

# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2012 *Rankings* **Virginia**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



## Introduction

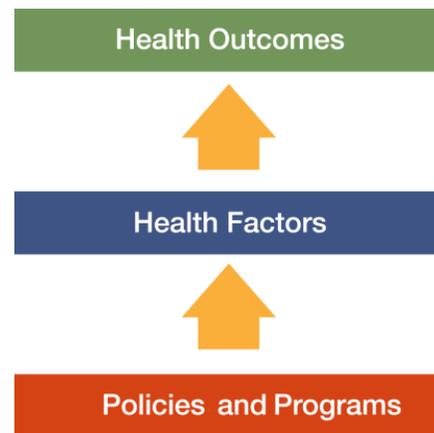
Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. We can improve a community's health by implementing effective policies and programs. For example,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



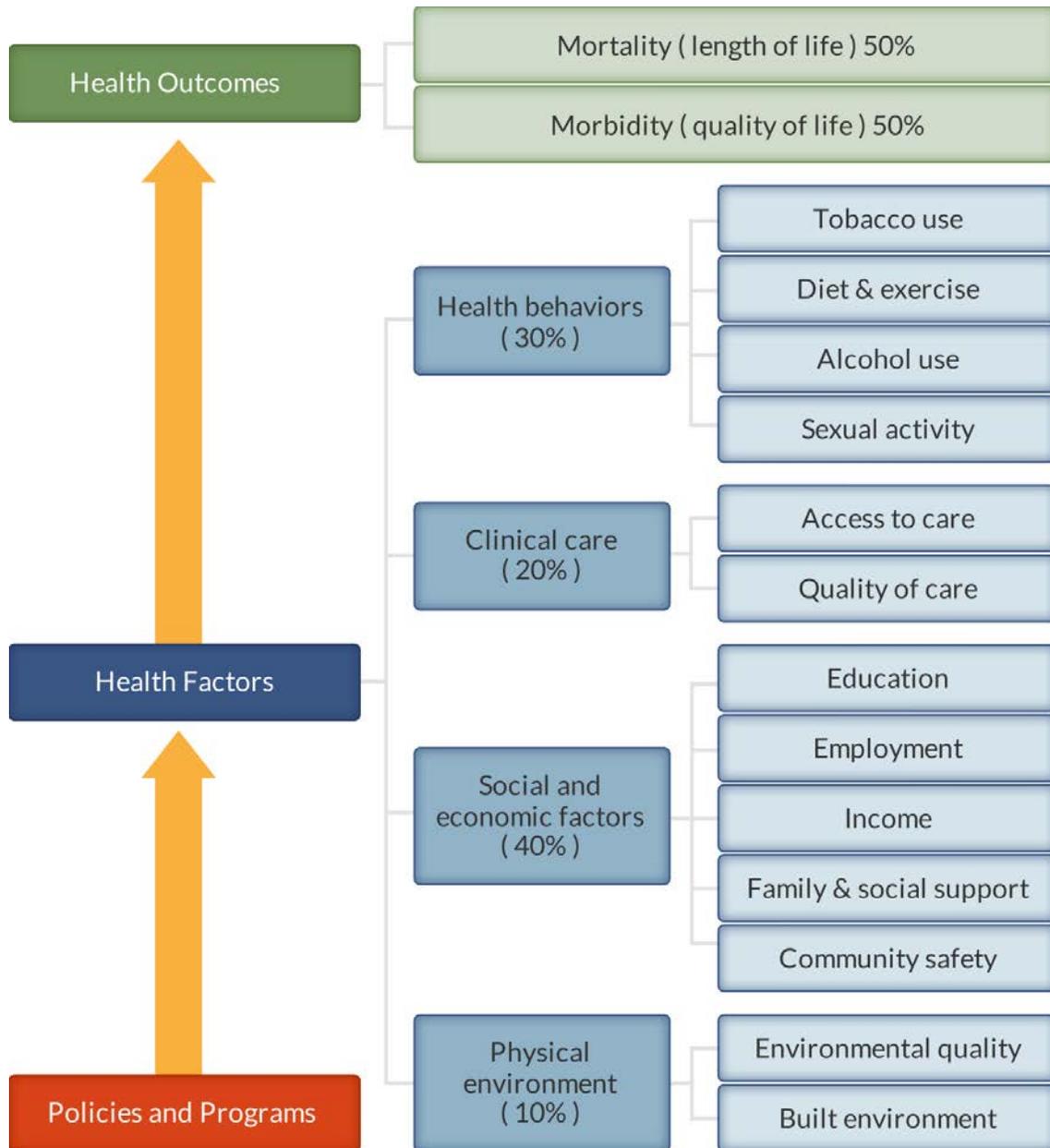
### **Roadmaps to Health Action Center**

