AMERICA'S HEALTH RANKINGS®
UNITED HEALTH FOUNDATION

In partnership with
APHA
AMERICAN PUBLIC HEALTH ASSOCIATION

Annual Report
2021



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Introduction

The *America's Health Rankings® Annual Report* is the longest running state-by-state analysis of the nation's health. First published in 1990, *America's Health Rankings* has provided an opportunity to track short- and long-term public health successes as well as identify current and emerging challenges at the state and national levels. This year, as the nation continues to grapple with the effects of the COVID-19 public health crisis, the United Health Foundation remains committed to providing data-driven insights that can help build healthier communities across the country.





The latest data reveal a complex picture of the nation's health and provide insights into the early effects of the COVID-19 pandemic on Americans' health and well-being.

17%

increase in the U.S. **death rate** between 2019 and 2020, based on provisional estimates.

This year's 2021 *Annual Report* reveals a complex picture of the nation's health and provides insights into the early effects of the COVID-19 pandemic on Americans' health and well-being. The *Annual Report* highlights a dramatic increase in the U.S. death rate, as well as contrasting reversals of longer-term trends across several measures.

The report finds that the COVID-19 pandemic has had a severe impact across the country, as the nation experienced a 17% increase between 2019 and 2020 in the overall U.S. death rate, according to an *America's Health Rankings* analysis of the latest provisional data from the Centers for Disease Control and Prevention (CDC). The report further finds notable reversals of long-term trends in some measures during the pandemic, including a significant increase in the number of Americans reporting their health was very good or excellent. However, Americans continue to experience large disparities by geography, race and ethnicity, education and other factors, with new data that reinforce the broad, deep and persistent disparities highlighted in the 2021 *Health Disparities Report*.

The *Annual Report* underscores well-known challenges in some measures of behavioral and mental health while highlighting unexpected reversals of trends in others. Lastly, this year's report reveals that during the early part of the pandemic, flu vaccinations and the number of primary care and mental health providers reached their highest levels since *America's Health Rankings* began tracking the measures. Not all states benefited equally, as these rates varied significantly by geography.

This year's *America's Health Rankings* does not include overall state rankings out of the shared understanding that the country faces ongoing challenges due to the COVID-19 pandemic. The report, however, still provides rankings for individual measures that help in monitoring a state's progress on key health indicators. Community leaders and advocates can use this year's report to bring into focus opportunities to build healthier communities and to address issues caused by or exacerbated by the pandemic.

Impact of COVID-19

According to the Centers for Disease Control and Prevention (CDC), the COVID-19 pandemic has claimed nearly 750,000 lives across the country as of November 3, 2021 and affected countless others.[1] The pandemic has disproportionately affected certain racial and ethnic groups, reflecting some of the longstanding disparities that persist in many of the measures analyzed in the *Annual Report*.

Provisional Mortality Trends

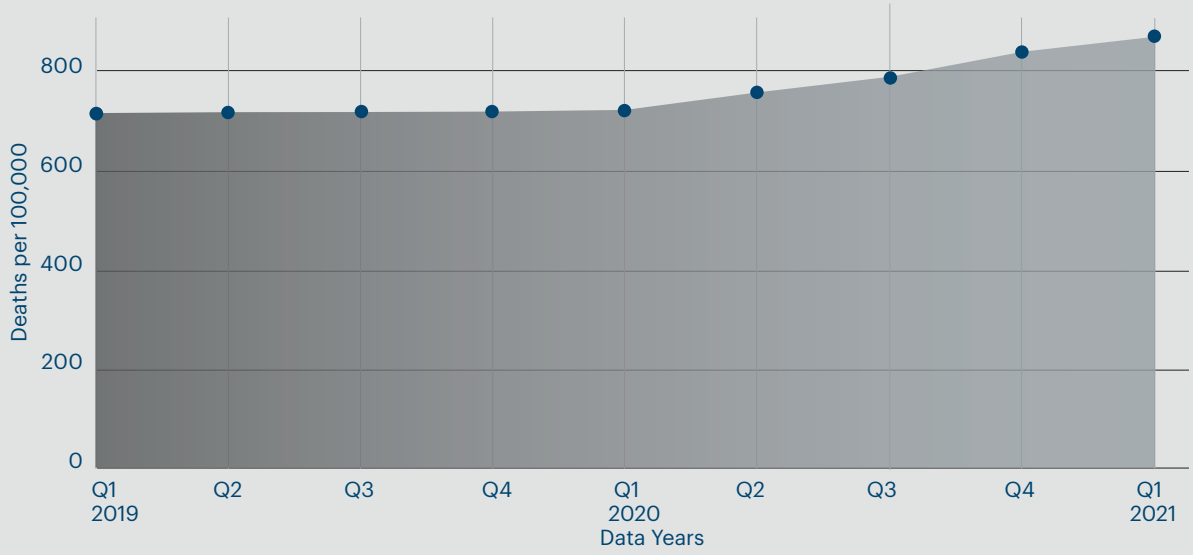
According to the *America's Health Rankings'* analysis of the CDC's provisional mortality data, deaths from all causes (all-cause mortality) increased 17% from 715.2 to 835.4 deaths per 100,000 population between 2019 and 2020. The most recent provisional 2021 data showed an even larger increase of 21% from pre-pandemic levels, from 715.2 to 865.6 deaths per 100,000 population between 2019 and the 12 months ending on March 31, 2021.

Between 2019 and 2020, all-cause mortality increased in all states, led by 29% in New York (616.2 to 797.1), 27% in New Jersey (657.3 to 834.4), 23% in the District of Columbia (703.2 to 862.3) and 22% in Louisiana (857.0 to 1,044.7). The smallest increases were 3% in Hawaii (573.3 to 588.0), 4% in Maine (759.7 to 787.2) and 5% in New Hampshire (700.0 to 737.7).

According to a CDC report featuring 2020 provisional mortality data, COVID-19 was the third-leading cause of death in the country, accounting for nearly 378,000 deaths.[2] Further, the impact of the pandemic was not experienced equally in 2020. Death rates with COVID-19 listed as an underlying or contributing cause were highest among the American Indian/Alaska Native population (187.8 deaths per 100,000), males (115.0) and adults ages 85 and older (1,797.8). Death rates among the Hispanic population (164.3), the Black population (151.1) and the Hawaiian/Pacific Islander population (122.3) also exceeded the national rate (91.5) in 2020.[2]

Meanwhile, COVID-19 vaccination rates in the U.S. continue to climb with the Food and Drug Administration approvals of vaccines for children ages 12-17, and more recently children ages 5-11. As of November 14, 2021, 58.8% of the U.S. population had been fully vaccinated.[3] The *America's Health Rankings* website contains state and national data for COVID-19 vaccination rates, case rates and hospitalization rates. This year, provisional mortality data through the first quarter of 2021 were added to the *COVID-19 Report*, available on the website. In addition, the website has a library of health topics featuring conditions identified as risk factors for more severe illness or death from COVID-19 as well as other related measures.

Deaths from all causes increased 17% between 2019 and 2020 and 21% between 2019 and the 12 months ending on March 31, 2021.



The *Annual Report* was developed in partnership with the American Public Health Association (APHA). The United Health Foundation is pleased to partner with the APHA as a champion for the health of all people and all communities. The United Health Foundation's focus on improving health and health care in communities across the country closely aligns with the APHA's mission to improve the health of the public and achieve equity in health status.

Beginning to Unpack the Pandemic's Impact on our Nation's Health

Dr. Georges C. Benjamin, American Public Health Association (APHA)

Since the beginning of 2020, the public health community has been working overtime to track, analyze and respond to the COVID-19 pandemic on a day-by-day basis. While that crucial work continues, the *America's Health Rankings 2021 Annual Report* marks the beginning of a new phase; we now can begin to analyze and understand the bigger picture of COVID-19, the impact of this public health emergency on the health of the nation overall and where we go from here.

At the American Public Health Association, our mission is to improve the health of the public and achieve equity in health status. We believe we have the opportunity to make the United States the healthiest it has ever been in one generation. So, the imperative question is: How has the pandemic changed our course so far? How do we move forward given this set back and where do we go from here?

As I look at the *America's Health Rankings* data I see a complex picture, including reversals in trends and underlying disparities. For example, the percentage of Americans who reported having multiple chronic conditions decreased by 4% between 2019 and 2020, reaching its lowest point since 2015. Cancer was a big part of the improvement, with a 7% decrease in prevalence. While this appears to be a victory, we also know that many people missed regular cancer screening appointments due to the pandemic — and it is unclear whether the decrease in multiple chronic conditions reflects a tangible improvement in our nation's health. Add to that the wide disparities we see by race — the rate of multiple chronic conditions was approximately 5 times higher among American Indian/Alaska Native (13.8%) and multiracial (13.1%) adults than Asian adults (2.5%).

Similarly, frequent mental distress dropped 4% nationally between 2019 and 2020, after increasing year over year since 2014. This improvement runs counter to what some expected amidst the disruption and isolation brought on by the pandemic. Not all groups experienced a decrease in frequent mental distress. During the same timeframe, there was a notable increase in frequent mental distress among adults with the highest income level — from 7.5% to 8.9% as well as the highest education level — 8.3% to 9.4%. In addition, wide racial disparities persisted. For example, frequent mental distress was 2.9 times higher among multiracial adults at 21.1% than Asian adults at 7.4%.

In response to the pandemic, public health funding grew from $87 per person in 2017-2018 to $116 per person in 2019-2020. While this is an important finding, there remain enormous geographic differences: public health funding was highest in the District of Columbia at $874 per person in 2019-2020 and just $72 per person in Nevada and Wisconsin. And public health departments are now more short-staffed than ever while facing constantly evolving challenges.

This report is an important step in understanding the early effects of the COVID-19 pandemic. We must leverage this data to know where we stand, evaluate the driving factors and better target our work to meet the health needs of all Americans so we can become the healthiest nation in one generation.

Objective

America's Health Rankings' objective is to inform and drive action to build healthier communities by offering credible, trusted data for improving health and health care. To achieve this, a comprehensive set of measures were analyzed to assess the health of populations across the nation. The report uses a wealth of reputable data sources to produce a combination of key health-related measures across categories of health determinants and health outcomes, including:

- **Eighty-one measures.** This is a combination of 50 composite measures used in the scoring of states as well as 31 additional measures used to track current and emerging health issues at state and national levels. The *Annual Report* leveraged the most recent data available for each measure.
- **Five categories of health.** These include health outcomes and four categories that are determinants of health: social and economic factors, physical environment, behaviors and clinical care.
- **Thirty data sources.** The data included in this report are from many different sources, including the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System, the U.S. Department of Agriculture's *Household Food Security in the United States* report and the U.S. Census Bureau's Current Population Survey.

The *America's Health Rankings Annual Report* aims to improve population health by:

- **Presenting a holistic view of health.** This report goes beyond measures of clinical care and health behaviors by considering social, economic and physical environment measures to reflect the growing understanding of the impact of social determinants on health.
- **Providing a benchmark for states.** Each year the report presents trends, strengths, challenges and highlights for every state. With the *America's Health Rankings Annual Report*'s 32 years of data, public health advocates can monitor health trends over time and compare their state with neighboring states and the nation. Every state has its strengths and challenges. It is important to consider the measures collectively, as each measure does not stand alone but rather influences and is influenced by other measures of health and everyday life.
- **Stimulating action.** The report is intended to drive change and improve health by promoting data-driven discussions among individuals, community leaders, public health workers, policymakers and the media. States can incorporate the report into their annual review of programs, and many organizations use the report as a reference when assigning goals for health-improvement plans.
- **Highlighting disparities.** The report shows differences in health between states and among population groups at state and national levels, with groupings based on age, gender, race and ethnicity, educational attainment and income. These analyses often reveal differences among groups that national or state aggregate data may mask.

Model for Measuring America's Health

***America's Health Rankings* is built upon the World Health Organization's definition of health: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."**



Social and Economic Factors

COMMUNITY AND FAMILY SAFETY

SUCCESS

Public health funding

▲ **33%**

from $87 to $116 per person between 2017-2018 and 2019-2020.

ECONOMIC RESOURCES

SUCCESS

Food insecurity

▼ **13%**

from 12.3% to 10.7% of households between 2015-2017 and 2018-2020.

CHALLENGE

Homeownership racial disparity

32.0 percentage point

difference in the homeownership rate between the white population (72.1%) and the Hawaiian/Pacific Islander population (40.1%) in 2019.

Physical Environment

AIR AND WATER QUALITY

SUCCESS

Air pollution

▼ **37%**

from 13.2 to 8.3 micrograms per cubic meter between 2000-2002 and 2018-2020.

HOUSING AND TRANSIT

SUCCESS

Severe housing problems

▼ **8%**

from 18.9% to 17.3% of occupied housing units between 2009-2013 and 2014-2018.

Clinical Care

PREVENTIVE CLINICAL SERVICES

CHALLENGE

Dental visit

▼ **1%**

from 67.6% to 66.7% of adults between 2018 and 2020.

SUCCESS

Flu vaccination

▲ **8%**

from 43.7% to 47.0% of adults between 2019 and 2020.

ACCESS TO CARE

SUCCESS

Avoided care due to cost

▼ **22%**

from 12.6% to 9.8% of adults between 2019 and 2020.

SUCCESS

Mental health providers

▲ **6%**

from 268.6 to 284.3 providers per 100,000 population between 2020 and 2021.

SUCCESS

Primary care providers

▲ **4%**

from 241.9 to 252.3 providers per 100,000 population between 2020 and 2021.

Behaviors

SLEEP HEALTH

SUCCESS

Insufficient sleep

▼ 6%

from 34.5% to 32.3% of adults between 2018 and 2020.

SMOKING AND TOBACCO USE

CHALLENGE

E-cigarette use*

▲13%

from 4.6% to 5.2% of adults between 2017 and 2020.

* Data were available for 38 states in 2020. National value is the median of the 38 states with data.

Health Outcomes

BEHAVIORAL HEALTH

CHALLENGE

Drug deaths

▲ 4%

from 20.6 to 21.5 deaths per 100,000 population between 2018 and 2019.

SUCCESS

Excessive drinking

▼ 5%

from 18.6% to 17.6% of adults between 2019 and 2020.

SUCCESS

Frequent mental distress

▼ 4%

from 13.8% to 13.2% of adults between 2019 and 2020.

SUCCESS

Suicide

▼ 2%

from 14.8 to 14.5 deaths per 100,000 population between 2018 and 2019.

PHYSICAL HEALTH

SUCCESS

High health status

▲13%

from 49.7% to 56.3% of adults between 2019 and 2020.

SUCCESS

Multiple chronic conditions

▼ 4%

from 9.5% to 9.1% of adults between 2019 and 2020.

Social and Economic Factors

33%

Increase in **public health funding** from $87 to $116 per person between 2017-2018 and 2019-2020.

COMMUNITY AND FAMILY SAFETY

Public Health Funding

Increased spending on public health programs is associated with a decrease in mortality from preventable causes of death, such as cardiovascular disease, diabetes, stroke and cancer.[4]

Findings

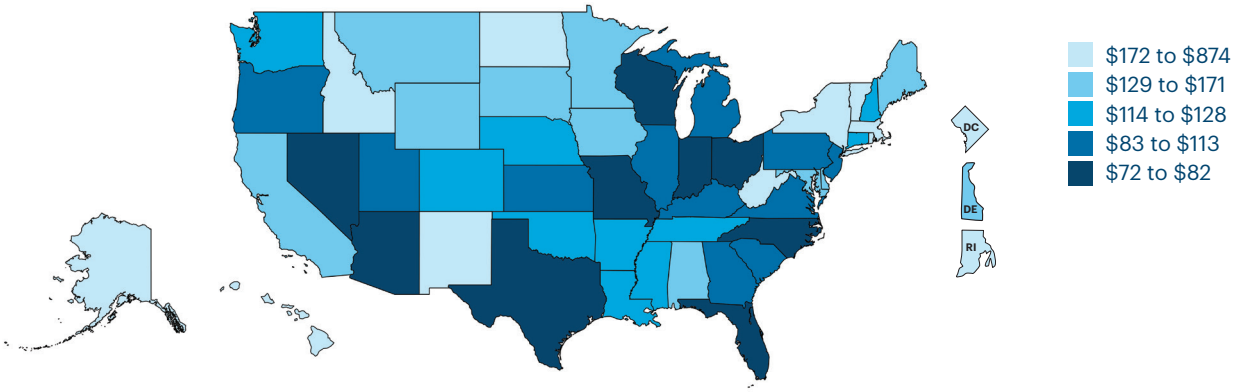
State dollars dedicated to public health and federal dollars directed to states by the Centers for Disease Control and Prevention and the Health Resources & Services Administration increased 33% nationally from $87 to $116 per person between 2017-2018 and 2019-2020 — the highest level since 2014-2015 when *America's Health Rankings* began using the current sources for tracking the measure.

Public health funding increased 12% or more in all 50 states and the District of Columbia, led by 77% in Iowa ($91 to $161), 75% in the District of Columbia ($499 to $874), 67% in New Jersey ($66 to $110) and 60% in both Alaska ($281 to $449) and Vermont ($144 to $231) between 2017-2018 and 2019-2020.

Disparities

In 2019-2020, public health funding was highest in the District of Columbia ($874), Alaska ($449), New Mexico ($265) and Hawaii ($241); it was lowest in both Nevada and Wisconsin ($72), Texas ($74) and Ohio ($75).

Public health funding ranged from $874 per person in the District of Columbia and $449 in Alaska to $72 in both Nevada and Wisconsin.



Food insecurity has dropped continuously since 2011-2013, reaching its lowest point in 2018-2020.

ECONOMIC RESOURCES

Food Insecurity

Food insecurity has broad effects on health due to the mental and physical stress it places on the mind and body.[5]

Findings

Nationally, the percentage of U.S. households unable to provide adequate food for one or more household members due to lack of resources significantly decreased 13% from 12.3% to 10.7% between 2015-2017 and 2018-2020, and 27% from 14.6% in 2011-2013. Food insecurity has dropped continuously since 2011-2013, reaching its lowest point in 2018-2020.

Food insecurity significantly decreased in two states: 39% in New Hampshire (9.4% to 5.7%) and 29% in Oregon (12.9% to 9.2%) between 2015-2017 and 2018-2020.

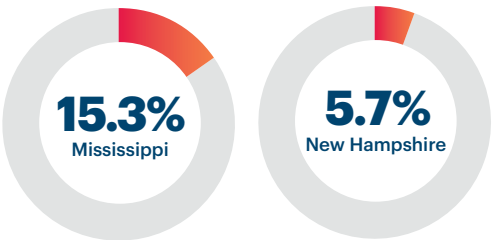
Disparities

In 2018-2020, food insecurity was highest in Mississippi (15.3%), West Virginia (15.1%) and Louisiana (14.8%); it was lowest in New Hampshire (5.7%), Iowa (6.9%) and Minnesota (7.0%).

13%

Decrease in **food insecurity** from 12.3% to 10.7% of households between 2015-2017 and 2018-2020.

Food insecurity was 2.7 times higher in Mississippi than in New Hampshire.



ECONOMIC RESOURCES

Homeownership Racial Disparity

Owning a home is a way for individuals to build wealth. Addressing the racial homeownership gap can help reduce the racial wealth gap and its associated educational and health disparities.[6]

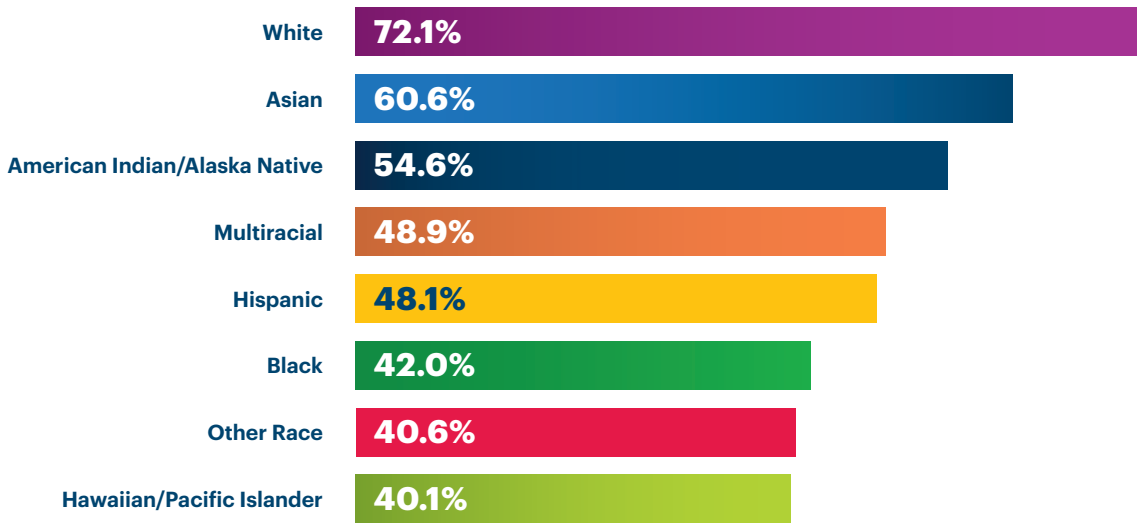
Findings

Nationally in 2019, the percentage of housing units owned by the occupant was 64.1%. The U.S. homeownership rate for the non-Hispanic white population was 72.1%; it was 40.1% for the Hawaiian/Pacific Islander population, the population with the lowest national rate. This is a difference of 32.0 percentage points in 2019. The homeownership rate for the Black population was 42.0%, 30.1 percentage points lower than the non-Hispanic white population rate. The rates among the Hawaiian/Pacific Islander population, Black population and population that identified as other race (40.6%), however, were not significantly different from one another, with rates well below the national rate.

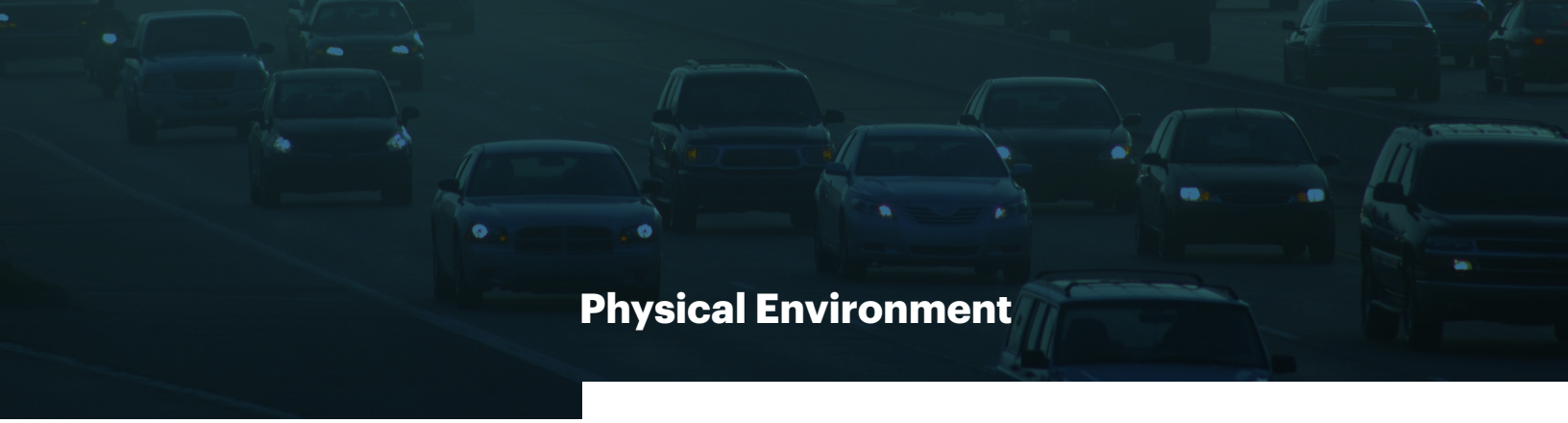
Disparities

In 2019, the homeownership racial disparity was highest in Minnesota with a 51.6 percentage point difference between the white population and the racial and ethnic population with the lowest rate. Both Iowa and South Dakota (50.8) and Utah (50.3) were second and third highest, respectively. Lowest were the District of Columbia (15.3), Alaska (23.1), both California and Wyoming (26.9) and Mississippi (27.2). All comparisons were between the non-Hispanic white and Black populations except for that of Wyoming, which was between the non-Hispanic white and Asian populations.

Homeownership was 32.0 percentage points higher among non-Hispanic white than Hawaiian/Pacific Islander populations.



Note: Hispanic is an ethnicity. All race groups except white include Hispanic ethnicity.



Physical Environment

Air pollution was 3.2 times higher in California than in Wyoming.



13.3
micrograms per cubic meter in **California**



4.2
micrograms per cubic meter in **Wyoming**

AIR AND WATER QUALITY

Air Pollution

Air pollution is associated with heart and lung problems and even premature death.[7,8] Large pollutant particles in the air can cause irritation and discomfort, while small, fine pollutants from sources such as auto exhaust or power plant emissions can penetrate deeply into lung tissue and enter the bloodstream.[9,10]

Findings

Nationally, the average exposure of the general public to particulate matter 2.5 microns or less, measured in micrograms per cubic meter, decreased 1% from 8.4 to 8.3 between 2015-2017 and 2018-2020, and 37% from 13.2 in 2000-2002, when *America's Health Rankings* began tracking the measure.

Air pollution decreased 10% or more in 12 states, led by 26% in Hawaii (5.8 to 4.3), 23% in Maine (6.5 to 5.0) and 19% in both Maryland (8.3 to 6.7) and Montana (6.8 to 5.5) between 2015-2017 and 2018-2020. Over the same period, air pollution increased 10% or more in four states: 19% in Oregon (7.7 to 9.2), 17% in Massachusetts (6.0 to 7.0), 12% in California (11.9 to 13.3) and 10% in Kansas (6.9 to 7.6).

Disparities

In 2018-2020, air pollution was highest in California (13.3), Illinois (9.6) and Nevada (9.3); it was lowest in Wyoming (4.2), both Hawaii and New Hampshire (4.3) and North Dakota (4.8).

Air pollution improved in some states and worsened in others between 2015-2017 and 2018-2020.

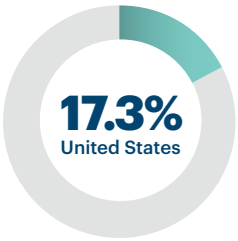
Hawaii
▼**26%**
from 5.8 to 4.3 micrograms per cubic meter

Maine
▼**23%**
from 6.5 to 5.0 micrograms per cubic meter

Oregon
▲**19%**
from 7.7 to 9.2 micrograms per cubic meter

Massachusetts
▲**17%**
from 6.0 to 7.0 micrograms per cubic meter

More than 1 in 6 occupied housing units had severe housing problems.



HOUSING AND TRANSIT

Severe Housing Problems

Poor quality housing can cause disease and injury and negatively affect childhood development.[11] Other housing-related factors such as neighborhood environment and overcrowding can affect mental and physical health as well. Families with high housing-related costs may have difficulty affording other basic needs such as health care, food and heat.[12]

Findings

Severe housing problems is the percentage of occupied housing units with at least one of the following problems: lack of complete kitchen facilities, lack of plumbing facilities, overcrowding or severely cost-burdened occupants. Nationally, this percentage decreased 8% from 18.9% to 17.3% between 2009-2013 and 2014-2018.

Severe housing problems significantly decreased in 39 states, led by 16% in both Michigan (16.9% to 14.2%) and Nevada (22.1% to 18.5%) and 15% in Utah (15.9% to 13.5%) between 2009-2013 and 2014-2018.

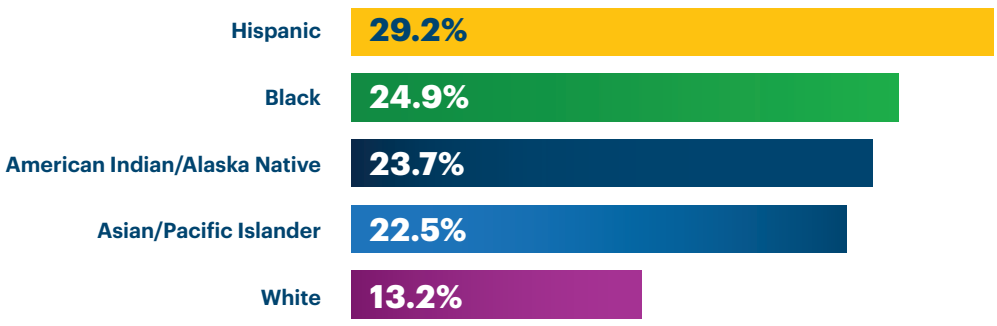
Between 2009-2013 and 2014-2018, severe housing problems decreased across all racial and ethnic groups, dropping 13% among Hispanic households (33.4% to 29.2%); 9% among both Black (27.4% to 24.9%) and white (14.5% to 13.2%) households; 8% among Asian/Pacific Islander households (24.4% to 22.5%); and 6% among American Indian/Alaska Native households (25.3% to 23.7%).

Disparities

In 2014-2018, severe housing problems were highest in Hawaii (26.4%), California (26.2%) and New York (23.3%); they were lowest in West Virginia (11.1%), North Dakota (11.6%) and both Iowa and South Dakota (11.8%).

In 2014-2018, severe housing problems varied by race and ethnicity and were disproportionately higher among Hispanic, Black, American Indian/Alaska Native and Asian/Pacific Islander households than among white households.

Severe housing problems were 2.2 times higher among Hispanic than white households.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.



