

# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2012 *Rankings* **Colorado**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



## Introduction

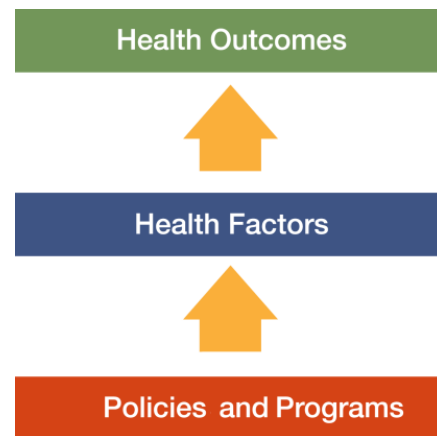
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example,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



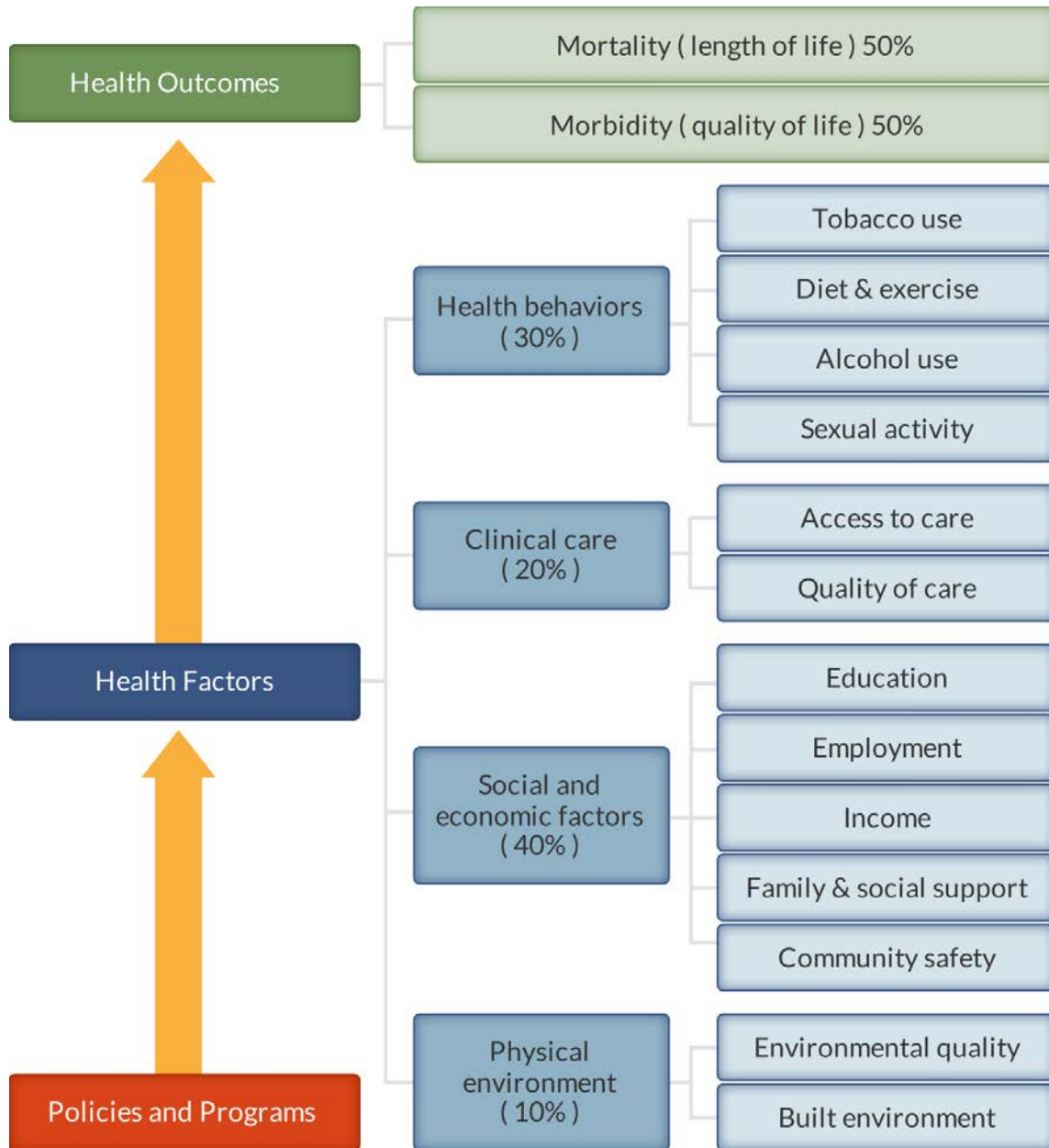
### **Roadmaps to Health Action Center**

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 Colorado 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.

