

County Health Rankings

Mobilizing Action Toward Community Health

2010

Kentucky



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research into Policy and Practice

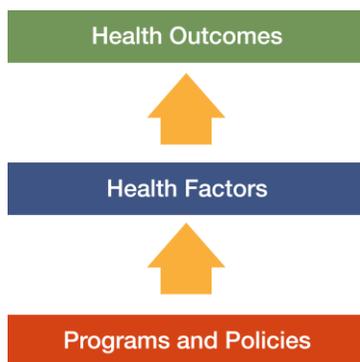
Introduction

Where we live matters to our health. The health of a community depends on many different factors, including quality of health care, individual behavior, education and jobs, and the environment. We can improve a community's health through programs and policies. For example, people who live in communities with ample park and recreation space are more likely to exercise, which reduces heart disease risk. 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.

The problem is that there are big differences in health across communities, with some places being much healthier than others. And up to now, it has been hard to get a standard way to measure how healthy a county is and see where they can improve.

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute are pleased to present the 2010 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the first time, counties can get a snapshot of how healthy their residents are by comparing their overall health and the factors that influence their health, with other counties in their state. This will allow them to see county-to-county where they are doing well and where they need to improve. Everyone has a stake in community health. We all need to work together to find solutions. The *County Health Rankings* serve as both a call to action and a needed tool in this effort.

All of the *County Health Rankings* are based upon 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. These health factors and their outcomes may also be affected by community-based programs and policies designed to alter their distribution in the community. Counties can improve health outcomes by addressing all health factors with effective, evidence-based programs and policies.



