of life.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available on our web site.

HEALTH OUTCOMES RANKS

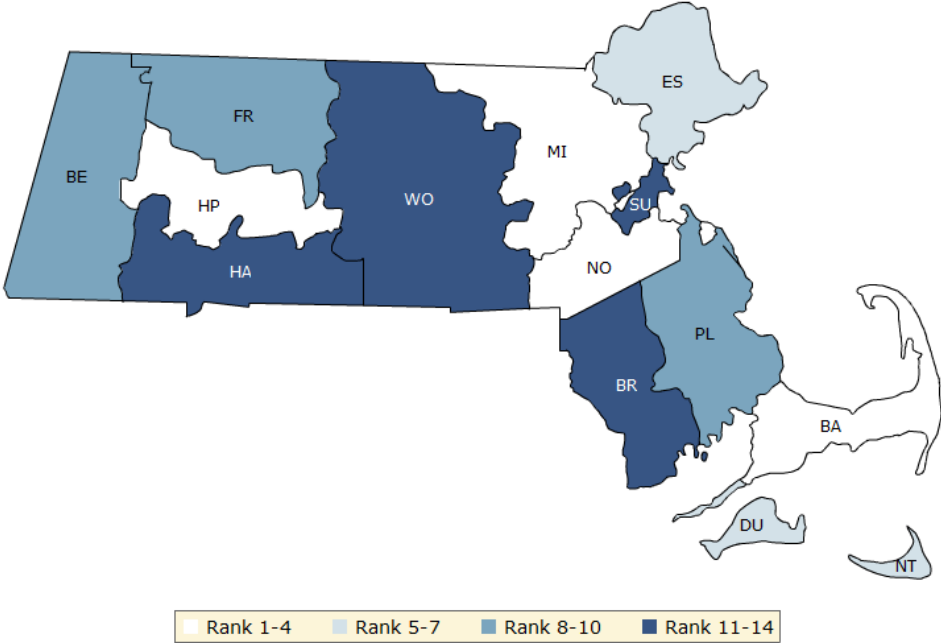


| County | Rank | County | Rank | County | Rank | County | Rank |
|------------|------|-----------|------|-----------|------|-----------|------|
| Barnstable | 7 | Essex | 6 | Middlesex | 1 | Suffolk | 13 |
| Berkshire | 11 | Franklin | 8 | Nantucket | 4 | Worcester | 9 |
| Bristol | 12 | Hampden | 14 | Norfolk | 3 | | |
| Dukes | 2 | Hampshire | 5 | Plymouth | 10 | | |

The blue map displays Massachusetts’s summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available on our web site.

HEALTH FACTORS RANKS



| County | Rank | County | Rank | County | Rank | County | Rank |
|------------|------|-----------|------|-----------|------|-----------|------|
| Barnstable | 4 | Essex | 7 | Middlesex | 2 | Suffolk | 12 |
| Berkshire | 9 | Franklin | 8 | Nantucket | 6 | Worcester | 11 |
| Bristol | 13 | Hampden | 14 | Norfolk | 1 | | |
| Dukes | 5 | Hampshire | 3 | Plymouth | 10 | | |

Summary Health Outcomes & Health Factors Rankings

Counties receive two ranks:

- Health Outcomes
- Health Factors

Each of these ranks represents a weighted summary of a number of measures.

Health outcomes represent how healthy a county is while health factors represent what influences the health of the county.

| Rank | Health Outcomes | Rank | Health Factors |
|------|-----------------|------|----------------|
| 1 | Middlesex | 1 | Norfolk |
| 2 | Dukes | 2 | Middlesex |
| 3 | Norfolk | 3 | Hampshire |
| 4 | Nantucket | 4 | Barnstable |
| 5 | Hampshire | 5 | Dukes |
| 6 | Essex | 6 | Nantucket |
| 7 | Barnstable | 7 | Essex |
| 8 | Franklin | 8 | Franklin |
| 9 | Worcester | 9 | Berkshire |
| 10 | Plymouth | 10 | Plymouth |
| 11 | Berkshire | 11 | Worcester |
| 12 | Bristol | 12 | Suffolk |
| 13 | Suffolk | 13 | Bristol |
| 14 | Hampden | 14 | Hampden |

