

County Health Rankings & Roadmaps

A Healthier Nation, County by County

2012 *Rankings*

Iowa



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research into Policy and Practice

Introduction

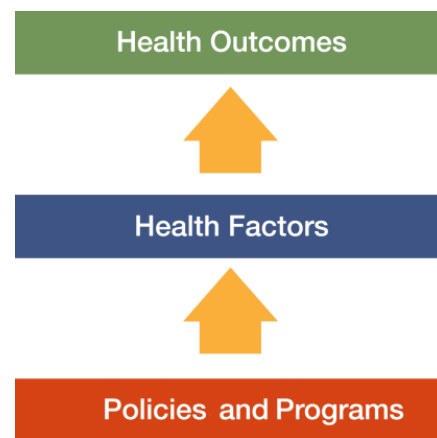
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example,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



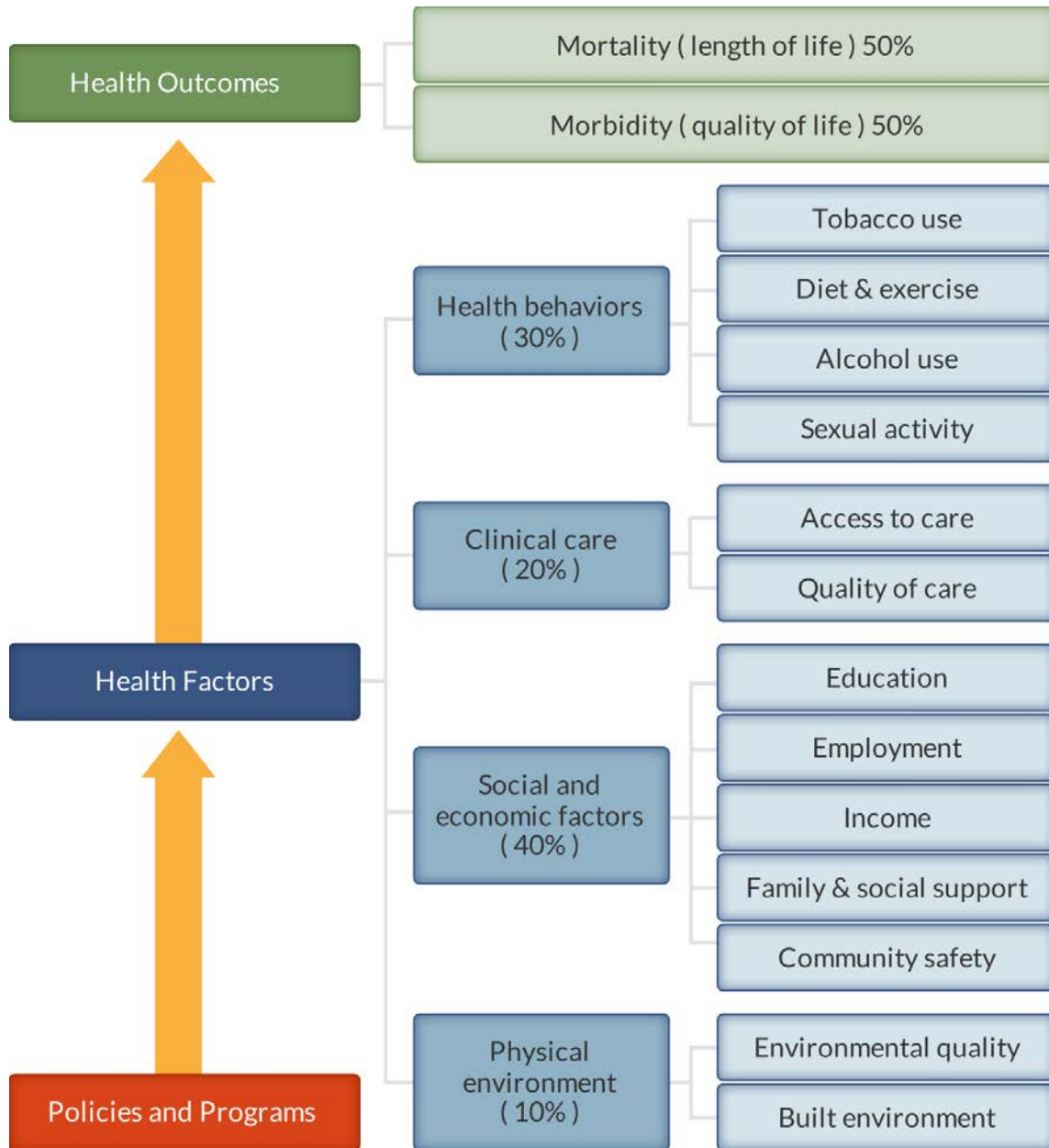
Roadmaps to Health Action Center

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 Iowa 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.

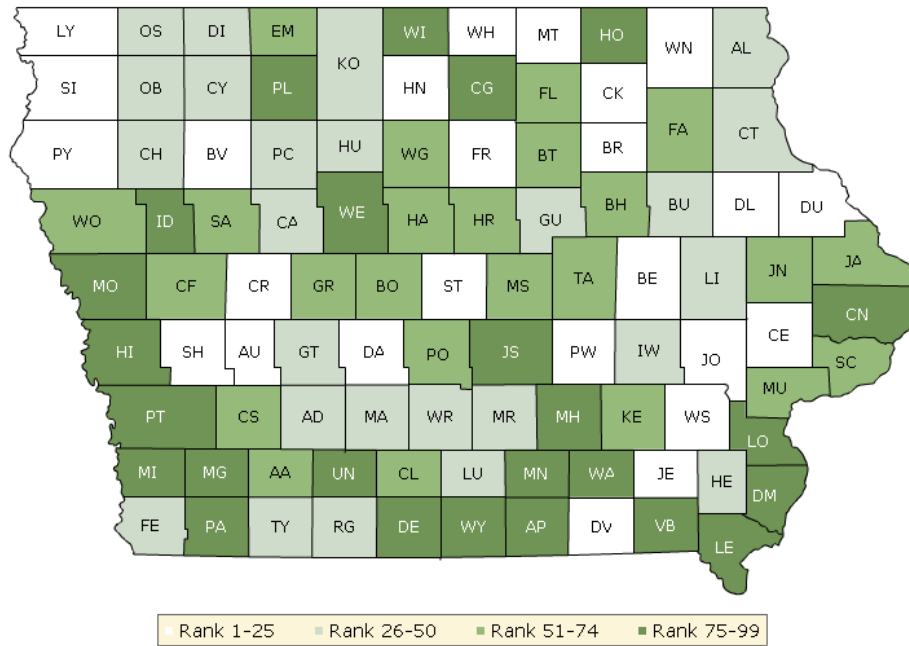


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Iowa'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