Clinical Care

PREVENTIVE CLINICAL SERVICES

Dental Visit

Oral health problems are largely preventable through routine visits to the dentist and good oral hygiene.[13]

Findings

Nationally, the percentage of adults who reported visiting a dentist or dental clinic within the past year decreased 1% from 67.6% to 66.7% between 2018 and 2020. Roughly 2.8 million fewer adults visited a dentist in 2020 compared with 2018.

Annual dental visits significantly decreased in 10 states and the District of Columbia, led by 10% in Alaska (69.3% to 62.5%), 8% in both the District of Columbia (73.8% to 67.9%) and Kentucky (61.9% to 57.2%) and 7% in Florida (65.7% to 61.2%) between 2018 and 2020. Over the same period, annual dental visits significantly increased 10% in South Carolina (61.8% to 67.7%) and 7% in Mississippi (54.1% and 57.7%).

Between 2018 and 2020, annual dental visits significantly decreased among Asian and white adults, all income levels except the lowest, both genders, adults ages 18-44 and 45-64, and adults ages 25 and older with some college education and college graduates. By group, the largest decreases were:

- 7% among Asian adults (70.1% to 65.4%).
- 5% among adults ages 25 and older with an annual household income of $50,000-$74,999 (71.2% to 67.9%).

Disparities

In 2020, annual dental visits were highest in Hawaii (74.7%), Rhode Island (74.2%) and Massachusetts (73.3%); they were lowest in Arkansas (57.0%), Kentucky (57.2%) and Texas (57.5%).

In 2020, annual dental visits varied most by education and income, but also significantly varied by race and ethnicity, gender and age. The percentage was higher among:

- Adults ages 25 and older who graduated from college (77.9%), 1.8 times higher than among adults with less than a high school education (42.5%). The prevalence of dental visits was significantly higher with each increase in educational attainment.
- Adults ages 25 and older with an annual household income of $75,000 or more (78.2%), 1.7 times higher than among those with an income less than $25,000 (45.1%). The prevalence of dental visits was significantly higher with each increase in income level.
- White (68.4%) than American Indian/Alaska Native adults (54.8%).
- Females (67.5%) than males (62.0%).
- Both adults ages 65 and older (67.3%) and adults ages 45-64 (66.3%) than adults ages 18-44 (62.6%).

Dental visits were 1.8 times higher among adults ages 25 and older who graduated from college than those with less than a high school education.



PREVENTIVE CLINICAL SERVICES

Flu Vaccination

Each year in the United States, millions of people get the flu, and thousands of people die from it.[14] A flu vaccine is the best protection against seasonal influenza viruses.[15] The vaccine can prevent people from coming down with the virus and mitigate symptoms of those who get the flu.[16]

Findings

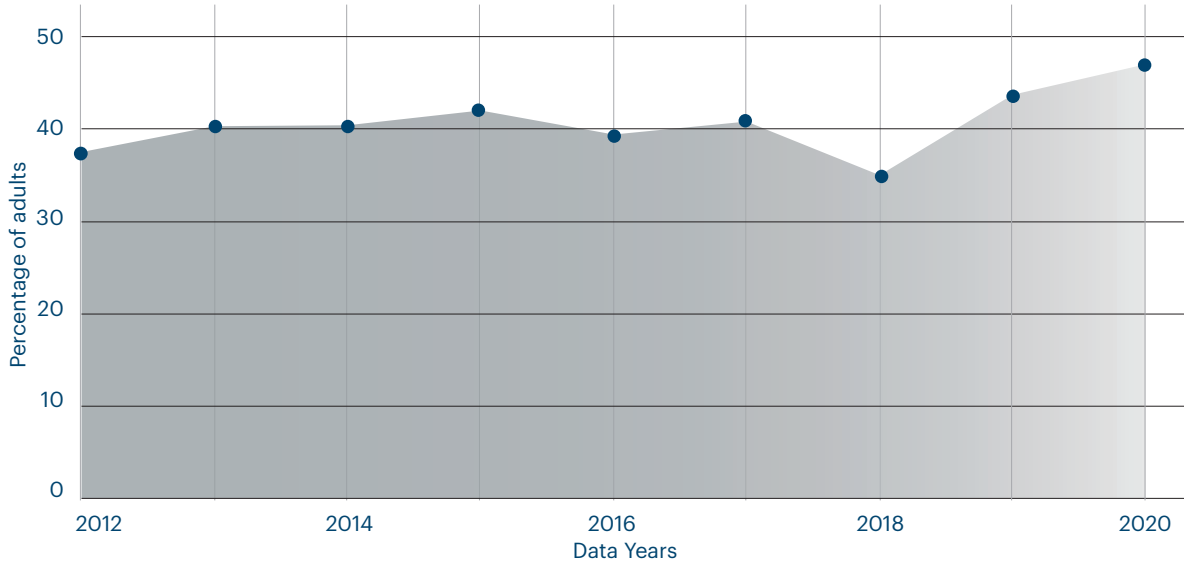
Nationally, the percentage of adults who reported receiving a seasonal flu vaccine in the past 12 months increased 8% from 43.7% to 47.0% between 2019 and 2020, the highest rate since 2012, when *America's Health Rankings* started tracking the measure.

Flu vaccination significantly increased in 25 states and the District of Columbia, led by 27% in Illinois (38.8% to 49.4%), 17% in Nevada (32.5% to 38.1%) and 16% in both Maine (46.4% to 53.6%) and Michigan (40.4% to 46.7%) between 2019 and 2020.

Between 2019 and 2020, flu vaccination significantly increased among Asian and white adults, all education and income levels except the lowest, all age groups and both genders. By group, the largest increases were:

- 18% among Asian adults (43.5% to 51.3%).
- 10% among adults ages 25 and older with some college education (42.9% to 47.1%).
- 10% among adults ages 25 and older with an annual household income of $75,000 or more (48.5% to 53.4%).
- 10% among adults ages 18-44 (32.8% to 36.2%).
- 9% among males (39.0% to 42.4%).

Nationally, the percentage of adults who reported receiving a seasonal flu vaccine in the past 12 months increased 8% between 2019 and 2020.



Disparities

In 2020, flu vaccination was highest in Massachusetts (56.5%), the District of Columbia (55.7%), Rhode Island (55.1%) and South Dakota (54.6%); it was lowest in Florida and Nevada (both 38.1%) and Alaska (39.6%).

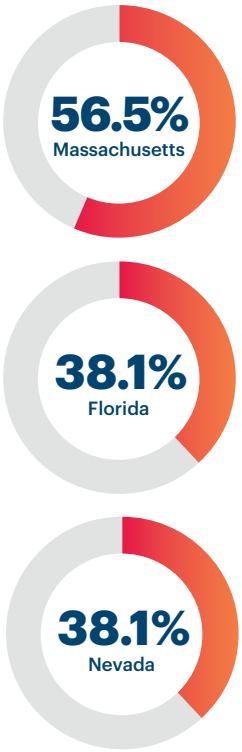
In 2020, flu vaccination varied the most by age and education, but also significantly varied by race and ethnicity, income and gender. The percentage was higher among:

- Adults ages 65 and older (67.2%), 1.9 times higher than among adults ages 18-44 (36.2%). Flu vaccination was significantly higher with each increase in age group.
- Adults ages 25 and older who graduated from college (58.1%), 1.6 times higher than among those with less than a high school education (37.1%). Flu vaccination was significantly higher with each increase in educational attainment.
- Asian (51.3%) than Hispanic (35.4%) adults, adults ages 25 and older with an annual household income of $75,000 or more (53.4%) than among those with an income less than $25,000 (40.0%), and females (50.1%) than males (42.4%).

Related Findings

Nationally, the percentage of adolescents ages 13-17 who received all recommended doses of the human papillomavirus (HPV) vaccine significantly increased 8% from 54.2% to 58.6% between 2019 and 2020, and 35% from 43.4% in 2016, the data year the measure was first included in *America's Health Rankings*. Only one state had a significant increase between 2019 and 2020: 19% in New York (57.0% to 68.1%). In 2020, **HPV vaccination** was highest in Rhode Island (83.0%), Hawaii (73.9%) and Massachusetts (73.4%); it was lowest in Mississippi (31.9%), West Virginia (43.4%) and Wyoming (44.8%).

Flu vaccination was 1.5 times higher in Massachusetts than in both Florida and Nevada.



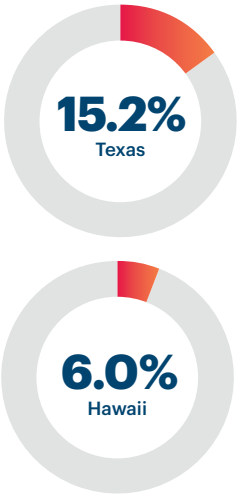
Flu vaccination was 1.6 times higher among adults ages 25 and older who graduated from college than those with less than a high school education.



27.4M

adults needed but could not receive a doctor's care because of cost in 2020.

Avoided care due to cost was 2.5 times higher in Texas than in Hawaii.



ACCESS TO CARE

Avoided Care Due to Cost

The high cost of health care in the U.S. is one of the leading factors in avoiding needed care.[17] Lack of access to health care has long been associated with increased preventable hospitalizations and missed opportunities to prevent disease and manage chronic conditions, all of which can lead to worse and more expensive health outcomes.[18,19]

Findings

Nationally, the percentage of adults who reported a time in the past 12 months when they needed to see a doctor but could not because of cost decreased 22% from 12.6% to 9.8% between 2019 and 2020, equaling nearly 27.4 million adults in 2020.

Avoiding care due to cost significantly decreased in 28 states and the District of Columbia, led by 33% in the District of Columbia (10.4% to 7.0%), 32% in Michigan (11.7% to 7.9%) and 31% in New Mexico (13.9% to 9.6%) between 2019 and 2020.

Between 2019 and 2020, avoiding care due to cost significantly decreased among Asian, multiracial, white, Hispanic and Black adults; all age, education and income levels; and both genders. By group, the largest decreases were:

- 25% among Asian adults (10.2% to 7.7%).
- 24% among adults ages 45-64 (13.8% to 10.5%).
- 22% among adults ages 25 and older with less than a high school education (22.2% to 17.4%).
- 21% among adults ages 25 and older with an annual household income of $75,000 or more (5.7% to 4.5%).
- 21% among females (14.6% to 11.6%).

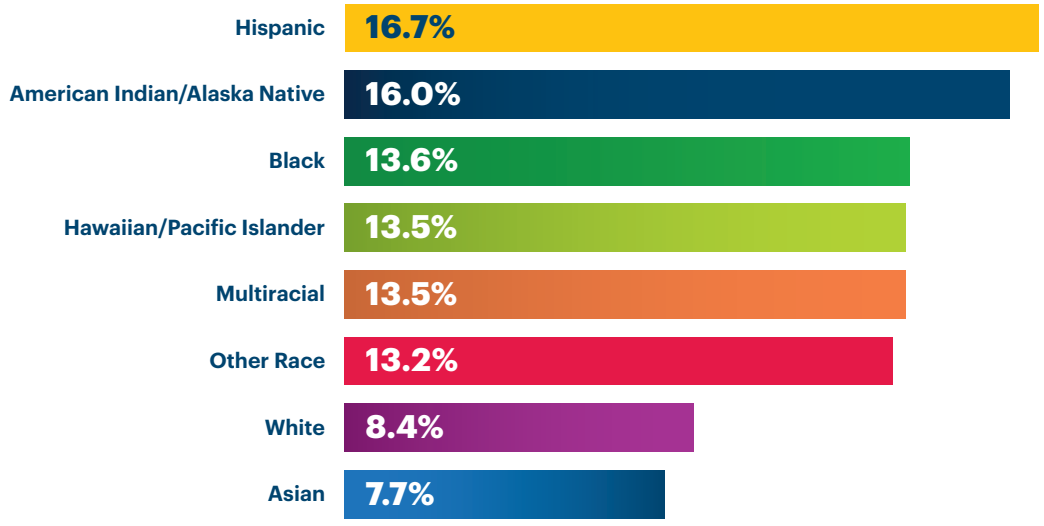
Disparities

In 2020, avoiding care due to cost was highest in Texas (15.2%), Georgia (15.1%) and Oklahoma (14.6%); it was lowest in Hawaii (6.0%), the District of Columbia (7.0%), Iowa (7.3%) and North Dakota (7.4%).

In 2020, avoiding care due to cost varied most by income and age, but also significantly varied by education, race and ethnicity and gender. The percentage was higher among:

- Adults ages 25 and older with an annual household income less than $25,000 (18.9%), 4.2 times higher than among those with an income of $75,000 or more (4.5%). Avoiding care due to cost was significantly lower with each increase in income level.
- Adults ages 18-44 (13.8%), 3.3 times higher than among adults ages 65 and older (4.2%). Avoiding care due to cost was significantly lower with each increase in age group.
- Adults ages 25 and older with less than a high school education (17.4%), 2.8 times higher than among college graduates (6.3%).
- Hispanic adults (16.7%), 2.2 times higher than among Asian adults (7.7%). White adults also had a low prevalence (8.4%).
- Females (11.6%) than males (9.7%).

Avoiding care due to cost was 2.2 times higher among Hispanic than Asian adults.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.

The supply of mental health providers was 5.7 times higher in Massachusetts than in Alabama.



693.6
providers per 100,000
in **Massachusetts**



120.8
providers per 100,000
in **Alabama**

ACCESS TO CARE

Mental Health Providers

Mental health providers offer essential care to adults and children who have a mental or behavioral disorder by offering services such as assessment, diagnosis, treatment, medication and therapeutic interventions.[20] Demand for mental health professionals is projected to increase as a result of the COVID-19 pandemic.[21]

Findings

Nationally, the number of mental health providers per 100,000 population increased 6% from 268.6 to 284.3 between 2020 and 2021, and 30% from 218.0 in 2017, when the measure was first included in *America's Health Rankings*. Providers included psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, as well as advanced practice nurses specializing in mental health care, including those treating alcohol and other drug abuse. In 2021, there were approximately 937,000 mental health providers in the U.S., nearly 55,000 more than in 2020.

The supply of mental health providers increased 6% or more in 28 states between 2020 and 2021, led by 19% in Alaska (523.8 to 625.9) and 8% in Illinois, Minnesota, Mississippi, New Jersey, Texas and Virginia.

Disparities

In 2021, the supply of mental health providers per 100,000 population was highest in Massachusetts (693.6), Alaska (625.9) and Oregon (602.7); it was lowest in Alabama (120.8), Texas (133.0) and West Virginia (149.7).

6%
increase in **mental health providers** from 268.6 to 284.3 per 100,000 population.

4%
increase in **primary care providers** from 241.9 to 252.3 per 100,000 population.

The supply of both mental health and primary care providers increased between 2020 and 2021.

ACCESS TO CARE

Primary Care Providers

Having a sufficient supply of primary care providers in a community wields numerous benefits, including lower rates of low-birthweight births, lower all-cause mortality, longer life spans and reductions in health system costs and health disparities across populations.[22]

Findings

Nationally, the number of active primary care providers (including general practice, family practice, obstetrics and gynecology, pediatrics, geriatrics, internal medicine, physician assistants and nurse practitioners) per 100,000 population increased 4% from 241.9 to 252.3 between 2020 and 2021, and 18% from 213.8 in 2018, the year the measure was first included in *America's Health Rankings*. In 2021, there were approximately 831,000 primary care providers in the U.S., 37,000 more than in 2020.

The supply of primary care providers increased 5% or more in 14 states, led by 8% in Hawaii (223.5 to 242.0) and 6% in Florida (252.0 to 266.9) between 2020 and 2021.

Disparities

In 2021, the supply of primary care providers per 100,000 population was highest in the District of Columbia (494.0), Massachusetts (373.3), Rhode Island (352.2) and Maine (344.1); it was lowest in Nevada (191.1), Utah (194.3) and California (197.8).

The supply of primary care providers was 2.0 times higher in Massachusetts than in Nevada.

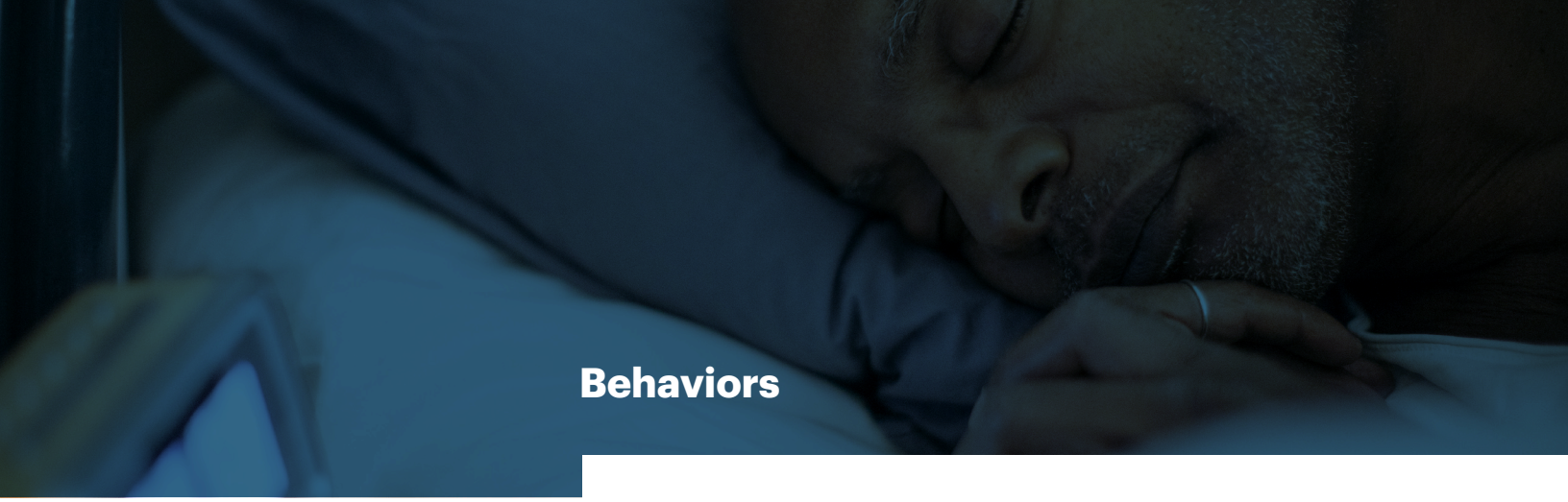


373.3
providers per 100,000 in **Massachusetts**



191.1
providers per 100,000 in **Nevada**

Note: The District of Columbia had the highest rate at 494.0 providers per 100,000.



Behaviors

6%

Decrease in **insufficient sleep** from 34.5% to 32.3% of adults between 2018 and 2020.

83.4M

adults reported insufficient sleep in 2020.

SLEEP HEALTH

Insufficient Sleep

Sleep is critical for brain and body functions, including cognition and emotion, as well as for the immune, hormonal and metabolic systems. Insufficient sleep is associated with chronic diseases such as cancer, depression, diabetes, hypertension and obesity.[23,24]

Findings

Nationally, the percentage of adults who reported sleeping, on average, fewer than seven hours in a 24-hour period decreased 6% from 34.5% to 32.3% between 2018 and 2020. This is the lowest prevalence since *America's Health Rankings* started tracking this measure. In 2020, more than 83.4 million adults reported insufficient sleep.

Insufficient sleep significantly decreased in 18 states and the District of Columbia between 2018 and 2020, led by 16% in Tennessee (40.0% to 33.7%), 15% in New York (38.6% to 32.9%) and 14% in both New Jersey (37.6% to 32.3%) and the District of Columbia (34.8% to 30.1%).

Between 2018 and 2020, insufficient sleep significantly decreased among all racial and ethnic groups except Hawaiian/Pacific Islander adults, all income levels except adults ages 25 and older with an annual household income of $50,000-$74,999, all education levels, both genders and all age groups. By group, the largest decreases were:

- 19% among Asian adults (37.5% to 30.5%), 17% among adults who identified their race as other (43.2% to 35.8%) and 13% among both American Indian/Alaska Native (44.1% to 38.2%) and multiracial (45.3% to 39.5%) adults.
- 10% among adults ages 25 and older with an annual household income of $75,000 or more (33.2% to 30.0%).
- 10% among adults ages 25 and older who graduated from college (30.5% to 27.5%).

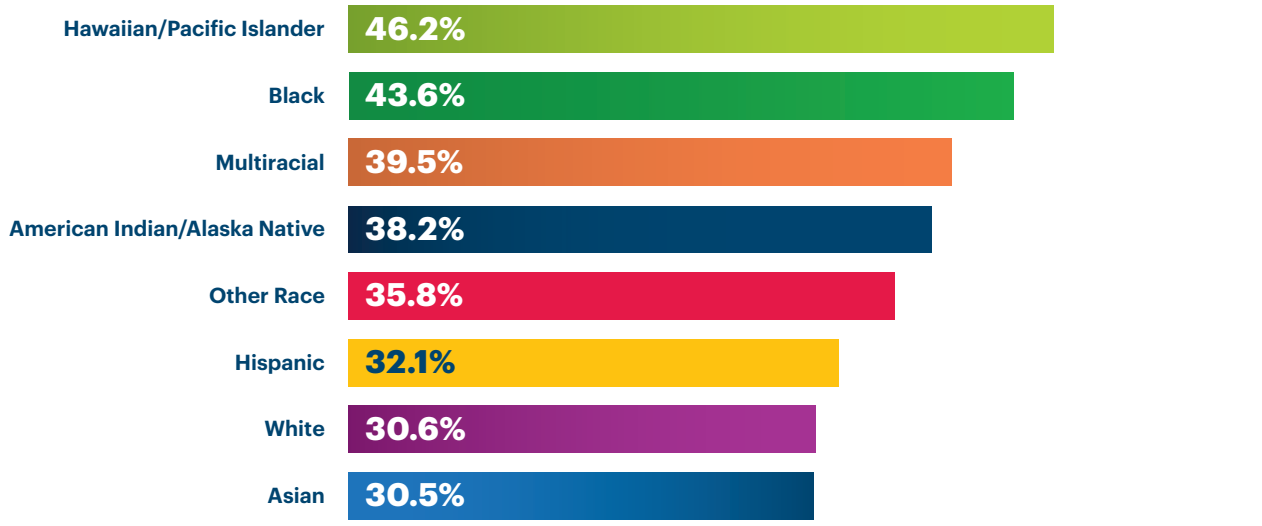
Disparities

In 2020, insufficient sleep was highest in Hawaii (39.4%), West Virginia (39.2%) and Kentucky (38.6%); it was lowest in Colorado (26.8%), Minnesota (27.0%) and South Dakota (28.1%).

In 2020, insufficient sleep varied most by race and ethnicity, but also significantly varied by age, income, education and gender. The percentage was higher among:

- Hawaiian/Pacific Islander adults (46.2%), 1.5 times higher than among Asian (30.5%) and white (30.6%) adults. Insufficient sleep was significantly higher among Hawaiian/Pacific Islander, Black (43.6%), multiracial (39.5%) and American Indian/Alaska Native (38.2%) adults than Asian, white and Hispanic (32.1%) adults.
- Adults ages 18-44 (34.7%) and adults ages 45-64 (34.5%) than adults ages 65 and older (26.0%).
- Adults ages 25 and older with an annual household income less than $25,000 (38.4%) than those with an income of $75,000 or more (30.0%).
- Adults ages 25 and older with some college education (36.8%) than college graduates (27.5%).
- Males (33.3%) than females (32.1%).

Insufficient sleep was 1.5 times higher among Hawaiian/Pacific Islander than Asian adults.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.

13%

Increase in **e-cigarette use** from 4.6% to 5.2% of adults between 2017 and 2020.

7.0M

adults reported using e-cigarettes in 2020.

SMOKING AND TOBACCO USE

E-cigarette Use*

In recent years, there has been an increase in the popularity of electronic cigarettes, more commonly referred to as e-cigarettes. E-cigarettes typically deliver the highly addictive compound nicotine and often contain other harmful additives such as cancer-causing chemicals, small particles that can go deep into lungs and flavoring chemicals linked to serious lung disease and lung injury.[25-27]

Findings

Nationally, the percentage of adults who reported using e-cigarettes or other electronic vaping products at least once in their lifetime and now use daily or some days increased 13% from 4.6% to 5.2% between 2017 and 2020. This equaled nearly 7.0 million adults in 2020.

E-cigarette use significantly increased in four states between 2017 and 2020: 55% in Nebraska (3.8% to 5.9%), 41% in both Connecticut (3.2% to 4.5%) and Utah (5.1% to 7.2%) and 36% in Minnesota (3.6% to 4.9%).

Between 2017 and 2020, e-cigarette use significantly increased among adults ages 18-44, Hispanic and white adults, adults with the highest levels of education and income, and both genders. By group, the largest increases were:

- 38% among adults ages 18-44 (6.9% to 9.5%).
- 35% among Hispanic adults (3.1% to 4.2%).
- 32% among adults ages 25 and older who graduated from college (1.9% to 2.5%).

Disparities

Of the 38 states with data in 2020, e-cigarette use was highest in Utah (7.2%), Tennessee (6.9%), and Nevada, Kentucky and Idaho (all 6.7%); it was lowest in Illinois (3.4%), Maryland (3.8%) and South Dakota (3.9%).

* Data were available for 38 states in 2020. National value is the median of the 38 states with data.

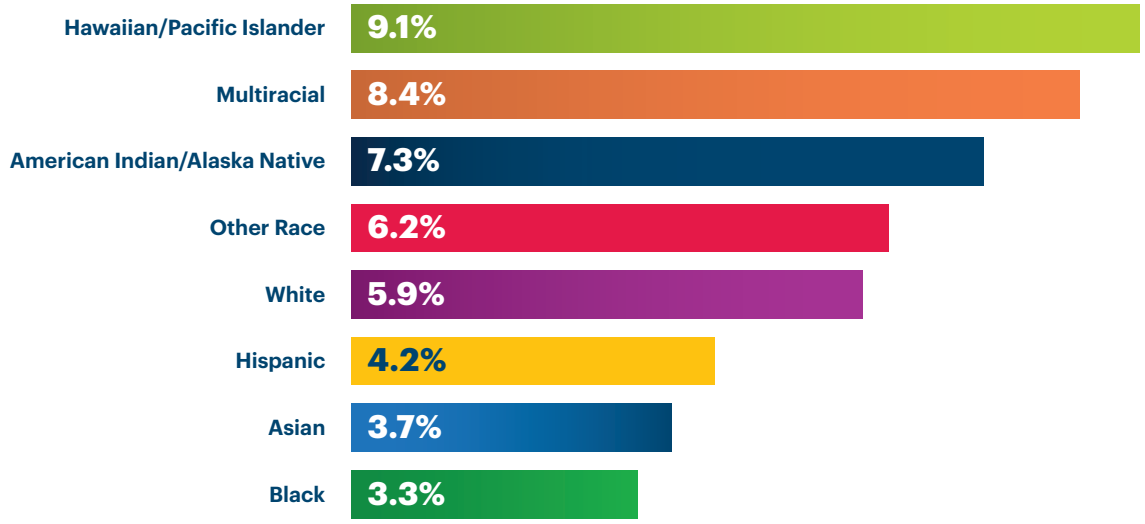
In 2020, e-cigarette use varied most by age and race and ethnicity, but also significantly varied by gender, education and income. The percentage was higher among:

- Adults ages 18-44 (9.5%), 10.6 times higher than among adults ages 65 and older (0.9%). E-cigarette use was significantly lower with each increase in age group.
- Hawaiian/Pacific Islander adults (9.1%), 2.8 times higher than among Black adults (3.3%). E-cigarette use was also significantly higher among multiracial (8.4%) and American Indian/Alaska Native (7.3%) adults and significantly lower among Black (3.3%), Asian (3.7%) and Hispanic (4.2%) adults than all other racial and ethnic groups except for adults who identified their race as other (6.2%).
- Males (6.3%) than females (4.3%).
- Adults ages 25 and older with lower levels of education than college graduates (2.5%).
- Adults ages 25 and older with lower levels of income than those with an annual household income of $75,000 or more (3.7%).

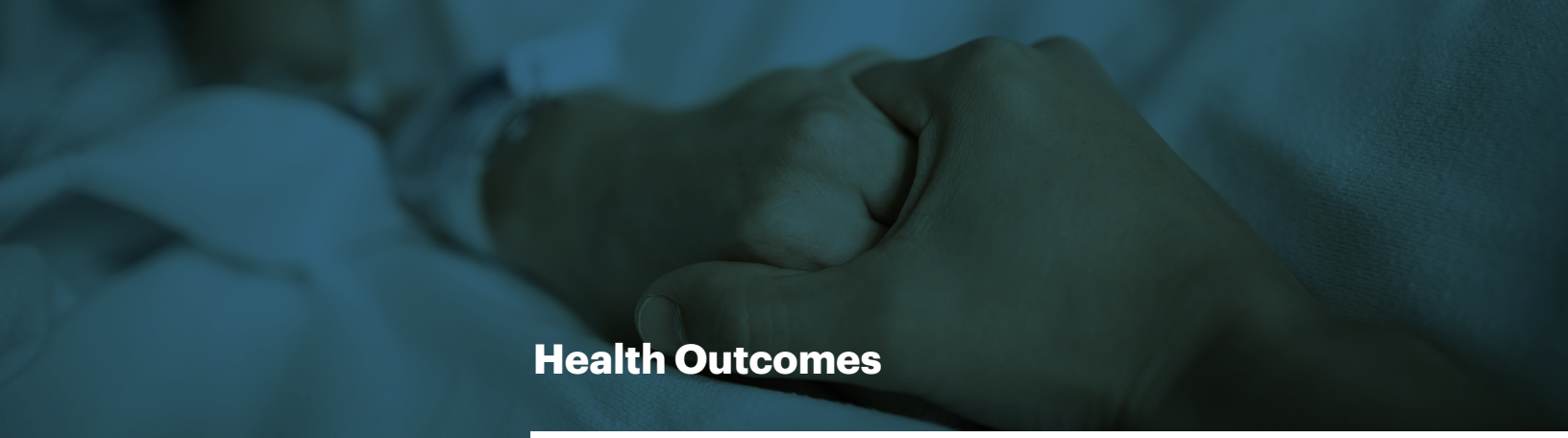
Related Findings

This increase in e-cigarette use contrasts the long-term success in lowering cigarette **smoking** rates, which recently decreased 9% nationally from 17.1% to 15.5% of adults between 2017 and 2020.