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 Virginia 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.

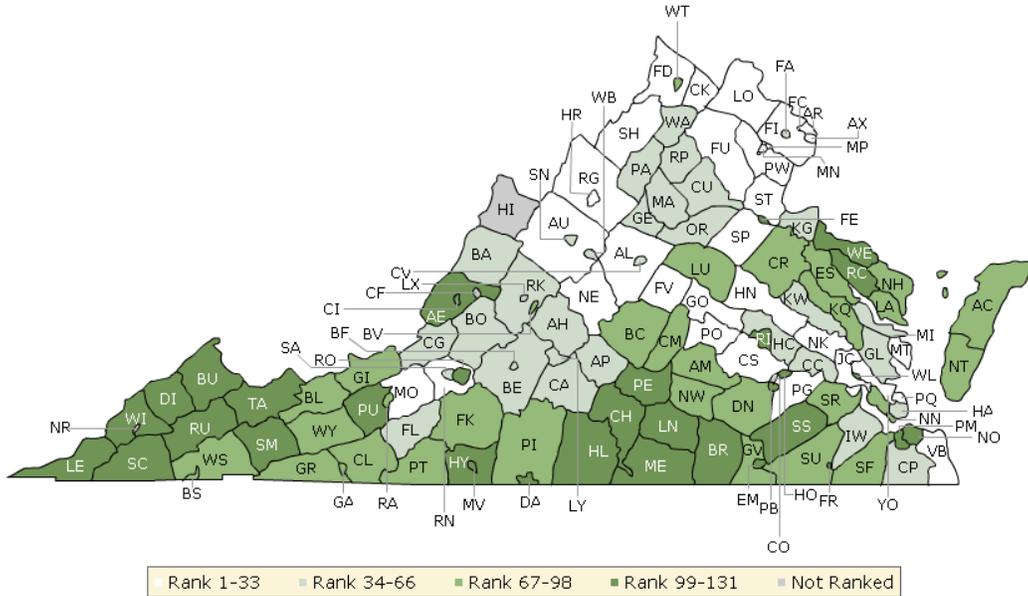


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Virginia'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.

