

# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2012 *Rankings* **New Mexico**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



## Introduction

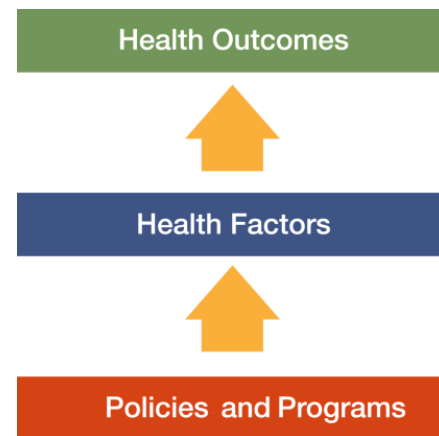
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example,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



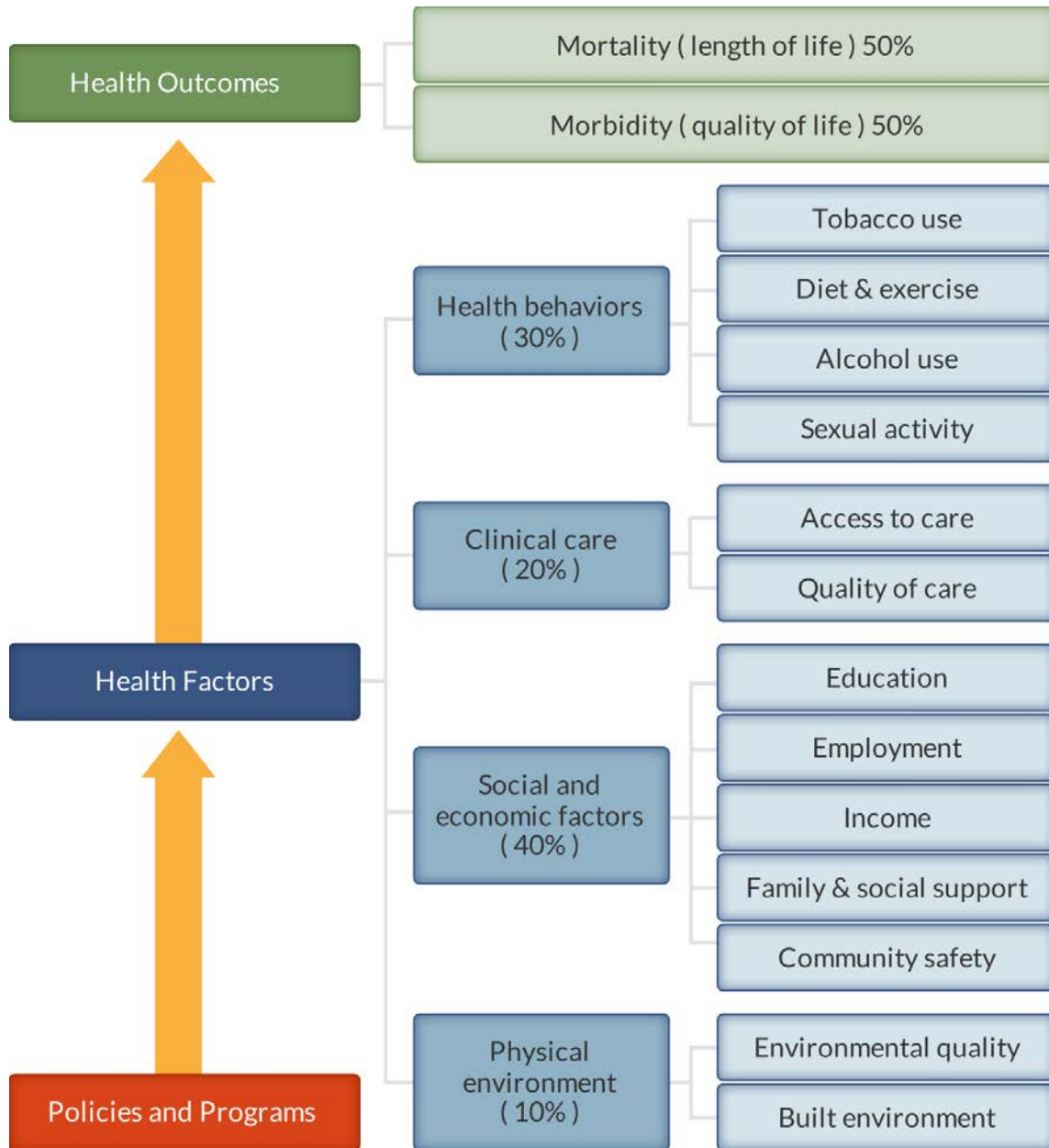
### Roadmaps to Health Action Center

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 New Mexico 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.