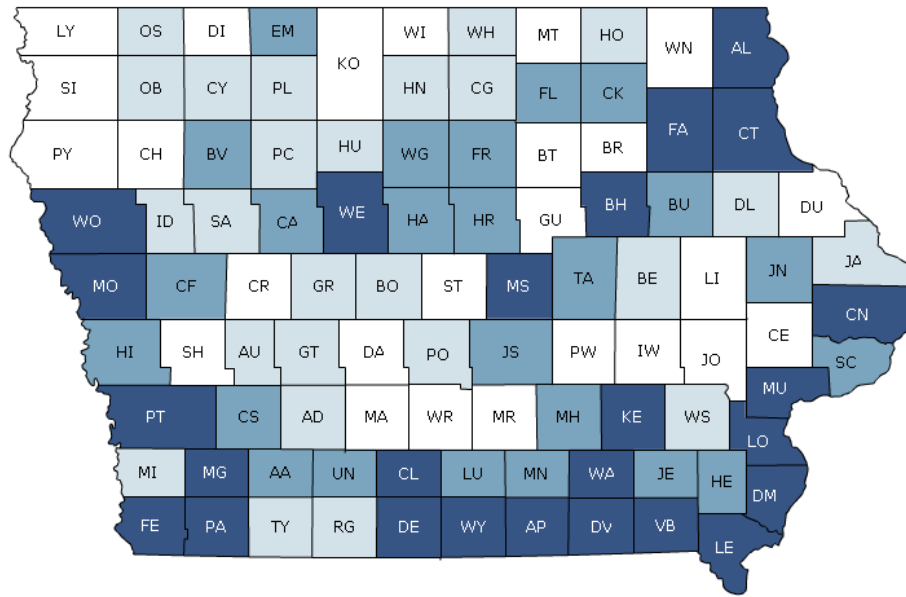
performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Adair	44	Davis	15	Jefferson	14	Pocahontas	28
Adams	72	Decatur	84	Johnson	8	Polk	64
Allamakee	35	Delaware	11	Jones	51	Pottawattamie	91
Appanoose	99	Des Moines	81	Keokuk	67	Poweshiek	20
Audubon	3	Dickinson	48	Kossuth	33	Ringgold	31
Benton	18	Dubuque	23	Lee	95	Sac	60
Black Hawk	73	Emmet	59	Linn	32	Scott	58
Boone	68	Fayette	61	Louisa	77	Shelby	13
Bremer	12	Floyd	69	Lucas	42	Sioux	2
Buchanan	41	Franklin	24	Lyon	4	Story	7
Buena Vista	6	Fremont	27	Madison	34	Tama	55
Butler	63	Greene	70	Mahaska	79	Taylor	45
Calhoun	50	Grundy	26	Marion	40	Union	82
Carroll	21	Guthrie	39	Marshall	65	Van Buren	96
Cass	62	Hamilton	57	Mills	98	Wapello	94
Cedar	25	Hancock	9	Mitchell	10	Warren	46
Cerro Gordo	80	Hardin	52	Monona	83	Washington	19
Cherokee	49	Harrison	85	Monroe	90	Wayne	92
Chickasaw	17	Henry	47	Montgomery	97	Webster	89
Clarke	71	Howard	78	Muscatine	54	Winnebago	76
Clay	38	Humboldt	37	O'Brien	29	Winneshiek	1
Clayton	43	Ida	88	Osceola	36	Woodbury	74
Clinton	93	Iowa	30	Page	86	Worth	5
Crawford	53	Jackson	66	Palo Alto	87	Wright	56
Dallas	22	Jasper	75	Plymouth	16		

HEALTH FACTORS



Rank 1-25 Rank 26-50 Rank 51-74 Rank 75-99

County	Rank	County	Rank	County	Rank	County	Rank
Adair	26	Davis	91	Jefferson	72	Pocahontas	39
Adams	51	Decatur	82	Johnson	1	Polk	40
Allamakee	84	Delaware	49	Jones	61	Pottawattamie	89
Appanoose	87	Des Moines	97	Keokuk	81	Poweshiek	25
Audubon	47	Dickinson	16	Kossuth	18	Ringgold	43
Benton	46	Dubuque	10	Lee	99	Sac	37
Black Hawk	78	Emmet	66	Linn	21	Scott	71
Boone	42	Fayette	79	Louisa	88	Shelby	17
Bremer	6	Floyd	56	Lucas	67	Sioux	4
Buchanan	52	Franklin	68	Lyon	9	Story	2
Buena Vista	59	Fremont	85	Madison	24	Tama	60
Butler	20	Greene	33	Mahaska	54	Taylor	45
Calhoun	55	Grundy	7	Marion	23	Union	53
Carroll	15	Guthrie	27	Marshall	77	Van Buren	98
Cass	64	Hamilton	62	Mills	30	Wapello	95
Cedar	14	Hancock	48	Mitchell	11	Warren	22
Cerro Gordo	28	Hardin	58	Monona	80	Washington	35
Cherokee	8	Harrison	74	Monroe	69	Wayne	83
Chickasaw	70	Henry	63	Montgomery	93	Webster	94
Clarke	92	Howard	34	Muscatine	86	Winnebago	19
Clay	38	Humboldt	41	O'Brien	36	Winneshiek	3
Clayton	76	Ida	44	Osceola	31	Woodbury	96
Clinton	90	Iowa	13	Page	75	Worth	32
Crawford	65	Jackson	50	Palo Alto	29	Wright	57
Dallas	5	Jasper	73	Plymouth	12		

