

# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2012 *Rankings* **Alabama**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



## Introduction

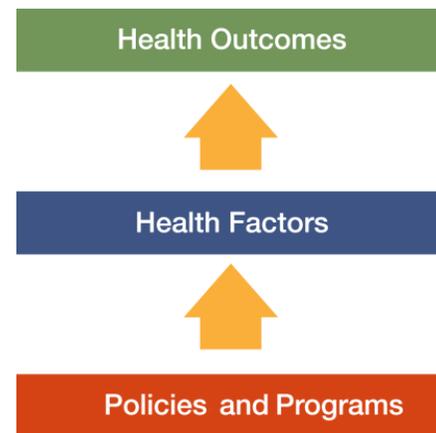
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example, 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.



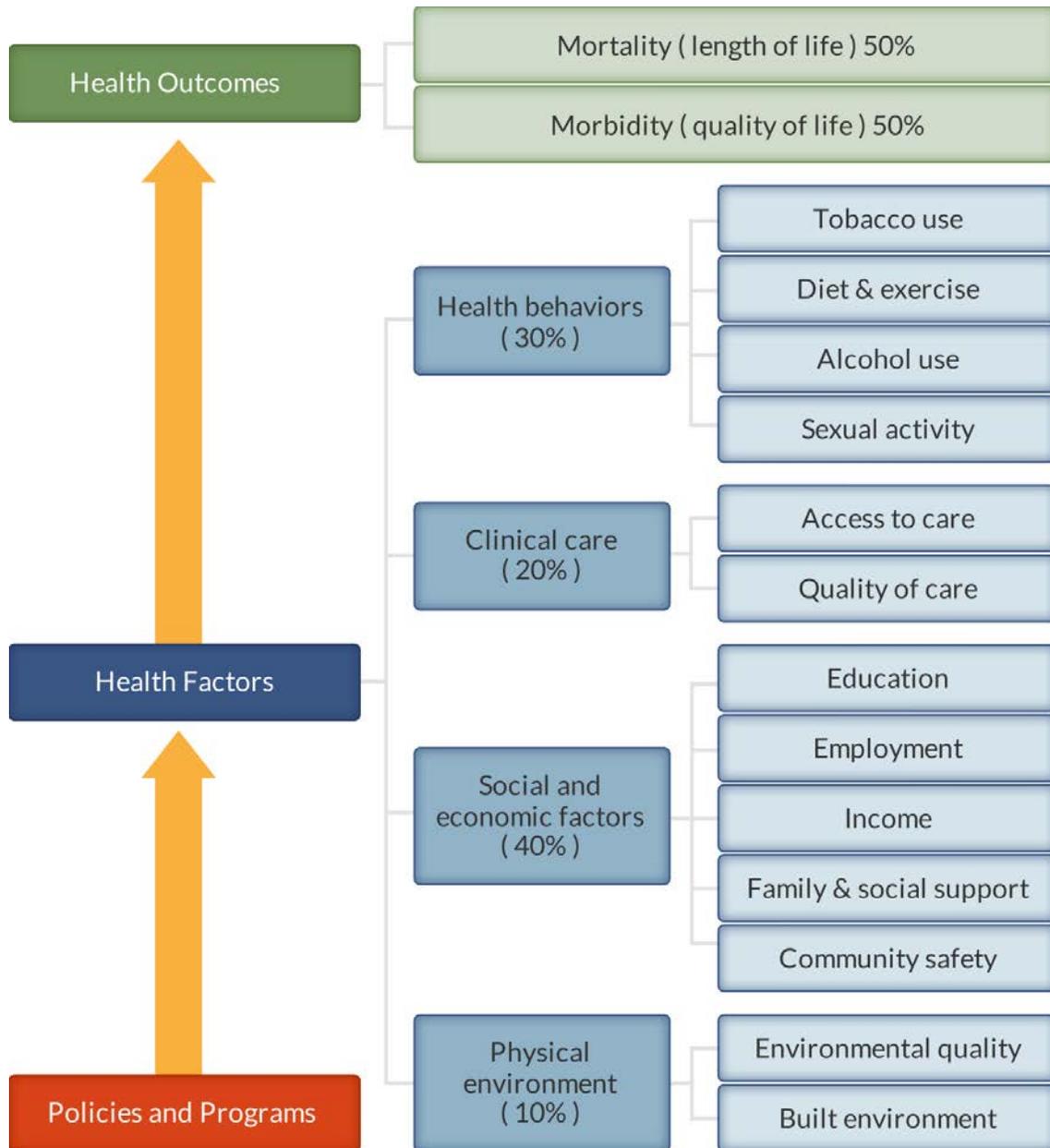
### Roadmaps to Health Action Center

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 Alabama 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.

