



# County Health Rankings

Mobilizing Action Toward Community Health

2011

**Alabama**



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 2011 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the second year in a row, 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 allows communities 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.

To compile the *Rankings*, we built on our prior work in Wisconsin, obtained input from a team of expert advisors, and worked closely with staff from the National Center for Health Statistics. Together we selected a number of population health measures based on scientific relevance, importance, and availability of data at the county level.

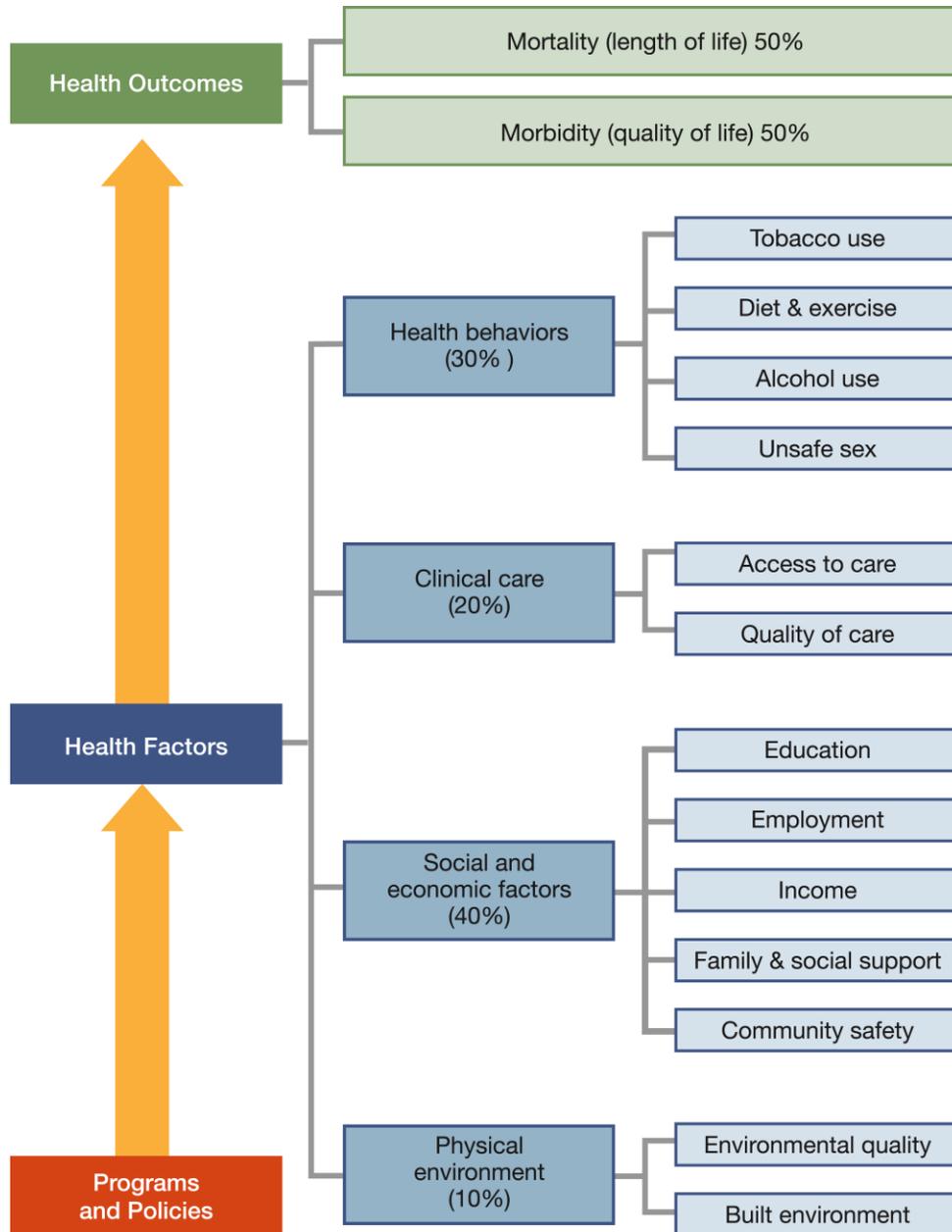
For a more detailed explanation of our approach, the methods used to compile the *Rankings*, information on the action steps communities can take to improve their health, and examples of communities in action, see [www.countyhealthrankings.org](http://www.countyhealthrankings.org)



## The Rankings

This report ranks Alabama 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.