E-cigarette use was 2.8 times higher among Hawaiian/Pacific Islander than Black adults.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.



Health Outcomes

4%

Increase in **drug deaths** from 20.6 to 21.5 deaths per 100,000 population between 2018 and 2019.

BEHAVIORAL HEALTH

Drug Deaths

Heavy drug use and overdoses burden individuals, families, their communities, the health care system and the economy. Drug poisoning was the most common cause of injury deaths in 2019.[28]

Findings

Deaths due to drug injury (unintentional, suicide, homicide or undetermined) in the U.S. significantly increased 4% from 20.6 to 21.5 deaths per 100,000 population between 2018 and 2019. This increase reversed a 5% decrease between 2017 and 2018. When considering long-term trends, however, drug deaths increased 79% between 2009 and 2019 (12.0 to 21.5). There were nearly twice as many drug deaths in the U.S. in 2019 (approximately 70,600) than in 2009 (approximately 37,000). Recently released provisional data from the Centers for Disease Control and Prevention show that drug overdose deaths reached a record high of roughly 93,000 in 2020.[29]

Drug deaths significantly increased in eight states between 2018 and 2019, led by 27% in Mississippi (10.6 to 13.5), 23% in Minnesota (11.5 to 14.2) and 16% in California (13.5 to 15.7). Over the same period, drug deaths significantly decreased in one state: 8% in Michigan (26.3 to 24.2).

Between 2009 and 2019, drug deaths significantly increased across all subpopulations. Between 2018 and 2019 drug deaths significantly increased:

- 15% among the Black (22.3 to 25.7) and Hispanic (11.1 to 12.8) populations.

- 11% among adults ages 65-74 (10.2 to 11.3), 7% among adults ages 55-64 (28.3 to 30.4), 6% among adults ages 35-44 (38.3 to 40.5) and 5% among adults ages 45-54 (35.3 to 36.9).
- 6% among males (27.7 to 29.4).

Disparities

In 2019, drug deaths were highest in West Virginia (50.4), the District of Columbia (49.4), Delaware (46.2) and Maryland (38.5); they were lowest in Nebraska (8.7), South Dakota (10.3), and both North Dakota and Texas (11.1).

In 2019, drug deaths significantly varied by race and ethnicity, age and gender. The rate was higher among:

- The American Indian/Alaska Native population (29.1), 7.5 times higher than among the Asian/Pacific Islander population (3.9).
- Adults ages 35-44 (40.5), 3.6 times higher than among adults ages 15-24 (11.2) and ages 65-74 (11.3), the two age groups with the lowest rates.
- Males (29.4), 2.1 times higher than among females (13.7).

Related findings

In 2021, the percentage of adults who reported using prescription drugs non-medically (including pain relievers, stimulants and sedatives) or illicit drugs (excluding cannabis) in the last 12 months was 12.0% nationally. Between 2020 and 2021, there were no significant changes in **non-medical drug use** nationally or at the state level. In 2021, non-medical drug use was highest in the District of Columbia (18.7%); Oregon, Oklahoma and Nevada (all 17.2%); and both Georgia and Colorado (16.2%). It was lowest in Vermont (4.7%), North Dakota (7.1%) and Massachusetts (7.3%).

Drug deaths were 5.8 times higher in West Virginia than in Nebraska.



50.4
deaths per 100,000 population in **West Virginia**



8.7
deaths per 100,000 population in **Nebraska**

Nearly 1 in 8 adults report using prescription drugs non-medically or using illicit drugs in the past 12 months.



5%

Decrease in **excessive drinking** from 18.6% to 17.6% of adults between 2019 and 2020.

40.4M

adults reported excessive drinking in 2020.

BEHAVIORAL HEALTH

Excessive Drinking

Alcohol is the third-leading preventable cause of death in the United States, behind tobacco and poor diet/physical inactivity.[30] Excessive drinking comes with short- and long-term risks ranging from motor vehicle accidents to hypertension, heart disease, stroke and liver disease.[31]

Findings

Nationally, the percentage of adults who reported binge drinking or heavy drinking decreased 5% from 18.6% to 17.6% between 2019 and 2020, equaling roughly 40.4 million adults in 2020. The rate hasn't been this low since 2014. This change was likely driven by a 7% decrease in binge drinking from 16.8% to 15.7% between 2019 and 2020, while heavy drinking moved from 6.5% to 6.7% over the same period.

Excessive drinking significantly decreased in four states: 31% in Illinois (21.6% to 14.8%), 15% in Maine (19.9% to 17.0%), 13% in Massachusetts (21.3% to 18.5%) and 9% in Minnesota (22.0% to 20.1%) between 2019 and 2020.

Between 2019 and 2020, excessive drinking significantly decreased:

- 34% among adults who identified their race as other (17.5% to 11.5%) and 4% among white adults (19.2% to 18.4%).
- 8% among adults ages 25 and older with some college education (18.0% to 16.6%) and 7% among college graduates (18.3% to 17.0%).
- 7% among adults ages 18-44 (25.2% to 23.4%).
- 6% among males (22.7% to 21.3%).
- 6% among adults ages 25 and older with an annual household income of $75,000 or more (22.6% to 21.3%).

Excessive drinking significantly decreased in four states between 2019 and 2020.

Illinois

▼31%

from 21.6% to 14.8% of adults

Maine

▼15%

from 19.9% to 17.0% of adults

Massachusetts

▼13%

from 21.3% to 18.5% of adults

Minnesota

▼9%

from 22.0% to 20.1% of adults

Disparities

In 2020, excessive drinking was highest in both the District of Columbia and Wisconsin (24.4%), Iowa (22.8%) and North Dakota (22.4%); it was lowest in both Utah and West Virginia (12.1%), Oklahoma (12.8%) and Maryland (13.8%).

In 2020, excessive drinking varied the most by age and race and ethnicity, but also significantly varied by gender, income and education. The percentage was higher among:

- Adults ages 18-44 (23.4%), 3.2 times higher than among adults ages 65 and older (7.4%). Excessive drinking was significantly lower with each increase in age group.
- Hispanic adults (18.6%), 1.9 times higher than among Asian adults (9.9%). Excessive drinking was significantly lower among Asian adults than all other racial and ethnic groups except adults who identified their race as other (11.5%). Excessive drinking among Hispanic adults was not statistically different from white (18.4%), multiracial (18.2%), Hawaiian/Pacific Islander (18.0%) and American Indian/Alaska Native (16.7%) adults.
- Males (21.3%) than females (13.6%).
- Adults ages 25 and older with an annual household income of $75,000 or more (21.3%) than those with an income less than $25,000 (13.2%). Excessive drinking was significantly higher with each increase in income level.
- Adults ages 25 and older who graduated from college (17.0%), those with a high school degree (16.9%) and those with some college education (16.6%) than those with less than a high school education (14.9%).

Excessive drinking was 3.2 times higher among adults ages 18-44 than adults ages 65 and older.



4%

Decrease in **frequent mental distress** from 13.8% to 13.2% of adults between 2019 and 2020.

34.1M

adults had frequent mental distress in 2020.

BEHAVIORAL HEALTH

Frequent Mental Distress

Frequent mental distress is determined by self-reported poor mental health days.[32] The measure aims to capture the population experiencing persistent, and likely severe, mental health issues that may have a significant impact on health-related quality of life and overall wellness.

Findings

Nationally, the percentage of adults who reported their mental health was not good 14 or more days in the past 30 days decreased 4% from 13.8% to 13.2% between 2019 and 2020, affecting approximately 34.1 million adults in 2020. This recent decrease reversed a steady increase from 2014 to 2019.

Frequent mental distress significantly decreased in two states: 17% in Mississippi (17.3% to 14.4%) and 15% in West Virginia (20.6% to 17.5%) between 2019 and 2020.

Between 2019 and 2020, frequent mental distress significantly decreased 7% among adults ages 25 and older with a high school degree (14.1% to 13.1%) and 6% among males (11.6% to 10.9%). Over the same period, frequent mental distress significantly increased 19% among adults ages 25 and older with an annual household income of $75,000 or more (7.5% to 8.9%) and 13% among adults ages 25 and older who graduated from college (8.3% to 9.4%).

Frequent mental distress improved among some subpopulations and worsened among others between 2019 and 2020.

▼7%
from 14.1% to 13.1% among adults ages 25 and older with a high school degree

▼6%
from 11.6% to 10.9% among male adults

▲19%
from 7.5% to 8.9% among adults ages 25 and older with an annual household income of $75,000 or more

▲13%
from 8.3% to 9.4% among college graduates ages 25 and older

Disparities

In 2020, frequent mental distress was highest in Arkansas (17.8%), Louisiana (17.6%) and West Virginia (17.5%); it was lowest in South Dakota (9.4%), Alaska (9.9%) and Illinois (10.0%).

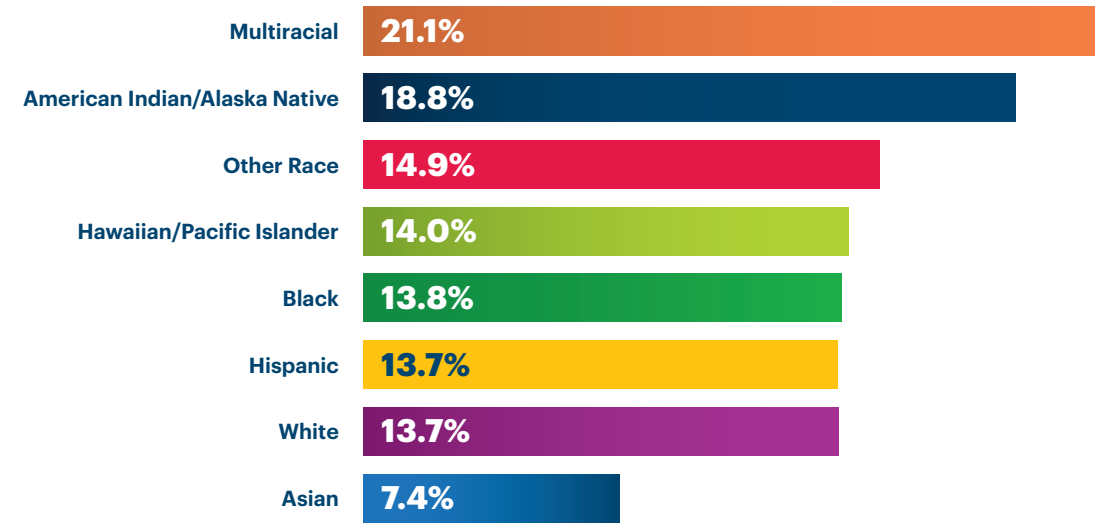
In 2020, frequent mental distress varied most by race and ethnicity and income, but also significantly varied by age, education and gender. The percentage was higher among:

- Multiracial adults (21.1%), 2.9 times higher than among Asian adults (7.4%). Frequent mental distress among multiracial adults was not statistically different than among American Indian/Alaska Native adults (18.8%). Frequent mental distress among Asian adults was significantly lower than all other racial and ethnic groups.
- Adults ages 25 and older with an annual household income less than $25,000 (20.7%), 2.3 times higher than among those with an income of $75,000 or more (8.9%). Frequent mental distress was significantly lower with each increase in income level.
- Adults ages 18-44 (16.5%) than adults ages 65 and older (8.1%).
- Adults ages 25 and older with less than a high school education (16.4%) than those who graduated from college (9.4%).
- Females (16.0%) than males (10.9%).

Related findings

Nationally, the percentage of adults who reported ever being told by a health professional that they have a depressive disorder (including depression, major depression, minor depression or dysthymia) decreased 2% from 19.9% to 19.5% between 2019 and 2020. **Depression** significantly decreased in four states: 20% in Illinois (18.3% to 14.7%), 17% in both Idaho (22.7% to 18.9%) and Florida (17.7% to 14.7%) and 14% in Oregon (24.6% to 21.2%) between 2019 and 2020. Over the same period, depression significantly increased in one state: 23% in Connecticut (14.4% to 17.7%). In 2020, depression was highest in West Virginia (26.4%), Kentucky (24.2%) and Tennessee (24.1%); it was lowest in Hawaii (12.7%), California (14.1%), Florida (14.7%) and Illinois (14.7%).

Frequent mental distress was 2.9 times higher among multiracial than Asian adults.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.

2%

Decrease in **suicide** from 14.8 to 14.5 deaths per 100,000 population between 2018 and 2019.

Suicide was 3.5 times higher in Wyoming than in New Jersey.



29.8

deaths per 100,000 population in **Wyoming**



8.4

deaths per 100,000 population in **New Jersey**

Note: The District of Columbia had the lowest rate at 6.5 deaths per 100,000.

BEHAVIORAL HEALTH

Suicide

Suicide was the 10th-leading cause of death in the United States in 2019.[33] In the same year, there were an estimated 1.4 million suicide attempts.[34] Mental health disorders and substance use disorders are the most significant risk factors for suicidal behaviors.[35]

Findings

Deaths due to intentional self-harm significantly decreased 2% nationally from 14.8 to 14.5 deaths per 100,000 population between 2018 and 2019, returning to the same rate as 2017. This recent decrease follows a steady increase in the suicide rate from 2009 (12.0) to 2018. There were more than 47,500 deaths by suicide in 2019, roughly 830 fewer than in 2018.

Despite the national decrease, no states experienced significant changes between 2018 and 2019.

Between 2018 and 2019, suicide significantly decreased 3% among the white population from 18.6 to 18.1. There were no other significant changes by age, gender or race and ethnicity.

Disparities

In 2019, suicide was highest in Wyoming (29.8), Alaska (28.6) and Montana (27.0); it was lowest in the District of Columbia (6.5), New Jersey (8.4), New York (8.6) and Massachusetts (9.1).

In 2019, suicide significantly varied by gender, race and ethnicity and age. The rate was higher among:

- Males (23.4), 3.8 times higher than among females (6.1).
- The American Indian/Alaska Native population (21.4), 2.9 times higher than among both Asian and Black (7.3) and Hispanic (7.4) populations. The white population also had a higher rate at 18.1.
- Adults ages 85 and older (20.1), ages 45-54 (19.6), ages 55-64 (19.4), ages 75-84 (18.6), ages 35-44 (18.1) and ages 25-34 (17.5); approximately 1.4 times higher than among those ages 15-24 (13.9). Adults ages 65-74 had a rate of 15.5.

PHYSICAL HEALTH

High Health Status

Adults with high self-reported health status have lower rates of mortality from all causes compared with those with low self-reported health status.[36,37]

Findings

Nationally, the percentage of adults who reported their health was very good or excellent increased 13% from 49.7% to 56.3% between 2019 and 2020. This reversed a downward trend that began in 2012, when the percentage of adults reporting high health status was 52.7%. States with the highest percentage of high health status were concentrated in the West, Midwest and Northeast. States with the lowest percentage of high health status were concentrated in the South and included Nevada.

High health status significantly increased in 46 states, led by 21% in Hawaii (47.8% to 57.9%), 20% in New Mexico (44.9% to 53.7%) and 19% in both Maine (51.1% to 60.7%) and South Dakota (51.9% to 61.6%) between 2019 and 2020.

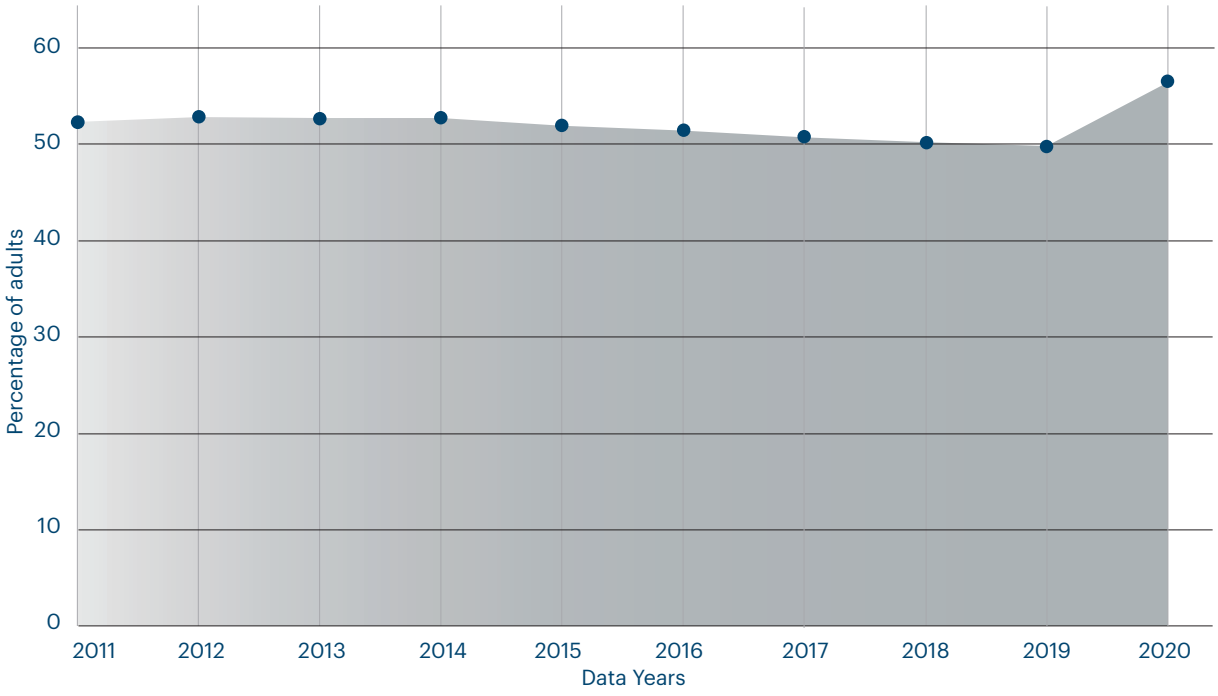
Between 2019 and 2020, high health status significantly increased among all education levels, all racial and ethnic groups except adults who identified as other race, all income and age levels and both genders. By group, the largest increases were:

- 26% among adults ages 25 and older with less than a high school education (23.2% to 29.3%).
- 25% among Hawaiian/Pacific Islander adults (44.5% to 55.8%).
- 24% among adults ages 25 and older with an annual household income less than $25,000 (26.5% to 32.8%).

Disparities

In 2020, high health status was highest in the District of Columbia (64.2%), Colorado (63.3%), Massachusetts (62.3%), and both New Hampshire and Vermont (62.1%); it was lowest in West Virginia (44.7%), Mississippi (46.1%) and Alabama (47.5%).

High health status increased 13% between 2019 and 2020, reversing a downward trend that began in 2012.



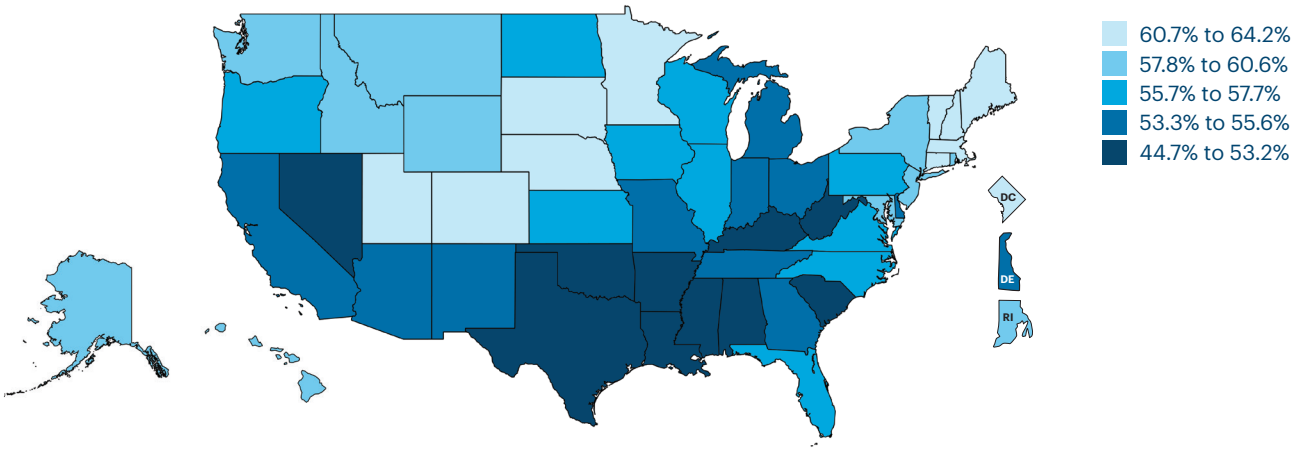
In 2020, high health status varied most by education, income and age, but also significantly varied by race and ethnicity and gender. The percentage was higher among:

- Adults ages 25 and older who graduated from college (69.3%), 2.4 times higher than among those with less than a high school education (29.3%). High health status was significantly higher with each increase in educational attainment.
- Adults ages 25 and older with an annual household income of $75,000 or more (70.6%), 2.2 times higher than among those with an income less than $25,000 (32.8%). High health status was significantly higher with each increase in income level.
- Adults ages 18-44, 1.5 times higher than among adults ages 65 and older (43.5%). High health status was significantly lower with each increase in age group.
- Asian (60.5%) and white (59.2%) adults than American Indian/Alaska Native (43.5%), Hispanic (46.5%) and Black (47.7%) adults.
- Males (57.1%) than females (53.8%).

Related Findings

Nationally, the percentage of adults who reported their physical health was not good 14 or more days in the past 30 days decreased 21% from 12.5% to 9.9% between 2019 and 2020. **Frequent physical distress** significantly decreased in 34 states, led by 35% in Maine (14.0% to 9.1%), 31% in Hawaii (10.6% to 7.3%) and 29% in Virginia (11.7% to 8.3%) between 2019 and 2020. In 2020, frequent physical distress was highest in West Virginia (15.8%), Kentucky (15.2%) and Arkansas (14.2%); it was lowest in the District of Columbia (6.7%), both Hawaii and Maryland (7.3%) and Massachusetts (7.7%).

States with a higher percentage of high health status were concentrated in the West, Midwest and Northeast.



PHYSICAL HEALTH

Multiple Chronic Conditions

Adults with multiple chronic conditions represent one of the highest-need segments of the population because each of their chronic conditions is likely to require extra medication and monitoring.[38]

4%

Decrease in **multiple chronic conditions** from 9.5% to 9.1% of adults between 2019 and 2020.

Findings

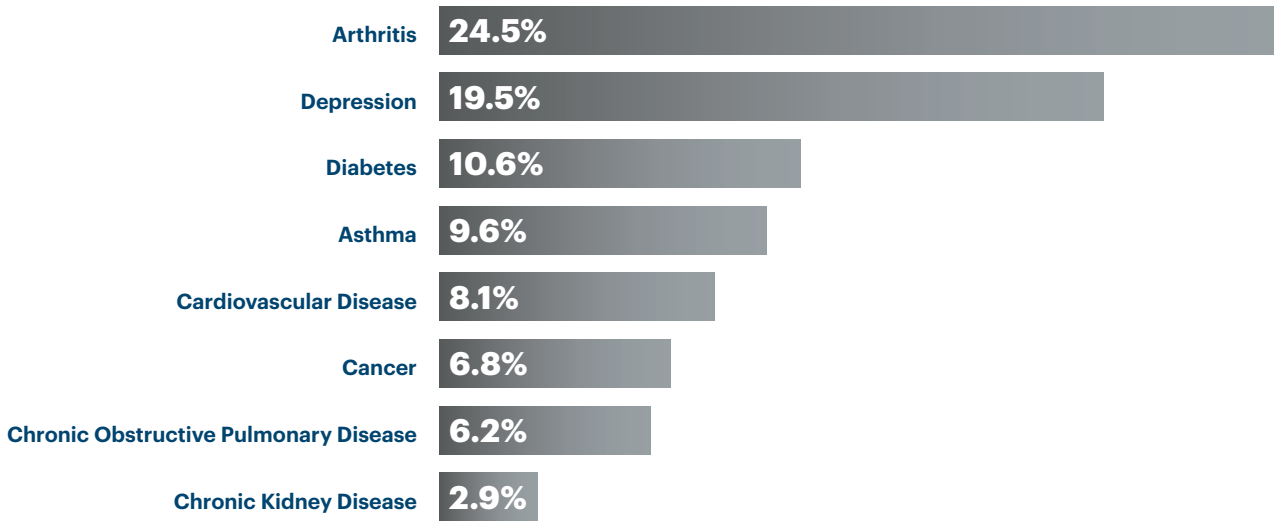
Nationally, the percentage of adults who had three or more of the eight chronic health conditions included in this measure decreased 4% from 9.5% to 9.1% between 2019 and 2020. This is the second year in a row multiple chronic conditions decreased, dropping below the previous lowest rate from 2015 (9.4%), when *America's Health Rankings* first analyzed data for this measure.

Despite the national decrease, no states experienced significant changes between 2019 and 2020.

Between 2019 and 2020, multiple chronic conditions significantly decreased 24% among American Indian/Alaska Native adults (18.1% to 13.8%), 8% among adults ages 25 and older who graduated from college (6.2% to 5.7%) and 7% among adults ages 45-64 (12.3% to 11.4%).

Nationally in 2020, the most prevalent conditions among adults with multiple chronic conditions were arthritis and depression. Between 2019 and 2020, the national prevalence decreased 7% for cancer (7.3% to 6.8%), 5% for both arthritis (25.9% to 24.5%) and

Arthritis and depression were the most common conditions among adults with multiple chronic conditions.



chronic obstructive pulmonary disease (6.5% to 6.2%), 4% for cardiovascular disease (8.4% to 8.1%), 2% for both depression (19.9% to 19.5%) and diabetes (10.8% to 10.6%) and 1% for asthma (9.7% to 9.6%). The prevalence for chronic kidney disease did not change (2.9%). The recent drop in cancer prevalence followed a 9% increase between 2016 and 2019.

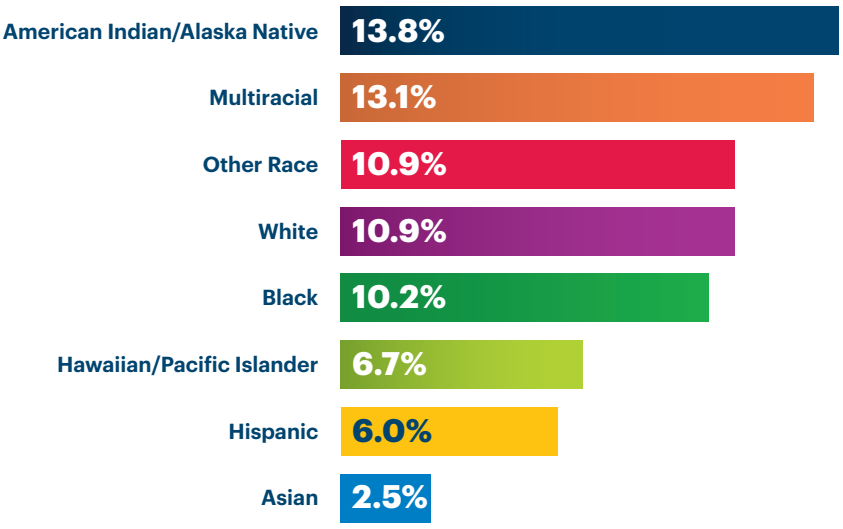
Disparities

In 2020, multiple chronic conditions were highest in West Virginia (18.8%), Kentucky (16.1%) and Alabama (14.3%); they were lowest in Hawaii (6.5%), Colorado (6.9%) and Alaska (7.2%).

In 2020, multiple chronic conditions varied most by age and race and ethnicity, but also significantly varied by income, education and gender. The percentage was higher among:

- Adults ages 65 and older (20.8%), 7.4 times higher than among adults ages 18-44 (2.8%). The prevalence of multiple chronic conditions was significantly higher with each increase in age group.
- American Indian/Alaska Native (13.8%) and multiracial (13.1%) adults, approximately 5 times higher than among Asian adults (2.5%); Asian adults had a significantly lower prevalence of multiple chronic conditions than all other racial and ethnic groups.
- Adults ages 25 and older with an annual household income less than $25,000 (20.2%) than those with incomes of $75,000 or more (4.7%).
- Adults ages 25 and older with less than a high school education (17.2%) than college graduates (5.7%).
- Females (11.2%) than males (7.7%).

Multiple chronic conditions were 5.5 times higher among American Indian/Alaska Native than Asian adults.



Note: Hispanic is an ethnicity. All race groups are non-Hispanic.



International Comparison

Comparing the health of the United States to that of other countries is an indicator of how healthy our nation is and shows the potential this country has to improve measures of health and create healthier communities. The Organization for Economic Co-operation and Development (OECD) is composed of 38 member countries, including the United States. OECD's mission is to promote the economic development and social well-being of people worldwide. OECD collects and analyzes data from each member country on a wide range of social, economic and health-related topics.

The following analysis compared the U.S. with other OECD countries using three health measures: infant mortality, life expectancy at birth and total health spending. For infant mortality, the top and bottom states from the *2021 Health of Women and Children Report* were included for reference. The top and bottom state data for life expectancy from the National Center for Health Statistics were also included.

