



# County Health Rankings & Roadmaps

A Healthier Nation, County by County

## 2013 *Rankings* Virginia



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.

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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. 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.



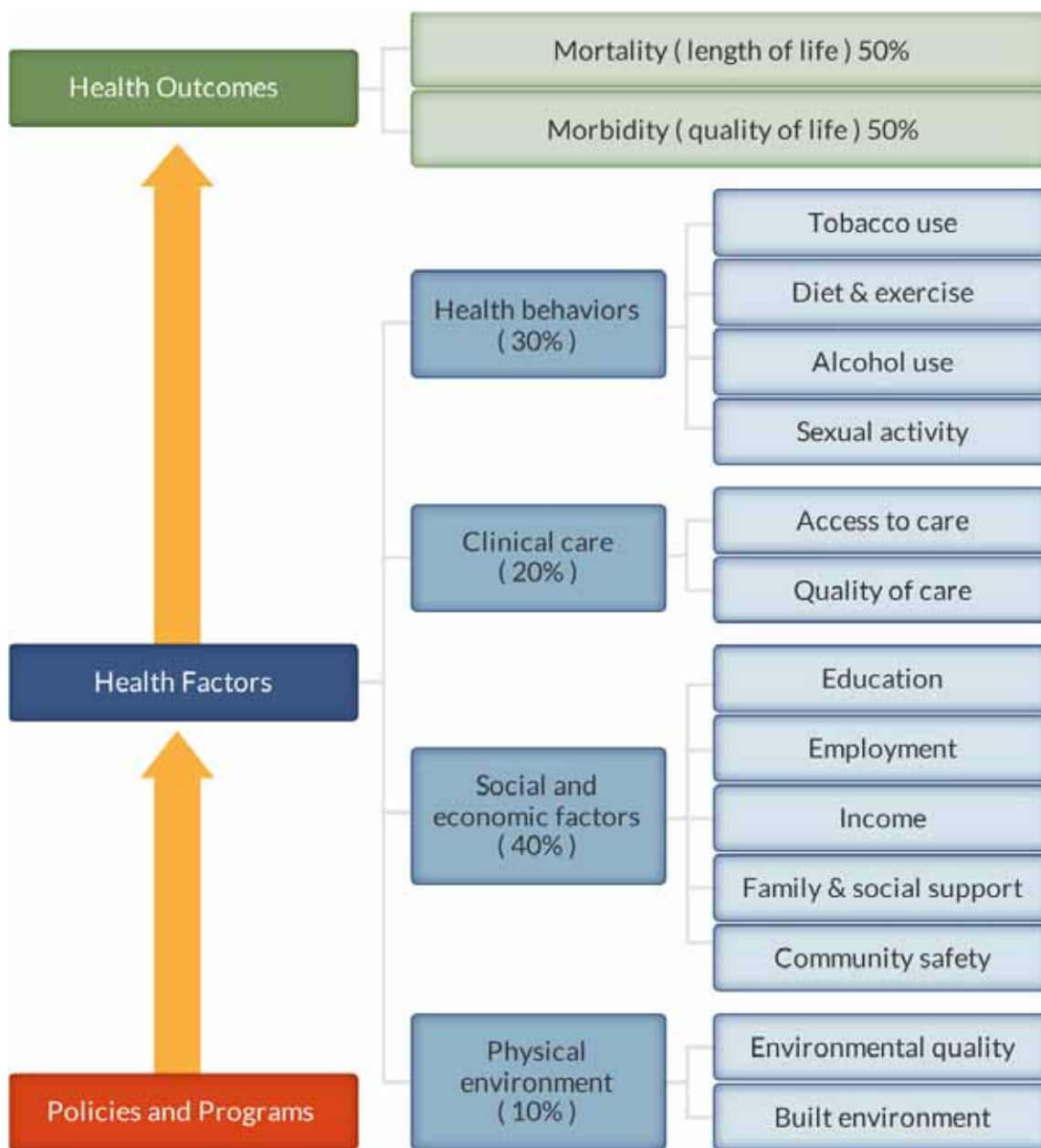
### Roadmaps to Health Action Center

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 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.