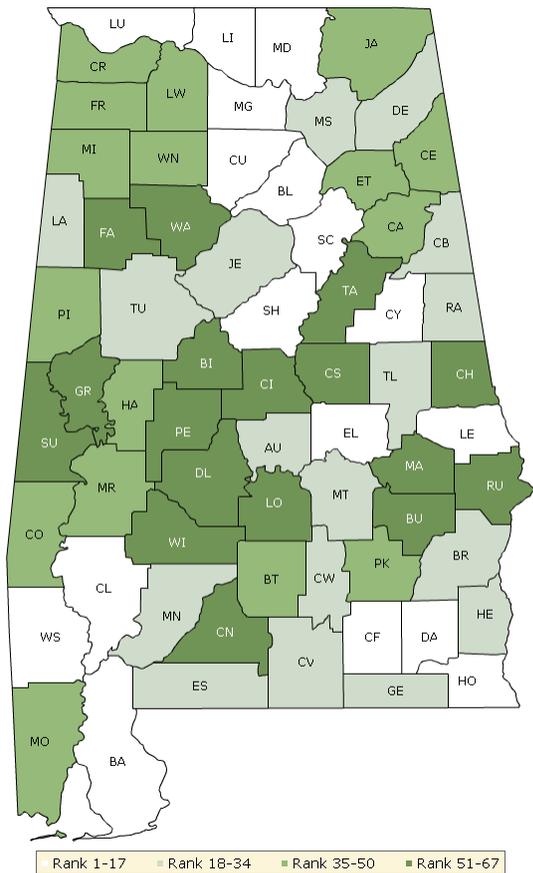


County Health Rankings model ©2010 UWPHI

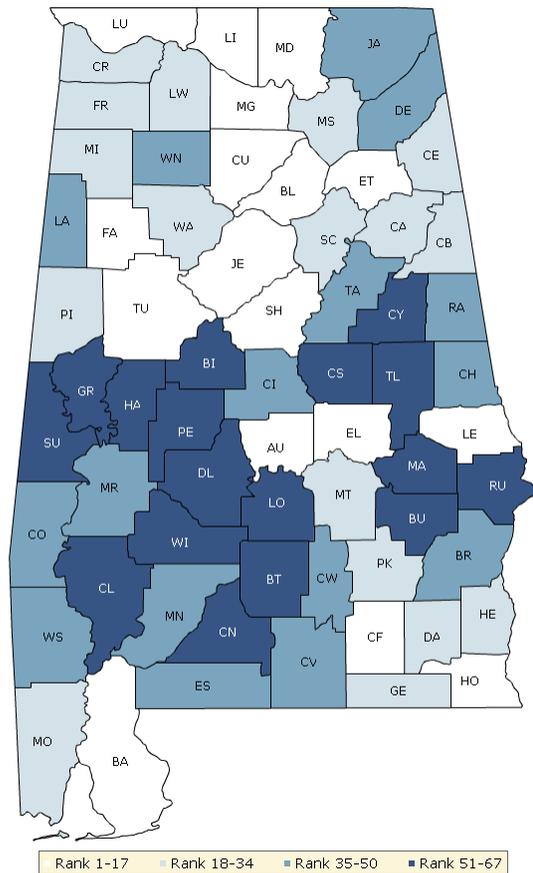
The maps on this page display Alabama's counties divided into groups by health rank. The lighter colors indicate better performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

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	Shelby	1	Shelby
2	Lee	2	Madison
3	Baldwin	3	Baldwin
4	Madison	4	Lauderdale
5	Limestone	5	Elmore
6	Elmore	6	Limestone
7	Morgan	7	Tuscaloosa
8	Blount	8	Fayette
9	Houston	9	Cullman
10	Coffee	10	Coffee
11	St. Clair	11	Autauga
12	Dale	12	Lee
13	Washington	13	Houston
14	Clay	14	Blount
15	Cullman	15	Morgan
16	Lauderdale	16	Jefferson
17	Clarke	17	Etowah
18	DeKalb	18	Montgomery
19	Geneva	19	Lawrence
20	Henry	20	Marion
21	Lamar	21	Walker
22	Covington	22	Colbert
23	Cleburne	23	Pike
24	Tuscaloosa	24	Dale
25	Marshall	25	Franklin
26	Montgomery	26	Cleburne
27	Autauga	27	Marshall
28	Randolph	28	Calhoun
29	Jefferson	29	Cherokee
30	Crenshaw	30	Geneva
31	Barbour	31	St. Clair
32	Escambia	32	Mobile
33	Tallapoosa	33	Henry
34	Monroe	34	Pickens
35	Marion	35	Randolph
36	Pike	36	DeKalb
37	Colbert	37	Chilton
38	Jackson	38	Marengo
39	Lawrence	39	Jackson
40	Etowah	40	Lamar