2014 County Health Rankings: Measures, Data Sources, and Years of Data

| | Measure | Data Source | Years of Data |
|------------------------------------|---|--|---------------|
| HEALTH OUTCOMES | | | |
| Length of Life | Premature death | National Center for Health Statistics | 2008-2010 |
| Quality of Life | Poor or fair health | Behavioral Risk Factor Surveillance System | 2006-2012 |
| | Poor physical health days | Behavioral Risk Factor Surveillance System | 2006-2012 |
| | Poor mental health days | Behavioral Risk Factor Surveillance System | 2006-2012 |
| | Low birthweight | National Center for Health Statistics | 2005-2011 |
| HEALTH FACTORS | | | |
| HEALTH BEHAVIORS | | | |
| Tobacco Use | Adult smoking | Behavioral Risk Factor Surveillance System | 2006-2012 |
| Diet and Exercise | Adult obesity | National Center for Chronic Disease Prevention and Health Promotion | 2010 |
| | Food environment index | USDA Food Environment Atlas, Map the Meal Gap | 2010-2011 |
| | Physical inactivity | National Center for Chronic Disease Prevention and Health Promotion | 2010 |
| | Access to exercise opportunities | OneSource Global Business Browser, Delorme map data, ESRI, & US Census Tigerline Files | 2010 & 2012 |
| Alcohol and Drug Use | Excessive drinking | Behavioral Risk Factor Surveillance System | 2006-2012 |
| | Alcohol-impaired driving deaths | Fatality Analysis Reporting System | 2008-2012 |
| Sexual Activity | Sexually transmitted infections | National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention | 2011 |
| | Teen births | National Center for Health Statistics | 2005-2011 |
| CLINICAL CARE | | | |
| Access to Care | Uninsured | Small Area Health Insurance Estimates | 2011 |
| | Primary care physicians | HRSA Area Resource File | 2011 |
| | Dentists | HRSA Area Resource File | 2012 |
| | Mental health providers | CMS, National Provider Identification | 2013 |
| Quality of Care | Preventable hospital stays | Medicare/Dartmouth Institute | 2011 |
| | Diabetic screening | Medicare/Dartmouth Institute | 2011 |
| | Mammography screening | Medicare/Dartmouth Institute | 2011 |
| SOCIAL AND ECONOMIC FACTORS | | | |
| Education | High school graduation | data.gov, supplemented with National Center for Education Statistics | 2010-2011 |
| | Some college | American Community Survey | 2008-2012 |
| Employment | Unemployment | Bureau of Labor Statistics | 2012 |
| Income | Children in poverty | Small Area Income and Poverty Estimates | 2012 |
| Family and Social Support | Inadequate social support | Behavioral Risk Factor Surveillance System | 2005-2010 |
| | Children in single-parent households | American Community Survey | 2008-2012 |
| Community Safety | Violent crime | Uniform Crime Reporting - FBI | 2009-2011 |
| | Injury deaths | CDC WONDER | 2006-2010 |
| PHYSICAL ENVIRONMENT | | | |
| Air and Water Quality | Air pollution - particulate matter ¹ | CDC WONDER | 2011 |
| | Drinking water violations | Safe Drinking Water Information System | FY 2012-2013 |
| Housing and Transit | Severe housing problems | HUD, Comprehensive Housing Affordability Strategy | 2006-2010 |
| | Driving alone to work | American Community Survey | 2008-2012 |
| | Long commute – driving alone | American Community Survey | 2008-2012 |

¹ Not available for AK and HI.