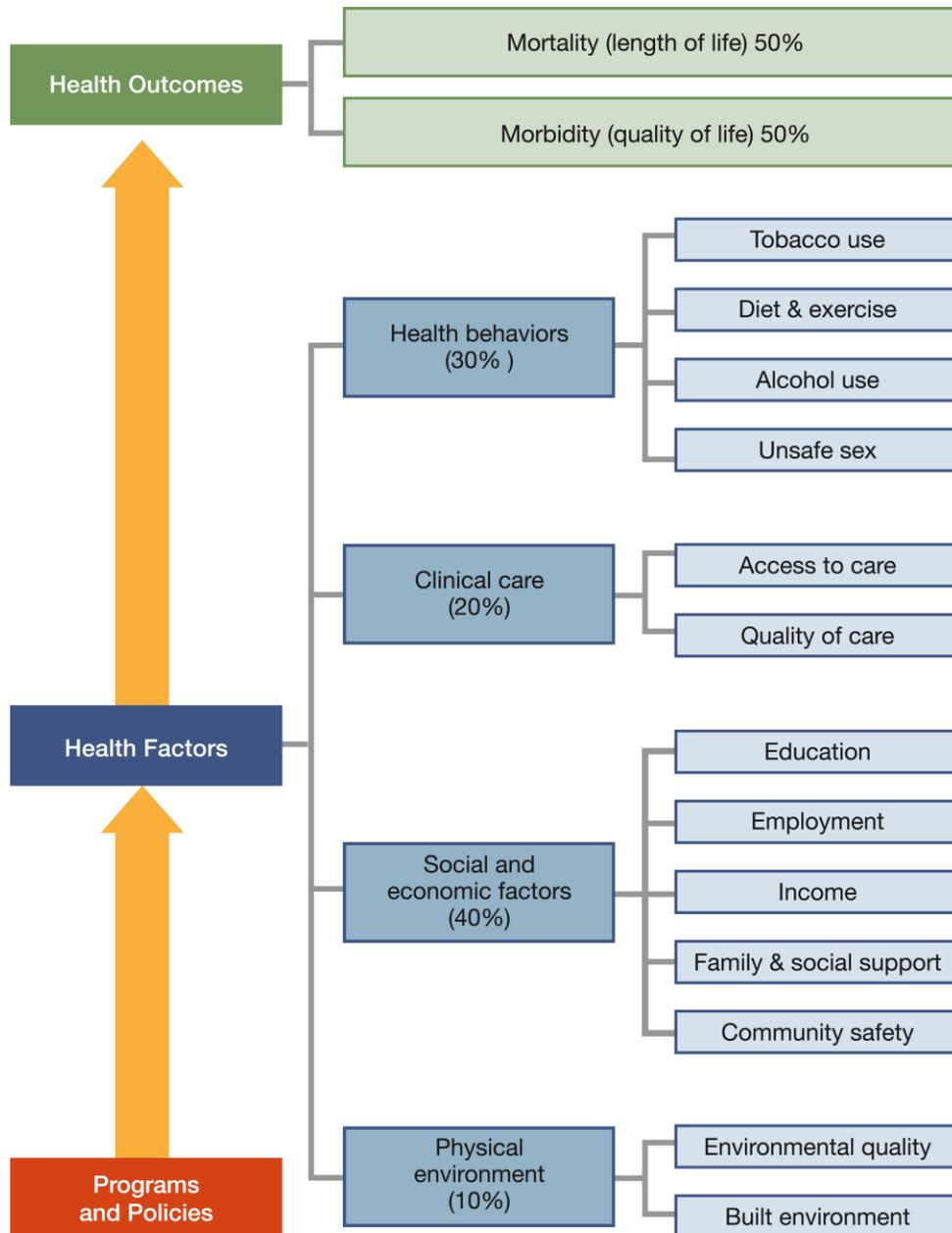
Institute of Medicine, 2002

To compile the *Rankings*, we built on our prior work in Wisconsin, worked closely with staff from the Centers for Disease Control and Prevention and Dartmouth College, and obtained input from a team of expert advisors. Together we selected a number of population health measures based on scientific relevance, importance, and availability of data at the county level. For a more detailed explanation of the choice of measures, see www.countyhealthrankings.org.

The Rankings

This report ranks Kentucky counties according to their summary measures of **health outcomes** and **health factors**, as well as the components used to create each summary measure. The figure below depicts the structure of the *Rankings* model. Counties receive a rank for each population health component; 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.

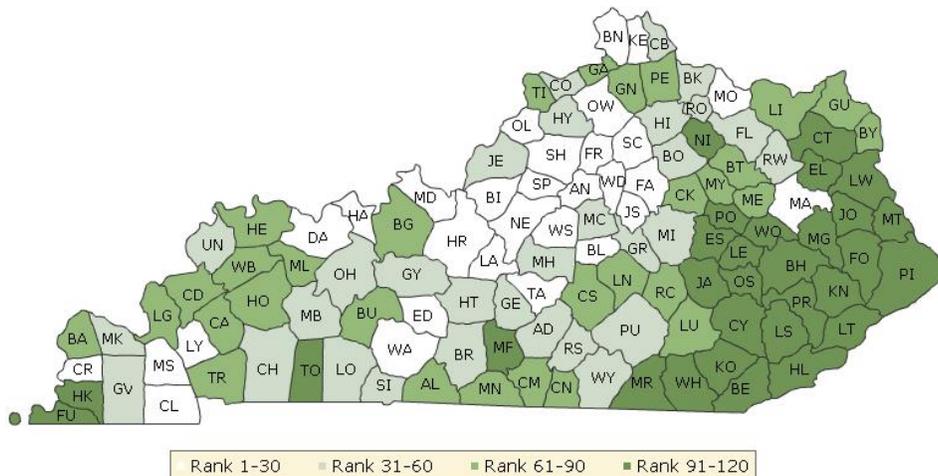


County Health Rankings model ©2010 UWPHI

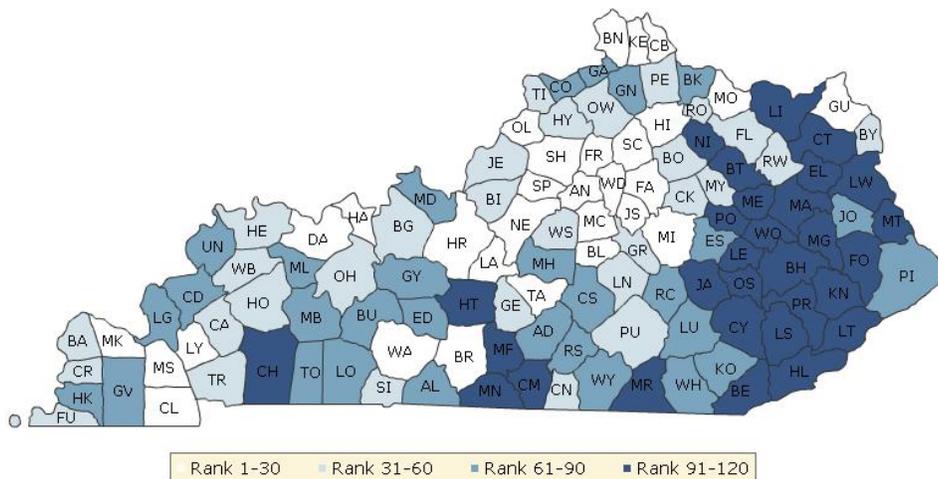
The maps on this page display Kentucky's counties divided into groups by health rank. The lighter colors indicate better performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