Rank	Health Outcomes	Rank	Health Factors
41	Hale	41	Covington
42	Pickens	42	Talladega
43	Winston	43	Escambia
44	Choctaw	44	Choctaw
45	Calhoun	45	Crenshaw
46	Mobile	46	Washington
47	Cherokee	47	Chambers
48	Marengo	48	Barbour
49	Franklin	49	Winston
50	Butler	50	Monroe
51	Russell	51	Coosa
52	Coosa	52	Macon
53	Sumter	53	Bibb
54	Chambers	54	Clay
55	Conecuh	55	Clarke
56	Fayette	56	Tallapoosa
57	Bibb	57	Russell
58	Chilton	58	Conecuh
59	Wilcox	59	Sumter
60	Talladega	60	Hale
61	Macon	61	Butler
62	Lowndes	62	Bullock
63	Dallas	63	Perry
64	Greene	64	Dallas
65	Walker	65	Lowndes
66	Perry	66	Greene
67	Bullock	67	Wilcox

## 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	Morbidity
1	Shelby	Shelby
2	Lee	Baldwin
3	Madison	Lee
4	Baldwin	Morgan
5	Blount	Geneva
6	Limestone	Madison
7	Elmore	Covington
8	Houston	Elmore
9	Lamar	Limestone
10	Lauderdale	Coffee
11	Clay	Henry
12	Morgan	St. Clair
13	Cleburne	Houston
14	St. Clair	Dale
15	Clarke	Washington
16	Dale	Marshall
17	Coffee	Marion
18	Barbour	Macon
19	Cullman	Jefferson
20	Washington	Blount
21	Tuscaloosa	Randolph
22	Tallapoosa	Cullman
23	DeKalb	Etowah
24	Monroe	Montgomery
25	Autauga	Coosa
26	Crenshaw	DeKalb
27	Choctaw	Butler
28	Montgomery	Pike
29	Henry	Clay
30	Colbert	Jackson
31	Marshall	Clarke
32	Randolph	Bibb
33	Marengo	Escambia
34	Escambia	Lauderdale
35	Jefferson	Calhoun
36	Geneva	Autauga
37	Hale	Tuscaloosa
38	Pickens	Lawrence
39	Sumter	Conecuh
40	Lawrence	Crenshaw

Rank	Mortality	Morbidity
41	Covington	Winston
42	Mobile	Cherokee
43	Pike	Russell
44	Winston	Cleburne
45	Chambers	Colbert
46	Jackson	Lamar
47	Fayette	Hale
48	Franklin	Pickens
49	Marion	Mobile
50	Talladega	Wilcox
51	Calhoun	Franklin
52	Cherokee	Chilton
53	Etowah	Monroe
54	Russell	Tallapoosa
55	Chilton	Barbour
56	Wilcox	Walker
57	Butler	Dallas
58	Conecuh	Sumter
59	Lowndes	Marengo
60	Coosa	Fayette
61	Bibb	Choctaw
62	Greene	Chambers
63	Dallas	Greene
64	Perry	Talladega
65	Walker	Lowndes
66	Bullock	Perry
67	Macon	Bullock