The U.S. had a higher infant mortality rate and lower life expectancy than most other OECD member countries. Even top U.S. states ranked poorly among member countries for the infant mortality and life expectancy measures, despite the U.S. having the highest total health spending of all OECD countries.

The United States ranked No. 33 out of 38 OECD member countries for infant mortality in 2019.



Sources: CDC WONDER, Linked Birth/Infant Death Files; Organization for Economic Co-operation and Development.

* Provisional data
** 2017-2018 data
*** 2017 data

Infant mortality

Over the past 50 years, the U.S. infant mortality rate has not improved at the same pace as that of other OECD countries. The average rate of infant mortality among OECD countries was 4.2 deaths per 1,000 live births in 2019. At 5.7 deaths per 1,000 live births, the U.S. ranked No. 33 out of the 38 OECD countries in 2019. Iceland (No. 1) had the lowest rate in 2019 with 1.1 deaths per 1,000 live births. Mexico (No. 37) and Columbia (No. 38) had the highest infant mortality rates of OECD countries at 13.1 and 17.3 deaths per 1,000 live births, respectively.

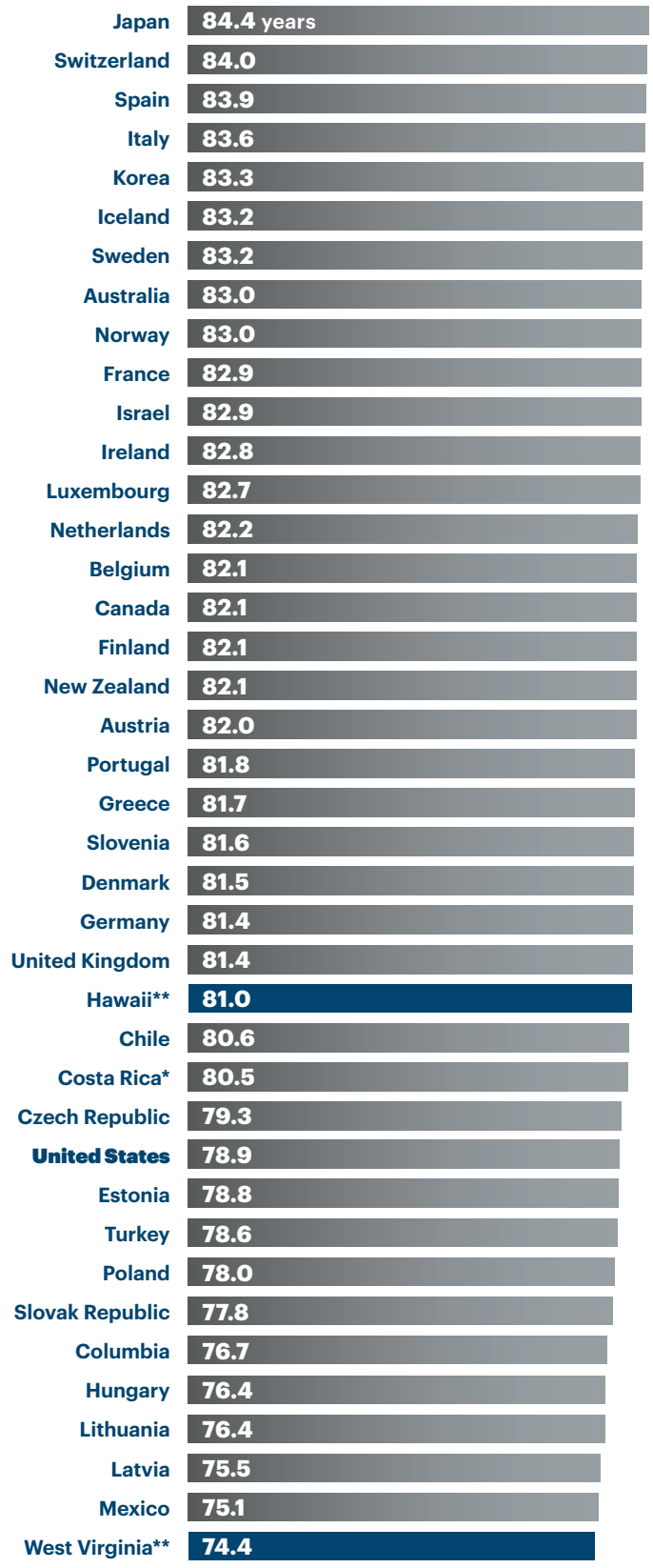
Massachusetts and New Hampshire were the states with the lowest infant mortality rates both at 3.9 deaths per 1,000 live births in 2019, placing them on par with France and Poland (tied for No. 27). The state with the highest rate, Mississippi, had an infant mortality rate of 8.6 deaths per 1,000 live births, which was twice the OECD average.

Life expectancy

Life expectancy at birth is a common and important long-term population health indicator. It describes how long a newborn can expect to live, on average, if current death rates remain the same. The average life expectancy in OECD countries was 81.0 years in 2019. The U.S. life expectancy at birth was 78.9 years and ranked No. 29 out of the 38 OECD countries, falling between the Czech Republic (79.3 years, No. 28) and Estonia (78.8 years, No. 30).

Hawaii, the U.S. state with the highest life expectancy at 81.0 years, fell between Germany and the United Kingdom (both 81.4) and Chile (80.6). West Virginia, the U.S. state with the lowest life expectancy at 74.4 years, fell below Mexico (75.1), the OECD country with the lowest life expectancy.

The United States ranked No. 29 out of 38 OECD member countries for life expectancy at birth in 2019.

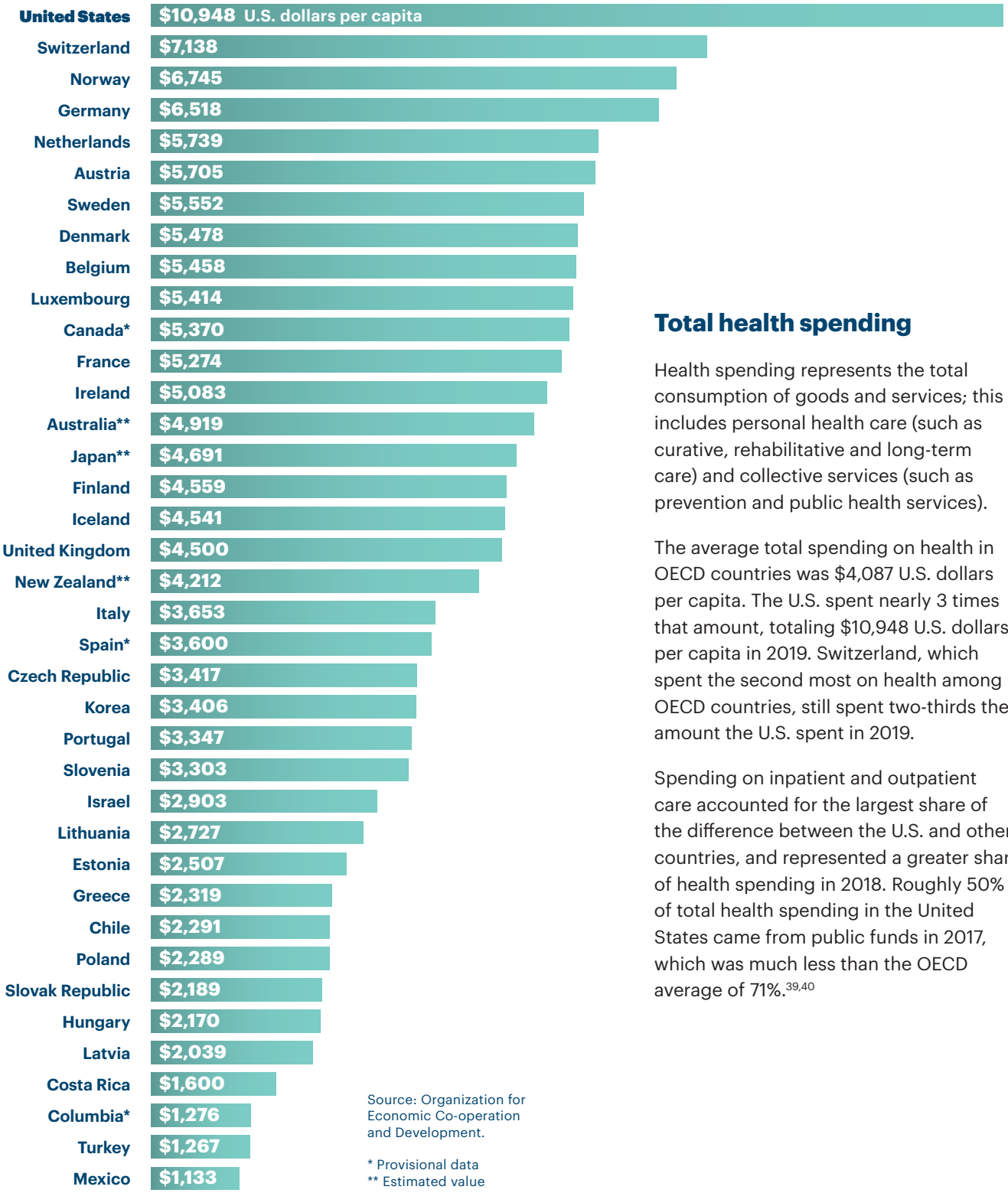


Top and bottom U.S. states
OECD countries

Sources: National Center for Health Statistics, National Vital Statistics System; Organization for Economic Co-operation and Development.

* Provisional data
** 2018 data

The United States had the highest total health spending of all OECD member countries in 2019.



Source: Organization for Economic Co-operation and Development.

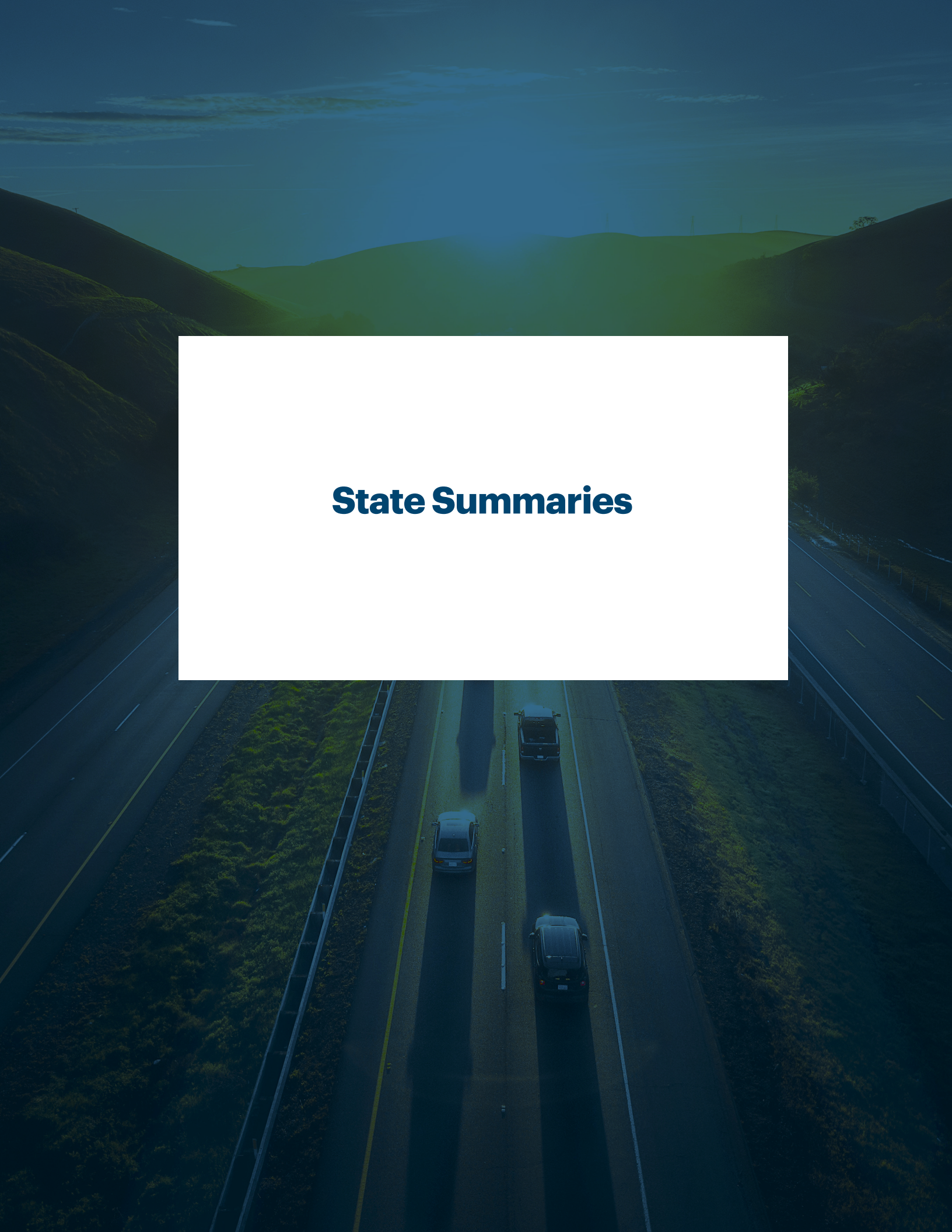
* Provisional data
** Estimated value

Total health spending

Health spending represents the total consumption of goods and services; this includes personal health care (such as curative, rehabilitative and long-term care) and collective services (such as prevention and public health services).

The average total spending on health in OECD countries was $4,087 U.S. dollars per capita. The U.S. spent nearly 3 times that amount, totaling $10,948 U.S. dollars per capita in 2019. Switzerland, which spent the second most on health among OECD countries, still spent two-thirds the amount the U.S. spent in 2019.

Spending on inpatient and outpatient care accounted for the largest share of the difference between the U.S. and other countries, and represented a greater share of health spending in 2018. Roughly 50% of total health spending in the United States came from public funds in 2017, which was much less than the OECD average of 71%.[39,40]



State Summaries

Alabama

State Health Department Website: alabamapublichealth.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- High rate of high school graduation
- High prevalence of colorectal cancer screening

Challenges:

- High prevalence of multiple chronic conditions
- High percentage of households with food insecurity
- High prevalence of insufficient sleep

Highlights:

FREQUENT PHYSICAL DISTRESS

▼26%

from 16.0% to 11.8% of adults between 2019 and 2020

OBESITY

▲16%

from 33.5% to 39.0% of adults between 2014 and 2020

PUBLIC HEALTH FUNDING

▲12%

from $115 to $129 per person between 2017-2018 and 2019-2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**42**	**-0.301**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	38	6.1	4.2
	Public Health Funding (dollars per person)	++++	20	$129	$116
	Violent Crime (offenses per 100,000 population)	+	44	511	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	43	70	—
	Food Insecurity (% of households)	+	46	14.0%	10.7%
	Income Inequality (80-20 ratio)	+	45	5.15	4.85
Education	High School Graduation (% of students)	+++++	1	91.7%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	2	3.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	30	16.3%	14.8%
	High-speed Internet (% of households)	+	46	85.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	14	57	62
	Volunteerism (% ages 16+)	++	39	28.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	42	55.6%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**28**	**0.089**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	33	7.8	8.3
	Drinking Water Violations (% of community water systems)	+++	30	0.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	40	8,593,189	—
	Water Fluoridation (% of population served)	+++	23	78.0%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	50	85.2%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	13	11.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	15	13.7%	17.3%
CLINICAL CARE*		**++**	**40**	**-0.444**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	45	13.1%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	49	42.6	62.3
	Mental Health	+	50	120.8	284.3
	Primary Care	+	46	213.5	252.3
	Uninsured (% of population)	++	33	9.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	12	76.9%	74.3%
	Dental Visit (% ages 18+)	++	38	61.4%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	13	79.9%	75.4%
	Flu Vaccination (% ages 18+)	+	42	42.2%	47.0%
	HPV Vaccination (% ages 13-17)	++	39	52.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	22	78.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	46	4,912	3,770
BEHAVIORS*		**+**	**47**	**-1.194**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	45	17.6%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	45	5.9%	8.0%
	Physical Inactivity (% ages 18+)	+	45	28.8%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	41	636.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	30	5.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	46	25.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	47	38.3%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	41	18.5%	15.5%
HEALTH OUTCOMES*		**+**	**49**	**-0.857**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	5	14.3%	17.6%
	Frequent Mental Distress (% ages 18+)	+	42	15.8%	13.2%
	Non-medical Drug Use (% ages 18+)	++	38	13.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	48	10,380	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	43	11.8%	9.9%
	Low Birthweight (% of live births)	+	48	10.5%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	+	48	14.3%	9.1%
	Obesity (% ages 18+)	+	48	39.0%	31.9%
OVERALL			**—**	**-0.601**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Alaska

State Health Department Website: dhss.alaska.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**36**	**-0.162**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	45	7.9	4.2
	Public Health Funding (dollars per person)	+++++	1	$449	$116
	Violent Crime (offenses per 100,000 population)	+	50	867	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	19	40	—
	Food Insecurity (% of households)	+++	28	10.6%	10.7%
	Income Inequality (80-20 ratio)	+++++	10	4.29	4.85
Education	High School Graduation (% of students)	+	46	80.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	35	17.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	44	18.9%	14.8%
	High-speed Internet (% of households)	++++	16	90.7%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	10	53	62
	Volunteerism (% ages 16+)	++++	12	38.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	33	58.3%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**33**	**-0.016**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	16	6.8	8.3
	Drinking Water Violations (% of community water systems)	+	47	4.8%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	2	11,929	—
	Water Fluoridation (% of population served)	+	43	49.6%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	4	70.0%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	3	7.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	46	20.8%	17.3%
CLINICAL CARE*		**++**	**37**	**-0.328**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	31	10.5%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	1	92.0	62.3
	Mental Health	+++++	2	625.9	284.3
	Primary Care	+++++	4	332.2	252.3
	Uninsured (% of population)	+	44	12.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	39	70.3%	74.3%
	Dental Visit (% ages 18+)	++	37	62.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	50	64.6%	75.4%
	Flu Vaccination (% ages 18+)	+	48	39.6%	47.0%
	HPV Vaccination (% ages 13-17)	+++	30	54.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	50	65.6%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	5	2,236	3,770
BEHAVIORS*		**+++**	**26**	**-0.009**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	9	25.6%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	24	8.1%	8.0%
	Physical Inactivity (% ages 18+)	++++	19	21.3%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	50	854.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	2	4.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	30	18.3	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	22	31.8%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	37	18.0%	15.5%
HEALTH OUTCOMES*		**+++**	**27**	**0.059**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	41	19.7%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	2	9.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+	42	14.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	37	8,405	7,337
	Premature Death Racial Disparity (ratio)	+	43	2.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	14	8.8%	9.9%
	Low Birthweight (% of live births)	+++++	1	6.3%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	3	7.2%	9.1%
	Obesity (% ages 18+)	+++	25	31.9%	31.9%
OVERALL			—	**-0.086**	—

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of frequent mental distress
- High per capita public health funding
- Low prevalence of high-risk HIV behaviors

Challenges:

- High racial disparity in premature death rates
- High occupational fatality rate
- Low prevalence of having a dedicated health care provider

Highlights:

DEPRESSION

▼21%

from 20.2% to 15.9% of adults between 2018 and 2020

FLU VACCINATION

▲17%

from 33.8% to 39.6% of adults between 2018 and 2020

ANNUAL DENTAL VISITS

▼10%

from 69.3% to 62.5% of adults between 2018 and 2020

Arizona

State Health Department Website: azdhs.gov

Summary

Strengths:

- High voter participation
- Low prevalence of cigarette smoking
- Low preventable hospitalization rate

Challenges:

- High economic hardship index score
- Low rate of high school graduation
- Low prevalence of having a dedicated health care provider

Highlights:

FOOD INSECURITY

▼29%

from 15.4% to 11.0% of households between 2012-2014 and 2018-2020

ADULTS WHO AVOIDED CARE DUE TO COST

▼17%

from 14.1% to 11.7% between 2017 and 2020

DRUG DEATHS

▲12%

from 23.9 to 26.8 deaths per 100,000 population between 2018 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**40**	**-0.277**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	21	4.5	4.2
	Public Health Funding (dollars per person)	+	43	$79	$116
	Violent Crime (offenses per 100,000 population)	+	41	455	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	45	71	—
	Food Insecurity (% of households)	+++	29	11.0%	10.7%
	Income Inequality (80-20 ratio)	++++	19	4.41	4.85
Education	High School Graduation (% of students)	+	49	77.8%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	30	15.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	35	17.3%	14.8%
	High-speed Internet (% of households)	+++	28	88.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	8	52	62
	Volunteerism (% ages 16+)	++	40	28.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	8	65.4%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**29**	**0.084**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	46	9.1	8.3
	Drinking Water Violations (% of community water systems)	++	34	0.5%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	20	2,557,937	—
	Water Fluoridation (% of population served)	++	37	58.0%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	13	75.6%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	2	6.8%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	41	17.7%	17.3%
CLINICAL CARE*		**++**	**39**	**-0.437**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	40	11.7%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	33	55.3	62.3
	Mental Health	+	47	154.8	284.3
	Primary Care	+	41	221.2	252.3
	Uninsured (% of population)	+	41	11.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	42	69.5%	74.3%
	Dental Visit (% ages 18+)	++	39	61.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	22	78.0%	75.4%
	Flu Vaccination (% ages 18+)	+	42	42.2%	47.0%
	HPV Vaccination (% ages 13-17)	+	42	51.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	44	71.2%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	7	2,482	3,770
BEHAVIORS*		**+++**	**22**	**0.189**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	10	25.5%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	5	10.2%	8.0%
	Physical Inactivity (% ages 18+)	+++	23	22.4%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	35	591.6	551.0
	High-risk HIV Behaviors (% ages 18+)	++	37	6.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	31	18.5	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	27	32.7%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	12	13.1%	15.5%
HEALTH OUTCOMES*		**+++**	**26**	**0.062**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	17	16.3%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	28	13.5%	13.2%
	Non-medical Drug Use (% ages 18+)	++	38	13.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	24	7,523	7,337
	Premature Death Racial Disparity (ratio)	++	39	2.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	27	10.1%	9.9%
	Low Birthweight (% of live births)	++++	13	7.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	24	9.1%	9.1%
	Obesity (% ages 18+)	++++	19	30.9%	31.9%
OVERALL			**—**	**-0.087**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Arkansas

State Health Department Website: healthy.arkansas.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**48**	**-0.773**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	44	7.5	4.2
	Public Health Funding (dollars per person)	+++	21	$128	$116
	Violent Crime (offenses per 100,000 population)	+	47	585	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	46	80	—
	Food Insecurity (% of households)	+	42	12.6%	10.7%
	Income Inequality (80-20 ratio)	++	32	4.73	4.85
Education	High School Graduation (% of students)	++++	16	87.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	12	10.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	48	22.5%	14.8%
	High-speed Internet (% of households)	+	48	84.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	28	65	62
	Volunteerism (% ages 16+)	+++	27	34.4%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	50	48.3%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**12**	**0.303**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	23	7.2	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	31	5,878,808	—
	Water Fluoridation (% of population served)	++++	20	85.4%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	44	82.4%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	9	10.9%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	19	14.0%	17.3%
CLINICAL CARE*		**+**	**43**	**-0.586**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	44	12.9%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	48	42.7	62.3
	Mental Health	+++	30	254.3	284.3
	Primary Care	+	44	216.1	252.3
	Uninsured (% of population)	++	31	9.1%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	35	71.4%	74.3%
	Dental Visit (% ages 18+)	+	50	57.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	38	73.6%	75.4%
	Flu Vaccination (% ages 18+)	+++	22	47.8%	47.0%
	HPV Vaccination (% ages 13-17)	+	44	49.6%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	32	76.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	35	4,198	3,770
BEHAVIORS*		**+**	**46**	**-1.097**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	44	19.3%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	25	8.0%	8.0%
	Physical Inactivity (% ages 18+)	+	47	29.7%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	32	569.8	551.0
	High-risk HIV Behaviors (% ages 18+)	+	43	6.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	50	30.0	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	40	35.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	48	20.5%	15.5%
HEALTH OUTCOMES*		**+**	**46**	**-0.798**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	15	16.1%	17.6%
	Frequent Mental Distress (% ages 18+)	+	50	17.8%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	26	11.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	44	9,796	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	48	14.2%	9.9%
	Low Birthweight (% of live births)	++	38	9.2%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+	46	13.8%	9.1%
	Obesity (% ages 18+)	+	41	36.4%	31.9%
OVERALL			**—**	**-0.708**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- High rate of high school graduation
- Low percentage of housing with lead risk

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of two or more adverse childhood experiences
- High prevalence of cigarette smoking

Highlights:

FOOD INSECURITY

▼41%

from 21.2% to 12.6% of households between 2011-2013 and 2018-2020

FLU VACCINATION

▲14%

from 42.1% to 47.8% of adults between 2019 and 2020

ADULTS WITH A DEDICATED HEALTH CARE PROVIDER

▼6%

from 81.3% to 76.3% between 2018 and 2020

California

State Health Department Website: cdph.ca.gov

Summary

Strengths:

- Low premature death rate
- Low prevalence of multiple chronic conditions
- Low prevalence of cigarette smoking

Challenges:

- Low prevalence of colorectal cancer screening
- Low supply of primary care providers
- High levels of air pollution

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼28%

from 11.9% to 8.6% between 2019 and 2020

VOTER PARTICIPATION

▲24%

from 47.3% to 58.5% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

DRUG DEATHS

▲16%

from 13.5 to 15.7 deaths per 100,000 population between 2018 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**28**	**-0.042**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3	3.1	4.2
	Public Health Funding (dollars per person)	++++	17	$138	$116
	Violent Crime (offenses per 100,000 population)	++	39	441	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	41	67	—
	Food Insecurity (% of households)	++++	18	9.8%	10.7%
	Income Inequality (80-20 ratio)	+	43	5.07	4.85
Education	High School Graduation (% of students)	++	31	84.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	21	13.4	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	9	13.1%	14.8%
	High-speed Internet (% of households)	+++++	5	92.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	22	62	62
	Volunteerism (% ages 16+)	+	45	27.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	32	58.5%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**49**	**-0.580**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	50	13.3	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	36	7,184,517	—
	Water Fluoridation (% of population served)	++	36	59.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	9	73.5%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	28	17.6%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	49	26.2%	17.3%
CLINICAL CARE*		**+++**	**29**	**0.051**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	13	8.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	4	77.5	62.3
	Mental Health	++++	11	409.7	284.3
	Primary Care	+	48	197.8	252.3
	Uninsured (% of population)	+++	22	7.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	50	62.4%	74.3%
	Dental Visit (% ages 18+)	++	31	64.6%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	39	73.1%	75.4%
	Flu Vaccination (% ages 18+)	++	31	46.3%	47.0%
	HPV Vaccination (% ages 13-17)	++++	18	62.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	35	75.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	13	3,045	3,770
BEHAVIORS*		**++++**	**15**	**0.420**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	27	22.6%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	16	8.7%	8.0%
	Physical Inactivity (% ages 18+)	++++	18	21.2%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	37	599.1	551.0
	High-risk HIV Behaviors (% ages 18+)	++	37	6.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	12	12.4	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	19	31.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	2	8.9%	15.5%
HEALTH OUTCOMES*		**++++**	**13**	**0.365**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	30	18.0%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	17	12.7%	13.2%
	Non-medical Drug Use (% ages 18+)	++	35	12.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	1	5,703	7,337
	Premature Death Racial Disparity (ratio)	+++	27	1.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	25	9.9%	9.9%
	Low Birthweight (% of live births)	++++	11	7.1%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	4	7.3%	9.1%
	Obesity (% ages 18+)	++++	16	30.3%	31.9%
OVERALL			**—**	**0.112**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Colorado

State Health Department Website: cdphe.colorado.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**17**	**0.317**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	7	3.4	4.2
	Public Health Funding (dollars per person)	+++	22	$127	$116
	Violent Crime (offenses per 100,000 population)	+++	30	381	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	3	10	—
	Food Insecurity (% of households)	+++	23	10.1%	10.7%
	Income Inequality (80-20 ratio)	++++	11	4.30	4.85
Education	High School Graduation (% of students)	+	42	81.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	42	20.9	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	31	16.7%	14.8%
	High-speed Internet (% of households)	+++++	2	93.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	26	64	62
	Volunteerism (% ages 16+)	+++++	4	44.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	15	62.9%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**6**	**0.421**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	18	6.9	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	15	1,147,930	—
	Water Fluoridation (% of population served)	+++	28	74.9%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	11	74.2%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	14	12.2%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	33	16.1%	17.3%
CLINICAL CARE*		**+++**	**21**	**0.397**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	33	10.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	10	71.7	62.3
	Mental Health	++++	12	407.2	284.3
	Primary Care	+++	26	266.2	252.3
	Uninsured (% of population)	+++	25	8.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	27	73.5%	74.3%
	Dental Visit (% ages 18+)	+++	23	67.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	34	74.8%	75.4%
	Flu Vaccination (% ages 18+)	++++	17	49.5%	47.0%
	HPV Vaccination (% ages 13-17)	++++	13	66.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	41	72.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	4	2,160	3,770
BEHAVIORS*		**+++++**	**5**	**0.820**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	3	27.4%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	11	9.0%	8.0%
	Physical Inactivity (% ages 18+)	+++++	2	16.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	25	517.8	551.0
	High-risk HIV Behaviors (% ages 18+)	++	35	6.0%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	17	13.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	1	26.8%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	10	12.4%	15.5%
HEALTH OUTCOMES*		**++++**	**15**	**0.337**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	41	19.7%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	20	12.8%	13.2%
	Non-medical Drug Use (% ages 18+)	+	46	16.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	11	6,354	7,337
	Premature Death Racial Disparity (ratio)	++	32	1.6	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	10	8.3%	9.9%
	Low Birthweight (% of live births)	+	42	9.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	6	1.6	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	2	6.9%	9.1%
	Obesity (% ages 18+)	+++++	1	24.2%	31.9%
OVERALL			**—**	**0.445**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of insufficient sleep
- Low preventable hospitalization rate