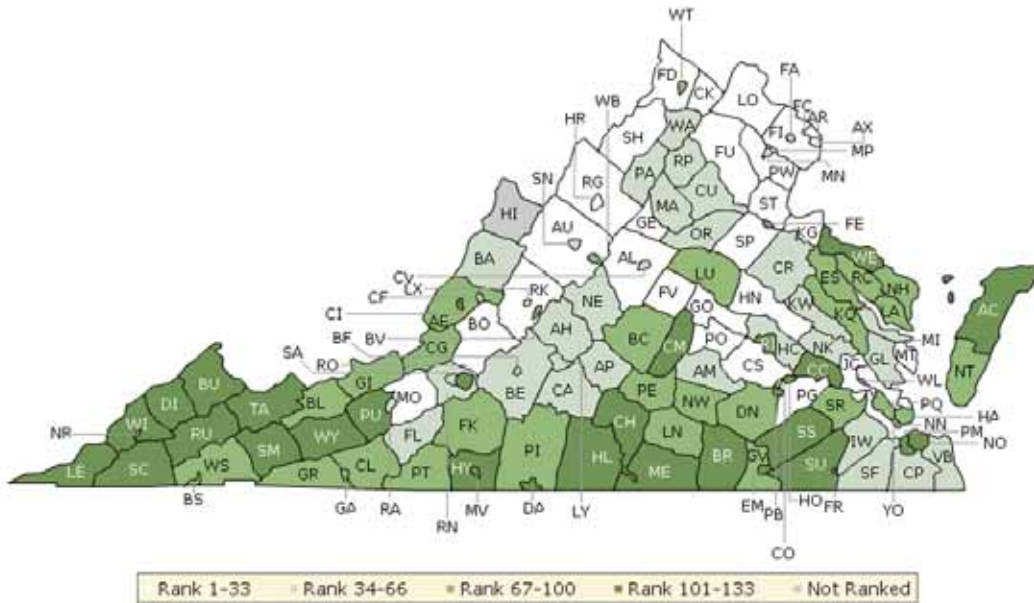


County Health Rankings model ©2012 UWPHI

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

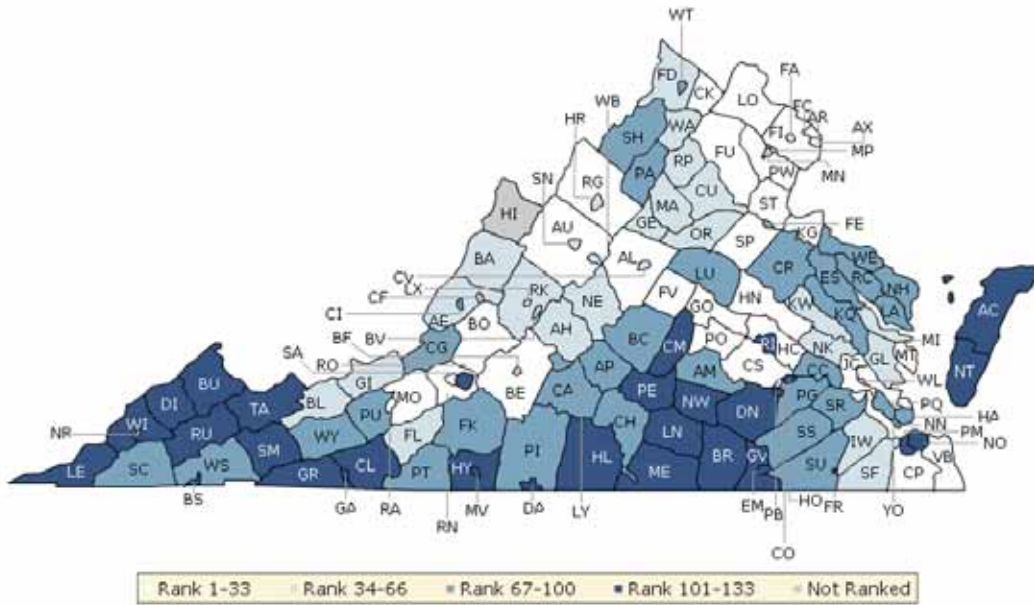


County	Rank	County	Rank	County	Rank	County	Rank
Accomack	104	Dickenson	130	Lancaster	69	Pulaski	119
Albemarle	4	Dinwiddie	92	Lee	115	Radford City	65
Alexandria City	8	Emporia City	128	Lexington City	50	Rappahannock	37
Alleghany	93	Essex	76	Loudoun	2	Richmond	86
Amelia	57	Fairfax	1	Louisa	70	Richmond City	121
Amherst	58	Fairfax City	55	Lunenburg	97	Roanoke	39
Appomattox	63	Falls Church City	16	Lynchburg City	59	Roanoke City	116
Arlington	3	Fauquier	33	Madison	44	Rockbridge	31
Augusta	19	Floyd	53	Manassas City	7	Rockingham	11
Bath	42	Fluvanna	14	Manassas Park City	9	Russell	127
Bedford	56	Franklin	73	Martinsville City	126	Salem City	60
Bedford City	64	Franklin City	123	Mathews	15	Scott	120
Bland	100	Frederick	26	Mecklenburg	108	Shenandoah	28
Botetourt	30	Fredericksburg City	102	Middlesex	46	Smyth	113
Bristol City	78	Galax City	79	Montgomery	23	Southampton	105
Brunswick	110	Giles	74	Nelson	35	Spotsylvania	32
Buchanan	131	Gloucester	61	New Kent	47	Stafford	18
Buckingham	90	Goochland	29	Newport News City	80	Staunton City	54
Buena Vista City	87	Grayson	84	Norfolk City	107	Suffolk City	66
Campbell	51	Greene	12	Northampton	99	Surry	72
Caroline	52	Greensville	98	Northumberland	82	Sussex	117
Carroll	67	Halifax	112	Norton City	94	Tazewell	132
Charles City	111	Hampton City	77	Nottoway	95	Virginia Beach City	34
Charlotte	114	Hanover	13	Orange	48	Warren	62
Charlottesville City	49	Harrisonburg City	17	Page	43	Washington	96
Chesapeake City	40	Henrico	38	Patrick	83	Waynesboro City	68

County	Rank	County	Rank	County	Rank	County	Rank
Chesterfield	22	Henry	129	Petersburg City	133	Westmoreland	101
Clarke	27	Highland	NR	Pittsylvania	89	Williamsburg City	88