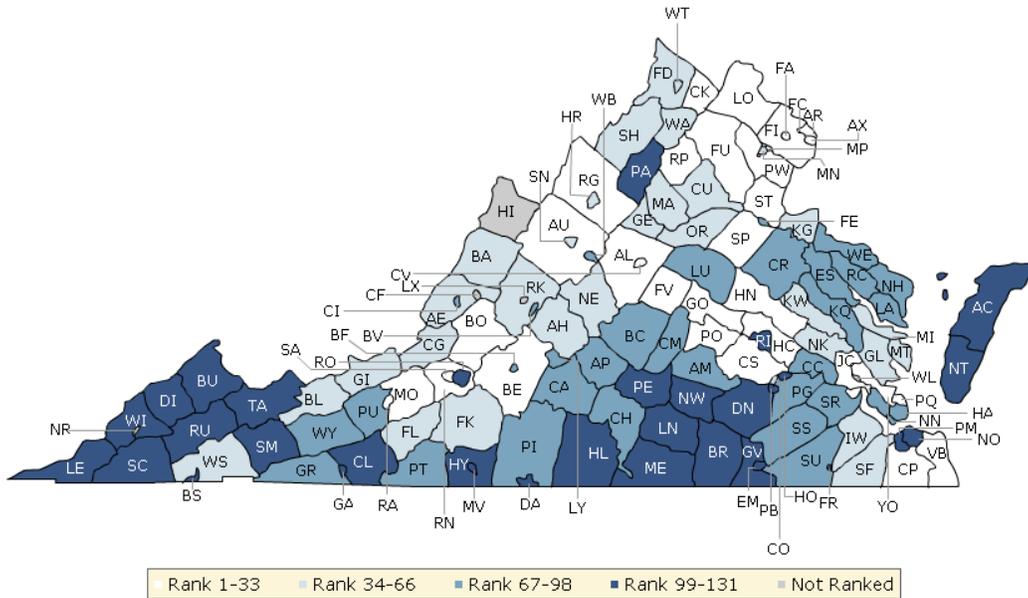
**HEALTH OUTCOMES**



County	Rank	County	Rank	County	Rank	County	Rank
Accomack	91	Dickenson	128	Lancaster	95	Pulaski	119
Albemarle	4	Dinwiddie	89	Lee	108	Radford City	68
Alexandria City	6	Emporia City	130	Lexington City	NR	Rappahannock	37
Alleghany	100	Essex	78	Loudoun	3	Richmond	105
Amelia	82	Fairfax	1	Louisa	81	Richmond City	125
Amherst	61	Fairfax City	34	Lunenburg	103	Roanoke	33
Appomattox	41	Falls Church City	28	Lynchburg City	56	Roanoke City	116
Arlington	2	Fauquier	25	Madison	58	Rockbridge	57
Augusta	31	Floyd	62	Manassas City	13	Rockingham	20
Bath	51	Fluvanna	18	Manassas Park City	12	Russell	124
Bedford	50	Franklin	67	Martinsville City	113	Salem City	35
Bedford City	65	Franklin City	127	Mathews	10	Scott	115
Bland	88	Frederick	16	Mecklenburg	99	Shenandoah	22
Botetourt	44	Fredericksburg City	112	Middlesex	59	Smyth	109
Bristol City	93	Galax City	84	Montgomery	32	Southampton	76
Brunswick	101	Giles	77	Nelson	23	Spotsylvania	21
Buchanan	129	Gloucester	48	New Kent	30	Stafford	24
Buckingham	98	Goochland	19	Newport News City	80	Staunton City	53
Buena Vista City	75	Grayson	73	Norfolk City	106	Suffolk City	69
Campbell	49	Greene	40	Northampton	97	Surry	87
Caroline	71	Greensville	96	Northumberland	74	Sussex	102
Carroll	79	Halifax	120	Norton City	NR	Tazewell	126
Charles City	55	Hampton City	66	Nottoway	72	Virginia Beach City	29
Charlotte	114	Hanover	15	Orange	45	Warren	52
Charlottesville City	47	Harrisonburg City	14	Page	42	Washington	86
Chesapeake City	39	Henrico	36	Patrick	85	Waynesboro City	64

County	Rank	County	Rank	County	Rank	County	Rank
Chesterfield	17	Henry	123	Petersburg City	131	Westmoreland	117
Clarke	8	Highland	NR	Pittsylvania	83	Williamsburg City	111
Colonial Heights City	60	Hopewell City	104	Poquoson City	27	Winchester City	70
Covington City	121	Isle of Wight	43	Portsmouth City	110	Wise	122
Craig	63	James City	7	Powhatan	9	Wythe	94
Culpeper	54	King and Queen	92	Prince Edward	107	York	5
Cumberland	90	King George	38	Prince George	26		
Danville City	118	King William	46	Prince William	11		