Challenges:

- High prevalence of non-medical drug use
- Low rate of high school graduation
- Low prevalence of having a dedicated health care provider

Highlights:

FREQUENT MENTAL DISTRESS

▲15%

from 11.1% to 12.8% of adults between 2018 and 2020

SMOKING

▼14%

from 14.5% to 12.4% of adults between 2018 and 2020

MENTAL HEALTH PROVIDERS

▲14%

from 356.4 to 407.2 per 100,000 population between 2019 and 2021

Connecticut

State Health Department Website: ct.gov/dph

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of two or more adverse childhood experiences
- Low percentage of adults who avoided care due to cost

Challenges:

- High income inequality
- High prevalence of high-risk HIV behaviors
- High percentage of housing with lead risk

Highlights:

PUBLIC HEALTH FUNDING

▲47%

from $86 to $126 per person between 2017-2018 and 2019-2020

ADULTS WHO AVOIDED CARE DUE TO COST

▼23%

from 9.9% to 7.6% between 2019 and 2020

DRUG DEATHS

▲14%

from 29.9 to 34.0 deaths per 100,000 population between 2018 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**14**	**0.358**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	6	3.3	4.2
	Public Health Funding (dollars per person)	+++	23	$126	$116
	Violent Crime (offenses per 100,000 population)	+++++	3	184	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	9	25	—
	Food Insecurity (% of households)	++	37	11.8%	10.7%
	Income Inequality (80-20 ratio)	+	46	5.26	4.85
Education	High School Graduation (% of students)	++++	11	88.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	21	13.4	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	5	12.1%	14.8%
	High-speed Internet (% of households)	+++++	7	91.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	35	67	62
	Volunteerism (% ages 16+)	+++	23	35.3%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	27	60.3%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**37**	**-0.060**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	27	7.3	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	35	6,686,972	—
	Water Fluoridation (% of population served)	++++	14	89.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	22	78.3%	75.9%
	Housing With Lead Risk (% of housing stock)	+	46	26.6%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	41	17.7%	17.3%
CLINICAL CARE*		**+++++**	**4**	**1.184**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	4	7.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	8	72.9	62.3
	Mental Health	+++++	7	449.3	284.3
	Primary Care	++++	15	287.5	252.3
	Uninsured (% of population)	++++	11	5.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	8	77.3%	74.3%
	Dental Visit (% ages 18+)	+++++	4	73.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	4	84.0%	75.4%
	Flu Vaccination (% ages 18+)	+++++	4	54.0%	47.0%
	HPV Vaccination (% ages 13-17)	++++	11	66.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	10	83.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	26	3,726	3,770
BEHAVIORS*		**+++++**	**6**	**0.733**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	6	26.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	2	11.3%	8.0%
	Physical Inactivity (% ages 18+)	++++	13	20.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	9	428.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+	47	6.5%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	4	7.7	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	24	32.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	8	11.8%	15.5%
HEALTH OUTCOMES*		**+++++**	**3**	**0.663**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	17	16.3%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	15	12.6%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	11	8.9%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	7	6,151	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	12	8.4%	9.9%
	Low Birthweight (% of live births)	++++	20	7.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	6	7.6%	9.1%
	Obesity (% ages 18+)	++++	13	29.2%	31.9%
OVERALL			**—**	**0.591**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Delaware

State Health Department Website: dhss.delaware.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**10**	**0.474**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	23	4.6	4.2
	Public Health Funding (dollars per person)	++++	15	$152	$116
	Violent Crime (offenses per 100,000 population)	++	36	423	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	25	45	—
	Food Insecurity (% of households)	++++	19	9.9%	10.7%
	Income Inequality (80-20 ratio)	++++	19	4.41	4.85
Education	High School Graduation (% of students)	+++++	10	89.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	6	7.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	23	15.5%	14.8%
	High-speed Internet (% of households)	++++	17	90.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	1	45	62
	Volunteerism (% ages 16+)	+++	28	34.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	28	59.8%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**15**	**0.211**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	39	8.2	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	17	1,513,402	—
	Water Fluoridation (% of population served)	++++	19	85.9%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	32	80.7%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	22	15.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	27	14.6%	17.3%
CLINICAL CARE*		**++++**	**17**	**0.546**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	20	9.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	50	39.6	62.3
	Mental Health	++++	20	299.0	284.3
	Primary Care	+++++	10	296.2	252.3
	Uninsured (% of population)	++++	15	6.6%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	9	77.2%	74.3%
	Dental Visit (% ages 18+)	++	32	64.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	2	86.0%	75.4%
	Flu Vaccination (% ages 18+)	++++	20	48.7%	47.0%
	HPV Vaccination (% ages 13-17)	++++	16	63.2%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	11	83.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	43	4,378	3,770
BEHAVIORS*		**++**	**33**	**-0.177**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	22	23.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	21	8.4%	8.0%
	Physical Inactivity (% ages 18+)	++	34	24.7%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	39	602.2	551.0
	High-risk HIV Behaviors (% ages 18+)	+	45	6.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	21	14.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	31	33.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	24	15.1%	15.5%
HEALTH OUTCOMES*		**+++**	**30**	**-0.069**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	13	15.9%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	11	12.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	22	10.6%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	36	8,342	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	33	10.5%	9.9%
	Low Birthweight (% of live births)	+	42	9.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++	34	10.5%	9.1%
	Obesity (% ages 18+)	+	43	36.5%	31.9%
OVERALL			**—**	**0.192**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of frequent mental distress
- High childhood immunization rate
- High prevalence of colorectal cancer screening

Challenges:

- High prevalence of obesity
- High prevalence of high-risk HIV behaviors
- High preventable hospitalization rate

Highlights:

DRUG DEATHS

▲29%

from 35.9 to 46.2 deaths per 100,000 population between 2017 and 2019

MENTAL HEALTH PROVIDERS

▲27%

from 235.7 to 299.0 per 100,000 population between 2017 and 2021

HIGH HEALTH STATUS

▲12%

from 49.2% to 55.2% of adults between 2019 and 2020

Florida

State Health Department Website: floridahealth.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of frequent mental distress
- Low prevalence of obesity

Challenges:

- High prevalence of non-medical drug use
- High prevalence of physical inactivity
- Low flu vaccination rate

Highlights:

FREQUENT PHYSICAL DISTRESS

▼25%

from 13.8% to 10.3% of adults between 2019 and 2020

ADULTS WHO AVOIDED CARE DUE TO COST

▼20%

from 17.6% to 14.0% between 2014 and 2020

DRUG DEATHS

▲11%

from 22.4 to 24.9 deaths per 100,000 population between 2018 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**27**	**-0.027**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	30	5.0	4.2
	Public Health Funding (dollars per person)	+	43	$79	$116
	Violent Crime (offenses per 100,000 population)	+++	29	378	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	37	61	—
	Food Insecurity (% of households)	+++	23	10.1%	10.7%
	Income Inequality (80-20 ratio)	+++	25	4.52	4.85
Education	High School Graduation (% of students)	++++	20	87.2%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	17	12.4	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	23	15.5%	14.8%
	High-speed Internet (% of households)	+++	23	89.3%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	17	58	62
	Volunteerism (% ages 16+)	+	48	26.3%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	36	57.4%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**30**	**0.070**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	23	7.2	8.3
	Drinking Water Violations (% of community water systems)	++	40	1.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	42	10,964,185	—
	Water Fluoridation (% of population served)	+++	24	77.8%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	21	78.1%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	4	8.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	45	19.2%	17.3%
CLINICAL CARE*		**+**	**46**	**-0.824**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	47	14.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	38	53.1	62.3
	Mental Health	+	42	185.1	284.3
	Primary Care	+++	24	266.9	252.3
	Uninsured (% of population)	+	47	13.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	17	75.7%	74.3%
	Dental Visit (% ages 18+)	++	39	61.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	40	72.8%	75.4%
	Flu Vaccination (% ages 18+)	+	49	38.1%	47.0%
	HPV Vaccination (% ages 13-17)	+	41	51.6%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	43	71.4%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	38	4,269	3,770
BEHAVIORS*		**+++**	**25**	**0.008**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	4	27.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	33	7.1%	8.0%
	Physical Inactivity (% ages 18+)	+	43	26.8%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	24	515.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	27	16.2	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	28	32.9%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	23	14.7%	15.5%
HEALTH OUTCOMES*		**+++**	**21**	**0.170**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	8	15.5%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	11	12.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+	44	14.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	27	7,565	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	31	10.3%	9.9%
	Low Birthweight (% of live births)	++	32	8.7%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	29	9.5%	9.1%
	Obesity (% ages 18+)	+++++	9	28.4%	31.9%
OVERALL			**—**	**-0.081**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Georgia

State Health Department Website: dph.georgia.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**29**	**-0.057**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	33	5.4	4.2
	Public Health Funding (dollars per person)	++	35	$107	$116
	Violent Crime (offenses per 100,000 population)	+++	25	341	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	32	50	—
	Food Insecurity (% of households)	+++	21	10.0%	10.7%
	Income Inequality (80-20 ratio)	++	35	4.77	4.85
Education	High School Graduation (% of students)	++	39	82.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	10	9.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	34	17.0%	14.8%
	High-speed Internet (% of households)	++	37	87.7%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	11	55	62
	Volunteerism (% ages 16+)	++	37	29.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	22	61.0%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**11**	**0.343**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	33	7.8	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	38	7,821,663	—
	Water Fluoridation (% of population served)	+++++	6	95.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	24	78.4%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	5	9.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	31	15.9%	17.3%
CLINICAL CARE*		**+**	**48**	**-0.964**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	49	15.1%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	46	44.7	62.3
	Mental Health	+	46	159.8	284.3
	Primary Care	++	39	231.8	252.3
	Uninsured (% of population)	+	48	13.4%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	34	71.5%	74.3%
	Dental Visit (% ages 18+)	+	42	60.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	45	71.0%	75.4%
	Flu Vaccination (% ages 18+)	+	45	41.3%	47.0%
	HPV Vaccination (% ages 13-17)	+++	30	54.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	38	74.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	37	4,245	3,770
BEHAVIORS*		**++**	**37**	**-0.435**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	18	24.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	27	7.6%	8.0%
	Physical Inactivity (% ages 18+)	++	35	24.8%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	42	637.8	551.0
	High-risk HIV Behaviors (% ages 18+)	++	37	6.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	37	19.7	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	45	35.8%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	26	15.8%	15.5%
HEALTH OUTCOMES*		**++**	**36**	**-0.266**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	10	15.7%	17.6%
	Frequent Mental Distress (% ages 18+)	++	35	14.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+	46	16.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	35	8,113	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	27	10.1%	9.9%
	Low Birthweight (% of live births)	+	47	10.0%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	++	31	9.7%	9.1%
	Obesity (% ages 18+)	++	34	34.3%	31.9%
OVERALL			**—**	**-0.281**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low racial disparity in premature death rates
- Low prevalence of excessive drinking
- Low percentage of housing with lead risk

Challenges:

- High prevalence of non-medical drug use
- High prevalence of insufficient sleep
- High percentage of adults who avoided care due to cost

Highlights:

PUBLIC HEALTH FUNDING

▲41%

from $76 to $107 per person between 2017-2018 and 2019-2020

OBESITY

▲23%

from 28.0% to 34.3% of adults between 2011 and 2020

FLU VACCINATION

▲14%

from 36.2% to 41.3% of adults between 2019 and 2020

Hawaii

State Health Department Website: health.hawaii.gov

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low racial disparity in high school graduation rates
- Low percentage of adults who avoided care due to cost

Challenges:

- Low voter participation
- High prevalence of insufficient sleep
- High percentage of severe housing problems

Highlights:

DRUG DEATHS

▲43%

from 12.0 to 17.1 deaths per 100,000 population between 2015 and 2019

PRIMARY CARE PROVIDERS

▲21%

from 199.8 to 242.0 per 100,000 population between 2018 and 2021

EXCESSIVE DRINKING

▼17%

from 21.3% to 17.6% of adults between 2018 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**4**	**0.583**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	21	4.5	4.2
	Public Health Funding (dollars per person)	+++++	3	$241	$116
	Violent Crime (offenses per 100,000 population)	++++	17	286	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	34	53	—
	Food Insecurity (% of households)	++++	11	8.9%	10.7%
	Income Inequality (80-20 ratio)	++++	15	4.36	4.85
Education	High School Graduation (% of students)	+++	28	85.2%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	1	1.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	5	12.1%	14.8%
	High-speed Internet (% of households)	++++	13	91.3%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	12	56	62
	Volunteerism (% ages 16+)	++	34	32.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	47	54.2%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**26**	**0.111**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	2	4.3	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	10	153,792	—
	Water Fluoridation (% of population served)	+	50	8.8%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	2	69.3%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	11	11.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	50	26.4%	17.3%
CLINICAL CARE*		**+++++**	**5**	**1.128**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	1	6.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	3	77.9	62.3
	Mental Health	+++	25	281.1	284.3
	Primary Care	++	35	242.0	252.3
	Uninsured (% of population)	+++++	3	4.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	10	77.1%	74.3%
	Dental Visit (% ages 18+)	+++++	1	74.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	35	74.5%	75.4%
	Flu Vaccination (% ages 18+)	+++	26	46.8%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	2	73.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	5	85.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	1	1,841	3,770
BEHAVIORS*		**++++**	**19**	**0.302**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	14	24.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	8	9.1%	8.0%
	Physical Inactivity (% ages 18+)	+++++	8	19.2%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	33	571.6	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	10	5.0%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	26	15.7	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	50	39.4%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	7	11.6%	15.5%
HEALTH OUTCOMES*		**+++++**	**2**	**0.801**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	26	17.6%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	4	10.7%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	30	12.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	9	6,305	7,337
	Premature Death Racial Disparity (ratio)	+++++	1	1.0	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	1	7.3%	9.9%
	Low Birthweight (% of live births)	+++	26	8.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	1	6.5%	9.1%
	Obesity (% ages 18+)	+++++	3	24.5%	31.9%
OVERALL			**—**	**0.616**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Idaho

State Health Department Website: healthandwelfare.idaho.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**22**	**0.147**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	25	4.8	4.2
	Public Health Funding (dollars per person)	+++++	10	$172	$116
	Violent Crime (offenses per 100,000 population)	+++++	10	224	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	32	50	—
	Food Insecurity (% of households)	++++	16	9.6%	10.7%
	Income Inequality (80-20 ratio)	+++++	2	3.98	4.85
Education	High School Graduation (% of students)	+	45	80.8%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	25	14.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	23	15.5%	14.8%
	High-speed Internet (% of households)	++++	11	91.5%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	42	70	62
	Volunteerism (% ages 16+)	++++	16	36.8%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	38	56.4%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**27**	**0.096**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	9	6.1	8.3
	Drinking Water Violations (% of community water systems)	+	42	1.8%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	7	67,190	—
	Water Fluoridation (% of population served)	+	46	31.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	22	78.3%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	17	12.6%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	20	14.1%	17.3%
CLINICAL CARE*		**++**	**33**	**-0.130**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	33	10.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	26	59.7	62.3
	Mental Health	++	32	234.8	284.3
	Primary Care	+	43	220.2	252.3
	Uninsured (% of population)	++	39	10.8%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	45	67.9%	74.3%
	Dental Visit (% ages 18+)	+++	21	67.6%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	23	77.0%	75.4%
	Flu Vaccination (% ages 18+)	++	40	42.7%	47.0%
	HPV Vaccination (% ages 13-17)	++	33	54.5%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	39	74.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	3	2,057	3,770
BEHAVIORS*		**++++**	**12**	**0.501**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	33	21.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	22	8.3%	8.0%
	Physical Inactivity (% ages 18+)	++++	11	20.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	7	384.0	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	16	5.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	21	14.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	8	29.3%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	17	13.6%	15.5%
HEALTH OUTCOMES*		**+++++**	**4**	**0.639**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	17	16.3%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	17	12.7%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	19	10.4%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	10	6,313	7,337
	Premature Death Racial Disparity (ratio)	+++++	1	1.0	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	26	10.0%	9.9%
	Low Birthweight (% of live births)	+++++	8	6.9%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	2	1.2	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	18	8.9%	9.1%
	Obesity (% ages 18+)	+++	23	31.1%	31.9%
OVERALL			**—**	**0.294**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low incidence of chlamydia
- Low prevalence of insufficient sleep
- Low preventable hospitalization rate

Challenges:

- Low rate of high school graduation
- Low prevalence of colorectal cancer screening
- Low supply of primary care providers

Highlights:

OBESITY

▲14%

from 27.4% to 31.1% of adults between 2016 and 2020

SEVERE HOUSING PROBLEMS

▼14%

from 16.4% to 14.1% between 2009-2013 and 2014-2018

FLU VACCINATION

▲12%

from 38.2% to 42.7% of adults between 2019 and 2020

IDAHO

Illinois

State Health Department Website: dph.illinois.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of frequent mental distress
- Low prevalence of two or more adverse childhood experiences

Challenges:

- High racial disparity in low birthweight
- High incidence of chlamydia
- High preventable hospitalization rate

Highlights:

PUBLIC HEALTH FUNDING

▲49%

from $73 to $109 per person between 2017-2018 and 2019-2020

CHLAMYDIA

▲29%

from 495.5 to 639.3 cases per 100,000 population between 2013 and 2019

FLU VACCINATION

▲27%

from 38.8% to 49.4% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**21**	**0.167**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	11	3.6	4.2
	Public Health Funding (dollars per person)	++	33	$109	$116
	Violent Crime (offenses per 100,000 population)	++	33	407	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	21	41	—
	Food Insecurity (% of households)	++++	13	9.2%	10.7%
	Income Inequality (80-20 ratio)	+	42	4.97	4.85
Education	High School Graduation (% of students)	+++	27	86.2%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	24	14.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	4	11.3%	14.8%
	High-speed Internet (% of households)	++++	20	89.8%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	45	73	62
	Volunteerism (% ages 16+)	++++	16	36.8%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	25	60.7%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**42**	**-0.136**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	49	9.6	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	46	20,605,020	—
	Water Fluoridation (% of population served)	+++++	3	98.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	8	72.4%	75.9%
	Housing With Lead Risk (% of housing stock)	+	44	24.9%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	34	16.6%	17.3%
CLINICAL CARE*		**+++**	**24**	**0.182**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	26	10.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	6	73.5	62.3
	Mental Health	+++	27	275.0	284.3
	Primary Care	+++	28	260.3	252.3
	Uninsured (% of population)	+++	21	7.4%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	43	69.3%	74.3%
	Dental Visit (% ages 18+)	++++	14	68.4%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	31	75.2%	75.4%
	Flu Vaccination (% ages 18+)	++++	18	49.4%	47.0%
	HPV Vaccination (% ages 13-17)	++++	17	63.1%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	18	79.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	45	4,476	3,770
BEHAVIORS*		**+++**	**29**	**-0.068**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	23	23.4%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	36	6.9%	8.0%
	Physical Inactivity (% ages 18+)	++	36	25.3%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	43	639.3	551.0
	High-risk HIV Behaviors (% ages 18+)	++	35	6.0%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	20	14.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	17	31.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	11	12.7%	15.5%
HEALTH OUTCOMES*		**++++**	**17**	**0.303**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	6	14.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	3	10.0%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	30	12.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	20	7,016	7,337
	Premature Death Racial Disparity (ratio)	++	36	1.8	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	13	8.7%	9.9%
	Low Birthweight (% of live births)	+++	26	8.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	45	2.2	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	9	7.8%	9.1%
	Obesity (% ages 18+)	+++	28	32.4%	31.9%
OVERALL			**—**	**0.126**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Indiana

State Health Department Website: https://www.in.gov/health

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**35**	**-0.159**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	40	6.3	4.2
	Public Health Funding (dollars per person)	+	45	$76	$116
	Violent Crime (offenses per 100,000 population)	+++	27	371	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	30	47	—
	Food Insecurity (% of households)	++	35	11.6%	10.7%
	Income Inequality (80-20 ratio)	++++	12	4.31	4.85
Education	High School Graduation (% of students)	++++	20	87.2%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	16	12.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	36	17.4%	14.8%
	High-speed Internet (% of households)	++	39	87.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	40	69	62
	Volunteerism (% ages 16+)	++++	19	36.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	44	55.2%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**32**	**0.003**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	45	8.7	8.3
	Drinking Water Violations (% of community water systems)	++	33	0.4%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	41	10,738,422	—
	Water Fluoridation (% of population served)	+++++	10	92.4%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	35	81.6%	75.9%
	Housing With Lead Risk (% of housing stock)	++	33	21.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	7	12.7%	17.3%
CLINICAL CARE*		**++**	**36**	**-0.291**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	27	10.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	40	51.5	62.3
	Mental Health	+	43	183.0	284.3
	Primary Care	++	34	244.3	252.3
	Uninsured (% of population)	+++	29	8.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	36	71.2%	74.3%
	Dental Visit (% ages 18+)	++	35	63.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	41	72.3%	75.4%
	Flu Vaccination (% ages 18+)	++	35	46.0%	47.0%
	HPV Vaccination (% ages 13-17)	++	36	53.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	21	79.1%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	42	4,337	3,770
BEHAVIORS*		**++**	**36**	**-0.400**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	35	21.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	8	9.1%	8.0%
	Physical Inactivity (% ages 18+)	+	41	26.3%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	27	526.3	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	12	5.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	39	20.8	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	39	34.9%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	45	19.4%	15.5%
HEALTH OUTCOMES*		**++**	**35**	**-0.261**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	23	17.1%	17.6%
	Frequent Mental Distress (% ages 18+)	++	40	15.3%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	16	9.9%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	38	8,642	7,337
	Premature Death Racial Disparity (ratio)	+++	23	1.4	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	36	10.8%	9.9%
	Low Birthweight (% of live births)	+++	24	8.2%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++	37	11.4%	9.1%
	Obesity (% ages 18+)	+	46	36.8%	31.9%
OVERALL			**—**	**-0.236**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low prevalence of high-risk HIV behaviors
- Low percentage of severe housing problems

Challenges:

- High prevalence of frequent mental distress
- High prevalence of obesity
- High prevalence of cigarette smoking

Highlights:

FREQUENT PHYSICAL DISTRESS

▼22%

from 13.8% to 10.8% of adults between 2019 and 2020

OBESITY

▲18%

from 31.3% to 36.8% of adults between 2015 and 2020

ADULTS WHO AVOIDED CARE DUE TO COST

▼17%

from 12.6% to 10.4% between 2019 and 2020

Iowa

State Health Department Website: idph.iowa.gov

Summary

Strengths:

- Low percentage of households with food insecurity
- High rate of high school graduation
- Low percentage of adults who avoided care due to cost

Challenges:

- High prevalence of excessive drinking
- High prevalence of obesity
- High percentage of housing with lead risk

Highlights:

PUBLIC HEALTH FUNDING

▲77%

from $91 to $161 per person between 2017-2018 and 2019-2020

FOOD INSECURITY

▼35%

from 10.6% to 6.9% of households between 2013-2015 and 2018-2020

SUICIDE

▲29%

from 13.2 to 17.0 deaths per 100,000 population between 2014 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**7**	**0.518**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	34	5.6	4.2
	Public Health Funding (dollars per person)	++++	12	$161	$116
	Violent Crime (offenses per 100,000 population)	++++	13	267	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	19	40	—
	Food Insecurity (% of households)	+++++	2	6.9%	10.7%
	Income Inequality (80-20 ratio)	+++++	4	4.10	4.85
Education	High School Graduation (% of students)	+++++	2	91.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	33	16.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	29	16.1%	14.8%
	High-speed Internet (% of households)	++	34	88.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	22	62	62
	Volunteerism (% ages 16+)	+++	24	35.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	9	65.1%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**18**	**0.186**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	28	7.5	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	22	3,213,414	—
	Water Fluoridation (% of population served)	++++	13	90.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	29	80.2%	75.9%
	Housing With Lead Risk (% of housing stock)	+	45	26.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	3	11.8%	17.3%
CLINICAL CARE*		**+++++**	**10**	**0.770**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	2	7.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	28	59.3	62.3
	Mental Health	+	44	181.3	284.3
	Primary Care	++	31	255.3	252.3
	Uninsured (% of population)	+++++	6	5.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	++++	15	68.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	6	82.7%	75.4%
	Flu Vaccination (% ages 18+)	+++++	10	51.2%	47.0%
	HPV Vaccination (% ages 13-17)	+++	24	60.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	13	82.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	17	3,198	3,770
BEHAVIORS*		**+++**	**27**	**-0.050**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	41	20.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	33	7.1%	8.0%
	Physical Inactivity (% ages 18+)	+++	29	23.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	21	508.5	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	19	14.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	15	30.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	26	15.8%	15.5%
HEALTH OUTCOMES*		**+++**	**29**	**-0.006**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	49	22.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	21	12.9%	13.2%
	Non-medical Drug Use (% ages 18+)	++	33	12.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	19	6,868	7,337
	Premature Death Racial Disparity (ratio)	++	32	1.6	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	16	8.9%	9.9%
	Low Birthweight (% of live births)	+++++	6	6.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	20	9.0%	9.1%
	Obesity (% ages 18+)	+	43	36.5%	31.9%
OVERALL			**—**	**0.278**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Kansas

State Health Department Website: kdheks.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**24**	**0.103**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	38	6.1	4.2
	Public Health Funding (dollars per person)	++	39	$87	$116
	Violent Crime (offenses per 100,000 population)	++	34	411	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	22	43	—
	Food Insecurity (% of households)	++	31	11.3%	10.7%
	Income Inequality (80-20 ratio)	+++++	9	4.27	4.85
Education	High School Graduation (% of students)	++++	20	87.2%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	19	13.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	27	16.0%	14.8%
	High-speed Internet (% of households)	+++	25	89.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	18	59	62
	Volunteerism (% ages 16+)	+++	21	35.9%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	19	61.3%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**39**	**-0.110**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	30	7.6	8.3
	Drinking Water Violations (% of community water systems)	+	41	1.7%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	25	3,963,384	—
	Water Fluoridation (% of population served)	++	33	65.1%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	47	82.7%	75.9%
	Housing With Lead Risk (% of housing stock)	++	34	21.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	8	12.8%	17.3%
CLINICAL CARE*		**++**	**31**	**0.009**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	27	10.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	35	54.8	62.3
	Mental Health	++	36	219.9	284.3
	Primary Care	+++	27	265.2	252.3
	Uninsured (% of population)	++	32	9.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	40	69.7%	74.3%
	Dental Visit (% ages 18+)	+++	22	67.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	17	78.8%	75.4%
	Flu Vaccination (% ages 18+)	+++	23	47.2%	47.0%
	HPV Vaccination (% ages 13-17)	++	37	53.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	26	77.6%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	25	3,683	3,770
BEHAVIORS*		**++**	**31**	**-0.148**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	38	20.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	18	8.6%	8.0%
	Physical Inactivity (% ages 18+)	+++	22	22.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	26	524.7	551.0
	High-risk HIV Behaviors (% ages 18+)	++	32	5.9%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	34	19.2	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	23	32.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	33	16.6%	15.5%
HEALTH OUTCOMES*		**++**	**33**	**-0.142**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	32	18.4%	17.6%
	Frequent Mental Distress (% ages 18+)	++	32	14.0%	13.2%
	Non-medical Drug Use (% ages 18+)	++	33	12.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	26	7,563	7,337
	Premature Death Racial Disparity (ratio)	+++	27	1.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	23	9.7%	9.9%
	Low Birthweight (% of live births)	++++	16	7.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	45	2.2	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	30	9.6%	9.1%
	Obesity (% ages 18+)	++	36	35.3%	31.9%
OVERALL			**—**	**-0.044**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low income inequality
- High childhood immunization rate
- Low percentage of severe housing problems

Challenges:

- High occupational fatality rate
- High prevalence of cigarette smoking
- Low prevalence of colorectal cancer screening

Highlights:

DRUG DEATHS

▲29%

from 11.2 to 14.4 deaths per 100,000 population between 2016 and 2019

FOOD INSECURITY

▼29%

from 15.9% to 11.3% of households between 2012-2014 and 2018-2020

HIGH HEALTH STATUS

▲12%

from 49.7% to 55.8% of adults between 2019 and 2020

AMERICA'S HEALTH RANKINGS® UNITED HEALTH FOUNDATION

Kentucky

State Health Department Website: chfs.ky.gov/agencies/dph

Summary

Strengths:

- Low racial disparity in premature death rates
- High rate of high school graduation
- High percentage of fluoridated water

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of insufficient sleep
- High prevalence of cigarette smoking

Highlights:

