



# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2012 *Rankings* **Minnesota**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



## Introduction

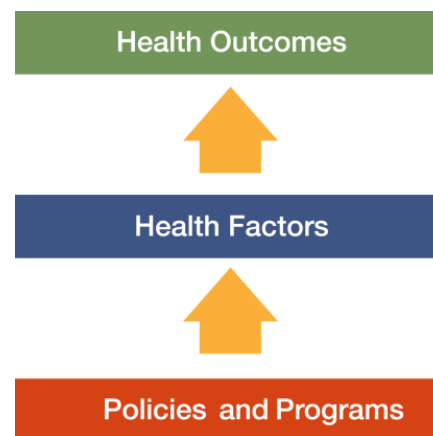
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example, people who live in communities with smoke-free laws are less likely to smoke or to be exposed to second-hand smoke, which reduces lung cancer risk. In addition, people who live in communities with safe and accessible park and recreation space are more likely to exercise, which reduces heart disease risk.

However, health varies greatly across communities, with some places being much healthier than others. And, until now, there has been no standard method to illustrate what we know about what makes people sick or healthy or a central resource to identify what we can do to create healthier places to live, learn, work and play.

We know that much of what influences our health happens outside of the doctor's office – in our schools, workplaces and neighborhoods. The *County Health Rankings & Roadmaps* program provides information on the overall health of your community and provides the tools necessary to create community-based, evidence-informed solutions. Ranking the health of nearly every county across the nation, the *County Health Rankings* illustrate **what we know** when it comes to what is making communities sick or healthy. The *County Health Roadmaps* show **what we can do** to create healthier places to live, learn, work and play. The Robert Wood Johnson Foundation collaborates with the University of Wisconsin

Population Health Institute to bring this groundbreaking program to counties and states across the nation.

The *County Health Rankings & Roadmaps* program includes the *County Health Rankings* project, launched in 2010, and the newer *Roadmaps* project that mobilizes local communities, national partners and leaders across all sectors to improve health. The program is based on this model of population health improvement:



In this model, health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. Counties can improve health outcomes by addressing all health factors with effective, evidence-informed policies and programs.

Everyone has a stake in community health. We all need to work together to find solutions. The *County Health Rankings & Roadmaps* serve as both a call to action and a needed tool in this effort.

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## Guide to Our Web Site

To compile the *Rankings*, we selected measures that reflect important aspects of population health that can be improved and are available at the county level across the nation. Visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org) to learn more.

To get started and see data, enter your county or state name in the search box. Click on the name of a county or measure to see more details. You can: Compare Counties; Download data for your state; Print one or more county

snapshots; or Share information with others via Facebook, Twitter, or Google+. To understand our methods, click on Learn about the Data and Methods. To learn about steps that you can take to improve health in your community, click on the *Roadmaps* tab. The *Roadmaps to Health Action Center* provides tools and resources to help groups working together to create healthier places. The Opportunities section provides information on funding, recognition, and partnership opportunities. The Connections section helps you learn what others are doing.

## County Health Roadmaps

The *Rankings* illustrate **what we know** when it comes to making people sick or healthy. The *County Health Rankings* confirm the critical role that factors such as education, jobs, income and the environment play in how healthy people are and how long we live.

This report introduces the *County Health Roadmaps*, a new partnership that mobilizes local communities, national partners and leaders across all sectors to improve health. The *County Health Roadmaps* show **what we can do** to create healthier places to live, learn, work and play. The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring this groundbreaking project to cities, counties and states across the nation.

The *Roadmaps* project includes grants to local coalitions and partnerships among policymakers, business, education, public health, health care, and community organizations; grants to national organizations working to improve health; recognition of communities whose promising efforts have led to better health; and customized technical assistance on strategies to improve health.

### **Roadmaps to Health Community Grants**

The *Roadmaps to Health Community Grants* provide funding for 2 years to state and local efforts among policymakers, business, education, healthcare, public health and community organizations working to create positive policy or systems changes that address the social and economic factors that influence the health of people in their community.

### **Roadmaps to Health Partner Grants**

The Robert Wood Johnson Foundation is awarding *Roadmaps to Health Partner Grants* to national organizations that are experienced at engaging local partners and leaders and are able to deliver high-quality training and technical assistance, and committed to making communities healthier places to live, learn, work and play. Partner grantees increase awareness about the *County Health Rankings & Roadmaps* to their members, affiliates and allies. The first Partner Grant was awarded to United Way Worldwide (UWW) in July 2011.