## 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	Clinical Care	Social & Economic Factors	Physical Environment
1	Shelby	Jefferson	Shelby	Lauderdale
2	Lauderdale	Shelby	Madison	Bibb
3	Baldwin	Montgomery	Baldwin	Madison
4	Madison	Houston	Lee	Pickens
5	Fayette	Dallas	Blount	Hale
6	Marion	Fayette	Elmore	Chambers
7	Elmore	Madison	Limestone	Franklin
8	Cleburne	Tuscaloosa	Autauga	Escambia
9	Conecuh	Autauga	Coffee	Etowah
10	Blount	Calhoun	Cullman	DeKalb
11	Lee	Colbert	Dale	Marion
12	DeKalb	Baldwin	Lauderdale	Chilton
13	Limestone	Chambers	St. Clair	Perry
14	Pickens	Walker	Tuscaloosa	Cullman
15	Henry	Mobile	Morgan	Covington
16	Franklin	Morgan	Lawrence	Pike
17	Lamar	Barbour	Walker	Calhoun
18	Cullman	Etowah	Colbert	Morgan
19	Tuscaloosa	Tallapoosa	Houston	Colbert
20	Winston	Choctaw	Etowah	Limestone
21	Marengo	Talladega	Cleburne	Barbour
22	Coffee	Lauderdale	Marshall	Walker
23	Houston	Macon	Crenshaw	Blount
24	Geneva	Cullman	Cherokee	Tuscaloosa
25	Clay	Monroe	Jefferson	Marshall
26	Montgomery	Pickens	Covington	Elmore
27	Macon	Pike	Jackson	Cherokee
28	Randolph	Coffee	Pike	St. Clair
29	Jefferson	Marengo	Geneva	Lee
30	Coosa	Limestone	Fayette	Sumter
31	Lawrence	Coosa	Calhoun	Montgomery
32	Monroe	Elmore	Franklin	Jackson
33	Mobile	Perry	Marion	Geneva
34	Washington	Chilton	Washington	Lawrence
35	Choctaw	Dale	Chilton	Coffee
36	Cherokee	Escambia	Randolph	Fayette
37	Marshall	Sumter	Lamar	Tallapoosa
38	Chambers	Russell	Henry	Lowndes
39	Pike	Jackson	Mobile	Marengo
40	Talladega	Cherokee	Bibb	Dale

Rank	Health Behaviors	Clinical Care	Social & Economic Factors	Physical Environment
41	Crenshaw	Lawrence	Winston	Winston
42	Autauga	Marshall	DeKalb	Shelby
43	Etowah	Clarke	Clay	Baldwin
44	Morgan	Randolph	Montgomery	Randolph
45	Escambia	Henry	Escambia	Clarke
46	Chilton	St. Clair	Tallapoosa	Russell
47	Clarke	Bibb	Choctaw	Lamar
48	Calhoun	Marion	Talladega	Autauga
49	Barbour	Geneva	Russell	Mobile
50	Jackson	Hale	Marengo	Houston
51	Dale	Greene	Clarke	Talladega
52	Covington	Bullock	Barbour	Henry
53	Walker	Franklin	Butler	Dallas
54	St. Clair	Covington	Pickens	Monroe
55	Colbert	Lowndes	Coosa	Clay
56	Russell	Lee	Hale	Butler
57	Dallas	Washington	Sumter	Coosa
58	Sumter	DeKalb	Monroe	Greene
59	Butler	Conecuh	Macon	Wilcox
60	Hale	Cleburne	Chambers	Cleburne
61	Bibb	Lamar	Conecuh	Washington
62	Bullock	Crenshaw	Bullock	Macon
63	Perry	Blount	Greene	Choctaw
64	Tallapoosa	Wilcox	Lowndes	Conecuh
65	Wilcox	Butler	Perry	Bullock
66	Lowndes	Clay	Wilcox	Crenshaw
67	Greene	Winston	Dallas	Jefferson

## 2011 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	2005-2007
<b>Morbidity</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2003-2009
	Poor physical health days	Behavioral Risk Factor Surveillance System	2003-2009
	Poor mental health days	Behavioral Risk Factor Surveillance System	2003-2009
	Low birthweight	National Center for Health Statistics	2001-2007
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2003-2009
<b>Diet and Exercise</b>	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2008
<b>Alcohol Use</b>	Excessive drinking	Behavioral Risk Factor Surveillance System	2003-2009
	Motor vehicle crash death rate	National Center for Health Statistics	2001-2007
<b>High Risk Sexual Behavior</b>	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2008
	Teen birth rate	National Center for Health Statistics	2001-2007
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2007
	Primary care providers	Health Resources & Services Administration	2008
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2006-2007
	Diabetic screening	Medicare/Dartmouth Institute	2006-2007
	Mammography screening	Medicare/Dartmouth Institute	2006-2007
<b>SOCIOECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	National Center for Education Statistics <sup>1</sup>	2006-2007
	Some college	American Community Survey	2005-2009
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2009
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2008
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2009
	Single-parent households	American Community Survey	2005-2009
<b>Community Safety</b>	Violent crime <sup>2</sup>	Uniform Crime Reporting, Federal Bureau of Investigation	2006-2008
<b>PHYSICAL ENVIRONMENT</b>			
<b>Air Quality<sup>3</sup></b>	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
<b>Built Environment</b>	Access to healthy foods	Census Zip Code Business Patterns	2008
	Access to recreational facilities	Census County Business Patterns	2008

<sup>1</sup> State data sources for KY, NH, NC, PA, SC, and UT (2008-2009).

<sup>2</sup> Homicide rate (2001-2007) 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.

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

## CREDITS

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