

# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

## 2014 *Rankings*

# Maine



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



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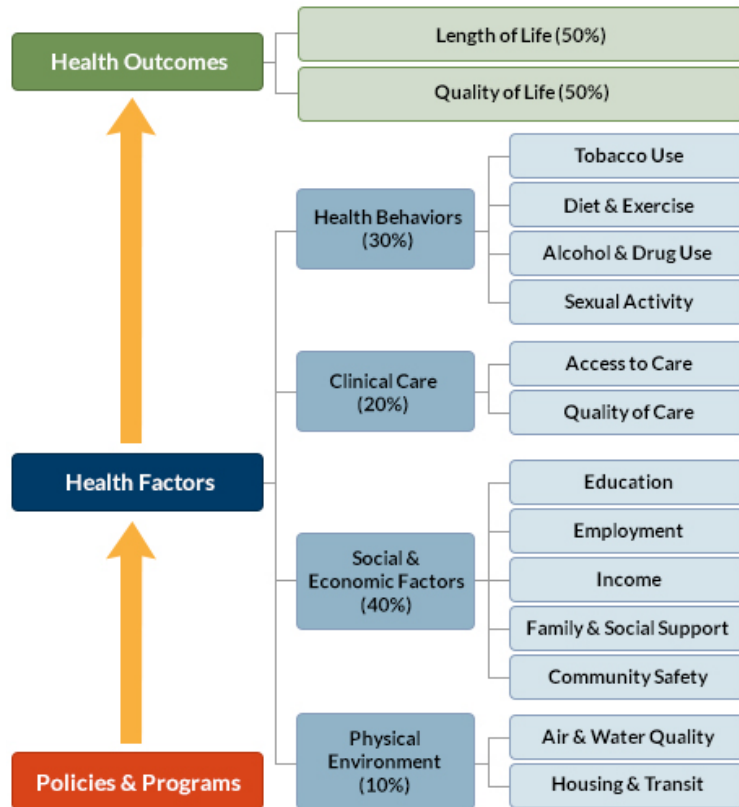
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## INTRODUCTION

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](http://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](http://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

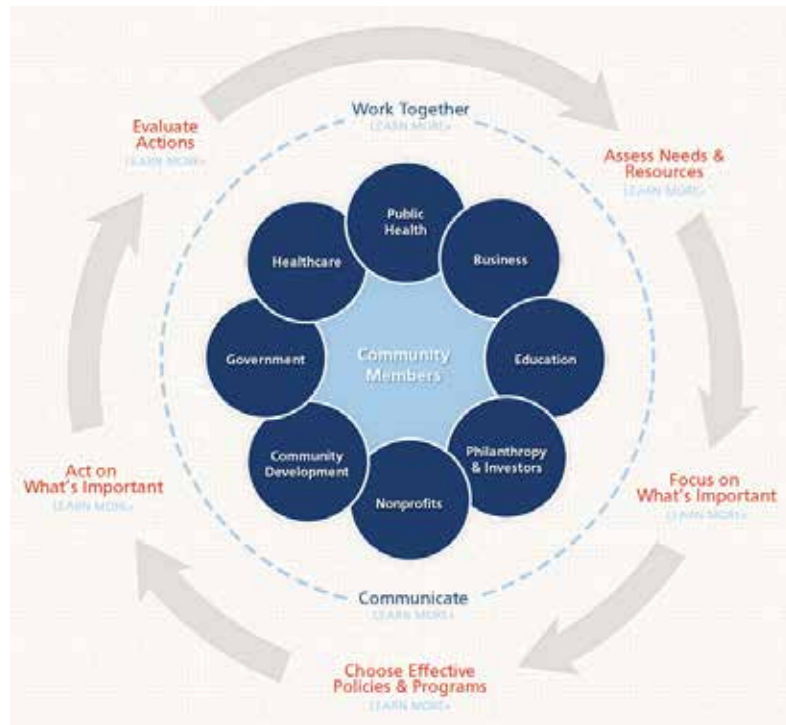
Honoring the efforts of communities working at the forefront of health improvement, the Robert Wood

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](http://countyhealthrankings.org) or [rwjf.org/prize](http://rwjf.org/prize) to learn about the work of past prize winners.