Colonial Heights City	71	Hopewell City	122	Poquoson City	21	Winchester City	81
Covington City	109	Isle of Wight	36	Portsmouth City	118	Wise	124
Craig	75	James City	6	Powhatan	24	Wythe	106
Culpeper	41	King and Queen	91	Prince Edward	85	York	5
Cumberland	103	King George	20	Prince George	25		
Danville City	125	King William	45	Prince William	10		



**HEALTH FACTORS**



County	Rank	County	Rank	County	Rank	County	Rank
Accomack	113	Dickenson	112	Lancaster	74	Pulaski	93
Albemarle	8	Dinwiddie	102	Lee	122	Radford City	33
Alexandria City	12	Emporia City	127	Lexington City	43	Rappahannock	41
Alleghany	66	Essex	78	Loudoun	2	Richmond	94
Amelia	77	Fairfax	4	Louisa	72	Richmond City	125
Amherst	58	Fairfax City	7	Lunenburg	116	Roanoke	11
Appomattox	81	Falls Church City	1	Lynchburg City	88	Roanoke City	126
Arlington	3	Fauquier	15	Madison	44	Rockbridge	51
Augusta	32	Floyd	52	Manassas City	50	Rockingham	27
Bath	54	Fluvanna	13	Manassas Park City	65	Russell	117
Bedford	24	Franklin	71	Martinsville City	121	Salem City	26
Bedford City	61	Franklin City	124	Mathews	31	Scott	95
Bland	59	Frederick	45	Mecklenburg	118	Shenandoah	70
Botetourt	14	Fredericksburg City	76	Middlesex	47	Smyth	109
Bristol City	105	Galax City	108	Montgomery	22	Southampton	86
Brunswick	130	Giles	60	Nelson	38	Spotsylvania	30
Buchanan	128	Gloucester	39	New Kent	37	Stafford	19
Buckingham	99	Goochland	18	Newport News City	100	Staunton City	49
Buena Vista City	64	Grayson	103	Norfolk City	119	Suffolk City	62
Campbell	73	Greene	53	Northampton	114	Surry	83
Caroline	75	Greensville	115	Northumberland	79	Sussex	97
Carroll	111	Halifax	110	Norton City	63	Tazewell	107
Charles City	85	Hampton City	91	Nottoway	106	Virginia Beach City	25
Charlotte	89	Hanover	9	Orange	46	Warren	56
Charlottesville City	35	Harrisonburg City	40	Page	98	Washington	68
Chesapeake City	29	Henrico	23	Patrick	92	Waynesboro City	55