### **Roadmaps to Health Prize**

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute will award *Roadmaps to Health Prizes* of \$25,000 to up to six communities that are working to become healthier places to live, learn, work and play. The *Roadmaps to Health Prize* is intended not only to honor successful efforts, but also to inspire and stimulate similar activities in other U.S. communities.



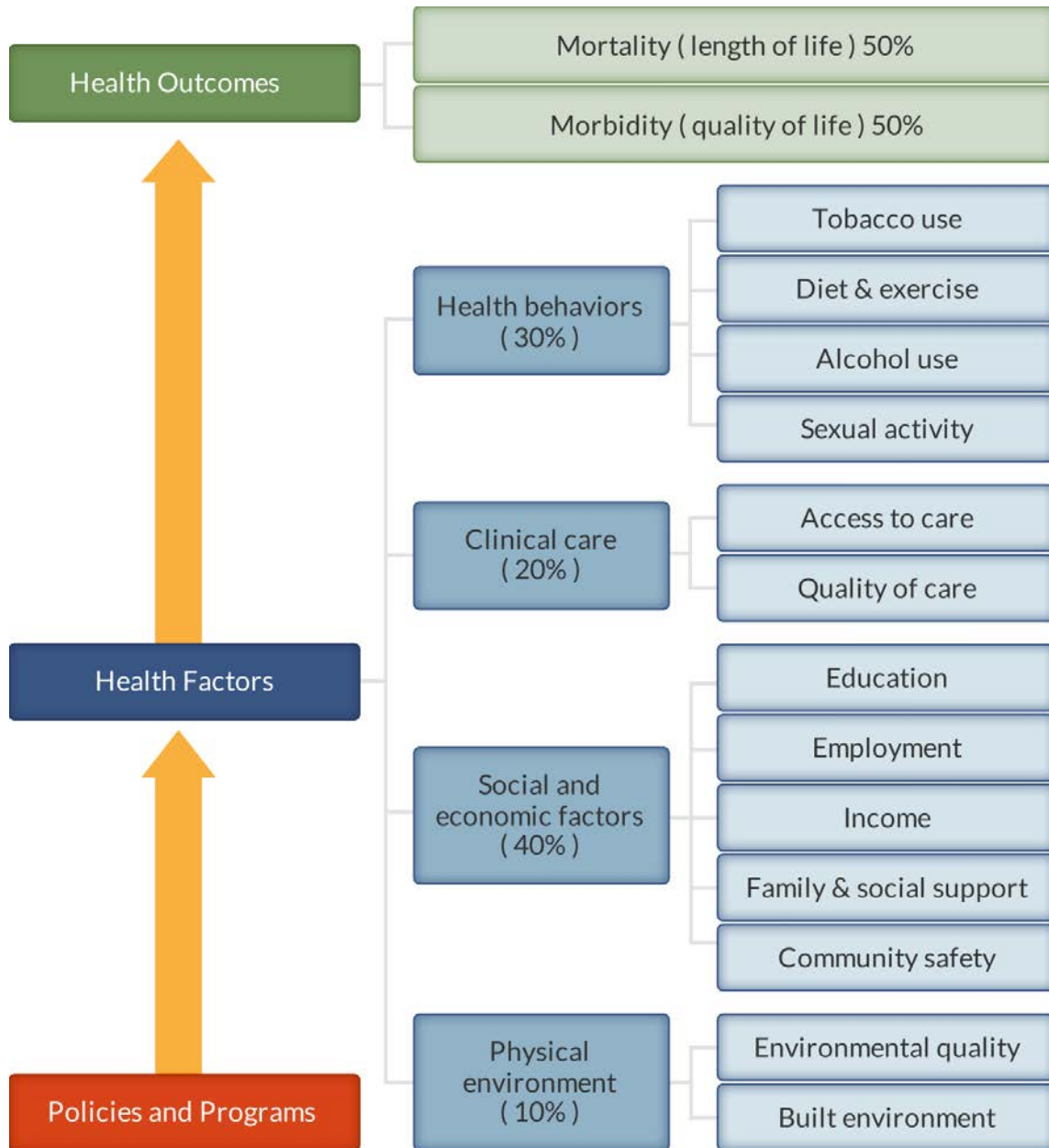
### **Roadmaps to Health Action Center**

The *Roadmaps to Health Action Center*, based at the University of Wisconsin Population Health Institute, provides tools and resources to help groups working to make their communities healthier places. The new Action Center will provide guidance on developing strategies and advocacy efforts to advance pro-health policies, offer opportunities for ongoing learning, and in the summer of 2012, host a searchable database of evidence-informed policies and programs focused on health improvement. Experts provide customized consultation to local communities who have demonstrated the willingness and capacity to address factors that we know influence how healthy a person is, such as education, income and family connectedness.