At [countyhealthrankings.org](http://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](http://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 Maine'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

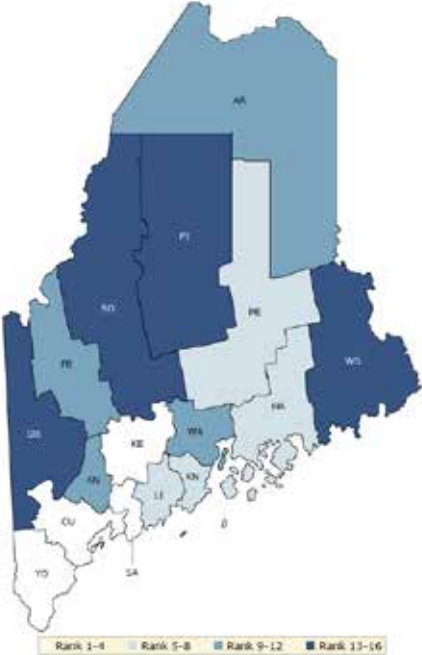


County	Rank	County	Rank	County	Rank	County	Rank
Androscoggin	7	Hancock	1	Oxford	10	Somerset	15
Aroostook	13	Kennebec	5	Penobscot	11	Waldo	12
Cumberland	3	Knox	6	Piscataquis	16	Washington	14
Franklin	8	Lincoln	9	Sagadahoc	2	York	4

The blue map displays Maine’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
Androscoggin	9	Hancock	6	Oxford	13	Somerset	15
Aroostook	11	Kennebec	4	Penobscot	8	Waldo	10
Cumberland	1	Knox	5	Piscataquis	14	Washington	16
Franklin	12	Lincoln	7	Sagadahoc	2	York	3

## 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	Hancock	1	Cumberland
2	Sagadahoc	2	Sagadahoc
3	Cumberland	3	York
4	York	4	Kennebec
5	Kennebec	5	Knox
6	Knox	6	Hancock
7	Androscoggin	7	Lincoln
8	Franklin	8	Penobscot
9	Lincoln	9	Androscoggin
10	Oxford	10	Waldo
11	Penobscot	11	Aroostook
12	Waldo	12	Franklin
13	Aroostook	13	Oxford
14	Washington	14	Piscataquis
15	Somerset	15	Somerset
16	Piscataquis	16	Washington

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

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Length of Life</b>	Premature death	National Center for Health Statistics	2008-2010
<b>Quality of Life</b>	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
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco Use</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2006-2012
<b>Diet and Exercise</b>	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
<b>Alcohol and Drug Use</b>	Excessive drinking	Behavioral Risk Factor Surveillance System	2006-2012
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2008-2012
<b>Sexual Activity</b>	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention	2011
	Teen births	National Center for Health Statistics	2005-2011
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	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
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2011
	Diabetic screening	Medicare/Dartmouth Institute	2011
	Mammography screening	Medicare/Dartmouth Institute	2011
<b>SOCIAL AND ECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	data.gov, supplemented with National Center for Education Statistics	2010-2011
	Some college	American Community Survey	2008-2012
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2012
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates	2012
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2008-2012
<b>Community Safety</b>	Violent crime	Uniform Crime Reporting - FBI	2009-2011
	Injury deaths	CDC WONDER	2006-2010
<b>PHYSICAL ENVIRONMENT</b>			
<b>Air and Water Quality</b>	Air pollution - particulate matter <sup>1</sup>	CDC WONDER	2011
	Drinking water violations	Safe Drinking Water Information System	FY 2012-2013
<b>Housing and Transit</b>	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

<sup>1</sup> Not available for AK and HI.



CREDITS

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