

County Health Rankings & Roadmaps

A Healthier Nation, County by County

2012 *Rankings* **California**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research into Policy and Practice

Introduction

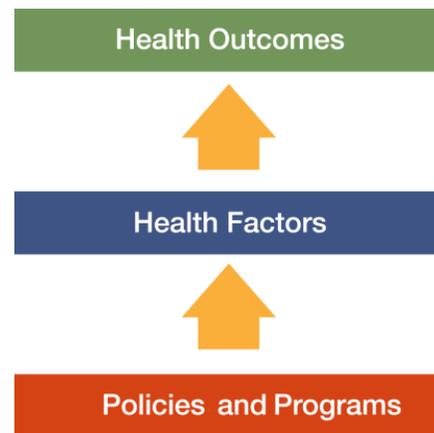
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example,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

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 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.



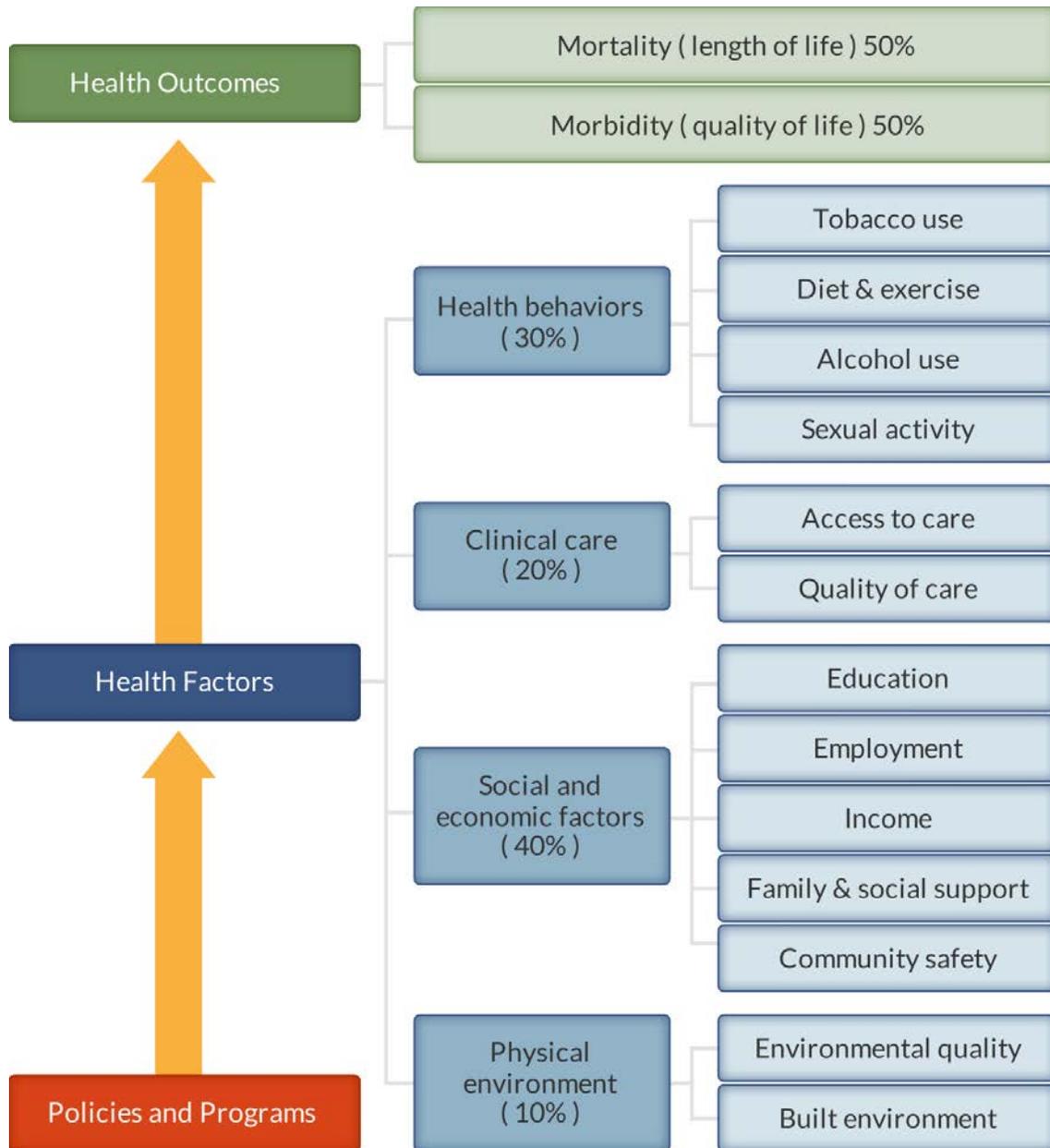
Roadmaps to Health Action Center

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 California 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.

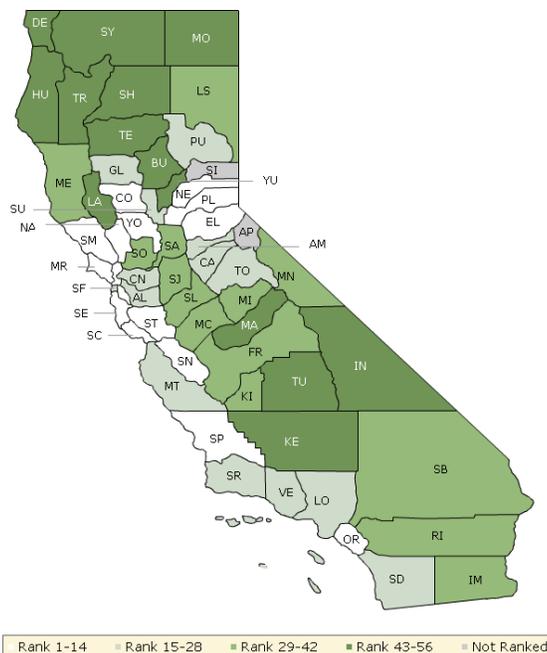


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display California’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