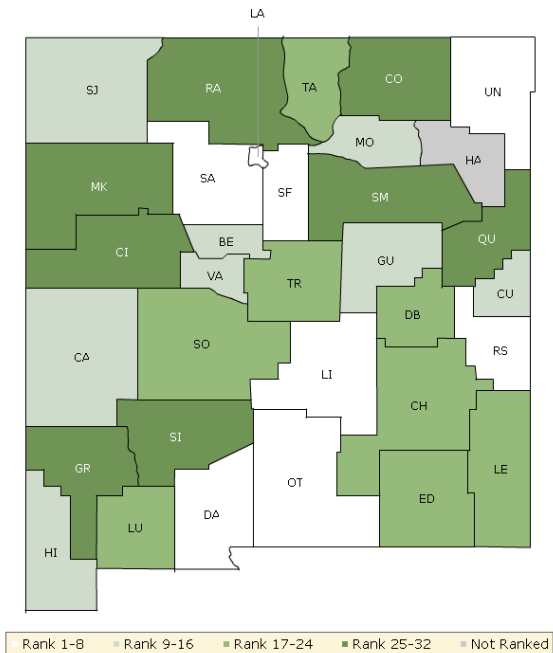


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display New Mexico’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

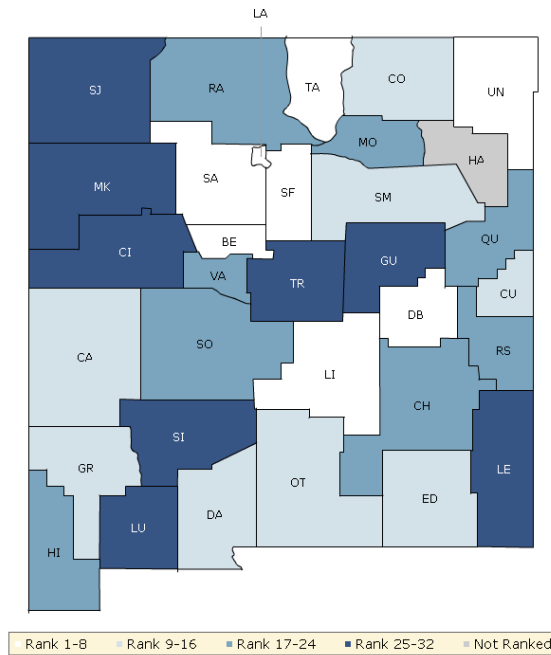
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

**HEALTH OUTCOMES**



County	Rank	County	Rank	County	Rank	County	Rank
Bernalillo	9	Grant	27	Mora	15	Sierra	29
Catron	14	Guadalupe	11	Otero	8	Socorro	24
Chaves	17	Harding	NR	Quay	31	Taos	23
Cibola	26	Hidalgo	16	Rio Arriba	32	Torrance	19
Colfax	25	Lea	20	Roosevelt	7	Union	6
Curry	10	Lincoln	5	San Juan	12	Valencia	13
De Baca	18	Los Alamos	1	San Miguel	30		
Dona Ana	4	Luna	21	Sandoval	2		
Eddy	22	McKinley	28	Santa Fe	3		

### HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Bernalillo	5	Grant	9	Mora	20	Sierra	28
Catron	12	Guadalupe	27	Otero	11	Socorro	22
Chaves	17	Harding	NR	Quay	24	Taos	7
Cibola	26	Hidalgo	21	Rio Arriba	19	Torrance	29
Colfax	10	Lea	25	Roosevelt	18	Union	3
Curry	13	Lincoln	8	San Juan	30	Valencia	23
De Baca	6	Los Alamos	1	San Miguel	16		
Dona Ana	15	Luna	32	Sandoval	4		
Eddy	14	McKinley	31	Santa Fe	2		

## 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	Los Alamos	1	Los Alamos
2	Sandoval	2	Santa Fe
3	Santa Fe	3	Union
4	Dona Ana	4	Sandoval
5	Lincoln	5	Bernalillo
6	Union	6	De Baca
7	Roosevelt	7	Taos
8	Otero	8	Lincoln
9	Bernalillo	9	Grant
10	Curry	10	Colfax
11	Guadalupe	11	Otero
12	San Juan	12	Catron
13	Valencia	13	Curry
14	Catron	14	Eddy
15	Mora	15	Dona Ana
16	Hidalgo	16	San Miguel
17	Chaves	17	Chaves
18	De Baca	18	Roosevelt
19	Torrance	19	Rio Arriba
20	Lea	20	Mora
21	Luna	21	Hidalgo
22	Eddy	22	Socorro
23	Taos	23	Valencia
24	Socorro	24	Quay
25	Colfax	25	Lea
26	Cibola	26	Cibola
27	Grant	27	Guadalupe
28	McKinley	28	Sierra
29	Sierra	29	Torrance
30	San Miguel	30	San Juan
31	Quay	31	McKinley
32	Rio Arriba	32	Luna

**Not Ranked:** Harding



## 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

**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  
Matthew Rodock, MPH  
Anne Roubal

**Communications and Outreach**

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

**Design**

Forum One, Alexandria, VA  
Media Solutions, UW School of Medicine and Public Health

**Robert Wood Johnson Foundation**

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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[countyhealthrankings.org](http://countyhealthrankings.org)



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

