



County Health Rankings & Roadmaps

A Healthier Nation, County by County

2013 *Rankings* **Minnesota**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research for 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. You can also take advantage of the Using the *Rankings* Data guide to help you explore the data and figure out more about what is driving your community's health. To learn about what you can do to improve health in your community, visit the *Roadmaps to Health* Action Center. Finally, you can learn what others are doing by reading Communities Stories and visiting the Project Showcase.

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.

The *County Health Roadmaps* 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 (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) 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 guidance on strategies to improve health.

Roadmaps to Health Community Grants

The *Roadmaps to Health* Community Grants provide funding for 2 years to thirty 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

RWJF 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. As of February 2013, RWJF has awarded partner grants to United Way Worldwide, National Business Coalition on Health, and National Association of Counties.

RWJF Roadmaps to Health Prize

In February 2013, RWJF awarded the first *RWJF Roadmaps to Health* Prizes of \$25,000 to six communities that are working to become healthier places to live, learn, work and play. The *RWJF 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.



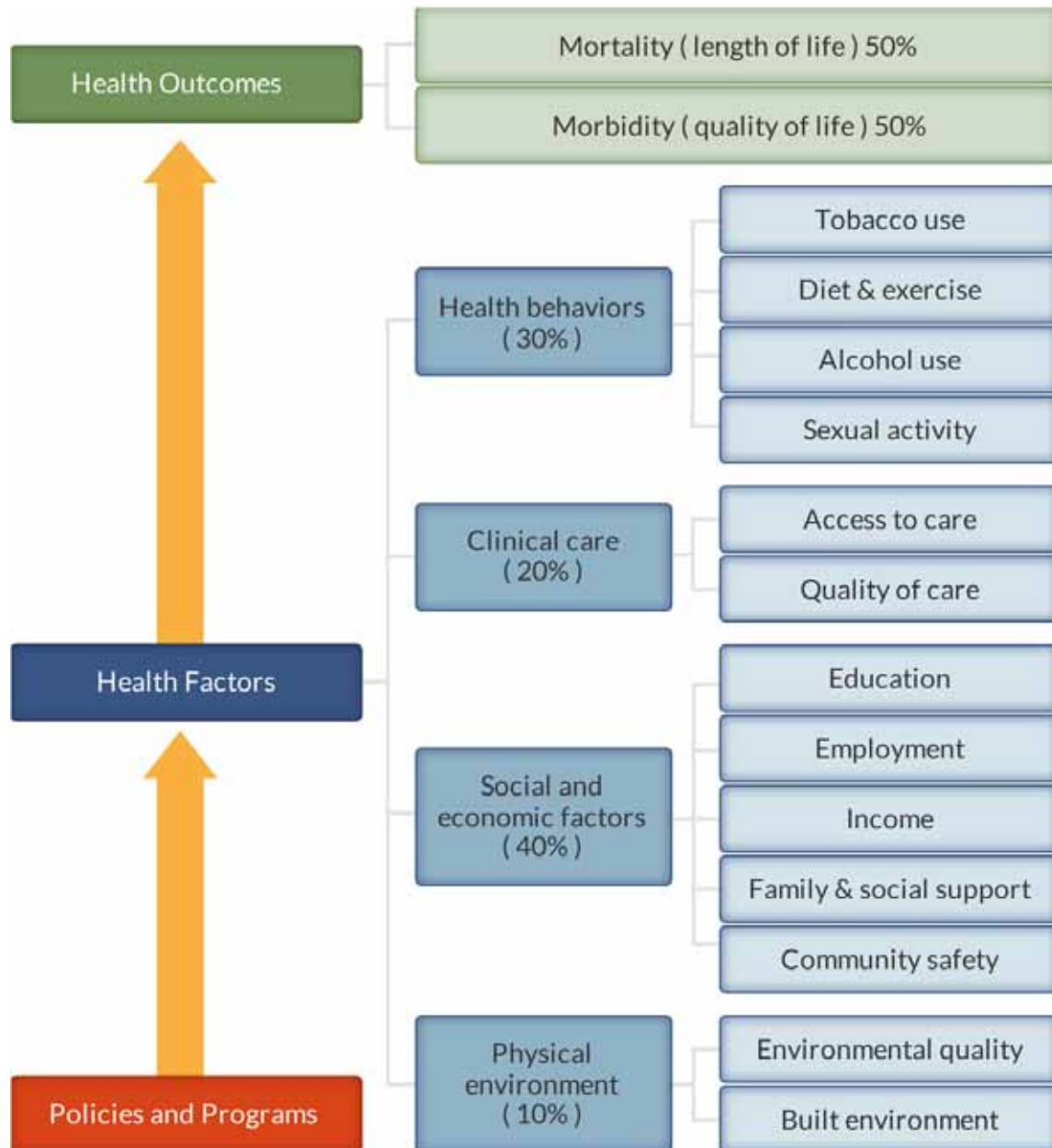
Roadmaps to Health Action Center

The *Roadmaps to Health* Action Center, based at UWPHI, provides tools and guidance to help groups working to make their communities healthier places. The Action Center website provides guidance on developing strategies and advocacy efforts to advance pro-health policies, opportunities for ongoing learning, and a searchable database of evidence-informed policies and programs focused on health improvement: *What Works for Health*. Action Center staff provide customized consultation via email and telephone to those seeking more information about how to improve health. Coaching, including possible on-site visits, is also available for 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 2013 *County Health Rankings* report ranks Minnesota 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.

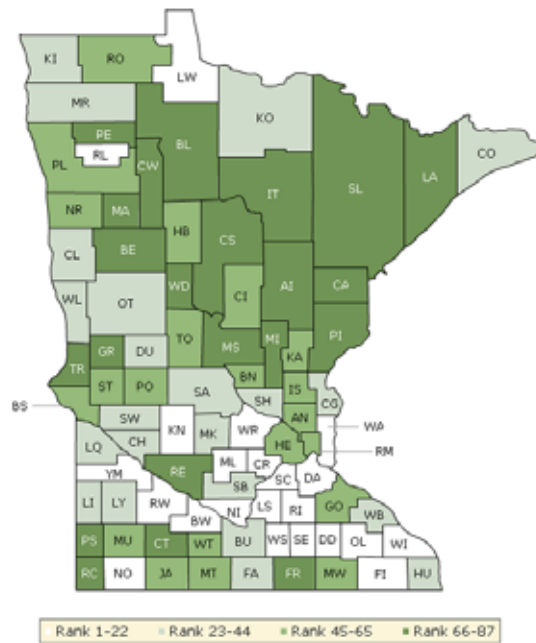


County Health Rankings model ©2012 UWPHI

The maps on this page and the next display Minnesota’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

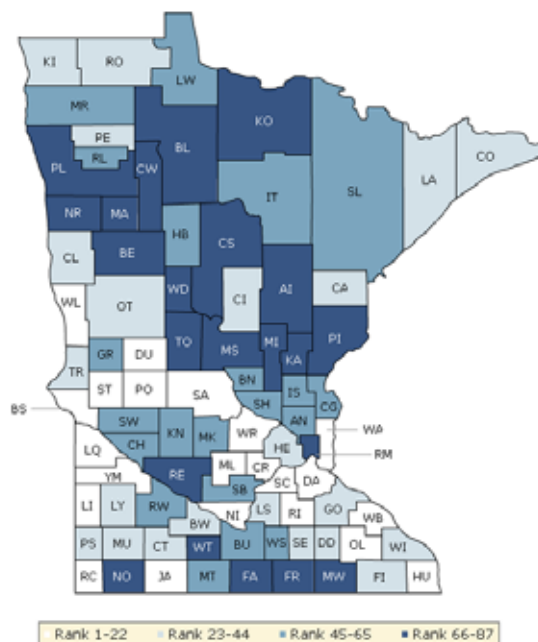
summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