FREQUENT MENTAL DISTRESS

▲26%

from 13.8% to 17.4% of adults between 2015 and 2020

SMOKING

▼26%

from 29.0% to 21.4% of adults between 2011 and 2020

FLU VACCINATION

▲10%

from 42.1% to 46.5% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**32**	**-0.139**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	30	5.0	4.2
	Public Health Funding (dollars per person)	++	31	$110	$116
	Violent Crime (offenses per 100,000 population)	+++++	7	217	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	43	70	—
	Food Insecurity (% of households)	+	45	13.8%	10.7%
	Income Inequality (80-20 ratio)	++	39	4.88	4.85
Education	High School Graduation (% of students)	+++++	4	90.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	8	8.9	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	33	16.9%	14.8%
	High-speed Internet (% of households)	+	42	87.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	21	61	62
	Volunteerism (% ages 16+)	+	46	27.4%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	21	61.2%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**13**	**0.283**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	33	7.8	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	32	5,892,418	—
	Water Fluoridation (% of population served)	+++++	1	99.8%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	38	82.0%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	23	15.6%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	12	13.5%	17.3%
CLINICAL CARE*		**+++**	**30**	**0.050**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	24	9.7%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	29	57.2	62.3
	Mental Health	+++	29	263.8	284.3
	Primary Care	++++	17	281.6	252.3
	Uninsured (% of population)	++++	14	6.4%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	20	75.4%	74.3%
	Dental Visit (% ages 18+)	+	49	57.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	16	79.0%	75.4%
	Flu Vaccination (% ages 18+)	+++	30	46.5%	47.0%
	HPV Vaccination (% ages 13-17)	+++	29	55.7%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	17	79.6%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	48	4,985	3,770
BEHAVIORS*		**+**	**48**	**-1.339**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	50	15.3%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	50	4.7%	8.0%
	Physical Inactivity (% ages 18+)	+	50	30.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	15	468.1	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	30	5.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	44	24.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	48	38.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	49	21.4%	15.5%
HEALTH OUTCOMES*		**+**	**47**	**-0.813**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	11	15.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+	47	17.4%	13.2%
	Non-medical Drug Use (% ages 18+)	+	45	15.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	45	9,922	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	49	15.2%	9.9%
	Low Birthweight (% of live births)	++	32	8.7%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	+	49	16.1%	9.1%
	Obesity (% ages 18+)	+	45	36.6%	31.9%
OVERALL			**—**	**-0.477**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Louisiana

State Health Department Website: ldh.la.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**50**	**-1.125**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	40	6.3	4.2
	Public Health Funding (dollars per person)	+++	23	$126	$116
	Violent Crime (offenses per 100,000 population)	+	46	549	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	48	84	—
	Food Insecurity (% of households)	+	48	14.8%	10.7%
	Income Inequality (80-20 ratio)	+	49	5.73	4.85
Education	High School Graduation (% of students)	+	47	80.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	38	18.8	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	45	19.5%	14.8%
	High-speed Internet (% of households)	+	47	84.3%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	12	56	62
	Volunteerism (% ages 16+)	+	44	28.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	41	55.9%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**46**	**-0.370**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	31	7.7	8.3
	Drinking Water Violations (% of community water systems)	+	42	1.8%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	45	16,410,356	—
	Water Fluoridation (% of population served)	+	45	39.0%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	41	82.1%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	18	13.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	30	15.7%	17.3%
CLINICAL CARE*		**+**	**42**	**-0.574**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	39	11.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	44	49.2	62.3
	Mental Health	+++	24	283.6	284.3
	Primary Care	++	40	226.8	252.3
	Uninsured (% of population)	+++	30	8.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	28	73.1%	74.3%
	Dental Visit (% ages 18+)	+	45	59.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	49	68.2%	75.4%
	Flu Vaccination (% ages 18+)	+	44	41.4%	47.0%
	HPV Vaccination (% ages 13-17)	+++	23	60.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	23	78.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	47	4,914	3,770
BEHAVIORS*		**+**	**50**	**-1.374**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	43	19.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	36	6.9%	8.0%
	Physical Inactivity (% ages 18+)	+	46	29.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	48	777.2	551.0
	High-risk HIV Behaviors (% ages 18+)	+	50	7.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	48	27.8	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	46	36.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	39	18.3%	15.5%
HEALTH OUTCOMES*		**+**	**50**	**-1.063**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	45	20.6%	17.6%
	Frequent Mental Distress (% ages 18+)	+	49	17.6%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	24	11.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	47	10,053	7,337
	Premature Death Racial Disparity (ratio)	+++	23	1.4	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	45	13.2%	9.9%
	Low Birthweight (% of live births)	+	49	10.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	+	42	12.3%	9.1%
	Obesity (% ages 18+)	+	47	38.1%	31.9%
OVERALL			**—**	**-1.001**	**—**

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— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- High prevalence of having a dedicated health care provider
- Low percentage of housing with lead risk

Challenges:

- High premature death rate
- High prevalence of two or more adverse childhood experiences
- High percentage of households with food insecurity

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼34%

from 17.6% to 11.6% between 2016 and 2020

DRUG DEATHS

▲16%

from 23.8 to 27.5 deaths per 100,000 population between 2017 and 2019

SMOKING

▼16%

from 21.9% to 18.3% of adults between 2019 and 2020

Maine

State Health Department Website: maine.gov/dhhs

Summary

Strengths:

- High voter participation
- Low prevalence of high-risk HIV behaviors
- High prevalence of colorectal cancer screening

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of two or more adverse childhood experiences
- High percentage of housing with lead risk

Highlights:

FREQUENT PHYSICAL DISTRESS

▼35%

from 14.0% to 9.1% of adults between 2019 and 2020

AIR POLLUTION

▼23%

from 6.5 to 5.0 micrograms of fine particulate per cubic meter between 2015-2017 and 2018-2020

LOW BIRTHWEIGHT

▲7%

from 6.9% to 7.4% of live births between 2015 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**12**	**0.372**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	9	3.5	4.2
	Public Health Funding (dollars per person)	++++	16	$151	$116
	Violent Crime (offenses per 100,000 population)	+++++	1	115	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	13	29	—
	Food Insecurity (% of households)	++	32	11.4%	10.7%
	Income Inequality (80-20 ratio)	++++	14	4.35	4.85
Education	High School Graduation (% of students)	++++	18	87.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	11	9.8	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	41	18.2%	14.8%
	High-speed Internet (% of households)	++	31	88.5%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	44	72	62
	Volunteerism (% ages 16+)	++++	11	38.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	4	68.5%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**10**	**0.364**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	6	5.0	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	9	137,125	—
	Water Fluoridation (% of population served)	+++	22	79.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	25	78.5%	75.9%
	Housing With Lead Risk (% of housing stock)	+	41	24.0%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	16	13.9%	17.3%
CLINICAL CARE*		**+++++**	**7**	**0.914**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	22	9.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	25	60.4	62.3
	Mental Health	+++++	4	523.3	284.3
	Primary Care	+++++	3	344.1	252.3
	Uninsured (% of population)	+++	25	8.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	1	81.2%	74.3%
	Dental Visit (% ages 18+)	+++	24	66.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	19	78.4%	75.4%
	Flu Vaccination (% ages 18+)	+++++	5	53.6%	47.0%
	HPV Vaccination (% ages 13-17)	++++	15	63.5%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	4	86.2%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	16	3,195	3,770
BEHAVIORS*		**++++**	**11**	**0.587**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	39	20.2%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	7	9.2%	8.0%
	Physical Inactivity (% ages 18+)	++++	20	21.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	3	296.8	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	4	4.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	5	9.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	13	30.5%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	31	16.5%	15.5%
HEALTH OUTCOMES*		**++++**	**18**	**0.294**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	22	17.0%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	15	12.6%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	13	9.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	23	7,520	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	18	9.1%	9.9%
	Low Birthweight (% of live births)	++++	13	7.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++	38	11.6%	9.1%
	Obesity (% ages 18+)	+++	21	31.0%	31.9%
OVERALL			**—**	**0.476**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Maryland

State Health Department Website: health.maryland.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**15**	**0.347**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	19	4.2	4.2
	Public Health Funding (dollars per person)	++++	18	$136	$116
	Violent Crime (offenses per 100,000 population)	++	40	454	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	6	22	—
	Food Insecurity (% of households)	++++	13	9.2%	10.7%
	Income Inequality (80-20 ratio)	+++	26	4.55	4.85
Education	High School Graduation (% of students)	+++	23	86.9%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	44	21.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	8	12.9%	14.8%
	High-speed Internet (% of households)	++++	12	91.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	28	65	62
	Volunteerism (% ages 16+)	++++	15	37.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	13	63.9%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**4**	**0.466**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	15	6.7	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	13	736,405	—
	Water Fluoridation (% of population served)	+++++	7	93.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	10	73.9%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	29	17.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	32	16.0%	17.3%
CLINICAL CARE*		**++++**	**11**	**0.739**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	14	8.7%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	14	67.1	62.3
	Mental Health	++++	19	305.2	284.3
	Primary Care	+++	21	274.6	252.3
	Uninsured (% of population)	++++	12	6.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	14	76.6%	74.3%
	Dental Visit (% ages 18+)	+++	27	66.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	12	80.0%	75.4%
	Flu Vaccination (% ages 18+)	++++	14	50.2%	47.0%
	HPV Vaccination (% ages 13-17)	++++	12	66.8%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	9	83.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	22	3,547	3,770
BEHAVIORS*		**++++**	**14**	**0.434**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	21	24.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	25	8.0%	8.0%
	Physical Inactivity (% ages 18+)	++++	16	21.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	40	624.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	3	4.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	17	13.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	34	33.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	4	10.9%	15.5%
HEALTH OUTCOMES*		**+++++**	**10**	**0.477**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	4	13.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	8	12.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	29	11.8%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	29	7,616	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	1	7.3%	9.9%
	Low Birthweight (% of live births)	++	32	8.7%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	6	7.6%	9.1%
	Obesity (% ages 18+)	+++	21	31.0%	31.9%
OVERALL			**—**	**0.468**	**—**

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— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of frequent physical distress
- Low prevalence of high-risk HIV behaviors

Challenges:

- High racial disparity in high school graduation rates
- High violent crime rate
- High incidence of chlamydia

Highlights:

SUICIDE

▲19%

from 9.1 to 10.8 deaths per 100,000 population between 2015 and 2019

AIR POLLUTION

▼19%

from 8.3 to 6.7 micrograms of fine particulate per cubic meter between 2015-2017 and 2018-2020

SMOKING

▼14%

from 12.7% to 10.9% of adults between 2019 and 2020

Massachusetts

State Health Department Website: mass.gov/orgs/department-of-public-health

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low prevalence of obesity
- High childhood immunization rate

Challenges:

- High income inequality
- High preventable hospitalization rate
- High percentage of housing with lead risk

Highlights:

FREQUENT PHYSICAL DISTRESS

▼32%

from 11.4% to 7.7% of adults between 2018 and 2020

AIR POLLUTION

▲17%

from 6.0 to 7.0 micrograms of fine particulate per cubic meter between 2015-2017 and 2018-2020

FLU VACCINATION

▲12%

from 50.5% to 56.5% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**8**	**0.505**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	12	3.7	4.2
	Public Health Funding (dollars per person)	+++++	7	$185	$116
	Violent Crime (offenses per 100,000 population)	+++	24	328	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	2	9	—
	Food Insecurity (% of households)	+++++	6	8.4%	10.7%
	Income Inequality (80-20 ratio)	+	47	5.34	4.85
Education	High School Graduation (% of students)	++++	15	88.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	37	18.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	2	10.8%	14.8%
	High-speed Internet (% of households)	+++++	6	92.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	28	65	62
	Volunteerism (% ages 16+)	+++	29	33.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	23	60.9%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**35**	**-0.037**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	19	7.0	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	21	3,204,953	—
	Water Fluoridation (% of population served)	++	38	57.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	3	69.6%	75.9%
	Housing With Lead Risk (% of housing stock)	+	48	30.8%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	39	17.4%	17.3%
CLINICAL CARE*		**+++++**	**1**	**1.587**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	9	8.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	2	88.1	62.3
	Mental Health	+++++	1	693.6	284.3
	Primary Care	+++++	1	373.3	252.3
	Uninsured (% of population)	+++++	1	3.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	2	81.1%	74.3%
	Dental Visit (% ages 18+)	+++++	3	73.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	1	92.3%	75.4%
	Flu Vaccination (% ages 18+)	+++++	1	56.5%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	3	73.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	2	87.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	40	4,310	3,770
BEHAVIORS*		**+++++**	**8**	**0.680**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	28	22.2%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	14	8.8%	8.0%
	Physical Inactivity (% ages 18+)	+++++	10	19.9%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	14	458.8	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	22	5.5%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	2	6.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	17	31.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	5	11.1%	15.5%
HEALTH OUTCOMES*		**+++++**	**1**	**0.819**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	34	18.5%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	21	12.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	3	7.3%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	4	5,852	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	3	7.7%	9.9%
	Low Birthweight (% of live births)	++++	16	7.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	13	8.3%	9.1%
	Obesity (% ages 18+)	+++++	2	24.4%	31.9%
OVERALL			**—**	**0.726**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Michigan

State Health Department Website: michigan.gov/mdhhs

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**37**	**-0.185**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	15	4.0	4.2
	Public Health Funding (dollars per person)	++	40	$83	$116
	Violent Crime (offenses per 100,000 population)	++	38	437	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	27	46	—
	Food Insecurity (% of households)	++	37	11.8%	10.7%
	Income Inequality (80-20 ratio)	+++	24	4.49	4.85
Education	High School Graduation (% of students)	+	41	81.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	26	14.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	23	15.5%	14.8%
	High-speed Internet (% of households)	+++	22	89.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	45	73	62
	Volunteerism (% ages 16+)	+++	26	34.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	14	63.2%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**31**	**0.013**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	36	7.9	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	39	8,479,767	—
	Water Fluoridation (% of population served)	++++	14	89.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	36	81.8%	75.9%
	Housing With Lead Risk (% of housing stock)	++	37	22.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	21	14.2%	17.3%
CLINICAL CARE*		**++++**	**13**	**0.618**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	7	7.9%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	13	69.8	62.3
	Mental Health	++++	18	305.5	284.3
	Primary Care	++++	13	290.7	252.3
	Uninsured (% of population)	+++++	9	5.8%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	4	78.2%	74.3%
	Dental Visit (% ages 18+)	++++	12	69.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	33	74.9%	75.4%
	Flu Vaccination (% ages 18+)	+++	27	46.7%	47.0%
	HPV Vaccination (% ages 13-17)	+++	21	61.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	5	85.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	44	4,397	3,770
BEHAVIORS*		**+++**	**30**	**-0.094**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	24	23.3%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	41	6.5%	8.0%
	Physical Inactivity (% ages 18+)	++++	14	20.8%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	20	501.7	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	12	5.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	23	15.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	38	34.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	40	18.4%	15.5%
HEALTH OUTCOMES*		**++**	**40**	**-0.470**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	38	18.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+	42	15.8%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	17	10.3%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	32	7,843	7,337
	Premature Death Racial Disparity (ratio)	++	34	1.7	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	41	11.3%	9.9%
	Low Birthweight (% of live births)	++	32	8.7%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	++	40	12.0%	9.1%
	Obesity (% ages 18+)	++	35	35.2%	31.9%
OVERALL			—	**-0.098**	—

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low percentage of adults who avoided care due to cost
- High prevalence of colorectal cancer screening
- High prevalence of having a dedicated health care provider

Challenges:

- High prevalence of frequent mental distress
- High prevalence of multiple chronic conditions
- High prevalence of cigarette smoking

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼32%

from 11.7% to 7.9% between 2019 and 2020

DIABETES

▲18%

from 10.4% to 12.3% of adults between 2014 and 2020

INSUFFICIENT SLEEP

▼12%

from 39.0% to 34.2% of adults between 2018 and 2020

Minnesota

State Health Department Website: health.state.mn.us

Summary

Strengths:

- Low premature death rate
- High voter participation
- Low prevalence of insufficient sleep

Challenges:

- High racial disparity in premature death rates
- High prevalence of excessive drinking
- Low rate of high school graduation

Highlights:

PUBLIC HEALTH FUNDING

▲56%

from $85 to $133 per person between 2017-2018 and 2019-2020

FREQUENT MENTAL DISTRESS

▲33%

from 9.2% to 12.2% of adults between 2017 and 2020

FLU VACCINATION

▲12%

from 45.7% to 51.4% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**2**	**0.677**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	7	3.4	4.2
	Public Health Funding (dollars per person)	++++	19	$133	$116
	Violent Crime (offenses per 100,000 population)	++++	11	236	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	4	17	—
	Food Insecurity (% of households)	+++++	3	7.0%	10.7%
	Income Inequality (80-20 ratio)	+++++	7	4.19	4.85
Education	High School Graduation (% of students)	++	36	83.7%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	50	37.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	7	12.3%	14.8%
	High-speed Internet (% of households)	+++++	10	91.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	22	62	62
	Volunteerism (% ages 16+)	+++++	5	42.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	1	70.5%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**9**	**0.383**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	16	6.8	8.3
	Drinking Water Violations (% of community water systems)	++	39	1.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	18	2,462,228	—
	Water Fluoridation (% of population served)	+++++	2	98.8%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	20	77.6%	75.9%
	Housing With Lead Risk (% of housing stock)	++	32	19.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	9	13.1%	17.3%
CLINICAL CARE*		**+++++**	**8**	**0.902**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	8	8.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	15	66.4	62.3
	Mental Health	+++	21	295.7	284.3
	Primary Care	+++++	9	304.2	252.3
	Uninsured (% of population)	+++++	5	4.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	11	77.0%	74.3%
	Dental Visit (% ages 18+)	+++++	9	69.6%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	10	80.3%	75.4%
	Flu Vaccination (% ages 18+)	+++++	9	51.4%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	7	69.2%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	31	76.6%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	14	3,138	3,770
BEHAVIORS*		**+++++**	**3**	**0.928**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	10	25.5%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	20	8.5%	8.0%
	Physical Inactivity (% ages 18+)	+++++	7	19.1%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	10	433.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	4	4.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	8	10.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	2	27.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	19	13.8%	15.5%
HEALTH OUTCOMES*		**++++**	**14**	**0.345**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	43	20.1%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	8	12.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	9	8.4%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	2	5,765	7,337
	Premature Death Racial Disparity (ratio)	+	48	3.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	7	8.1%	9.9%
	Low Birthweight (% of live births)	+++++	8	6.9%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	9	7.8%	9.1%
	Obesity (% ages 18+)	++++	17	30.7%	31.9%
OVERALL			**—**	**0.648**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Mississippi

State Health Department Website: msdh.ms.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**46**	**-0.612**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	47	8.2	4.2
	Public Health Funding (dollars per person)	+++	30	$114	$116
	Violent Crime (offenses per 100,000 population)	++++	14	278	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	50	100	—
	Food Insecurity (% of households)	+	50	15.3%	10.7%
	Income Inequality (80-20 ratio)	+	48	5.37	4.85
Education	High School Graduation (% of students)	+++	29	85.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	4	6.5	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	42	18.3%	14.8%
	High-speed Internet (% of households)	+	49	81.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	3	50	62
	Volunteerism (% ages 16+)	+	47	26.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	17	62.3%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**45**	**-0.316**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	38	8.1	8.3
	Drinking Water Violations (% of community water systems)	+	48	6.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	16	1,367,879	—
	Water Fluoridation (% of population served)	++	35	60.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	49	84.8%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	10	11.0%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	29	15.1%	17.3%
CLINICAL CARE*		**+**	**49**	**-0.992**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	46	13.9%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	47	44.2	62.3
	Mental Health	+	41	187.6	284.3
	Primary Care	++	33	244.4	252.3
	Uninsured (% of population)	+	46	13.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	37	70.9%	74.3%
	Dental Visit (% ages 18+)	+	46	57.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	30	75.4%	75.4%
	Flu Vaccination (% ages 18+)	+	45	41.3%	47.0%
	HPV Vaccination (% ages 13-17)	+	50	31.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	34	76.1%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	49	5,004	3,770
BEHAVIORS*		**+**	**49**	**-1.358**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	48	15.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	42	6.3%	8.0%
	Physical Inactivity (% ages 18+)	+	49	30.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	49	850.2	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	16	5.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	49	29.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	40	35.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	47	20.1%	15.5%
HEALTH OUTCOMES*		**+**	**43**	**-0.622**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	7	15.2%	17.6%
	Frequent Mental Distress (% ages 18+)	++	36	14.4%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	14	9.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	49	11,256	7,337
	Premature Death Racial Disparity (ratio)	+++	27	1.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	31	10.3%	9.9%
	Low Birthweight (% of live births)	+	50	12.3%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+	44	12.8%	9.1%
	Obesity (% ages 18+)	+	50	39.7%	31.9%
OVERALL			**—**	**-0.791**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- Low racial disparity in high school graduation rates
- Low percentage of housing with lead risk

Challenges:

- High premature death rate
- High percentage of households with food insecurity
- High prevalence of cigarette smoking

Highlights:

DRUG DEATHS

▲27%

from 10.6 to 13.5 deaths per 100,000 population between 2018 and 2019

FREQUENT MENTAL DISTRESS

▼17%

from 17.3% to 14.4% of adults between 2019 and 2020

MENTAL HEALTH PROVIDERS

▲8%

from 173.0 to 187.6 per 100,000 population between 2020 and 2021

Missouri

State Health Department Website: health.mo.gov

Summary

Strengths:

- High rate of high school graduation
- Low prevalence of high-risk HIV behaviors
- Low percentage of severe housing problems

Challenges:

- High prevalence of frequent physical distress
- Low prevalence of exercise
- High percentage of adults who avoided care due to cost

Highlights:

FREQUENT MENTAL DISTRESS

▲31%

from 11.6% to 15.2% of adults between 2014 and 2020

SMOKING

▼14%

from 20.8% to 17.8% of adults between 2017 and 2020

SEVERE HOUSING PROBLEMS

▼10%

from 14.6% to 13.1% between 2009-2013 and 2014-2018

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**26**	**0.011**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	25	4.8	4.2
	Public Health Funding (dollars per person)	+	42	$80	$116
	Violent Crime (offenses per 100,000 population)	+	43	495	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	27	46	—
	Food Insecurity (% of households)	++	33	11.5%	10.7%
	Income Inequality (80-20 ratio)	+++	29	4.58	4.85
Education	High School Graduation (% of students)	+++++	9	89.7%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	13	11.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	17	14.5%	14.8%
	High-speed Internet (% of households)	++	32	88.3%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	43	71	62
	Volunteerism (% ages 16+)	++++	13	37.3%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	23	60.9%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**23**	**0.117**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	28	7.5	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	28	4,089,226	—
	Water Fluoridation (% of population served)	+++	26	75.6%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	41	82.1%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	30	18.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	9	13.1%	17.3%
CLINICAL CARE*		**++**	**34**	**-0.223**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	42	12.2%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	37	53.7	62.3
	Mental Health	++	35	223.0	284.3
	Primary Care	+++	22	271.2	252.3
	Uninsured (% of population)	++	35	10.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	31	72.1%	74.3%
	Dental Visit (% ages 18+)	++	35	63.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	19	78.4%	75.4%
	Flu Vaccination (% ages 18+)	+++	27	46.7%	47.0%
	HPV Vaccination (% ages 13-17)	++	35	53.6%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	30	77.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	34	4,197	3,770
BEHAVIORS*		**+**	**41**	**-0.599**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	46	17.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	44	6.1%	8.0%
	Physical Inactivity (% ages 18+)	++	40	25.7%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	30	560.8	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	12	5.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	38	20.3	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	30	33.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	35	17.8%	15.5%
HEALTH OUTCOMES*		**+**	**42**	**-0.581**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	34	18.5%	17.6%
	Frequent Mental Distress (% ages 18+)	++	39	15.2%	13.2%
	Non-medical Drug Use (% ages 18+)	++	40	13.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	40	8,893	7,337
	Premature Death Racial Disparity (ratio)	++	34	1.7	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	42	11.4%	9.9%
	Low Birthweight (% of live births)	++	36	8.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	++	39	11.7%	9.1%
	Obesity (% ages 18+)	++	32	34.0%	31.9%
OVERALL			**—**	**-0.283**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Montana

State Health Department Website: dphhs.mt.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**38**	**-0.193**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	29	4.9	4.2
	Public Health Funding (dollars per person)	++++	11	$162	$116
	Violent Crime (offenses per 100,000 population)	++	32	405	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	22	43	—
	Food Insecurity (% of households)	+++	25	10.4%	10.7%
	Income Inequality (80-20 ratio)	+++	22	4.43	4.85
Education	High School Graduation (% of students)	+++	24	86.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	47	22.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	49	23.0%	14.8%
	High-speed Internet (% of households)	+++	25	89.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	48	77	62
	Volunteerism (% ages 16+)	+++++	6	39.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	3	68.7%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**19**	**0.184**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	8	5.5	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	12	210,705	—
	Water Fluoridation (% of population served)	+	47	30.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	15	76.2%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	27	17.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	25	14.5%	17.3%
CLINICAL CARE*		**+++**	**27**	**0.075**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	17	9.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	16	65.5	62.3
	Mental Health	++++	16	339.0	284.3
	Primary Care	+++	23	270.2	252.3
	Uninsured (% of population)	+++	27	8.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	41	69.6%	74.3%
	Dental Visit (% ages 18+)	++	33	64.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	36	74.1%	75.4%
	Flu Vaccination (% ages 18+)	++	34	46.1%	47.0%
	HPV Vaccination (% ages 13-17)	++	34	54.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	41	72.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	9	2,534	3,770
BEHAVIORS*		**++++**	**17**	**0.398**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	2	28.3%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	28	7.5%	8.0%
	Physical Inactivity (% ages 18+)	+++++	6	18.9%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	11	444.7	551.0
	High-risk HIV Behaviors (% ages 18+)	++	37	6.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	28	16.3	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	7	28.9%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	30	16.4%	15.5%
HEALTH OUTCOMES*		**+++**	**28**	**0.020**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	46	21.7%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	21	12.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	7	8.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	28	7,580	7,337
	Premature Death Racial Disparity (ratio)	+	46	2.9	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	36	10.8%	9.9%
	Low Birthweight (% of live births)	++++	12	7.3%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	2	1.2	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	28	9.4%	9.1%
	Obesity (% ages 18+)	+++++	10	28.5%	31.9%
OVERALL			**—**	**0.056**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- High voter participation
- Low prevalence of insufficient sleep

Challenges:

- High racial disparity in premature death rates
- High prevalence of excessive drinking
- High prevalence of two or more adverse childhood experiences

Highlights:

AIR POLLUTION

▼19%

from 6.8 to 5.5 micrograms of fine particulate per cubic meter between 2015-2017 and 2018-2020

OBESITY

▲13%

from 25.3% to 28.5% of adults between 2017 and 2020

FLU VACCINATION

▲7%

from 42.9% to 46.1% of adults between 2019 and 2020

MONTANA

Nebraska

State Health Department Website: dhhs.ne.gov

Summary

Strengths:

- Low prevalence of frequent physical distress
- Low prevalence of non-medical drug use
- Low prevalence of high-risk HIV behaviors

Challenges:

- High racial disparity in premature death rates
- High prevalence of excessive drinking
- High percentage of housing with lead risk

Highlights:

SUICIDE

▲38%

from 12.0 to 16.5 deaths per 100,000 population between 2015 and 2019

INSUFFICIENT SLEEP

▼11%

from 31.6% to 28.2% of adults between 2018 and 2020

FLU VACCINATION

▲9%

from 49.0% to 53.2% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**13**	**0.366**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	25	4.8	4.2
	Public Health Funding (dollars per person)	+++	26	$122	$116
	Violent Crime (offenses per 100,000 population)	+++	21	301	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	17	38	—
	Food Insecurity (% of households)	+++	26	10.5%	10.7%
	Income Inequality (80-20 ratio)	+++++	3	4.06	4.85
Education	High School Graduation (% of students)	++++	12	88.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	45	21.5	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	10	13.4%	14.8%
	High-speed Internet (% of households)	++++	15	91.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	32	66	62
	Volunteerism (% ages 16+)	+++++	3	45.9%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	34	58.0%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**14**	**0.221**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	11	6.2	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	14	755,701	—
	Water Fluoridation (% of population served)	+++	30	71.6%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	36	81.8%	75.9%
	Housing With Lead Risk (% of housing stock)	++	39	22.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	6	12.3%	17.3%
CLINICAL CARE*		**++++**	**12**	**0.633**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	20	9.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	12	70.4	62.3
	Mental Health	+++	23	290.0	284.3
	Primary Care	++++	16	286.2	252.3
	Uninsured (% of population)	+++	27	8.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	29	72.5%	74.3%
	Dental Visit (% ages 18+)	++++	15	68.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	8	81.1%	75.4%
	Flu Vaccination (% ages 18+)	+++++	7	53.2%	47.0%
	HPV Vaccination (% ages 13-17)	++++	14	64.8%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	18	79.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	15	3,151	3,770
BEHAVIORS*		**++++**	**16**	**0.399**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	36	20.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	31	7.3%	8.0%
	Physical Inactivity (% ages 18+)	++++	20	21.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	16	480.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	7	4.8%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	24	15.3	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	4	28.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	20	13.9%	15.5%
HEALTH OUTCOMES*		**+++**	**24**	**0.098**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	46	21.7%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	6	11.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	5	7.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	15	6,590	7,337
	Premature Death Racial Disparity (ratio)	+	42	2.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	4	7.9%	9.9%
	Low Birthweight (% of live births)	++++	16	7.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	45	2.2	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	11	7.9%	9.1%
	Obesity (% ages 18+)	++	32	34.0%	31.9%
OVERALL			**—**	**0.331**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Nevada