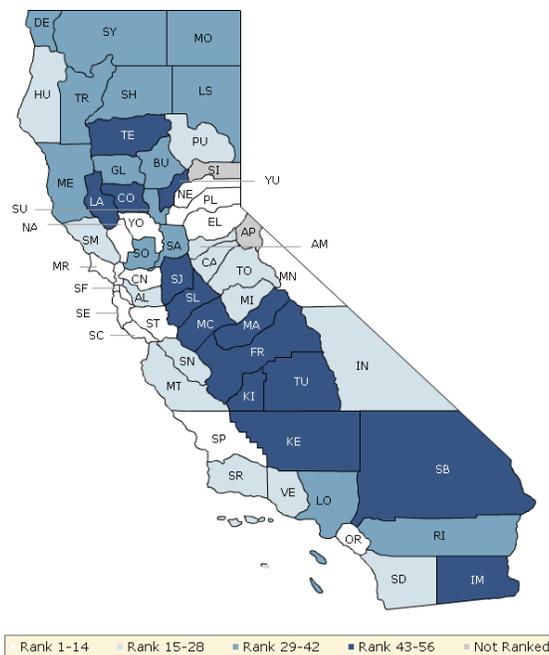
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Alameda	21	Kings	40	Placer	4	Sierra	NR
Alpine	NR	Lake	52	Plumas	20	Siskiyou	54
Amador	22	Lassen	30	Riverside	32	Solano	33
Butte	44	Los Angeles	28	Sacramento	31	Sonoma	12
Calaveras	23	Madera	45	San Benito	3	Stanislaus	36
Colusa	11	Marin	1	San Bernardino	41	Sutter	25
Contra Costa	17	Mariposa	34	San Diego	18	Tehama	53
Del Norte	55	Mendocino	39	San Francisco	24	Trinity	56
El Dorado	9	Merced	38	San Joaquin	37	Tulare	47
Fresno	42	Modoc	46	San Luis Obispo	13	Tuolumne	26
Glenn	27	Mono	29	San Mateo	5	Ventura	16
Humboldt	48	Monterey	15	Santa Barbara	19	Yolo	7
Imperial	35	Napa	14	Santa Clara	2	Yuba	51
Inyo	50	Nevada	8	Santa Cruz	10		
Kern	49	Orange	6	Shasta	43		

HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Alameda	19	Kings	49	Placer	2	Sierra	NR
Alpine	NR	Lake	43	Plumas	26	Siskiyou	33
Amador	17	Lassen	29	Riverside	42	Solano	30
Butte	34	Los Angeles	36	Sacramento	31	Sonoma	16
Calaveras	20	Madera	47	San Benito	24	Stanislaus	48
Colusa	44	Marin	1	San Bernardino	46	Sutter	38
Contra Costa	13	Mariposa	23	San Diego	22	Tehama	45
Del Norte	35	Mendocino	32	San Francisco	6	Trinity	41
El Dorado	5	Merced	51	San Joaquin	50	Tulare	56
Fresno	53	Modoc	39	San Luis Obispo	7	Tuolumne	25
Glenn	37	Mono	9	San Mateo	3	Ventura	18
Humboldt	27	Monterey	28	Santa Barbara	15	Yolo	12
Imperial	52	Napa	11	Santa Clara	4	Yuba	54
Inyo	21	Nevada	14	Santa Cruz	10		
Kern	55	Orange	8	Shasta	40		

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	Marin	1	Marin
2	Santa Clara	2	Placer
3	San Benito	3	San Mateo
4	Placer	4	Santa Clara
5	San Mateo	5	El Dorado
6	Orange	6	San Francisco
7	Yolo	7	San Luis Obispo
8	Nevada	8	Orange
9	El Dorado	9	Mono
10	Santa Cruz	10	Santa Cruz
11	Colusa	11	Napa
12	Sonoma	12	Yolo
13	San Luis Obispo	13	Contra Costa
14	Napa	14	Nevada
15	Monterey	15	Santa Barbara
16	Ventura	16	Sonoma
17	Contra Costa	17	Amador
18	San Diego	18	Ventura
19	Santa Barbara	19	Alameda
20	Plumas	20	Calaveras
21	Alameda	21	Inyo
22	Amador	22	San Diego
23	Calaveras	23	Mariposa
24	San Francisco	24	San Benito
25	Sutter	25	Tuolumne
26	Tuolumne	26	Plumas
27	Glenn	27	Humboldt
28	Los Angeles	28	Monterey
29	Mono	29	Lassen
30	Lassen	30	Solano
31	Sacramento	31	Sacramento
32	Riverside	32	Mendocino
33	Solano	33	Siskiyou
34	Mariposa	34	Butte
35	Imperial	35	Del Norte
36	Stanislaus	36	Los Angeles
37	San Joaquin	37	Glenn
38	Merced	38	Sutter
39	Mendocino	39	Modoc
40	Kings	40	Shasta
41	San Bernardino	41	Trinity
42	Fresno	42	Riverside

Rank	Health Outcomes	Rank	Health Factors
43	Shasta	43	Lake
44	Butte	44	Colusa
45	Madera	45	Tehama
46	Modoc	46	San Bernardino
47	Tulare	47	Madera
48	Humboldt	48	Stanislaus
49	Kern	49	Kings
50	Inyo	50	San Joaquin
51	Yuba	51	Merced
52	Lake	52	Imperial
53	Tehama	53	Fresno
54	Siskiyou	54	Yuba
55	Del Norte	55	Kern
56	Trinity	56	Tulare