HEALTH OUTCOMES



County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	77	Fillmore	20	Martin	58	Rock	70
Anoka	47	Freeborn	67	McLeod	7	Roseau	49
Becker	76	Goodhue	56	Meeker	30	Scott	5
Beltrami	80	Grant	66	Mille Lacs	85	Sherburne	41
Benton	64	Hennepin	55	Morrison	82	Sibley	44
Big Stone	63	Houston	28	Mower	46	St. Louis	72
Blue Earth	25	Hubbard	53	Murray	52	Stearns	24
Brown	21	Isanti	45	Nicollet	16	Steele	2
Carlton	81	Itasca	69	Nobles	9	Stevens	61
Carver	1	Jackson	51	Norman	62	Swift	23
Cass	87	Kanabec	48	Olmsted	17	Todd	57
Chippewa	37	Kandiyohi	12	Otter Tail	38	Traverse	84
Chisago	35	Kittson	32	Pennington	73	Wabasha	40
Clay	43	Koochiching	42	Pine	71	Wadena	79
Clearwater	68	Lac qui Parle	31	Pipestone	75	Waseca	3
Cook	29	Lake	83	Polk	60	Washington	10
Cottonwood	78	Lake of the Woods	19	Pope	54	Watonwan	59
Crow Wing	50	Le Sueur	11	Ramsey	65	Wilkin	33
Dakota	15	Lincoln	26	Red Lake	14	Winona	6
Dodge	4	Lyon	34	Redwood	18	Wright	13
Douglas	27	Mahnomen	86	Renville	74	Yellow Medicine	8
Faribault	39	Marshall	36	Rice	22		

HEALTH FACTORS



County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	78	Fillmore	34	Martin	47	Rock	16
Anoka	51	Freeborn	77	McLeod	22	Roseau	26
Becker	66	Goodhue	27	Meeker	54	Scott	4
Beltrami	86	Grant	56	Mille Lacs	81	Sherburne	48
Benton	45	Hennepin	25	Morrison	75	Sibley	61
Big Stone	8	Houston	14	Mower	73	St. Louis	59
Blue Earth	53	Hubbard	64	Murray	24	Stearns	17
Brown	31	Isanti	62	Nicollet	5	Steele	29
Carlton	36	Itasca	63	Nobles	67	Stevens	11
Carver	2	Jackson	13	Norman	68	Swift	60
Cass	84	Kanabec	80	Olmsted	3	Todd	82
Chippewa	55	Kandiyohi	57	Otter Tail	33	Traverse	42
Chisago	46	Kittson	30	Pennington	35	Wabasha	9
Clay	32	Koochiching	70	Pine	83	Wadena	76
Clearwater	85	Lac qui Parle	15	Pipestone	43	Waseca	50
Cook	23	Lake	28	Polk	79	Washington	1
Cottonwood	38	Lake of the Woods	65	Pope	19	Watonwan	74
Crow Wing	44	Le Sueur	39	Ramsey	69	Wilkin	18
Dakota	6	Lincoln	21	Red Lake	49	Winona	37
Dodge	40	Lyon	41	Redwood	58	Wright	7
Douglas	12	Mahnomen	87	Renville	72	Yellow Medicine	20
Faribault	71	Marshall	52	Rice	10		