Maps help locate the healthiest and least healthy counties in the state. The health factors map appears similar to the health outcomes map, showing how health factors and health outcomes are closely related.

HEALTH OUTCOMES



HEALTH FACTORS



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 are what influences the health of the county.

Rank	Health Outcomes	Rank	Health Factors
1	Boone	1	Woodford
2	Oldham	2	Fayette
3	Calloway	3	Boone
4	Scott	4	Oldham
5	Anderson	5	Hancock
6	Woodford	6	Jessamine
7	Owen	7	Madison
8	Franklin	8	Scott
9	Spencer	9	Campbell
10	Fayette	10	Calloway
11	Washington	11	Marshall
12	Bullitt	12	Boyle
13	Meade	13	Anderson
14	Morgan	14	Warren
15	Hardin	15	Kenton
16	Jessamine	16	Harrison
17	Nelson	17	Barren
18	Lyon	18	McCracken
19	Shelby	19	Spencer
20	Larue	20	Daviess
21	Daviess	21	Shelby
22	Edmonson	22	Mason
23	Warren	23	Franklin
24	Hancock	24	Greenup
25	Carlisle	25	Taylor
26	Taylor	26	Hardin
27	Marshall	27	Lyon
28	Mason	28	Mercer
29	Boyle	29	Nelson
30	Kenton	30	Larue
31	Russell	31	Clark
32	Campbell	32	Pulaski
33	Jefferson	33	Bullitt
34	Madison	34	Jefferson
35	Barren	35	Boyd
36	Garrard	36	Rowan
37	Hart	37	Robertson
38	McCracken	38	Garrard
39	Mercer	39	Webster
40	Green	40	Ballard

Rank	Health Outcomes	Rank	Health Factors
41	Henry	41	Trimble
42	Graves	42	Washington
43	Bourbon	43	Simpson
44	Bracken	44	Owen
45	Union	45	Lincoln
46	Ohio	46	Bourbon
47	Harrison	47	Fleming
48	Christian	48	Fulton
49	Pulaski	49	Carlisle
50	Logan	50	Henderson
51	Rowan	51	Green
52	Adair	52	Montgomery
53	Grayson	53	Ohio
54	Simpson	54	Breckinridge
55	Marion	55	Trigg
56	Fleming	56	Henry
57	Robertson	57	Hopkins
58	Carroll	58	Caldwell
59	Muhlenberg	59	Pendleton
60	Wayne	60	Clinton
61	Livingston	61	Logan
62	Webster	62	Hickman
63	Crittenden	63	Russell
64	Caldwell	64	Marion
65	Monroe	65	Todd
66	Hopkins	66	Livingston
67	Bath	67	Estill
68	Greenup	68	Whitley
69	Montgomery	69	Gallatin
70	Breckinridge	70	Casey
71	Henderson	71	Union
72	Gallatin	72	Grant
73	Clark	73	Graves
74	Trimble	74	Bracken
75	Trigg	75	Muhlenberg
76	Rockcastle	76	Crittenden
77	Allen	77	Carroll
78	Butler	78	Laurel
79	Lincoln	79	McLean
80	Boyd	80	Wayne
81	Pendleton	81	Edmonson
82	Laurel	82	Grayson
83	Cumberland	83	Meade
84	Menifee	84	Rockcastle
85	McLean	85	Allen
86	Casey	86	Pike
87	Lewis	87	Butler
88	Clinton	88	Adair
89	Grant	89	Johnson
90	Ballard	90	Knox