## County Health Rankings

The 2012 *County Health Rankings* report ranks Minnesota counties according to their summary measures of **health outcomes** and **health factors**. Counties also receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical environment. The figure below depicts the structure of the *Rankings* model; those having high ranks (e.g., 1 or 2) are estimated to be the “healthiest.”

Our summary **health outcomes** rankings are based on an equal weighting of mortality and morbidity measures. The summary **health factors** rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input, but represent just one way of combining these factors.

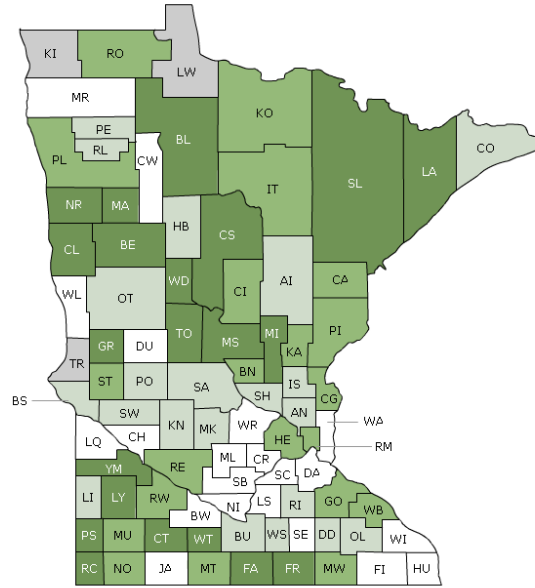


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Minnesota’s counties divided into groups by health rank. Maps help locate the healthiest and least healthy counties in the state. The lighter colors indicate better performance in the respective

summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

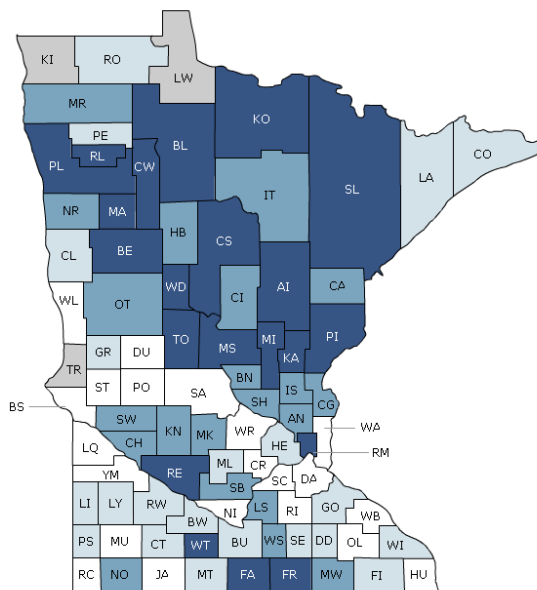
### HEALTH OUTCOMES



Rank 1-21   Rank 22-42   Rank 43-63   Rank 64-84   Not Ranked

County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	36	Fillmore	5	Martin	45	Rock	74
Anoka	38	Freeborn	66	McLeod	3	Roseau	51
Becker	71	Goodhue	53	Meeker	25	Scott	10
Beltrami	77	Grant	70	Mille Lacs	73	Sherburne	28
Benton	55	Hennepin	52	Morrison	78	Sibley	19
Big Stone	30	Houston	16	Mower	46	St. Louis	72
Blue Earth	29	Hubbard	41	Murray	49	Stearns	33
Brown	17	Isanti	39	Nicollet	18	Steele	1
Carlton	63	Itasca	60	Nobles	44	Stevens	48
Carver	2	Jackson	6	Norman	81	Swift	40
Cass	84	Kanabec	50	Olmsted	23	Todd	67
Chippewa	14	Kandiyohi	35	Otter Tail	27	Traverse	NR
Chisago	56	Kittson	NR	Pennington	34	Wabasha	47
Clay	64	Koochiching	58	Pine	57	Wadena	80
Clearwater	15	Lac qui Parle	12	Pipestone	82	Waseca	24
Cook	42	Lake	79	Polk	54	Washington	7
Cottonwood	76	Lake of the Woods	NR	Pope	26	Watonwan	68
Crow Wing	62	Le Sueur	9	Ramsey	61	Wilkin	21
Dakota	8	Lincoln	22	Red Lake	37	Winona	20
Dodge	31	Lyon	75	Redwood	43	Wright	13
Douglas	4	Mahnomen	83	Renville	59	Yellow Medicine	69
Faribault	65	Marshall	11	Rice	32		