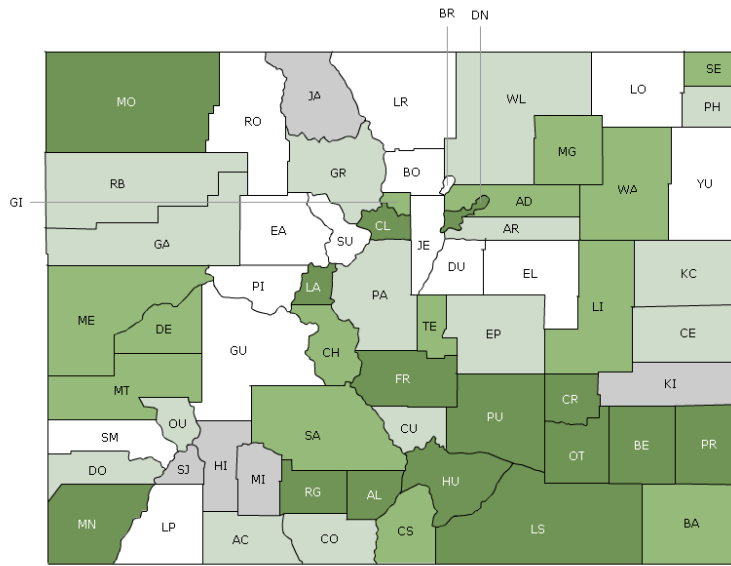


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Colorado’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.

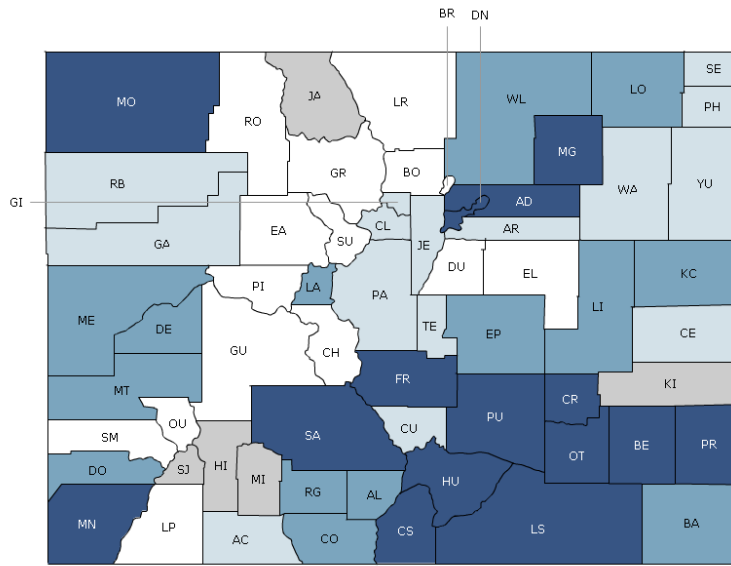
**HEALTH OUTCOMES**



Rank 1-15 Rank 16-30 Rank 31-44 Rank 45-59 Not Ranked

County	Rank	County	Rank	County	Rank	County	Rank
Adams	34	Denver	45	Kit Carson	24	Phillips	23
Alamosa	49	Dolores	26	La Plata	11	Pitkin	1
Arapahoe	18	Douglas	2	Lake	58	Prowers	53
Archuleta	21	Eagle	3	Larimer	7	Pueblo	54
Baca	38	El Paso	30	Las Animas	55	Rio Blanco	29
Bent	47	Elbert	8	Lincoln	44	Rio Grande	57
Boulder	4	Fremont	51	Logan	15	Routt	9
Broomfield	6	Garfield	17	Mesa	32	Saguache	43
Chaffee	33	Gilpin	31	Mineral	NR	San Juan	NR
Cheyenne	25	Grand	28	Moffat	50	San Miguel	14
Clear Creek	48	Gunnison	12	Montezuma	52	Sedgwick	35
Conejos	27	Hinsdale	NR	Montrose	37	Summit	5
Costilla	41	Huerfano	59	Morgan	42	Teller	39
Crowley	46	Jackson	NR	Otero	56	Washington	36
Custer	20	Jefferson	13	Ouray	16	Weld	19
Delta	40	Kiowa	NR	Park	22	Yuma	10