Rank	Health Outcomes	Rank	Health Factors
91	Todd	91	Hart
92	Estill	92	Metcalfe
93	Elliott	93	Knott
94	Carter	94	Christian
95	Hickman	95	Nicholas
96	Metcalfe	96	Morgan
97	Jackson	97	Cumberland
98	Johnson	98	Carter
99	Lee	99	Letcher
100	Powell	100	Monroe
101	Nicholas	101	Powell
102	Breathitt	102	Owsley
103	Lawrence	103	Lee
104	Knott	104	Perry
105	Knox	105	Harlan
106	Bell	106	Elliott
107	Leslie	107	Floyd
108	Whitley	108	Lewis
109	Letcher	109	Menifee
110	Fulton	110	Bath
111	Floyd	111	Lawrence
112	McCreary	112	Breathitt
113	Clay	113	Magoffin
114	Pike	114	Martin
115	Magoffin	115	Wolfe
116	Perry	116	Bell
117	Harlan	117	Jackson
118	Owsley	118	Clay
119	Martin	119	Leslie
120	Wolfe	120	McCreary

Health Outcomes Rankings

The summary health outcomes ranking is based on measures of mortality and morbidity. Each county's ranks for mortality and morbidity are displayed here. The mortality rank, representing length of life, is based on a measure of premature death: the years of potential life lost prior to age 75.

The morbidity rank is based on measures that represent health-related quality of life and birth outcomes. We combine four morbidity measures: self-reported fair or poor health, poor physical health days, poor mental health days, and the percent of births with low birthweight.

Rank	Mortality	Rank	Morbidity
1	Oldham	1	Washington
2	Boone	2	Woodford
3	Scott	3	Boone
4	Calloway	4	Spencer
5	Carlisle	5	Calloway
6	Owen	6	Hancock
7	Garrard	7	Jessamine
8	Bullitt	8	Anderson
9	Lyon	9	Larue
10	Shelby	10	Franklin
11	Hardin	11	Fayette
12	Franklin	12	Oldham
13	Anderson	13	Meade
14	Fayette	14	Scott
15	Morgan	15	Taylor
16	Nelson	16	Owen
17	Madison	17	Morgan
18	Meade	18	Crittenden
19	Edmonson	19	Kenton
20	Adair	20	Daviess
21	Russell	21	Nelson
22	Spencer	22	Campbell
23	Daviess	23	Warren
24	Mason	24	Bullitt
25	Boyle	25	Hardin
26	Green	26	Rowan
27	Mercer	27	Butler
28	Woodford	28	Marshall
29	Warren	29	Hart
30	Bourbon	30	Carroll
31	Barren	31	Logan
32	McCracken	32	Trimble
33	Jessamine	33	Shelby
34	Marshall	34	Lyon
35	Jefferson	35	Monroe
36	Union	36	Henry
37	Livingston	37	Jefferson
38	Gallatin	38	Simpson
39	Larue	39	Edmonson
40	Bracken	40	Harrison

Rank	Mortality	Rank	Morbidity
41	Kenton	41	Boyle
42	Campbell	42	Pulaski
43	Taylor	43	Mason
44	Trigg	44	Robertson
45	Graves	45	Breckinridge
46	Christian	46	Barren
47	Washington	47	Graves
47	Wayne	48	Ohio
49	Hart	49	Fleming
50	Marion	50	McCracken
51	Henry	51	Bath
52	Grayson	52	Russell
53	Grant	53	Muhlenberg
54	Ohio	54	Caldwell
55	Henderson	55	Christian
56	Webster	56	Hickman
57	Lincoln	57	Bracken
58	Hancock	58	Grayson
59	Montgomery	59	Mercer
60	McLean	60	Clinton
61	Greenup	61	Rockcastle
62	Allen	62	Cumberland
63	Harrison	63	Marion
64	Hopkins	64	Estill
65	Boyd	65	Madison
66	Fleming	66	Bourbon
67	Pulaski	67	Green
68	Muhlenberg	68	Union
69	Clark	69	Ballard
70	Robertson	70	Carlisle
71	Simpson	71	Hopkins
72	Laurel	72	Webster
73	Caldwell	73	Clark
74	Logan	74	Pendleton
75	Bath	75	Wayne
76	Rowan	76	Greenup
77	Carroll	77	Casey
78	Pendleton	78	Menifee
79	Rockcastle	79	Montgomery
80	Breckinridge	80	Lewis
81	Menifee	81	Henderson
82	Monroe	82	Breathitt
83	Casey	83	Todd
84	Lewis	84	Laurel
85	Cumberland	85	Garrard
86	Jackson	86	Powell
87	Elliott	87	Carter
88	Crittenden	88	Livingston
89	Metcalfe	89	Allen
90	Todd	90	Boyd