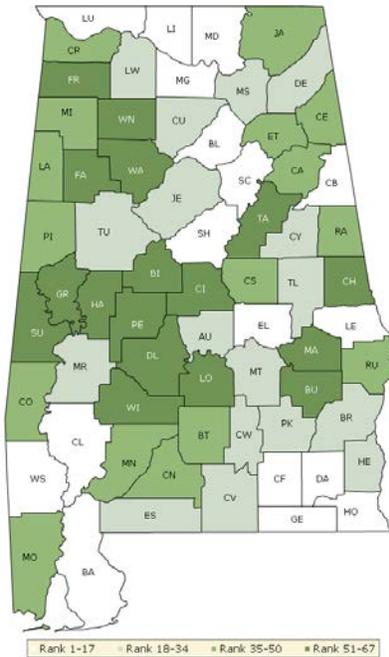


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Alabama’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

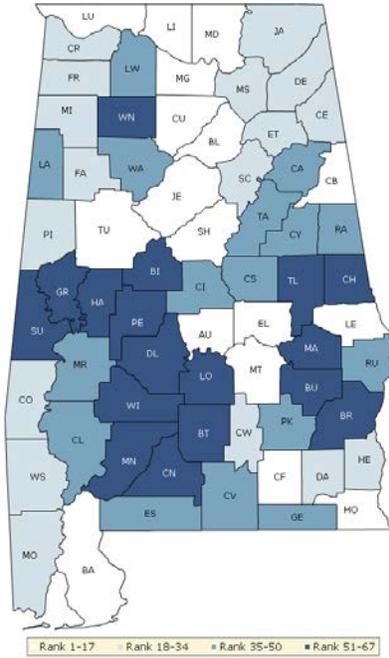
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

### HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Autauga	22	Conecuh	43	Houston	8	Morgan	6
Baldwin	3	Coosa	42	Jackson	48	Perry	66
Barbour	31	Covington	21	Jefferson	29	Pickens	50
Bibb	58	Crenshaw	30	Lamar	44	Pike	33
Blount	17	Cullman	19	Lauderdale	16	Randolph	39
Bullock	65	Dale	15	Lawrence	26	Russell	46
Butler	49	Dallas	64	Lee	2	Shelby	1
Calhoun	36	DeKalb	18	Limestone	5	St. Clair	14
Chambers	55	Elmore	7	Lowndes	63	Sumter	53
Cherokee	47	Escambia	34	Macon	62	Talladega	59
Chilton	51	Etowah	41	Madison	4	Tallapoosa	32
Choctaw	40	Fayette	56	Marengo	25	Tuscaloosa	27
Clarke	10	Franklin	54	Marion	37	Walker	67
Clay	24	Geneva	12	Marshall	28	Washington	11
Cleburne	9	Greene	61	Mobile	45	Wilcox	60
Coffee	13	Hale	52	Monroe	38	Winston	57
Colbert	35	Henry	20	Montgomery	23		

### HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Autauga	9	Conecuh	58	Houston	12	Morgan	14
Baldwin	3	Coosa	42	Jackson	21	Perry	61
Barbour	52	Covington	45	Jefferson	16	Pickens	20
Bibb	57	Crenshaw	28	Lamar	40	Pike	35
Blount	13	Cullman	11	Lauderdale	4	Randolph	46
Bullock	63	Dale	19	Lawrence	37	Russell	49
Butler	62	Dallas	64	Lee	5	Shelby	1
Calhoun	38	DeKalb	33	Limestone	6	St. Clair	22
Chambers	53	Elmore	7	Lowndes	66	Sumter	54
Cherokee	27	Escambia	48	Macon	55	Talladega	47
Chilton	44	Etowah	25	Madison	2	Tallapoosa	56
Choctaw	26	Fayette	23	Marengo	36	Tuscaloosa	8
Clarke	50	Franklin	34	Marion	32	Walker	43
Clay	41	Geneva	39	Marshall	29	Washington	31
Cleburne	17	Greene	65	Mobile	30	Wilcox	67
Coffee	10	Hale	60	Monroe	59	Winston	51
Colbert	24	Henry	18	Montgomery	15		