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	Carver	1	Washington
2	Steele	2	Carver
3	Waseca	3	Olmsted
4	Dodge	4	Scott
5	Scott	5	Nicollet
6	Winona	6	Dakota
7	McLeod	7	Wright
8	Yellow Medicine	8	Big Stone
9	Nobles	9	Wabasha
10	Washington	10	Rice
11	Le Sueur	11	Stevens
12	Kandiyohi	12	Douglas
13	Wright	13	Jackson
14	Red Lake	14	Houston
15	Dakota	15	Lac qui Parle
16	Nicollet	16	Rock
17	Olmsted	17	Stearns
18	Redwood	18	Wilkin
19	Lake of the Woods	19	Pope
20	Fillmore	20	Yellow Medicine
21	Brown	21	Lincoln
22	Rice	22	McLeod
23	Swift	23	Cook
24	Stearns	24	Murray
25	Blue Earth	25	Hennepin
26	Lincoln	26	Roseau
27	Douglas	27	Goodhue
28	Houston	28	Lake
29	Cook	29	Steele
30	Meeker	30	Kittson
31	Lac qui Parle	31	Brown
32	Kittson	32	Clay
33	Wilkin	33	Otter Tail
34	Lyon	34	Fillmore
35	Chisago	35	Pennington
36	Marshall	36	Carlton
37	Chippewa	37	Winona
38	Otter Tail	38	Cottonwood
39	Faribault	39	Le Sueur
40	Wabasha	40	Dodge
41	Sherburne	41	Lyon
42	Koochiching	42	Traverse

Rank	Health Outcomes	Rank	Health Factors
43	Clay	43	Pipestone
44	Sibley	44	Crow Wing
45	Isanti	45	Benton
46	Mower	46	Chisago
47	Anoka	47	Martin
48	Kanabec	48	Sherburne
49	Roseau	49	Red Lake
50	Crow Wing	50	Waseca
51	Jackson	51	Anoka
52	Murray	52	Marshall
53	Hubbard	53	Blue Earth
54	Pope	54	Meeker
55	Hennepin	55	Chippewa
56	Goodhue	56	Grant
57	Todd	57	Kandiyohi
58	Martin	58	Redwood
59	Watonwan	59	St. Louis
60	Polk	60	Swift
61	Stevens	61	Sibley
62	Norman	62	Isanti
63	Big Stone	63	Itasca
64	Benton	64	Hubbard
65	Ramsey	65	Lake of the Woods
66	Grant	66	Becker
67	Freeborn	67	Nobles
68	Clearwater	68	Norman
69	Itasca	69	Ramsey
70	Rock	70	Koochiching
71	Pine	71	Faribault
72	St. Louis	72	Renville
73	Pennington	73	Mower
74	Renville	74	Watonwan
75	Pipestone	75	Morrison
76	Becker	76	Wadena
77	Aitkin	77	Freeborn
78	Cottonwood	78	Aitkin
79	Wadena	79	Polk
80	Beltrami	80	Kanabec
81	Carlton	81	Mille Lacs
82	Morrison	82	Todd
83	Lake	83	Pine
84	Traverse	84	Cass
85	Mille Lacs	85	Clearwater
86	Mahnomen	86	Beltrami
87	Cass	87	Mahnomen

2013 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	2008-2010
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2005-2011
	Poor physical health days	Behavioral Risk Factor Surveillance System	2005-2011
	Poor mental health days	Behavioral Risk Factor Surveillance System	2005-2011
	Low birthweight	National Center for Health Statistics	2004-2010
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
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	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention	2010
	Teen birth rate	National Center for Health Statistics	2004-2010
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
Employment	Unemployment	Bureau of Labor Statistics	2011
Income	Children in poverty	Small Area Income and Poverty Estimates	2011
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
Community Safety	Violent crime rate	Federal Bureau of Investigation	2008-2010
PHYSICAL ENVIRONMENT			
Environmental Quality	Daily fine particulate matter ¹	CDC WONDER Environmental data	2008
	Drinking water safety	Safe Drinking Water Information System	FY 2012
Built Environment	Access to recreational facilities	Census County Business Patterns	2010
	Limited access to healthy foods	USDA Food Environment Atlas	2012
	Fast food restaurants	Census County Business Patterns	2010

¹ Not available for AK and HI.

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