Rank	Mortality	Rank	Morbidity
91	Lawrence	91	Adair
92	Clay	92	Lincoln
93	Trimble	93	Trigg
94	Ballard	94	Elliott
95	Carter	95	Gallatin
96	Clinton	96	Lee
97	Butler	97	Knox
98	Johnson	98	Bell
99	Nicholas	99	Johnson
100	Estill	100	McLean
101	Knott	101	Owsley
102	Leslie	102	Metcalfe
103	Lee	103	Wolfe
104	Fulton	104	Grant
105	Floyd	105	Nicholas
106	Magoffin	106	Whitley
107	Hickman	107	Jackson
108	McCreary	108	Letcher
109	Pike	109	Knott
110	Letcher	110	Leslie
111	Bell	111	Perry
112	Knox	112	Harlan
113	Whitley	113	Pike
114	Powell	114	McCreary
115	Breathitt	115	Fulton
116	Martin	116	Floyd
117	Harlan	117	Lawrence
118	Perry	118	Magoffin
119	Owsley	119	Martin
120	Wolfe	120	Clay

Health Factors Rankings

The summary health factors ranking is based on four factors: health behaviors, clinical care, social and economic, and physical environment factors. In turn, each of these factors is based on several measures. Health behaviors include measures of smoking, diet and exercise, alcohol use, and risky sex behavior. Clinical

care includes measures of access to care and quality of care. Social and economic factors include measures of education, employment, income, family and social support, and community safety. The physical environment includes measures of environmental quality and the built environment.

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
1	Woodford	1	Fayette	1	Oldham	1	Robertson
2	Fayette	2	Jefferson	2	Woodford	1	Russell
3	Hancock	3	Kenton	3	Boone	1	Wayne
4	Oldham	4	Boone	4	Fayette	4	Trimble
5	Jessamine	5	Clark	5	Madison	5	Montgomery
6	Boone	6	Campbell	6	Campbell	6	Marshall
7	Barren	7	Jessamine	7	Calloway	7	Clinton
8	Calloway	8	Boyd	8	Shelby	7	Elliott
9	Madison	9	Hopkins	9	Warren	7	Green
10	Campbell	10	Mason	10	Scott	10	Lewis
11	Boyle	11	Rowan	11	Hancock	11	Grayson
12	Jefferson	12	Fulton	12	Marshall	12	Caldwell
13	Fulton	13	Woodford	13	Harrison	13	Spencer
14	McCracken	14	Barren	14	Franklin	13	Trigg
15	Nelson	15	Scott	15	Daviess	15	Monroe
16	Marshall	16	Whitley	16	Anderson	16	Scott
17	Fleming	17	Powell	17	Jessamine	17	Taylor
18	Taylor	18	Greenup	18	Mercer	18	Bath
19	Hickman	19	Harrison	19	Kenton	18	Casey
20	Scott	20	Bourbon	20	Spencer	18	Cumberland
21	Kenton	21	Boyle	21	McCracken	18	Estill
22	Warren	22	Pulaski	22	Ballard	18	Hart
23	Lyon	23	Daviess	23	Larue	18	Lincoln
24	Daviess	24	McCracken	24	Hardin	18	Powell
25	Bullitt	25	Taylor	25	Lyon	25	Laurel
26	Carlisle	26	Anderson	26	Mason	26	Rowan
27	Larue	27	Franklin	27	Webster	27	Hancock
28	Washington	28	Montgomery	28	Rowan	28	Pulaski
29	Casey	29	Madison	29	Greenup	29	Lyon
30	Pulaski	30	Owsley	30	Bullitt	30	Martin
31	Spencer	31	Laurel	31	Boyd	30	McCreary
32	Lincoln	32	Carter	32	Nelson	30	Whitley
33	Hardin	33	Marion	33	Bourbon	33	Logan
34	Clinton	34	Perry	34	Henderson	34	Allen
35	Trigg	35	Estill	35	Ohio	34	Todd
36	Garrard	36	Elliott	36	Simpson	36	Garrard
37	Grayson	37	Spencer	37	Boyle	36	Lawrence
38	Owen	38	Oldham	38	Bracken	36	Menifee
39	Green	39	Hancock	39	Garrard	39	Muhlenberg
40	Webster	40	Nelson	40	Owen	40	Owen
41	Estill	41	Lee	41	Washington	41	Barren