**HEALTH FACTORS**



County	Rank	County	Rank	County	Rank	County	Rank
Accomack	112	Dickenson	115	Lancaster	69	Pulaski	87
Albemarle	4	Dinwiddie	110	Lee	117	Radford City	20
Alexandria City	16	Emporia City	127	Lexington City	NR	Rappahannock	28
Alleghany	52	Essex	73	Loudoun	1	Richmond	81
Amelia	84	Fairfax	7	Louisa	68	Richmond City	125
Amherst	54	Fairfax City	8	Lunenburg	116	Roanoke	9
Appomattox	75	Falls Church City	6	Lynchburg City	74	Roanoke City	124
Arlington	3	Fauquier	15	Madison	63	Rockbridge	46
Augusta	24	Floyd	49	Manassas City	66	Rockingham	27
Bath	40	Fluvanna	13	Manassas Park City	57	Russell	113
Bedford	22	Franklin	64	Martinsville City	122	Salem City	29
Bedford City	86	Franklin City	119	Mathews	38	Scott	101
Bland	55	Frederick	37	Mecklenburg	111	Shenandoah	58
Botetourt	11	Fredericksburg City	77	Middlesex	43	Smyth	107
Bristol City	99	Galax City	105	Montgomery	26	Southampton	92
Brunswick	128	Giles	60	Nelson	47	Spotsylvania	32
Buchanan	129	Gloucester	39	New Kent	42	Stafford	19
Buckingham	94	Goochland	18	Newport News City	96	Staunton City	56
Buena Vista City	70	Grayson	95	Norfolk City	121	Suffolk City	65
Campbell	72	Greene	44	Northampton	108	Surry	78
Caroline	83	Greensville	106	Northumberland	71	Sussex	98
Carroll	102	Halifax	114	Norton City	NR	Tazewell	103
Charles City	88	Hampton City	80	Nottoway	104	Virginia Beach City	30
<b>Charlotte</b>	<b>89</b>	<b>Hanover</b>	<b>10</b>	<b>Orange</b>	<b>41</b>	<b>Warren</b>	<b>50</b>
Charlottesville City	14	Harrisonburg City	48	Page	100	Washington	62
Chesapeake City	23	Henrico	31	Patrick	76	Waynesboro City	67

County	Rank	County	Rank	County	Rank	County	Rank
Chesterfield	17	Henry	118	Petersburg City	131	Westmoreland	93
Clarke	21	Highland	NR	Pittsylvania	82	Williamsburg City	59
Colonial Heights City	51	Hopewell City	130	Poquoson City	12	Winchester City	45
Covington City	97	Isle of Wight	34	Portsmouth City	123	Wise	120
Craig	61	James City	5	Powhatan	33	Wythe	91
Culpeper	53	King and Queen	79	Prince Edward	109	York	2
Cumberland	85	King George	35	Prince George	90		
Danville City	126	King William	36	Prince William	25		

## 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	Fairfax	1	Loudoun
2	Arlington	2	York
3	Loudoun	3	Arlington
4	Albemarle	4	Albemarle
5	York	5	James City
6	Alexandria City	6	Falls Church City
7	James City	7	Fairfax
8	Clarke	8	Fairfax City
9	Powhatan	9	Roanoke
10	Mathews	10	Hanover
11	Prince William	11	Botetourt
12	Manassas Park City	12	Poquoson City
13	Manassas City	13	Fluvanna
14	Harrisonburg City	14	Charlottesville City
15	Hanover	15	Fauquier
16	Frederick	16	Alexandria City
17	Chesterfield	17	Chesterfield
18	Fluvanna	18	Goochland
19	Goochland	19	Stafford
20	Rockingham	20	Radford City
21	Spotsylvania	21	Clarke
22	Shenandoah	22	Bedford
23	Nelson	23	Chesapeake City
24	Stafford	24	Augusta
25	Fauquier	25	Prince William
26	Prince George	26	Montgomery
27	Poquoson City	27	Rockingham
28	Falls Church City	28	Rappahannock
29	Virginia Beach City	29	Salem City
30	New Kent	30	Virginia Beach City
31	Augusta	31	Henrico
32	Montgomery	32	Spotsylvania
33	Roanoke	33	Powhatan
34	Fairfax City	34	Isle of Wight
35	Salem City	35	King George
36	Henrico	36	King William
37	Rappahannock	37	Frederick
38	King George	38	Mathews
39	Chesapeake City	39	Gloucester
40	Greene	40	Bath
41	Appomattox	41	Orange
42	Page	42	New Kent