Not Ranked: Alpine, Sierra

2012 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	2006-2008
Morbidity	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
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2004-2010
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2004-2010
	Motor vehicle crash death rate	National Center for Health Statistics	2002-2008
Sexual Activity	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2009
	Teen birth rate	National Center for Health Statistics	2002-2008
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2009
	Primary care physicians	Health Resources & Services Administration	2009
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2009
	Diabetic screening	Medicare/Dartmouth Institute	2009
	Mammography screening	Medicare/Dartmouth Institute	2009
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	National Center for Education Statistics and state-specific sources ¹	2008-2010
	Some college	American Community Survey	2006-2010
Employment	Unemployment	Bureau of Labor Statistics	2010
Income	Children in poverty	Small Area Income and Poverty Estimates	2010
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2006-2010
	Children in single-parent households	American Community Survey	2006-2010
Community Safety	Violent crime rate ²	Federal Bureau of Investigation	2007-2009
PHYSICAL ENVIRONMENT			
Environmental Quality ³	Air pollution-particulate matter days	U.S. Environmental Protection Agency	2007
	Air pollution-ozone days	U.S. Environmental Protection Agency	2007
Built Environment	Access to recreational facilities	Census County Business Patterns	2009
	Limited access to healthy foods ⁴	U.S. Department of Agriculture	2006
	Fast food restaurants	Census County Business Patterns	2009

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

² State data source for IL.

³ Not available for AK and HI.

⁴ 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
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Anne Roubal

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

Design

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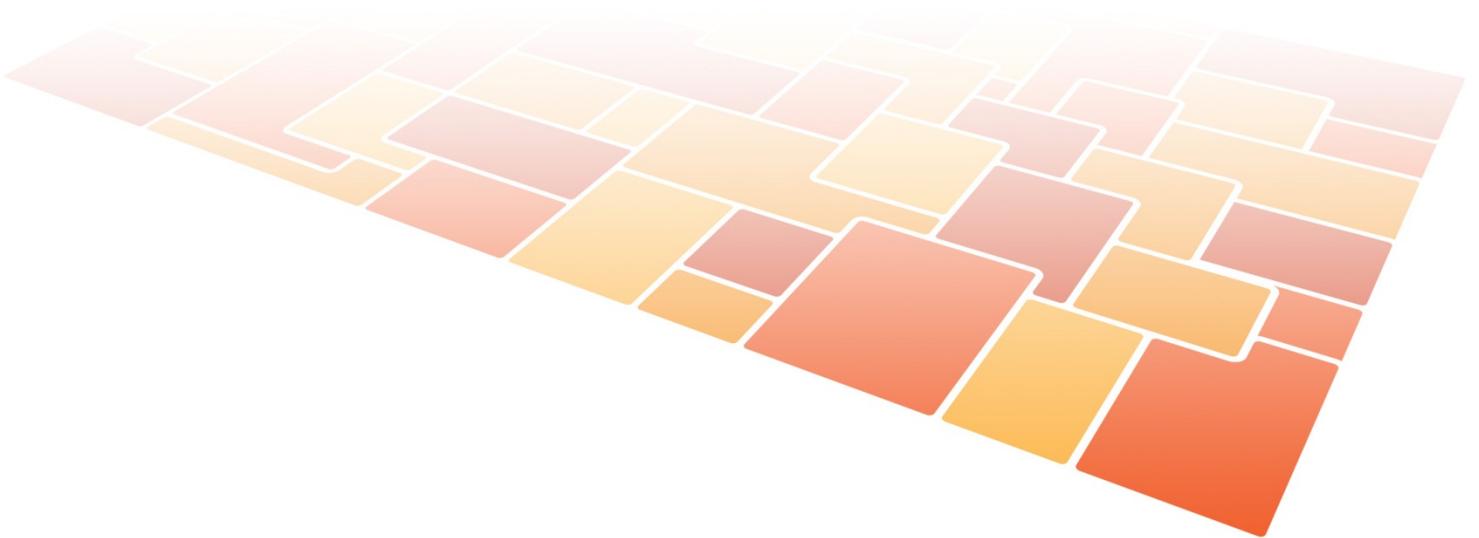
Brenda L. Henry, PhD, MPH – Senior Program Officer
Abbey Cofsky, MPH – Program Officer
Michelle Larkin, JD, MS, RN – Assistant Vice-President and Deputy Director, Health Group
James S. Marks, MD, MPH – Senior Vice-President and Group Director, Health Group
Joe Marx – Senior Communications Officer

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