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
42	Anderson	42	Grayson	42	Logan	42	Owsley
43	Henderson	43	Knox	43	Clark	43	Clark
44	Shelby	44	Hardin	44	Pendleton	44	Harrison
45	Robertson	45	Bracken	45	Carlisle	45	Knox
46	Breckinridge	46	Wayne	46	Trimble	46	Adair
47	Greenup	47	Warren	47	Jefferson	46	Boyle
48	Livingston	48	Simpson	48	Livingston	46	Jackson
49	Franklin	49	Mercer	49	Green	46	Lee
50	Henry	50	Bath	50	Caldwell	46	Letcher
51	Ballard	51	Robertson	51	Henry	46	Rockcastle
52	Adair	52	Lincoln	52	Union	52	Mason
53	Owsley	53	Menifee	53	Crittenden	53	Breckinridge
54	Trimble	54	Carroll	54	Graves	54	Anderson
55	Mason	55	Russell	55	Meade	55	Fleming
56	Harrison	56	Shelby	56	Robertson	56	McLean
57	Todd	57	Ohio	57	Barren	57	Hopkins
58	Morgan	58	Grant	58	Breckinridge	58	Breathitt
59	Mercer	59	Caldwell	59	Todd	59	Metcalfe
60	Pendleton	60	Christian	60	Taylor	60	Leslie
61	Harlan	61	Bullitt	61	Trigg	61	Mercer
62	Muhlenberg	62	Henderson	62	McLean	62	Clay
63	Gallatin	63	McCreary	63	Allen	62	Johnson
64	Boyd	64	Breathitt	64	Edmonson	62	Morgan
65	Simpson	65	Rockcastle	65	Pulaski	65	Calloway
66	Cumberland	66	Meade	66	Johnson	66	Carroll
67	Edmonson	67	Garrard	67	Carroll	67	Webster
68	Butler	68	Marshall	68	Gallatin	68	Greenup
69	Marion	69	Letcher	69	Grant	69	Pike
70	Clark	70	Jackson	70	Hickman	70	Crittenden
71	Russell	71	Hart	71	Marion	71	Magoffin
72	Wayne	72	Pike	72	Lincoln	72	Wolfe
73	Knox	73	Clay	73	Clinton	73	Simpson
74	McLean	74	Wolfe	74	Pike	74	Livingston
75	Logan	75	Larue	75	Fleming	75	Gallatin
76	Montgomery	76	Muhlenberg	76	Montgomery	76	Harlan
77	Graves	77	Harlan	77	Hopkins	77	Edmonson
78	Whitley	78	Henry	78	Laurel	78	Butler
79	Christian	79	Johnson	79	Rockcastle	79	Pendleton
80	Monroe	80	Bell	80	Muhlenberg	80	Hickman
81	Ohio	81	Calloway	81	Letcher	81	Grant
82	Hopkins	82	Trimble	82	Butler	82	Ohio
83	Knott	83	Fleming	83	Casey	83	Shelby
84	Clay	84	Martin	84	Nicholas	84	Bracken
85	Magoffin	85	Floyd	85	Russell	85	Madison
86	Grant	86	Union	86	Knott	86	Floyd
87	Crittenden	87	Gallatin	87	Hart	87	Nicholas
88	Caldwell	88	Breckinridge	88	Adair	88	Bourbon
89	Union	89	Webster	89	Metcalfe	89	Union
90	Rockcastle	90	Lyon	90	Whitley	90	Bell