State Health Department Website: dhhs.nv.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**30**	**-0.087**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	9	3.5	4.2
	Public Health Funding (dollars per person)	+	49	$72	$116
	Violent Crime (offenses per 100,000 population)	+	42	494	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	38	62	—
	Food Insecurity (% of households)	++	39	11.9%	10.7%
	Income Inequality (80-20 ratio)	++++	15	4.36	4.85
Education	High School Graduation (% of students)	++	33	84.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	29	15.1	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	10	13.4%	14.8%
	High-speed Internet (% of households)	++	33	88.2%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	3	50	62
	Volunteerism (% ages 16+)	+	49	25.8%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	46	55.1%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**24**	**0.116**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	48	9.3	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	34	6,648,690	—
	Water Fluoridation (% of population served)	+++	27	75.0%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	19	77.0%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	1	5.2%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	43	18.5%	17.3%
CLINICAL CARE*		**+**	**45**	**-0.664**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	35	11.1%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	33	55.3	62.3
	Mental Health	++	33	234.6	284.3
	Primary Care	+	50	191.1	252.3
	Uninsured (% of population)	+	43	11.4%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	32	71.9%	74.3%
	Dental Visit (% ages 18+)	+	41	60.8%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	25	76.3%	75.4%
	Flu Vaccination (% ages 18+)	+	49	38.1%	47.0%
	HPV Vaccination (% ages 13-17)	+	43	50.1%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	48	66.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	21	3,496	3,770
BEHAVIORS*		**++**	**39**	**-0.532**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	41	20.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	47	5.4%	8.0%
	Physical Inactivity (% ages 18+)	++	37	25.4%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	34	578.8	551.0
	High-risk HIV Behaviors (% ages 18+)	++	32	5.9%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	33	18.9	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	42	35.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	22	14.2%	15.5%
HEALTH OUTCOMES*		**++**	**39**	**-0.411**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	37	18.7%	17.6%
	Frequent Mental Distress (% ages 18+)	+	46	17.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+	48	17.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	25	7,527	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	47	13.3%	9.9%
	Low Birthweight (% of live births)	++	36	8.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	++	33	10.2%	9.1%
	Obesity (% ages 18+)	++++	12	28.7%	31.9%
OVERALL			**—**	**-0.323**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of obesity
- Low prevalence of two or more adverse childhood experiences
- Low occupational fatality rate

Challenges:

- High prevalence of frequent mental distress
- High prevalence of non-medical drug use
- Low adult flu vaccination rate

Highlights:

FREQUENT MENTAL DISTRESS

▲32%

from 13.1% to 17.3% of adults between 2018 and 2020

FLU VACCINATION

▲17%

from 32.5% to 38.1% of adults between 2019 and 2020

SEVERE HOUSING PROBLEMS

▼16%

from 22.1% to 18.5% between 2009-2013 and 2014-2018

New Hampshire

State Health Department Website: dhhs.nh.gov

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low percentage of households with food insecurity
- Low teen birth rate

Challenges:

- High prevalence of excessive drinking
- High prevalence of frequent physical distress
- Low percentage of fluoridated water

Highlights:

HIGH-RISK HIV BEHAVIORS

▲56%

from 3.6% to 5.6% of adults between 2018 and 2020

FOOD INSECURITY

▼39%

from 9.4% to 5.7% of households between 2015-2017 and 2018-2020

INSUFFICIENT SLEEP

▼12%

from 34.3% to 30.1% of adults between 2018 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**1**	**0.891**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	3	3.1	4.2
	Public Health Funding (dollars per person)	+++	29	$119	$116
	Violent Crime (offenses per 100,000 population)	+++++	2	153	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	1	1	—
	Food Insecurity (% of households)	+++++	1	5.7%	10.7%
	Income Inequality (80-20 ratio)	+++++	8	4.22	4.85
Education	High School Graduation (% of students)	++++	12	88.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	23	13.5	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	17	14.5%	14.8%
	High-speed Internet (% of households)	+++++	4	92.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	28	65	62
	Volunteerism (% ages 16+)	++++	19	36.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	9	65.1%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**22**	**0.130**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	2	4.3	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	8	75,697	—
	Water Fluoridation (% of population served)	+	44	46.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	31	80.4%	75.9%
	Housing With Lead Risk (% of housing stock)	++	35	21.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	22	14.3%	17.3%
CLINICAL CARE*		**+++++**	**6**	**1.098**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	17	9.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	20	63.6	62.3
	Mental Health	++++	15	352.3	284.3
	Primary Care	+++++	7	312.9	252.3
	Uninsured (% of population)	++++	13	6.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	5	77.8%	74.3%
	Dental Visit (% ages 18+)	+++++	8	69.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	3	84.6%	75.4%
	Flu Vaccination (% ages 18+)	+++++	8	52.9%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	8	68.8%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	1	87.9%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	20	3,437	3,770
BEHAVIORS*		**+++++**	**4**	**0.919**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	5	26.4%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	8	9.1%	8.0%
	Physical Inactivity (% ages 18+)	+++++	9	19.3%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	1	263.1	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	1	6.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	11	30.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	20	13.9%	15.5%
HEALTH OUTCOMES*		**+++++**	**7**	**0.523**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	32	18.4%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	29	13.7%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	4	7.6%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	16	6,655	7,337
	Premature Death Racial Disparity (ratio)		—	—	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	30	10.2%	9.9%
	Low Birthweight (% of live births)	+++++	2	6.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	5	1.5	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	20	9.0%	9.1%
	Obesity (% ages 18+)	++++	14	29.9%	31.9%
OVERALL			**—**	**0.759**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

New Jersey

State Health Department Website: nj.gov/health

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**3**	**0.662**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	2	2.9	4.2
	Public Health Funding (dollars per person)	++	31	$110	$116
	Violent Crime (offenses per 100,000 population)	+++++	5	207	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	12	28	—
	Food Insecurity (% of households)	+++++	6	8.4%	10.7%
	Income Inequality (80-20 ratio)	+	41	4.96	4.85
Education	High School Graduation (% of students)	+++++	4	90.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	14	11.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	1	10.2%	14.8%
	High-speed Internet (% of households)	+++++	7	91.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	35	67	62
	Volunteerism (% ages 16+)	+	41	28.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	7	66.2%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**50**	**-0.676**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	31	7.7	8.3
	Drinking Water Violations (% of community water systems)	+	49	8.9%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	27	4,067,334	—
	Water Fluoridation (% of population served)	+	49	16.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	6	71.0%	75.9%
	Housing With Lead Risk (% of housing stock)	+	42	24.2%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	46	20.8%	17.3%
CLINICAL CARE*		**+++**	**26**	**0.118**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	31	10.5%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	5	74.0	62.3
	Mental Health	+++	28	264.1	284.3
	Primary Care	+	45	214.6	252.3
	Uninsured (% of population)	+++	23	7.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	32	71.9%	74.3%
	Dental Visit (% ages 18+)	++++	15	68.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	29	75.5%	75.4%
	Flu Vaccination (% ages 18+)	++	36	45.8%	47.0%
	HPV Vaccination (% ages 13-17)	+++	25	59.7%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	15	81.1%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	31	4,016	3,770
BEHAVIORS*		**+++++**	**10**	**0.606**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	29	21.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	13	8.9%	8.0%
	Physical Inactivity (% ages 18+)	++++	16	21.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	8	423.2	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	18	5.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	6	10.0	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	25	32.3%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	3	10.8%	15.5%
HEALTH OUTCOMES*		**+++++**	**6**	**0.538**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	26	17.6%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	11	12.3%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	15	9.6%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	8	6,239	7,337
	Premature Death Racial Disparity (ratio)	+++	27	1.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	4	7.9%	9.9%
	Low Birthweight (% of live births)	+++	22	7.9%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	5	7.4%	9.1%
	Obesity (% ages 18+)	+++++	6	27.7%	31.9%
OVERALL			**—**	**0.404**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of two or more adverse childhood experiences
- Low prevalence of cigarette smoking

Challenges:

- Low volunteerism rate
- Low supply of primary care providers
- High percentage of severe housing problems

Highlights:

VOTER PARTICIPATION

▲35%

from 49.0% to 66.2% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

DEPRESSION

▲29%

from 11.8% to 15.2% of adults between 2018 and 2020

INSUFFICIENT SLEEP

▼14%

from 37.6% to 32.3% of adults between 2018 and 2020

New Mexico

State Health Department Website: nmhealth.org

Summary

Strengths:

- High per capita public health funding
- Low prevalence of insufficient sleep
- Low levels of air pollution

Challenges:

- High prevalence of two or more adverse childhood experiences
- Low rate of high school graduation
- Low percentage of households with high-speed internet

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼31%

from 13.9% to 9.6% between 2019 and 2020

FREQUENT PHYSICAL DISTRESS

▼26%

from 14.4% to 10.7% of adults between 2019 and 2020

PREMATURE DEATH

▲7%

from 9,135 to 9,789 years lost before age 75 per 100,000 population between 2017 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**49**	**-0.965**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	46	8.1	4.2
	Public Health Funding (dollars per person)	+++++	2	$265	$116
	Violent Crime (offenses per 100,000 population)	+	49	832	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	49	90	—
	Food Insecurity (% of households)	+	44	13.4%	10.7%
	Income Inequality (80-20 ratio)	+	43	5.07	4.85
Education	High School Graduation (% of students)	+	50	75.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	15	12.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	47	22.3%	14.8%
	High-speed Internet (% of households)	+	49	81.4%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	6	51	62
	Volunteerism (% ages 16+)	++	36	30.4%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	43	55.4%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**24**	**0.116**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	9	6.1	8.3
	Drinking Water Violations (% of community water systems)	+	45	2.9%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	3	12,552	—
	Water Fluoridation (% of population served)	+++	25	76.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	32	80.7%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	16	12.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	37	17.2%	17.3%
CLINICAL CARE*		**++**	**32**	**-0.111**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	23	9.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	22	62.0	62.3
	Mental Health	+++++	9	417.7	284.3
	Primary Care	+++	30	256.8	252.3
	Uninsured (% of population)	++	35	10.0%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	44	68.8%	74.3%
	Dental Visit (% ages 18+)	++	34	63.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	44	71.4%	75.4%
	Flu Vaccination (% ages 18+)	++	32	46.2%	47.0%
	HPV Vaccination (% ages 13-17)	+++	26	59.2%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	45	70.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	10	2,637	3,770
BEHAVIORS*		**++**	**34**	**-0.204**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	8	25.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	40	6.6%	8.0%
	Physical Inactivity (% ages 18+)	+++	27	23.0%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	46	681.2	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	18	5.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	43	24.4	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	13	30.5%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	29	16.1%	15.5%
HEALTH OUTCOMES*		**++**	**37**	**-0.318**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	13	15.9%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	25	13.1%	13.2%
	Non-medical Drug Use (% ages 18+)	++	36	13.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	43	9,789	7,337
	Premature Death Racial Disparity (ratio)	++	36	1.8	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	34	10.7%	9.9%
	Low Birthweight (% of live births)	++	40	9.3%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	45	2.2	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	20	9.0%	9.1%
	Obesity (% ages 18+)	++++	19	30.9%	31.9%
OVERALL			**—**	**-0.415**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

New York

State Health Department Website: health.ny.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**41**	**-0.282**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	1	2.8	4.2
	Public Health Funding (dollars per person)	+++++	6	$193	$116
	Violent Crime (offenses per 100,000 population)	+++	26	359	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	27	46	—
	Food Insecurity (% of households)	+++	26	10.5%	10.7%
	Income Inequality (80-20 ratio)	+	50	5.74	4.85
Education	High School Graduation (% of students)	++	37	82.8%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	41	20.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	3	11.1%	14.8%
	High-speed Internet (% of households)	+++	24	89.2%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	50	78	62
	Volunteerism (% ages 16+)	+	50	25.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	37	57.1%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**34**	**-0.021**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	12	6.3	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	19	2,512,785	—
	Water Fluoridation (% of population served)	++	31	71.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	1	52.8%	75.9%
	Housing With Lead Risk (% of housing stock)	+	50	33.2%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	48	23.3%	17.3%
CLINICAL CARE*		**++++**	**14**	**0.617**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	15	8.8%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	11	71.1	62.3
	Mental Health	++++	17	332.1	284.3
	Primary Care	+++++	8	304.7	252.3
	Uninsured (% of population)	+++++	7	5.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	13	76.7%	74.3%
	Dental Visit (% ages 18+)	+++	24	66.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	24	76.4%	75.4%
	Flu Vaccination (% ages 18+)	+++	23	47.2%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	9	68.1%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	16	79.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	29	3,887	3,770
BEHAVIORS*		**+++**	**21**	**0.228**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	18	24.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	3	11.0%	8.0%
	Physical Inactivity (% ages 18+)	++	38	25.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	44	640.6	551.0
	High-risk HIV Behaviors (% ages 18+)	+	41	6.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	9	11.4	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	28	32.9%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	9	12.0%	15.5%
HEALTH OUTCOMES*		**+++++**	**9**	**0.479**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	20	16.7%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	17	12.7%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	30	12.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	3	5,825	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	16	8.9%	9.9%
	Low Birthweight (% of live births)	+++	23	8.1%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	13	8.3%	9.1%
	Obesity (% ages 18+)	+++++	5	26.3%	31.9%
OVERALL			**—**	**0.171**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low premature death rate
- Low prevalence of two or more adverse childhood experiences
- High per capita public health funding

Challenges:

- Low volunteerism rate
- High incidence of chlamydia
- High percentage of severe housing problems

Highlights:

VOTER PARTICIPATION

▲25%

from 45.8% to 57.1% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

HPV VACCINATION

▲19%

from 57.0% to 68.1% of adolescents ages 13-17 between 2019 and 2020

FREQUENT MENTAL DISTRESS

▲8%

from 11.8% to 12.7% of adults between 2019 and 2020

AMERICA'S HEALTH RANKINGS® UNITED HEALTH FOUNDATION

North Carolina

State Health Department Website: ncdhhs.gov

Summary

Strengths:

- Low racial disparity in high school graduation rates
- High childhood immunization rate
- Low percentage of housing with lead risk

Challenges:

- High percentage of households with food insecurity
- Low per capita public health funding
- High prevalence of high-risk HIV behaviors

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼28%

from 15.9% to 11.5% between 2019 and 2020

FREQUENT PHYSICAL DISTRESS

▼20%

from 13.4% to 10.7% of adults between 2017 and 2020

OBESITY

▲15%

from 29.1% to 33.6% of adults between 2011 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**22**	**0.147**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	25	4.8	4.2
	Public Health Funding (dollars per person)	+	45	$76	$116
	Violent Crime (offenses per 100,000 population)	+++	28	372	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	34	53	—
	Food Insecurity (% of households)	++	40	12.1%	10.7%
	Income Inequality (80-20 ratio)	+++	30	4.62	4.85
Education	High School Graduation (% of students)	+++	25	86.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	7	8.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++++	10	13.4%	14.8%
	High-speed Internet (% of households)	++	34	88.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	8	52	62
	Volunteerism (% ages 16+)	+++	30	33.3%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	31	58.6%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**8**	**0.390**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	14	6.6	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	37	7,395,099	—
	Water Fluoridation (% of population served)	++++	17	87.6%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	29	80.2%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	8	10.6%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	28	14.9%	17.3%
CLINICAL CARE*		**+++**	**28**	**0.071**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	38	11.5%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	41	51.2	62.3
	Mental Health	+++	26	280.9	284.3
	Primary Care	+++	25	266.4	252.3
	Uninsured (% of population)	+	41	11.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	19	75.6%	74.3%
	Dental Visit (% ages 18+)	+++	28	65.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	9	80.4%	75.4%
	Flu Vaccination (% ages 18+)	++++	16	49.8%	47.0%
	HPV Vaccination (% ages 13-17)	+++	22	60.7%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	28	77.2%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	32	4,078	3,770
BEHAVIORS*		**++**	**38**	**-0.453**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	34	21.6%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	23	8.2%	8.0%
	Physical Inactivity (% ages 18+)	+++	26	22.7%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	45	669.9	551.0
	High-risk HIV Behaviors (% ages 18+)	+	49	7.0%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	29	18.2	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	20	31.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	31	16.5%	15.5%
HEALTH OUTCOMES*		**++**	**32**	**-0.116**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	11	15.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	21	12.9%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	20	10.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	34	8,094	7,337
	Premature Death Racial Disparity (ratio)	+++	23	1.4	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	34	10.7%	9.9%
	Low Birthweight (% of live births)	++	40	9.3%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	++	35	10.8%	9.1%
	Obesity (% ages 18+)	++	31	33.6%	31.9%
OVERALL			**—**	**-0.026**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

North Dakota

State Health Department Website: health.nd.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**9**	**0.503**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	48	8.4	4.2
	Public Health Funding (dollars per person)	+++++	9	$175	$116
	Violent Crime (offenses per 100,000 population)	++++	16	285	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	5	21	—
	Food Insecurity (% of households)	+++++	4	7.9%	10.7%
	Income Inequality (80-20 ratio)	++++	17	4.39	4.85
Education	High School Graduation (% of students)	++++	14	88.3%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	40	19.8	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	21	15.2%	14.8%
	High-speed Internet (% of households)	++	36	88.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	3	50	62
	Volunteerism (% ages 16+)	+++	22	35.4%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	11	64.5%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**1**	**0.610**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	4	4.8	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++++	11	182,866	—
	Water Fluoridation (% of population served)	+++++	4	96.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	46	82.5%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	26	17.0%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	2	11.6%	17.3%
CLINICAL CARE*		**++++**	**20**	**0.476**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	3	7.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	21	62.1	62.3
	Mental Health	++	37	215.1	284.3
	Primary Care	+++++	6	314.0	252.3
	Uninsured (% of population)	++++	19	6.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	29	72.5%	74.3%
	Dental Visit (% ages 18+)	+++	26	66.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	15	79.1%	75.4%
	Flu Vaccination (% ages 18+)	++++	11	50.7%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	6	70.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	47	69.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	23	3,609	3,770
BEHAVIORS*		**++**	**35**	**-0.238**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	40	20.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	46	5.8%	8.0%
	Physical Inactivity (% ages 18+)	++	33	24.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	22	509.1	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	22	5.5%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++	25	15.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	11	30.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	34	17.4%	15.5%
HEALTH OUTCOMES*		**+++**	**23**	**0.108**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	48	22.4%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	5	11.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	2	7.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	22	7,309	7,337
	Premature Death Racial Disparity (ratio)	+	45	2.8	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	8	8.2%	9.9%
	Low Birthweight (% of live births)	+++++	6	6.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	24	9.1%	9.1%
	Obesity (% ages 18+)	+++	29	33.1%	31.9%
OVERALL			**—**	**0.263**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low percentage of households with food insecurity
- Low levels of air pollution

Challenges:

- High racial disparity in premature death rates
- High prevalence of excessive drinking
- High occupational fatality rate

Highlights:

DRUG DEATHS

▲85%

from 6.0 to 11.1 deaths per 100,000 population between 2014 and 2019

PUBLIC HEALTH FUNDING

▲55%

from $113 to $175 per person between 2017-2018 and 2019-2020

FLU VACCINATION

▲27%

from 40.0% to 50.7% of adults between 2018 and 2020

Ohio

State Health Department Website: odh.ohio.gov

Summary

Strengths:

- High volunteerism rate
- Low percentage of adults who avoided care due to cost
- Low percentage of severe housing problems

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of insufficient sleep
- High prevalence of cigarette smoking

Highlights:

FOOD INSECURITY

▼31%

from 16.9% to 11.6% of households between 2012-2014 and 2018-2020

VOTER PARTICIPATION

▲19%

from 51.7% to 61.3% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

OBESITY

▲13%

from 31.5% to 35.5% of adults between 2016 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**34**	**-0.157**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	19	4.2	4.2
	Public Health Funding (dollars per person)	+	47	$75	$116
	Violent Crime (offenses per 100,000 population)	++++	18	293	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	30	47	—
	Food Insecurity (% of households)	++	35	11.6%	10.7%
	Income Inequality (80-20 ratio)	+++	27	4.57	4.85
Education	High School Graduation (% of students)	++	39	82.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	32	15.9	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	37	17.5%	14.8%
	High-speed Internet (% of households)	+++	28	88.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	40	69	62
	Volunteerism (% ages 16+)	+++++	9	39.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	19	61.3%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**43**	**-0.226**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	41	8.5	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	47	23,082,307	—
	Water Fluoridation (% of population served)	+++++	9	92.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	44	82.4%	75.9%
	Housing With Lead Risk (% of housing stock)	+	43	24.8%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	11	13.4%	17.3%
CLINICAL CARE*		**+++**	**25**	**0.144**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	17	9.0%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	32	55.9	62.3
	Mental Health	+++	22	292.5	284.3
	Primary Care	++++	20	275.2	252.3
	Uninsured (% of population)	++++	15	6.6%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	26	74.2%	74.3%
	Dental Visit (% ages 18+)	+++	30	65.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	26	76.2%	75.4%
	Flu Vaccination (% ages 18+)	++	37	45.2%	47.0%
	HPV Vaccination (% ages 13-17)	++	38	53.2%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	20	79.2%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	39	4,292	3,770
BEHAVIORS*		**+**	**42**	**-0.615**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++	36	20.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	42	6.3%	8.0%
	Physical Inactivity (% ages 18+)	+++	30	24.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	29	559.4	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	32	18.8	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	43	35.5%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	44	19.3%	15.5%
HEALTH OUTCOMES*		**++**	**38**	**-0.351**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	28	17.7%	17.6%
	Frequent Mental Distress (% ages 18+)	++	40	15.3%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	20	10.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	39	8,851	7,337
	Premature Death Racial Disparity (ratio)	+++	23	1.4	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	36	10.8%	9.9%
	Low Birthweight (% of live births)	++	31	8.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++	40	12.0%	9.1%
	Obesity (% ages 18+)	++	37	35.5%	31.9%
OVERALL			**—**	**-0.259**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Oklahoma

State Health Department Website: oklahoma.gov/health

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**45**	**-0.370**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	37	5.9	4.2
	Public Health Funding (dollars per person)	+++	23	$126	$116
	Violent Crime (offenses per 100,000 population)	++	37	432	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	40	66	—
	Food Insecurity (% of households)	+	47	14.6%	10.7%
	Income Inequality (80-20 ratio)	++	31	4.63	4.85
Education	High School Graduation (% of students)	+++	30	84.9%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	3	6.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	37	17.5%	14.8%
	High-speed Internet (% of households)	+	41	87.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	14	57	62
	Volunteerism (% ages 16+)	+	42	28.4%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	48	53.9%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**41**	**-0.121**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	40	8.4	8.3
	Drinking Water Violations (% of community water systems)	+	44	2.4%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	26	4,039,297	—
	Water Fluoridation (% of population served)	++	32	67.5%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	47	82.7%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	21	14.7%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	16	13.9%	17.3%
CLINICAL CARE*		**+**	**47**	**-0.940**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	48	14.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	31	56.1	62.3
	Mental Health	+++++	10	416.6	284.3
	Primary Care	+	42	220.3	252.3
	Uninsured (% of population)	+	49	14.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	48	65.7%	74.3%
	Dental Visit (% ages 18+)	+	43	59.9%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	45	71.0%	75.4%
	Flu Vaccination (% ages 18+)	+++	25	47.0%	47.0%
	HPV Vaccination (% ages 13-17)	+	46	45.8%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	36	75.5%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	41	4,322	3,770
BEHAVIORS*		**+**	**45**	**-0.930**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	49	15.6%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	49	5.1%	8.0%
	Physical Inactivity (% ages 18+)	+	44	28.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	36	594.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	4	4.7%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	47	27.4	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	31	33.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	43	19.1%	15.5%
HEALTH OUTCOMES*		**+**	**44**	**-0.639**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	3	12.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+	44	15.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+	48	17.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	42	9,691	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	44	12.7%	9.9%
	Low Birthweight (% of live births)	+++	24	8.2%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	45	2.2	2.1
	Multiple Chronic Conditions (% ages 18+)	+	42	12.3%	9.1%
	Obesity (% ages 18+)	+	41	36.4%	31.9%
OVERALL			**—**	**-0.610**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of high-risk HIV behaviors
- High supply of mental health providers

Challenges:

- High premature death rate
- High prevalence of non-medical drug use
- High percentage of households with food insecurity

Highlights:

CHLAMYDIA

▲57%

from 377.9 to 594.3 cases per 100,000 population between 2011 and 2019

DRUG DEATHS

▼21%

from 21.4 to 16.8 deaths per 100,000 population between 2016 and 2019

INSUFFICIENT SLEEP

▼10%

from 37.0% to 33.2% of adults between 2018 and 2020

Oregon

State Health Department Website: oregon.gov/oha/ph

Summary

Strengths:

- Low prevalence of obesity
- Low prevalence of insufficient sleep
- High supply of mental health providers

Challenges:

- High prevalence of non-medical drug use
- Low rate of high school graduation
- High percentage of severe housing problems

Highlights:

FOOD INSECURITY

▼29%

from 12.9% to 9.2% of households between 2015-2017 and 2018-2020

AIR POLLUTION

▲19%

from 7.7 to 9.2 micrograms of fine particulate per cubic meter between 2015-2017 and 2018-2020

PREVENTABLE HOSPITALIZATIONS

▼15%

from 2,650 to 2,253 discharges per 100,000 Medicare beneficiaries between 2018 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**20**	**0.257**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	13	3.8	4.2
	Public Health Funding (dollars per person)	++	33	$109	$116
	Violent Crime (offenses per 100,000 population)	++++	15	284	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	25	45	—
	Food Insecurity (% of households)	++++	13	9.2%	10.7%
	Income Inequality (80-20 ratio)	+++	23	4.44	4.85
Education	High School Graduation (% of students)	+	48	80.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	19	13.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	27	16.0%	14.8%
	High-speed Internet (% of households)	+++++	7	91.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	22	62	62
	Volunteerism (% ages 16+)	+++++	6	39.5%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	5	67.6%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**47**	**-0.476**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	47	9.2	8.3
	Drinking Water Violations (% of community water systems)	+++	30	0.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	48	23,506,054	—
	Water Fluoridation (% of population served)	+	48	26.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	7	71.5%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	24	16.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+	44	18.8%	17.3%
CLINICAL CARE*		**++++**	**19**	**0.486**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	25	9.8%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	7	73.1	62.3
	Mental Health	+++++	3	602.7	284.3
	Primary Care	++	32	252.2	252.3
	Uninsured (% of population)	++++	20	7.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	22	74.4%	74.3%
	Dental Visit (% ages 18+)	++++	19	68.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	37	74.0%	75.4%
	Flu Vaccination (% ages 18+)	++	32	46.2%	47.0%
	HPV Vaccination (% ages 13-17)	++++	19	61.6%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	25	77.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	6	2,253	3,770
BEHAVIORS*		**+++++**	**7**	**0.715**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	12	24.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	11	9.0%	8.0%
	Physical Inactivity (% ages 18+)	+++++	5	18.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	13	457.1	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	11	12.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	6	28.3%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	14	13.3%	15.5%
HEALTH OUTCOMES*		**++++**	**20**	**0.264**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	36	18.6%	17.6%
	Frequent Mental Distress (% ages 18+)	++	31	13.9%	13.2%
	Non-medical Drug Use (% ages 18+)	+	48	17.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	12	6,429	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	23	9.7%	9.9%
	Low Birthweight (% of live births)	+++++	5	6.7%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	8	1.7	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	18	8.9%	9.1%
	Obesity (% ages 18+)	+++++	8	28.1%	31.9%
OVERALL			**—**	**0.311**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Pennsylvania

State Health Department Website: health.pa.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++**	**25**	**0.093**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	14	3.9	4.2
	Public Health Funding (dollars per person)	++	40	$83	$116
	Violent Crime (offenses per 100,000 population)	+++	22	306	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	18	39	—
	Food Insecurity (% of households)	++++	19	9.9%	10.7%
	Income Inequality (80-20 ratio)	++	32	4.73	4.85
Education	High School Graduation (% of students)	+++	25	86.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	30	15.6	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	19	14.6%	14.8%
	High-speed Internet (% of households)	+++	25	89.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	45	73	62
	Volunteerism (% ages 16+)	++++	16	36.8%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	16	62.4%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**48**	**-0.477**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	41	8.5	8.3
	Drinking Water Violations (% of community water systems)	++	34	0.5%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	49	27,593,855	—
	Water Fluoridation (% of population served)	+	41	55.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	12	75.2%	75.9%
	Housing With Lead Risk (% of housing stock)	+	47	28.9%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	25	14.5%	17.3%
CLINICAL CARE*		**+++++**	**9**	**0.807**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	6	7.8%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	24	60.9	62.3
	Mental Health	++	31	242.5	284.3
	Primary Care	++++	12	292.5	252.3
	Uninsured (% of population)	+++++	9	5.8%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	6	77.5%	74.3%
	Dental Visit (% ages 18+)	++++	15	68.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	10	80.3%	75.4%
	Flu Vaccination (% ages 18+)	++++	15	50.1%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	10	67.1%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	7	85.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	30	3,943	3,770
BEHAVIORS*		**++**	**32**	**-0.149**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	30	21.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	35	7.0%	8.0%
	Physical Inactivity (% ages 18+)	+++	30	24.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	17	481.9	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	18	5.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	15	13.3	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	43	35.5%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	26	15.8%	15.5%
HEALTH OUTCOMES*		**++**	**34**	**-0.185**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	38	18.8%	17.6%
	Frequent Mental Distress (% ages 18+)	++	33	14.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	22	10.6%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	30	7,672	7,337
	Premature Death Racial Disparity (ratio)	+++	27	1.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	36	10.8%	9.9%
	Low Birthweight (% of live births)	+++	26	8.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	++	36	11.3%	9.1%
	Obesity (% ages 18+)	+++	24	31.5%	31.9%
OVERALL			**—**	**0.025**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low percentage of adults who avoided care due to cost
- High prevalence of colorectal cancer screening
- High prevalence of having a dedicated health care provider

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of insufficient sleep
- High percentage of housing with lead risk