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	Winneshiek	1	Johnson
2	Sioux	2	Story
3	Audubon	3	Winneshiek
4	Lyon	4	Sioux
5	Worth	5	Dallas
6	Buena Vista	6	Bremer
7	Story	7	Grundy
8	Johnson	8	Cherokee
9	Hancock	9	Lyon
10	Mitchell	10	Dubuque
11	Delaware	11	Mitchell
12	Bremer	12	Plymouth
13	Shelby	13	Iowa
14	Jefferson	14	Cedar
15	Davis	15	Carroll
16	Plymouth	16	Dickinson
17	Chickasaw	17	Shelby
18	Benton	18	Kossuth
19	Washington	19	Winnebago
20	Poweshiek	20	Butler
21	Carroll	21	Linn
22	Dallas	22	Warren
23	Dubuque	23	Marion
24	Franklin	24	Madison
25	Cedar	25	Poweshiek
26	Grundy	26	Adair
27	Fremont	27	Guthrie
28	Pocahontas	28	Cerro Gordo
29	O'Brien	29	Palo Alto
30	Iowa	30	Mills
31	Ringgold	31	Osceola
32	Linn	32	Worth
33	Kossuth	33	Greene
34	Madison	34	Howard
35	Allamakee	35	Washington
36	Osceola	36	O'Brien
37	Humboldt	37	Sac
38	Clay	38	Clay
39	Guthrie	39	Pocahontas
40	Marion	40	Polk
41	Buchanan	41	Humboldt
42	Lucas	42	Boone

Rank	Health Outcomes	Rank	Health Factors
43	Clayton	43	Ringgold
44	Adair	44	Ida
45	Taylor	45	Taylor
46	Warren	46	Benton
47	Henry	47	Audubon
48	Dickinson	48	Hancock
49	Cherokee	49	Delaware
50	Calhoun	50	Jackson
51	Jones	51	Adams
52	Hardin	52	Buchanan
53	Crawford	53	Union
54	Muscatine	54	Mahaska
55	Tama	55	Calhoun
56	Wright	56	Floyd
57	Hamilton	57	Wright
58	Scott	58	Hardin
59	Emmet	59	Buena Vista
60	Sac	60	Tama
61	Fayette	61	Jones
62	Cass	62	Hamilton
63	Butler	63	Henry
64	Polk	64	Cass
65	Marshall	65	Crawford
66	Jackson	66	Emmet
67	Keokuk	67	Lucas
68	Boone	68	Franklin
69	Floyd	69	Monroe
70	Greene	70	Chickasaw
71	Clarke	71	Scott
72	Adams	72	Jefferson
73	Black Hawk	73	Jasper
74	Woodbury	74	Harrison
75	Jasper	75	Page
76	Winnebago	76	Clayton
77	Louisa	77	Marshall
78	Howard	78	Black Hawk
79	Mahaska	79	Fayette
80	Cerro Gordo	80	Monona
81	Des Moines	81	Keokuk
82	Union	82	Decatur
83	Monona	83	Wayne
84	Decatur	84	Allamakee
85	Harrison	85	Fremont
86	Page	86	Muscatine
87	Palo Alto	87	Appanoose
88	Ida	88	Louisa
89	Webster	89	Pottawattamie
90	Monroe	90	Clinton

Rank	Health Outcomes	Rank	Health Factors
91	Pottawattamie	91	Davis
92	Wayne	92	Clarke
93	Clinton	93	Montgomery
94	Wapello	94	Webster
95	Lee	95	Wapello
96	Van Buren	96	Woodbury
97	Montgomery	97	Des Moines
98	Mills	98	Van Buren
99	Appanoose	99	Lee

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.

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