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
91	Metcalfe	91	Washington	91	Monroe	91	Ballard
92	Carroll	92	Lewis	92	Perry	92	Larue
93	Rowan	93	Graves	93	Floyd	93	Knott
94	Pike	94	Magoffin	94	Carter	94	Jessamine
95	Hart	95	Ballard	95	Christian	95	Bullitt
96	Lawrence	96	Pendleton	96	Fulton	96	Henry
97	Bourbon	97	Logan	97	Lewis	97	Warren
98	Allen	98	Morgan	98	Estill	98	Graves
99	Meade	99	Crittenden	99	Wayne	99	Washington
100	Menifee	100	Nicholas	100	Knox	100	Carlisle
101	Laurel	101	Butler	101	Cumberland	101	Boone
102	Nicholas	102	Metcalfe	102	Lee	102	Woodford
103	Bell	103	Allen	103	Morgan	103	Hardin
104	Johnson	104	Clinton	104	Breathitt	104	Carter
105	Powell	105	Trigg	105	Grayson	105	Fulton
106	Carter	106	Owen	106	Bath	106	Marion
107	Lee	107	Lawrence	107	Martin	107	Franklin
108	Jackson	108	Knott	108	Lawrence	108	Fayette
109	Wolfe	109	McLean	109	Powell	109	Christian
110	Bath	110	Carlisle	110	Elliott	110	Boyd
111	Floyd	111	Adair	111	Wolfe	111	McCracken
112	Elliott	112	Todd	112	Menifee	112	Meade
113	Bracken	113	Cumberland	113	Leslie	113	Perry
114	Perry	114	Hickman	114	Bell	114	Nelson
115	Martin	115	Casey	115	Harlan	115	Daviess
116	Breathitt	116	Edmonson	116	Magoffin	116	Henderson
117	Lewis	117	Green	117	Owsley	117	Kenton
118	Letcher	118	Leslie	118	Jackson	118	Campbell
119	Leslie	119	Livingston	119	McCreary	119	Oldham
120	McCreary	120	Monroe	120	Clay	120	Jefferson

2010 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Mortality	Premature death	National Center for Health Statistics	2004-2006
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2002-2008
	Poor physical health days	Behavioral Risk Factor Surveillance System	2002-2008
	Poor mental health days	Behavioral Risk Factor Surveillance System	2002-2008
	Low birthweight	National Center for Health Statistics	2000-2006
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco	Adult smoking	Behavioral Risk Factor Surveillance System	2002-2008
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2006-2008
Alcohol Use	Binge drinking	Behavioral Risk Factor Surveillance System	2002-2008
	Motor vehicle crash death rate	National Center for Health Statistics	2000-2006
High Risk Sexual Behavior	Chlamydia rate	National Center for Health Statistics	2007
	Teen birth rate	National Center for Health Statistics	2000-2006
CLINICAL CARE			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2005
	Primary care provider rate	Health Resources & Services Administration	2006
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2005-2006
	Diabetic screening	Medicare/Dartmouth Institute	2003-2006
	Hospice use	Medicare/Dartmouth Institute	2001-2005
SOCIOECONOMIC FACTORS			
Education	High school graduation	National Center for Education Statistics ¹	2005-2006
	College degrees	U.S. Census/American Community Survey	2000/2005-2007
Employment	Unemployment	Bureau of Labor Statistics	2008
Income	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2007
	Income inequality	U.S. Census/American Community Survey ²	2000/2005-2007
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2008
	Single-parent households	U.S. Census/American Community Survey	2000/2005-2007
Community Safety	Violent crime ³	Uniform Crime Reporting, Federal Bureau of Investigation	2005-2007
PHYSICAL ENVIRONMENT			
Air Quality⁴	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
Built Environment	Access to healthy foods	Census Zip Code Business Patterns	2006
	Liquor store density	Census County Business Patterns	2006

¹ State data sources for KY, NH, NC, PA, SC, and UT (2007-2008).

² Income inequality estimates for 2000 were calculated by Mark L. Burkey, North Carolina Agricultural & Technical State University, www.ncat.edu/~burkeym/Gini.htm.

³ Homicide rate (2000-2006) from National Center for Health Statistics for AK, AZ, AR, CO, CT, GA, ID, IN, IA, KS, KY, LA, MN, MS, MT, NE, NH, NM, NC, ND, OH, SD, UT, and WV. State data source for IL.

⁴ Not available for AK and HI.

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