## 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	Shelby	1	Shelby
2	Lee	2	Madison
3	Baldwin	3	Baldwin
4	Madison	4	Lauderdale
5	Limestone	5	Lee
6	Morgan	6	Limestone
7	Elmore	7	Elmore
8	Houston	8	Tuscaloosa
9	Cleburne	9	Autauga
10	Clarke	10	Coffee
11	Washington	11	Cullman
12	Geneva	12	Houston
13	Coffee	13	Blount
14	St. Clair	14	Morgan
15	Dale	15	Montgomery
16	Lauderdale	16	Jefferson
17	Blount	17	Cleburne
18	DeKalb	18	Henry
19	Cullman	19	Dale
20	Henry	20	Pickens
21	Covington	21	Jackson
22	Autauga	22	St. Clair
23	Montgomery	23	Fayette
24	Clay	24	Colbert
25	Marengo	25	Etowah
26	Lawrence	26	Choctaw
27	Tuscaloosa	27	Cherokee
28	Marshall	28	Crenshaw
29	Jefferson	29	Marshall
30	Crenshaw	30	Mobile
31	Barbour	31	Washington
32	Tallapoosa	32	Marion
33	Pike	33	DeKalb
34	Escambia	34	Franklin
35	Colbert	35	Pike
36	Calhoun	36	Marengo
37	Marion	37	Lawrence
38	Monroe	38	Calhoun
39	Randolph	39	Geneva
40	Choctaw	40	Lamar
41	Etowah	41	Clay
42	Coosa	42	Coosa

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

## 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.

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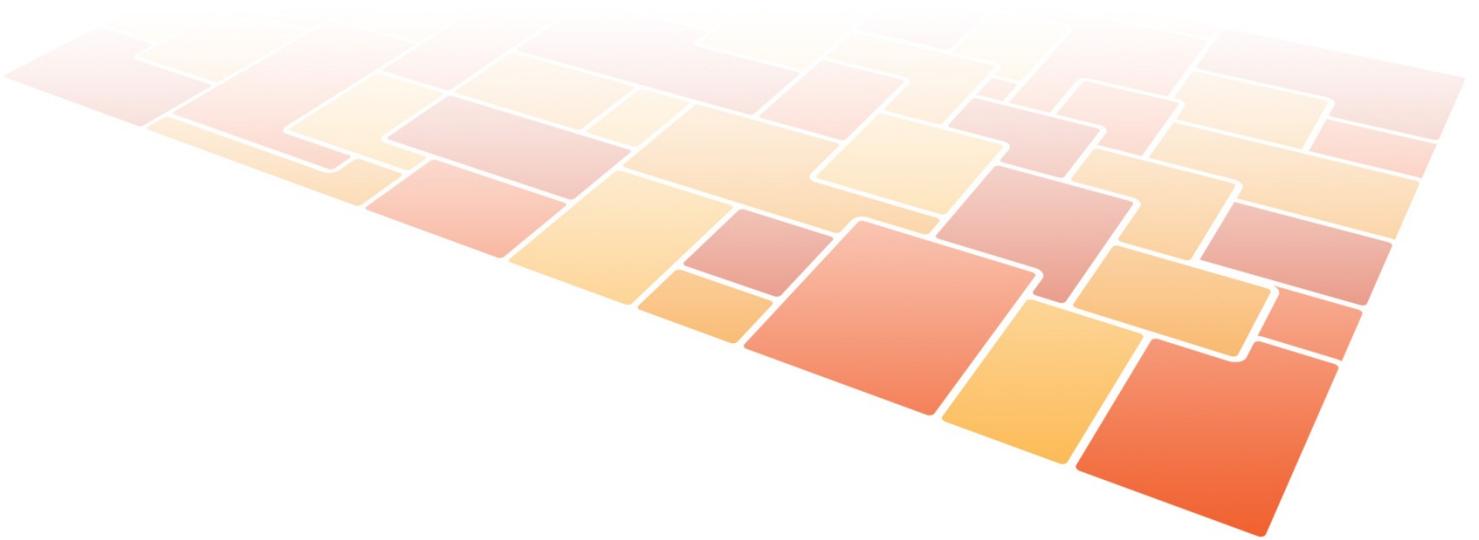
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