### HEALTH FACTORS



Rank 1-21   Rank 22-42   Rank 43-63   Rank 64-84   Not Ranked

County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	75	Fillmore	40	Martin	36	Rock	11
Anoka	51	Freeborn	70	McLeod	25	Roseau	32
Becker	67	Goodhue	24	Meeker	43	Scott	5
Beltrami	84	Grant	41	Mille Lacs	80	Sherburne	50
Benton	45	Hennepin	30	Morrison	76	Sibley	52
Big Stone	6	Houston	18	Mower	58	St. Louis	64
Blue Earth	42	Hubbard	60	Murray	13	Stearns	20
Brown	27	Isanti	63	Nicollet	4	Steele	29
Carlton	44	Itasca	61	Nobles	54	Stevens	12
Carver	2	Jackson	7	Norman	62	Swift	53
Cass	81	Kanabec	79	Olmsted	1	Todd	77
Chippewa	57	Kandiyohi	55	Otter Tail	56	Traverse	NR
Chisago	48	Kittson	NR	Pennington	38	Wabasha	9
Clay	22	Koochiching	73	Pine	78	Wadena	66
Clearwater	83	Lac qui Parle	21	Pipestone	23	Waseca	47
Cook	28	Lake	35	Polk	71	Washington	3
Cottonwood	26	Lake of the Woods	NR	Pope	10	Watonwan	72
Crow Wing	59	Le Sueur	49	Ramsey	69	Wilkin	14
Dakota	8	Lincoln	39	Red Lake	74	Winona	37
Dodge	31	Lyon	33	Redwood	34	Wright	16
Douglas	15	Mahnomen	82	Renville	65	Yellow Medicine	19
Faribault	68	Marshall	46	Rice	17		

## Summary Health Outcomes & Health Factors Rankings

Counties receive two summary 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	Steele	1	Olmsted
2	Carver	2	Carver
3	McLeod	3	Washington
4	Douglas	4	Nicollet
5	Fillmore	5	Scott
6	Jackson	6	Big Stone
7	Washington	7	Jackson
8	Dakota	8	Dakota
9	Le Sueur	9	Wabasha
10	Scott	10	Pope
11	Marshall	11	Rock
12	Lac qui Parle	12	Stevens
13	Wright	13	Murray
14	Chippewa	14	Wilkin
15	Clearwater	15	Douglas
16	Houston	16	Wright
17	Brown	17	Rice
18	Nicollet	18	Houston
19	Sibley	19	Yellow Medicine
20	Winona	20	Stearns
21	Wilkin	21	Lac qui Parle
22	Lincoln	22	Clay
23	Olmsted	23	Pipestone
24	Waseca	24	Goodhue
25	Meeker	25	McLeod
26	Pope	26	Cottonwood
27	Otter Tail	27	Brown
28	Sherburne	28	Cook
29	Blue Earth	29	Steele
30	Big Stone	30	Hennepin
31	Dodge	31	Dodge
32	Rice	32	Roseau
33	Stearns	33	Lyon
34	Pennington	34	Redwood
35	Kandiyohi	35	Lake
36	Aitkin	36	Martin
37	Red Lake	37	Winona
38	Anoka	38	Pennington
39	Isanti	39	Lincoln
40	Swift	40	Fillmore
41	Hubbard	41	Grant
42	Cook	42	Blue Earth