County	Rank	County	Rank	County	Rank	County	Rank
Chesterfield	17	Henry	123	Petersburg City	133	Westmoreland	84
Clarke	16	Highland	NR	Pittsylvania	80	Williamsburg City	48
Colonial Heights City	42	Hopewell City	132	Poquoson City	10	Winchester City	67
Covington City	90	Isle of Wight	34	Portsmouth City	120	Wise	129
Craig	69	James City	6	Powhatan	20	Wythe	87
Culpeper	57	King and Queen	96	Prince Edward	104	York	5
Cumberland	101	King George	28	Prince George	82		
Danville City	131	King William	36	Prince William	21		

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

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

Rank	Health Outcomes	Rank	Health Factors
91	King and Queen	91	Hampton City
92	Dinwiddie	92	Patrick
93	Alleghany	93	Pulaski
94	Norton City	94	Richmond
95	Nottoway	95	Scott
96	Washington	96	King and Queen
97	Lunenburg	97	Sussex
98	Greensville	98	Page
99	Northampton	99	Buckingham
100	Bland	100	Newport News City
101	Westmoreland	101	Cumberland
102	Fredericksburg City	102	Dinwiddie
103	Cumberland	103	Grayson
104	Accomack	104	Prince Edward
105	Southampton	105	Bristol City
106	Wythe	106	Nottoway
107	Norfolk City	107	Tazewell
108	Mecklenburg	108	Galax City
109	Covington City	109	Smyth
110	Brunswick	110	Halifax
111	Charles City	111	Carroll
112	Halifax	112	Dickenson
113	Smyth	113	Accomack
114	Charlotte	114	Northampton
115	Lee	115	Greensville
116	Roanoke City	116	Lunenburg
117	Sussex	117	Russell
118	Portsmouth City	118	Mecklenburg
119	Pulaski	119	Norfolk City
120	Scott	120	Portsmouth City
121	Richmond City	121	Martinsville City
122	Hopewell City	122	Lee
123	Franklin City	123	Henry
124	Wise	124	Franklin City
125	Danville City	125	Richmond City
126	Martinsville City	126	Roanoke City
127	Russell	127	Emporia City
128	Emporia City	128	Buchanan
129	Henry	129	Wise
130	Dickenson	130	Brunswick
131	Buchanan	131	Danville City
132	Tazewell	132	Hopewell City
133	Petersburg City	133	Petersburg City

Not Ranked: Highland

## 2013 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	2008-2010
<b>Morbidity</b>	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
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco Use</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
<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	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
<b>Sexual Activity</b>	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
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
<b>SOCIAL AND ECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2011
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates	2011
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
<b>Community Safety</b>	Violent crime rate	Federal Bureau of Investigation	2008-2010
<b>PHYSICAL ENVIRONMENT</b>			
<b>Environmental Quality</b>	Daily fine particulate matter <sup>1</sup>	CDC WONDER Environmental data	2008
	Drinking water safety	Safe Drinking Water Information System	FY 2012
<b>Built Environment</b>	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

<sup>1</sup> Not available for AK and HI.

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