### HEALTH FACTORS



Rank 1-15 Rank 16-30 Rank 31-44 Rank 45-59 Not Ranked

County	Rank	County	Rank	County	Rank	County	Rank
Adams	51	Denver	58	Kit Carson	38	Phillips	19
Alamosa	36	Dolores	31	La Plata	14	Pitkin	2
Arapahoe	30	Douglas	1	Lake	44	Prowers	57
Archuleta	28	Eagle	11	Larimer	12	Pueblo	47
Baca	39	El Paso	35	Las Animas	52	Rio Blanco	18
Bent	56	Elbert	13	Lincoln	34	Rio Grande	43
Boulder	5	Fremont	48	Logan	40	Routt	3
Broomfield	7	Garfield	29	Mesa	33	Saguache	54
Chaffee	10	Gilpin	22	Mineral	NR	San Juan	NR
Cheyenne	16	Grand	15	Moffat	49	San Miguel	9
Clear Creek	27	Gunnison	8	Montezuma	46	Sedgwick	24
Conejos	41	Hinsdale	NR	Montrose	32	Summit	4
Costilla	59	Huerfano	55	Morgan	45	Teller	20
Crowley	50	Jackson	NR	Otero	53	Washington	25
Custer	26	Jefferson	17	Ouray	6	Weld	42
Delta	37	Kiowa	NR	Park	21	Yuma	23

## Summary Health Outcomes & Health Factors Rankings

Counties receive two summary ranks:

- Health Outcomes
- Health Factors

Health outcomes represent how healthy a county is while health factors represent what influences the health of the county.

Each of these ranks represents a weighted summary of a number of measures.

Rank	Health Outcomes	Rank	Health Factors
1	Pitkin	1	Douglas
2	Douglas	2	Pitkin
3	Eagle	3	Routt
4	Boulder	4	Summit
5	Summit	5	Boulder
6	Broomfield	6	Ouray
7	Larimer	7	Broomfield
8	Elbert	8	Gunnison
9	Routt	9	San Miguel
10	Yuma	10	Chaffee
11	La Plata	11	Eagle
12	Gunnison	12	Larimer
13	Jefferson	13	Elbert
14	San Miguel	14	La Plata
15	Logan	15	Grand
16	Ouray	16	Cheyenne
17	Garfield	17	Jefferson
18	Arapahoe	18	Rio Blanco
19	Weld	19	Phillips
20	Custer	20	Teller
21	Archuleta	21	Park
22	Park	22	Gilpin
23	Phillips	23	Yuma
24	Kit Carson	24	Sedgwick
25	Cheyenne	25	Washington
26	Dolores	26	Custer
27	Conejos	27	Clear Creek
28	Grand	28	Archuleta
29	Rio Blanco	29	Garfield
30	El Paso	30	Arapahoe
31	Gilpin	31	Dolores
32	Mesa	32	Montrose
33	Chaffee	33	Mesa
34	Adams	34	Lincoln
35	Sedgwick	35	El Paso
36	Washington	36	Alamosa
37	Montrose	37	Delta
38	Baca	38	Kit Carson
39	Teller	39	Baca
40	Delta	40	Logan
41	Costilla	41	Conejos
42	Morgan	42	Weld



Rank	Health Outcomes	Rank	Health Factors
43	Saguache	43	Rio Grande
44	Lincoln	44	Lake
45	Denver	45	Morgan
46	Crowley	46	Montezuma
47	Bent	47	Pueblo
48	Clear Creek	48	Fremont
49	Alamosa	49	Moffat
50	Moffat	50	Crowley
51	Fremont	51	Adams
52	Montezuma	52	Las Animas
53	Prowers	53	Otero
54	Pueblo	54	Saguache
55	Las Animas	55	Huerfano
56	Otero	56	Bent
57	Rio Grande	57	Prowers
58	Lake	58	Denver
59	Huerfano	59	Costilla

**Not Ranked:** Hinsdale, Jackson, Kiowa, Mineral, San Juan

## 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.

CREDITS

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**Design**

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Media Solutions, UW School of Medicine and Public Health

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Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2012*.



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