Rank	Health Outcomes	Rank	Health Factors
43	Redwood	43	Meeker
44	Nobles	44	Carlton
45	Martin	45	Benton
46	Mower	46	Marshall
47	Wabasha	47	Waseca
48	Stevens	48	Chisago
49	Murray	49	Le Sueur
50	Kanabec	50	Sherburne
51	Roseau	51	Anoka
52	Hennepin	52	Sibley
53	Goodhue	53	Swift
54	Polk	54	Nobles
55	Benton	55	Kandiyohi
56	Chisago	56	Otter Tail
57	Pine	57	Chippewa
58	Koochiching	58	Mower
59	Renville	59	Crow Wing
60	Itasca	60	Hubbard
61	Ramsey	61	Itasca
62	Crow Wing	62	Norman
63	Carlton	63	Isanti
64	Clay	64	St. Louis
65	Faribault	65	Renville
66	Freeborn	66	Wadena
67	Todd	67	Becker
68	Watonwan	68	Faribault
69	Yellow Medicine	69	Ramsey
70	Grant	70	Freeborn
71	Becker	71	Polk
72	St. Louis	72	Watonwan
73	Mille Lacs	73	Koochiching
74	Rock	74	Red Lake
75	Lyon	75	Aitkin
76	Cottonwood	76	Morrison
77	Beltrami	77	Todd
78	Morrison	78	Pine
79	Lake	79	Kanabec
80	Wadena	80	Mille Lacs
81	Norman	81	Cass
82	Pipestone	82	Mahnomen
83	Mahnomen	83	Clearwater
84	Cass	84	Beltrami

**Not Ranked:** Kittson, Lake of the Woods, Traverse

## 2012 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Mortality</b>	Premature death	National Center for Health Statistics	2006-2008
<b>Morbidity</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2004-2010
	Poor physical health days	Behavioral Risk Factor Surveillance System	2004-2010
	Poor mental health days	Behavioral Risk Factor Surveillance System	2004-2010
	Low birthweight	National Center for Health Statistics	2002-2008
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco Use</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2004-2010
<b>Diet and Exercise</b>	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
<b>Alcohol Use</b>	Excessive drinking	Behavioral Risk Factor Surveillance System	2004-2010
	Motor vehicle crash death rate	National Center for Health Statistics	2002-2008
<b>Sexual Activity</b>	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2009
	Teen birth rate	National Center for Health Statistics	2002-2008
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured	Small Area Health Insurance Estimates	2009
	Primary care physicians	Health Resources & Services Administration	2009
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2009
	Diabetic screening	Medicare/Dartmouth Institute	2009
	Mammography screening	Medicare/Dartmouth Institute	2009
<b>SOCIAL AND ECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	National Center for Education Statistics and state-specific sources <sup>1</sup>	2008-2010
	Some college	American Community Survey	2006-2010
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2010
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates	2010
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2006-2010
	Children in single-parent households	American Community Survey	2006-2010
<b>Community Safety</b>	Violent crime rate <sup>2</sup>	Federal Bureau of Investigation	2007-2009
<b>PHYSICAL ENVIRONMENT</b>			
<b>Environmental Quality</b> <sup>3</sup>	Air pollution-particulate matter days	U.S. Environmental Protection Agency	2007
	Air pollution-ozone days	U.S. Environmental Protection Agency	2007
<b>Built Environment</b>	Access to recreational facilities	Census County Business Patterns	2009
	Limited access to healthy foods <sup>4</sup>	U.S. Department of Agriculture	2006
	Fast food restaurants	Census County Business Patterns	2009

<sup>1</sup> NCES used for AK, AL, AR, CA, CT, FL, HI, ID, KY, MT, ND, NJ, OK, SD and TN

<sup>2</sup> State data source for IL.

<sup>3</sup> Not available for AK and HI.

<sup>4</sup> Access to Healthy Foods (2009) from Census Zip Code Business Patterns 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 Booske Catlin, PhD, MHSA  
Amanda Jovaag, MS  
Patrick Remington, MD, MPH

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

**Technical Advisor**

Amy Bernstein, ScD, Centers for Disease Control and Prevention

**Research Assistance**

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

**Communications and Outreach**

Burness Communications  
Anna Grilley  
Anna Graupner, MPH  
Kate Konkle, MPH  
Angela Russell, MS  
Julie Willems Van Dijk, PhD, RN

**Design**

Forum One, Alexandria, VA  
Media Solutions, UW School of Medicine and Public Health

**Robert Wood Johnson Foundation**

Brenda L. Henry, PhD, MPH – Senior Program Officer  
Abbey Cofsky, MPH – Program Officer  
Michelle Larkin, JD, MS, RN – Assistant Vice-President and Deputy Director, Health Group  
James S. Marks, MD, MPH – Senior Vice-President and Group Director, Health Group  
Joe Marx – Senior Communications Officer

Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2012*.



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**University of Wisconsin Population Health Institute**  
610 Walnut St, #524, Madison, WI 53726  
(608) 265-6370 / [info@countyhealthrankings.org](mailto:info@countyhealthrankings.org)