Rank	Health Outcomes	Rank	Health Factors
43	Isle of Wight	43	Middlesex
44	Botetourt	44	Greene
45	Orange	45	Winchester City
46	King William	46	Rockbridge
47	Charlottesville City	47	Nelson
48	Gloucester	48	Harrisonburg City
49	Campbell	49	Floyd
50	Bedford	50	Warren
51	Bath	51	Colonial Heights City
52	Warren	52	Alleghany
53	Staunton City	53	Culpeper
54	Culpeper	54	Amherst
55	Charles City	55	Bland
56	Lynchburg City	56	Staunton City
57	Rockbridge	57	Manassas Park City
58	Madison	58	Shenandoah
59	Middlesex	59	Williamsburg City
60	Colonial Heights City	60	Giles
61	Amherst	61	Craig
62	Floyd	62	Washington
63	Craig	63	Madison
64	Waynesboro City	64	Franklin
65	Bedford City	65	Suffolk City
66	Hampton City	66	Manassas City
67	Franklin	67	Waynesboro City
68	Radford City	68	Louisa
69	Suffolk City	69	Lancaster
70	Winchester City	70	Buena Vista City
71	Caroline	71	Northumberland
72	Nottoway	72	Campbell
73	Grayson	73	Essex
74	Northumberland	74	Lynchburg City
75	Buena Vista City	75	Appomattox
76	Southampton	76	Patrick
77	Giles	77	Fredericksburg City
78	Essex	78	Surry
79	Carroll	79	King and Queen
80	Newport News City	80	Hampton City
81	Louisa	81	Richmond
82	Amelia	82	Pittsylvania
83	Pittsylvania	83	Caroline
84	Galax City	84	Amelia
85	Patrick	85	Cumberland
86	Washington	86	Bedford City
87	Surry	87	Pulaski
88	Bland	88	Charles City
89	Dinwiddie	89	Charlotte
90	Cumberland	90	Prince George

Rank	Health Outcomes	Rank	Health Factors
91	Accomack	91	Wythe
92	King and Queen	92	Southampton
93	Bristol City	93	Westmoreland
94	Wythe	94	Buckingham
95	Lancaster	95	Grayson
96	Greensville	96	Newport News City
97	Northampton	97	Covington City
98	Buckingham	98	Sussex
99	Mecklenburg	99	Bristol City
100	Alleghany	100	Page
101	Brunswick	101	Scott
102	Sussex	102	Carroll
103	Lunenburg	103	Tazewell
104	Hopewell City	104	Nottoway
105	Richmond	105	Galax City
106	Norfolk City	106	Greensville
107	Prince Edward	107	Smyth
108	Lee	108	Northampton
109	Smyth	109	Prince Edward
110	Portsmouth City	110	Dinwiddie
111	Williamsburg City	111	Mecklenburg
112	Fredericksburg City	112	Accomack
113	Martinsville City	113	Russell
114	Charlotte	114	Halifax
115	Scott	115	Dickenson
116	Roanoke City	116	Lunenburg
117	Westmoreland	117	Lee
118	Danville City	118	Henry
119	Pulaski	119	Franklin City
120	Halifax	120	Wise
121	Covington City	121	Norfolk City
122	Wise	122	Martinsville City
123	Henry	123	Portsmouth City
124	Russell	124	Roanoke City
125	Richmond City	125	Richmond City
126	Tazewell	126	Danville City
127	Franklin City	127	Emporia City
128	Dickenson	128	Brunswick
129	Buchanan	129	Buchanan
130	Emporia City	130	Hopewell City
131	Petersburg City	131	Petersburg City

**Not Ranked:** Highland, Lexington City, Norton City

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





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