CREDITS

Report Authors

University of Wisconsin-Madison
School of Medicine and Public Health
Department of Population Health Sciences
Population Health Institute

Bridget Catlin, PhD, MHSA
Amanda Jovaag, MS
Julie Willems Van Dijk, PhD, RN
Patrick Remington, MD, MPH

This publication would not have been possible without the following contributions:

Data

Centers for Disease Control and Prevention: National Center for Health Statistics and Division of Behavioral Surveillance
Dartmouth Institute for Health Policy & Clinical Practice

Research Assistance

Jennifer Buechner
Hyojun Park, MA
Elizabeth Pollock
Jennifer Robinson
Matthew Rodock, MPH
Anne Roubal, MS

Communications and Outreach

Burness Communications
Alison Bergum, MPA
Matthew Call
Kate Konkle, MPH
Kitty Jerome, MA
Karen Odegaard, MPH
Jan O'Neill, MPA

Design

Forum One, Alexandria, VA

Robert Wood Johnson Foundation

Abbey Cofsky, MPH – Senior Program Officer
Michelle Larkin, JD, MS, RN – Assistant Vice-President, Program Portfolios
Marjorie Paloma, MPH – Senior Policy Advisor
James S. Marks, MD, MPH – Senior Vice-President and Director, Program Portfolios
Joe Marx – Senior Communications Officer

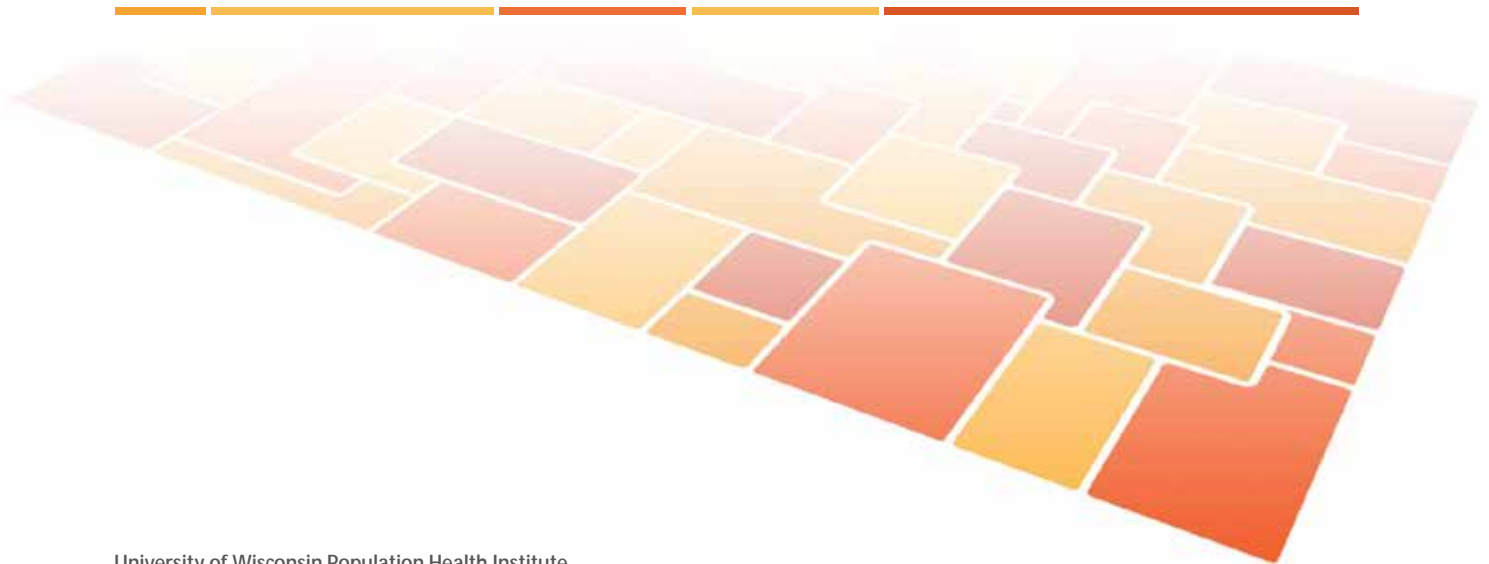
Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2014*.

INSIDE BACK COVER – INTENTIONALLY BLANK

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

countyhealthrankings.org



University of Wisconsin Population Health Institute
610 Walnut St, #524, Madison, WI 53726
(608) 265-8240 / info@countyhealthrankings.org