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼22%

from 10.0% to 7.8% between 2019 and 2020

DRUG DEATHS

▼19%

from 42.9 to 34.6 deaths per 100,000 population between 2017 and 2019

CHLAMYDIA

▲9%

from 440.8 to 481.9 cases per 100,000 population between 2017 and 2019

Rhode Island

State Health Department Website: health.ri.gov

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low percentage of households with food insecurity
- High adolescent HPV vaccination rate

Challenges:

- Low volunteerism rate
- High prevalence of high-risk HIV behaviors
- High percentage of housing with lead risk

Highlights:

CHLAMYDIA

▲31%

from 413.6 to 539.8 cases per 100,000 population between 2014 and 2019

ADULTS WHO AVOIDED CARE DUE TO COST

▼31%

from 12.0% to 8.3% between 2017 and 2020

INSUFFICIENT SLEEP

▼11%

from 36.5% to 32.5% of adults between 2018 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**19**	**0.277**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	18	4.1	4.2
	Public Health Funding (dollars per person)	+++++	5	$206	$116
	Violent Crime (offenses per 100,000 population)	+++++	9	221	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	14	31	—
	Food Insecurity (% of households)	+++++	5	8.2%	10.7%
	Income Inequality (80-20 ratio)	++	38	4.81	4.85
Education	High School Graduation (% of students)	++	35	83.9%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	36	18.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	13	13.6%	14.8%
	High-speed Internet (% of households)	++++	14	91.2%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	32	66	62
	Volunteerism (% ages 16+)	+	43	28.3%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	29	59.0%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**38**	**-0.109**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	19	7.0	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	5	34,967	—
	Water Fluoridation (% of population served)	+++	21	83.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	26	79.6%	75.9%
	Housing With Lead Risk (% of housing stock)	+	49	31.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	39	17.4%	17.3%
CLINICAL CARE*		**+++++**	**2**	**1.315**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	9	8.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	36	54.3	62.3
	Mental Health	+++++	6	455.1	284.3
	Primary Care	+++++	2	352.2	252.3
	Uninsured (% of population)	+++++	2	4.1%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	3	80.8%	74.3%
	Dental Visit (% ages 18+)	+++++	2	74.2%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	21	78.1%	75.4%
	Flu Vaccination (% ages 18+)	+++++	2	55.1%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	1	83.0%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	3	86.6%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	27	3,784	3,770
BEHAVIORS*		**++++**	**20**	**0.271**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	18	24.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	4	10.4%	8.0%
	Physical Inactivity (% ages 18+)	+++	28	23.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	28	539.8	551.0
	High-risk HIV Behaviors (% ages 18+)	+	45	6.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	6	10.0	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	26	32.5%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	16	13.5%	15.5%
HEALTH OUTCOMES*		**++++**	**11**	**0.394**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	21	16.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	27	13.3%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	8	8.3%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	13	6,502	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	22	9.6%	9.9%
	Low Birthweight (% of live births)	++++	20	7.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	++	32	10.1%	9.1%
	Obesity (% ages 18+)	++++	15	30.1%	31.9%
OVERALL			**—**	**0.422**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

South Carolina

State Health Department Website: scdhec.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**44**	**-0.341**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	43	7.0	4.2
	Public Health Funding (dollars per person)	++	36	$102	$116
	Violent Crime (offenses per 100,000 population)	+	44	511	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	38	62	—
	Food Insecurity (% of households)	+++	30	11.2%	10.7%
	Income Inequality (80-20 ratio)	++	34	4.74	4.85
Education	High School Graduation (% of students)	+	42	81.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++++	18	13.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	32	16.8%	14.8%
	High-speed Internet (% of households)	+	44	85.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	2	47	62
	Volunteerism (% ages 16+)	++	31	33.1%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	40	56.1%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**7**	**0.397**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	21	7.1	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	30	5,043,366	—
	Water Fluoridation (% of population served)	++++	11	91.9%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+	41	82.1%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	6	9.5%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	22	14.3%	17.3%
CLINICAL CARE*		**++**	**38**	**-0.413**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	43	12.6%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	43	49.8	62.3
	Mental Health	++	40	193.1	284.3
	Primary Care	++	37	234.3	252.3
	Uninsured (% of population)	++	39	10.8%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	15	76.5%	74.3%
	Dental Visit (% ages 18+)	++++	20	67.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	45	71.0%	75.4%
	Flu Vaccination (% ages 18+)	++	38	43.8%	47.0%
	HPV Vaccination (% ages 13-17)	+	45	47.0%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	27	77.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	24	3,677	3,770
BEHAVIORS*		**+**	**43**	**-0.752**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	25	23.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	32	7.2%	8.0%
	Physical Inactivity (% ages 18+)	+	42	26.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+	47	698.2	551.0
	High-risk HIV Behaviors (% ages 18+)	+	47	6.5%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	40	21.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	36	33.7%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	38	18.1%	15.5%
HEALTH OUTCOMES*		**+**	**45**	**-0.673**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	25	17.4%	17.6%
	Frequent Mental Distress (% ages 18+)	++	37	14.7%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	17	10.3%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	41	9,202	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	45	13.2%	9.9%
	Low Birthweight (% of live births)	+	44	9.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++	35	2.1	2.1
	Multiple Chronic Conditions (% ages 18+)	+	45	13.7%	9.1%
	Obesity (% ages 18+)	++	40	36.2%	31.9%
OVERALL			**—**	**-0.443**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- High prevalence of colorectal cancer screening
- Low percentage of housing with lead risk

Challenges:

- High premature death rate
- High prevalence of multiple chronic conditions
- High incidence of chlamydia

Highlights:

OBESITY

▲12%

from 32.3% to 36.2% of adults between 2016 and 2020

INSUFFICIENT SLEEP

▼10%

from 37.4% to 33.7% of adults between 2018 and 2020

ANNUAL DENTAL VISITS

▲10%

from 61.8% to 67.7% of adults between 2018 and 2020

South Dakota

State Health Department Website: doh.sd.gov

Summary

Strengths:

- Low prevalence of frequent mental distress
- Low prevalence of insufficient sleep
- Low levels of air pollution

Challenges:

- High racial disparity in premature death rates
- High prevalence of two or more adverse childhood experiences
- High occupational fatality rate

Highlights:

HPV VACCINATION

▲85%

from 38.6% to 71.5% of adolescents ages 13-17 between 2016 and 2020

PREVENTABLE HOSPITALIZATIONS

▼28%

from 4,733 to 3,421 discharges per 100,000 Medicare beneficiaries between 2017 and 2019

LOW BIRTHWEIGHT

▲15%

from 6.1% to 7.0% of live births between 2015 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**33**	**-0.147**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	42	6.6	4.2
	Public Health Funding (dollars per person)	++++	13	$160	$116
	Violent Crime (offenses per 100,000 population)	++	31	399	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++	24	44	—
	Food Insecurity (% of households)	++++	12	9.1%	10.7%
	Income Inequality (80-20 ratio)	+++++	5	4.11	4.85
Education	High School Graduation (% of students)	++	33	84.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	49	35.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	40	17.9%	14.8%
	High-speed Internet (% of households)	++	37	87.7%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	32	66	62
	Volunteerism (% ages 16+)	+++++	2	50.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	44	55.2%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**2**	**0.599**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	7	5.1	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	6	46,539	—
	Water Fluoridation (% of population served)	+++++	7	93.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	27	79.8%	75.9%
	Housing With Lead Risk (% of housing stock)	++	31	19.5%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	3	11.8%	17.3%
CLINICAL CARE*		**++++**	**15**	**0.606**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	9	8.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	30	56.7	62.3
	Mental Health	++	39	202.0	284.3
	Primary Care	++++	14	289.8	252.3
	Uninsured (% of population)	++	38	10.2%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	16	76.2%	74.3%
	Dental Visit (% ages 18+)	+++++	10	69.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	17	78.8%	75.4%
	Flu Vaccination (% ages 18+)	+++++	3	54.6%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	4	71.5%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	24	77.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	19	3,421	3,770
BEHAVIORS*		**+++**	**28**	**-0.065**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	30	21.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	39	6.7%	8.0%
	Physical Inactivity (% ages 18+)	+++	23	22.4%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	23	514.0	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	22	5.5%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	34	19.2	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	3	28.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++	35	17.8%	15.5%
HEALTH OUTCOMES*		**++++**	**19**	**0.266**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	40	19.4%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	1	9.4%	13.2%
	Non-medical Drug Use (% ages 18+)	++++	11	8.9%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	31	7,798	7,337
	Premature Death Racial Disparity (ratio)	+	47	3.4	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	4	7.9%	9.9%
	Low Birthweight (% of live births)	+++++	10	7.0%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	6	1.6	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	16	8.8%	9.1%
	Obesity (% ages 18+)	+++	30	33.2%	31.9%
OVERALL			**—**	**0.160**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Tennessee

State Health Department Website: tn.gov/health

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**39**	**-0.259**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	35	5.7	4.2
	Public Health Funding (dollars per person)	+++	26	$122	$116
	Violent Crime (offenses per 100,000 population)	+	48	595	379
Economic Resources	Economic Hardship Index (index from 1-100)	++	36	55	—
	Food Insecurity (% of households)	+	41	12.5%	10.7%
	Income Inequality (80-20 ratio)	+++	27	4.57	4.85
Education	High School Graduation (% of students)	+++++	6	90.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	9	9.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++	39	17.8%	14.8%
	High-speed Internet (% of households)	+	43	86.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	35	67	62
	Volunteerism (% ages 16+)	++	32	33.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	34	58.0%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**17**	**0.190**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	23	7.2	8.3
	Drinking Water Violations (% of community water systems)	++	34	0.5%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	44	14,488,589	—
	Water Fluoridation (% of population served)	++++	16	88.8%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	38	82.0%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	15	12.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	16	13.9%	17.3%
CLINICAL CARE*		**+**	**41**	**-0.469**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	41	11.8%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	45	48.6	62.3
	Mental Health	+	45	173.4	284.3
	Primary Care	++++	18	279.7	252.3
	Uninsured (% of population)	++	37	10.1%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	21	74.9%	74.3%
	Dental Visit (% ages 18+)	+	44	59.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	41	72.3%	75.4%
	Flu Vaccination (% ages 18+)	+	41	42.3%	47.0%
	HPV Vaccination (% ages 13-17)	++	39	52.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++	29	77.1%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	36	4,229	3,770
BEHAVIORS*		**++**	**40**	**-0.554**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	30	21.8%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	18	8.6%	8.0%
	Physical Inactivity (% ages 18+)	+++	30	24.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	38	601.7	551.0
	High-risk HIV Behaviors (% ages 18+)	++	32	5.9%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	41	23.7	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	36	33.7%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	46	19.5%	15.5%
HEALTH OUTCOMES*		**+**	**41**	**-0.577**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	9	15.6%	17.6%
	Frequent Mental Distress (% ages 18+)	+	45	16.1%	13.2%
	Non-medical Drug Use (% ages 18+)	++	36	13.0%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	46	9,984	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++	36	10.8%	9.9%
	Low Birthweight (% of live births)	++	38	9.2%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	+	46	13.8%	9.1%
	Obesity (% ages 18+)	++	38	35.6%	31.9%
OVERALL			**—**	**-0.384**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- High rate of high school graduation
- Low percentage of housing with lead risk

Challenges:

- High prevalence of frequent mental distress
- High prevalence of multiple chronic conditions
- High prevalence of cigarette smoking

Highlights:

ADULTS WHO AVOIDED CARE DUE TO COST

▼25%

from 15.8% to 11.8% between 2018 and 2020

INSUFFICIENT SLEEP

▼16%

from 40.0% to 33.7% of adults between 2018 and 2020

DRUG DEATHS

▲14%

from 26.9 to 30.6 deaths per 100,000 population between 2018 and 2019

Texas

State Health Department Website: dshs.state.tx.us

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- High rate of high school graduation
- Low percentage of housing with lead risk

Challenges:

- High percentage of households with food insecurity
- High teen birth rate
- Low prevalence of having a dedicated health care provider

Highlights:

VOTER PARTICIPATION

▲25%

from 45.0% to 56.2% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

DRUG DEATHS

▲16%

from 9.6 to 11.1 deaths per 100,000 population between 2015 and 2019

MENTAL HEALTH PROVIDERS

▲8%

from 123.7 to 133.0 per 100,000 population between 2020 and 2021

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++**	**31**	**-0.131**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	32	5.3	4.2
	Public Health Funding (dollars per person)	+	48	$74	$116
	Violent Crime (offenses per 100,000 population)	++	35	419	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	41	67	—
	Food Insecurity (% of households)	+	43	13.3%	10.7%
	Income Inequality (80-20 ratio)	++	36	4.78	4.85
Education	High School Graduation (% of students)	+++++	8	90.0%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++++	5	7.5	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	21	15.2%	14.8%
	High-speed Internet (% of households)	+++	30	88.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	14	57	62
	Volunteerism (% ages 16+)	++	38	29.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++	39	56.2%	60.1%
PHYSICAL ENVIRONMENT*		**+**	**44**	**-0.253**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	41	8.5	8.3
	Drinking Water Violations (% of community water systems)	++	38	0.8%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	50	79,444,445	—
	Water Fluoridation (% of population served)	+++	29	72.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	28	80.1%	75.9%
	Housing With Lead Risk (% of housing stock)	+++++	7	9.8%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	38	17.3%	17.3%
CLINICAL CARE*		**+**	**50**	**-1.266**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+	50	15.2%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++	38	53.1	62.3
	Mental Health	+	49	133.0	284.3
	Primary Care	+	47	199.6	252.3
	Uninsured (% of population)	+	50	18.4%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	47	66.8%	74.3%
	Dental Visit (% ages 18+)	+	48	57.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	45	71.0%	75.4%
	Flu Vaccination (% ages 18+)	++	39	43.4%	47.0%
	HPV Vaccination (% ages 13-17)	+++	30	54.9%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	48	66.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++	33	4,134	3,770
BEHAVIORS*		**+++**	**23**	**0.132**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	17	24.3%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	6	9.6%	8.0%
	Physical Inactivity (% ages 18+)	++	38	25.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	12	445.1	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	18	5.4%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	42	24.0	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	31	33.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	13	13.2%	15.5%
HEALTH OUTCOMES*		**+++**	**22**	**0.119**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++	31	18.2%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	26	13.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	28	11.3%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++	21	7,103	7,337
	Premature Death Racial Disparity (ratio)	+++++	9	1.2	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	21	9.4%	9.9%
	Low Birthweight (% of live births)	+++	26	8.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	12	8.2%	9.1%
	Obesity (% ages 18+)	++	39	35.7%	31.9%
OVERALL			**—**	**-0.198**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Utah

State Health Department Website: health.utah.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**5**	**0.560**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	15	4.0	4.2
	Public Health Funding (dollars per person)	++	36	$102	$116
	Violent Crime (offenses per 100,000 population)	++++	11	236	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	16	36	—
	Food Insecurity (% of households)	+++	21	10.0%	10.7%
	Income Inequality (80-20 ratio)	+++++	1	3.70	4.85
Education	High School Graduation (% of students)	++++	18	87.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	26	14.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	14	13.7%	14.8%
	High-speed Internet (% of households)	+++++	3	93.3%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	35	67	62
	Volunteerism (% ages 16+)	+++++	1	51.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	26	60.6%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**15**	**0.211**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	36	7.9	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	33	6,497,319	—
	Water Fluoridation (% of population served)	+	42	52.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	14	76.1%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	12	11.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	12	13.5%	17.3%
CLINICAL CARE*		**+++**	**22**	**0.294**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	27	10.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	26	59.7	62.3
	Mental Health	++++	14	367.3	284.3
	Primary Care	+	49	194.3	252.3
	Uninsured (% of population)	++	33	9.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	+++++	5	73.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	7	82.3%	75.4%
	Flu Vaccination (% ages 18+)	+++	21	47.9%	47.0%
	HPV Vaccination (% ages 13-17)	+	47	45.0%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	40	73.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	2	2,048	3,770
BEHAVIORS*		**+++++**	**2**	**1.049**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	12	24.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	30	7.4%	8.0%
	Physical Inactivity (% ages 18+)	+++++	1	15.9%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	5	345.5	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	11	5.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	10	12.0	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	16	30.9%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	1	8.2%	15.5%
HEALTH OUTCOMES*		**+++++**	**8**	**0.486**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	1	12.1%	17.6%
	Frequent Mental Distress (% ages 18+)	++	38	15.0%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	26	11.2%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	6	6,090	7,337
	Premature Death Racial Disparity (ratio)	++	39	2.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	8	8.2%	9.9%
	Low Birthweight (% of live births)	++++	13	7.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	+++++	8	7.7%	9.1%
	Obesity (% ages 18+)	++++	11	28.6%	31.9%
OVERALL			**—**	**0.565**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- High volunteerism rate
- Low preventable hospitalization rate

Challenges:

- High racial disparity in premature death rates
- Low adolescent HPV vaccination rate
- Low supply of primary care providers

Highlights:

FREQUENT MENTAL DISTRESS

▲42%

from 10.6% to 15.0% of adults between 2015 and 2020

FLU VACCINATION

▲15%

from 41.5% to 47.9% of adults between 2019 and 2020

HIGH HEALTH STATUS

▲13%

from 54.6% to 61.9% of adults between 2019 and 2020

Vermont

State Health Department Website: healthvermont.gov

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low incidence of chlamydia
- Low prevalence of insufficient sleep

Challenges:

- High prevalence of excessive drinking
- High prevalence of two or more adverse childhood experiences
- High prevalence of high-risk HIV behaviors

Highlights:

PUBLIC HEALTH FUNDING

▲60%

from $144 to $231 per person between 2017-2018 and 2019-2020

FLU VACCINATION

▲12%

from 47.6% to 53.4% of adults between 2019 and 2020

ANNUAL DENTAL VISITS

▼6%

from 72.6% to 68.5% of adults between 2018 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**18**	**0.303**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	35	5.7	4.2
	Public Health Funding (dollars per person)	+++++	4	$231	$116
	Violent Crime (offenses per 100,000 population)	+++++	4	202	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	6	22	—
	Food Insecurity (% of households)	+++++	9	8.6%	10.7%
	Income Inequality (80-20 ratio)	++++	18	4.40	4.85
Education	High School Graduation (% of students)	++	31	84.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+++	26	14.7	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	43	18.8%	14.8%
	High-speed Internet (% of households)	++	40	87.2%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	26	64	62
	Volunteerism (% ages 16+)	+++++	8	39.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	18	61.7%	60.1%
PHYSICAL ENVIRONMENT*		**+++**	**21**	**0.153**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	5	4.9	8.3
	Drinking Water Violations (% of community water systems)	+++	30	0.3%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	1	333	—
	Water Fluoridation (% of population served)	++	40	56.2%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	15	76.2%	75.9%
	Housing With Lead Risk (% of housing stock)	++	40	23.4%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	35	16.8%	17.3%
CLINICAL CARE*		**+++++**	**3**	**1.259**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	5	7.7%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	19	63.8	62.3
	Mental Health	+++++	5	510.0	284.3
	Primary Care	+++++	5	316.2	252.3
	Uninsured (% of population)	+++++	4	4.5%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++++	6	77.5%	74.3%
	Dental Visit (% ages 18+)	++++	13	68.5%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	5	83.0%	75.4%
	Flu Vaccination (% ages 18+)	+++++	6	53.4%	47.0%
	HPV Vaccination (% ages 13-17)	+++++	5	70.5%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+++++	8	84.9%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	11	2,972	3,770
BEHAVIORS*		**+++++**	**1**	**1.179**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	1	28.5%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++++	1	14.1%	8.0%
	Physical Inactivity (% ages 18+)	+++++	4	18.2%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	2	275.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+	41	6.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+++++	3	7.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	4	28.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	14	13.3%	15.5%
HEALTH OUTCOMES*		**+++++**	**5**	**0.600**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	44	20.3%	17.6%
	Frequent Mental Distress (% ages 18+)	++	33	14.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	1	4.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	14	6,513	7,337
	Premature Death Racial Disparity (ratio)		—	—	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	19	9.3%	9.9%
	Low Birthweight (% of live births)	+++++	4	6.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	2	1.2	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	20	9.0%	9.1%
	Obesity (% ages 18+)	+++++	4	26.2%	31.9%
OVERALL			**—**	**0.681**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Virginia

State Health Department Website: www.vdh.virginia.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+++++**	**6**	**0.534**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++	24	4.7	4.2
	Public Health Funding (dollars per person)	++	38	$95	$116
	Violent Crime (offenses per 100,000 population)	+++++	6	208	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	8	23	—
	Food Insecurity (% of households)	+++++	8	8.5%	10.7%
	Income Inequality (80-20 ratio)	++	37	4.80	4.85
Education	High School Graduation (% of students)	++++	17	87.5%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	39	19.2	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	16	13.9%	14.8%
	High-speed Internet (% of households)	++++	19	89.9%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++++	6	51	62
	Volunteerism (% ages 16+)	++++	14	37.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	++++	11	64.5%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**5**	**0.460**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	13	6.5	8.3
	Drinking Water Violations (% of community water systems)	++++	14	0.1%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+	43	10,993,849	—
	Water Fluoridation (% of population served)	+++++	5	96.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	17	76.6%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	19	13.5%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++	24	14.4%	17.3%
CLINICAL CARE*		**+++**	**23**	**0.198**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++	27	10.4%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	23	61.9	62.3
	Mental Health	++	38	207.8	284.3
	Primary Care	++	36	241.0	252.3
	Uninsured (% of population)	+++	23	7.9%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++++	17	75.7%	74.3%
	Dental Visit (% ages 18+)	+++++	7	70.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	28	75.7%	75.4%
	Flu Vaccination (% ages 18+)	++++	11	50.7%	47.0%
	HPV Vaccination (% ages 13-17)	+++	28	56.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	33	76.2%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++	28	3,834	3,770
BEHAVIORS*		**++++**	**18**	**0.334**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++	26	22.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	14	8.8%	8.0%
	Physical Inactivity (% ages 18+)	++++	15	20.9%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++	31	564.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	7	4.8%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	16	13.6	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++	34	33.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	++++	17	13.6%	15.5%
HEALTH OUTCOMES*		**++++**	**16**	**0.322**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	++++	15	16.1%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	8	12.2%	13.2%
	Non-medical Drug Use (% ages 18+)	+++	25	11.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	18	6,790	7,337
	Premature Death Racial Disparity (ratio)	++++	16	1.3	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++++	10	8.3%	9.9%
	Low Birthweight (% of live births)	+++	26	8.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++	27	2.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	27	9.3%	9.1%
	Obesity (% ages 18+)	+++	26	32.2%	31.9%
OVERALL			**—**	**0.383**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of frequent physical distress
- Low percentage of households with food insecurity
- Low prevalence of high-risk HIV behaviors

Challenges:

- Low per capita public health funding
- High prevalence of insufficient sleep
- Low supply of mental health providers

Highlights:

FREQUENT PHYSICAL DISTRESS

▼29%

from 11.7% to 8.3% of adults between 2019 and 2020

CHLAMYDIA

▲11%

from 507.3 to 564.3 cases per 100,000 population between 2018 and 2019

MENTAL HEALTH PROVIDERS

▲8%

from 193.2 to 207.8 per 100,000 population between 2020 and 2021

Washington

State Health Department Website: doh.wa.gov

Summary

Strengths:

- Low premature death rate
- Low percentage of low birthweight infants
- Low prevalence of insufficient sleep

Challenges:

- High prevalence of non-medical drug use
- Low rate of high school graduation
- High prevalence of high-risk HIV behaviors

Highlights:

FOOD INSECURITY

▼32%

from 12.9% to 8.8% of households between 2013-2015 and 2018-2020

ADULTS WHO AVOIDED CARE DUE TO COST

▼23%

from 11.5% to 8.9% between 2019 and 2020

DRUG DEATHS

▲19%

from 13.7 to 16.3 deaths per 100,000 population between 2014 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**11**	**0.419**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+++++	5	3.2	4.2
	Public Health Funding (dollars per person)	+++	28	$121	$116
	Violent Crime (offenses per 100,000 population)	++++	20	294	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	11	26	—
	Food Insecurity (% of households)	+++++	10	8.8%	10.7%
	Income Inequality (80-20 ratio)	++++	19	4.41	4.85
Education	High School Graduation (% of students)	+	42	81.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	42	20.9	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	15	13.8%	14.8%
	High-speed Internet (% of households)	+++++	1	93.7%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	19	60	62
	Volunteerism (% ages 16+)	+++	25	34.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	6	66.7%	60.1%
PHYSICAL ENVIRONMENT*		**++++**	**20**	**0.156**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+	41	8.5	8.3
	Drinking Water Violations (% of community water systems)	++	34	0.5%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	29	4,295,574	—
	Water Fluoridation (% of population served)	++	34	63.9%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++++	5	70.9%	75.9%
	Housing With Lead Risk (% of housing stock)	++++	20	14.5%	17.6%
	Severe Housing Problems (% of occupied housing units)	++	35	16.8%	17.3%
CLINICAL CARE*		**++++**	**16**	**0.593**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++++	16	8.9%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++++	9	72.4	62.3
	Mental Health	+++++	8	439.9	284.3
	Primary Care	+++	29	257.5	252.3
	Uninsured (% of population)	++++	15	6.6%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	++++	11	69.3%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	27	76.1%	75.4%
	Flu Vaccination (% ages 18+)	++++	13	50.6%	47.0%
	HPV Vaccination (% ages 13-17)	+++	27	59.0%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++	37	75.3%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	8	2,491	3,770
BEHAVIORS*		**+++++**	**9**	**0.624**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+++++	7	25.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++++	16	8.7%	8.0%
	Physical Inactivity (% ages 18+)	+++++	3	17.8%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	18	496.3	551.0
	High-risk HIV Behaviors (% ages 18+)	+	43	6.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	14	12.7	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	9	29.7%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++++	6	11.5%	15.5%
HEALTH OUTCOMES*		**++++**	**12**	**0.391**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	24	17.2%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	29	13.7%	13.2%
	Non-medical Drug Use (% ages 18+)	+	41	13.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+++++	5	6,034	7,337
	Premature Death Racial Disparity (ratio)	++	38	1.9	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	19	9.3%	9.9%
	Low Birthweight (% of live births)	+++++	2	6.4%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	8	1.7	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	16	8.8%	9.1%
	Obesity (% ages 18+)	+++++	7	28.0%	31.9%
OVERALL			**—**	**0.453**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

West Virginia

State Health Department Website: dhhr.wv.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**47**	**-0.648**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	49	9.0	4.2
	Public Health Funding (dollars per person)	+++++	8	$181	$116
	Violent Crime (offenses per 100,000 population)	+++	23	317	379
Economic Resources	Economic Hardship Index (index from 1-100)	+	47	83	—
	Food Insecurity (% of households)	+	49	15.1%	10.7%
	Income Inequality (80-20 ratio)	++	40	4.90	4.85
Education	High School Graduation (% of students)	+++++	3	91.3%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	34	16.5	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	46	20.6%	14.8%
	High-speed Internet (% of households)	+	44	85.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++++	19	60	62
	Volunteerism (% ages 16+)	++	35	32.1%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+	49	50.1%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**36**	**-0.044**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	21	7.1	8.3
	Drinking Water Violations (% of community water systems)	+	50	10.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	23	3,400,148	—
	Water Fluoridation (% of population served)	++++	12	90.7%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	38	82.0%	75.9%
	Housing With Lead Risk (% of housing stock)	++	36	21.8%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	1	11.1%	17.3%
CLINICAL CARE*		**++**	**35**	**-0.263**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	35	11.1%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+	42	50.6	62.3
	Mental Health	+	48	149.7	284.3
	Primary Care	++++	11	294.6	252.3
	Uninsured (% of population)	++++	18	6.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	++	38	70.7%	74.3%
	Dental Visit (% ages 18+)	+	46	57.7%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++++	14	79.8%	75.4%
	Flu Vaccination (% ages 18+)	+++	29	46.6%	47.0%
	HPV Vaccination (% ages 13-17)	+	49	43.4%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	14	81.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+	50	5,339	3,770
BEHAVIORS*		**+**	**44**	**-0.889**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	+	46	17.1%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+	48	5.2%	8.0%
	Physical Inactivity (% ages 18+)	+	47	29.7%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	4	313.0	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	1	4.0%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	+	45	25.2	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+	49	39.2%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	50	22.6%	15.5%
HEALTH OUTCOMES*		**+**	**48**	**-0.834**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++++	1	12.1%	17.6%
	Frequent Mental Distress (% ages 18+)	+	48	17.5%	13.2%
	Non-medical Drug Use (% ages 18+)	+	42	14.1%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	+	50	11,297	7,337
	Premature Death Racial Disparity (ratio)	+++++	3	1.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+	50	15.8%	9.9%
	Low Birthweight (% of live births)	+	44	9.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	10	1.8	2.1
	Multiple Chronic Conditions (% ages 18+)	+	50	18.8%	9.1%
	Obesity (% ages 18+)	+	49	39.1%	31.9%
OVERALL			**—**	**-0.624**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of high-risk HIV behaviors
- Low percentage of severe housing problems

Challenges:

- High prevalence of multiple chronic conditions
- High prevalence of insufficient sleep
- High prevalence of cigarette smoking

Highlights:

CHLAMYDIA

▲58%

from 198.2 to 313.0 cases per 100,000 population between 2018 and 2019

ADULTS WHO AVOIDED CARE DUE TO COST

▼26%

from 14.9% to 11.1% between 2018 and 2020

FREQUENT MENTAL DISTRESS

▼15%

from 20.6% to 17.5% of adults between 2019 and 2020

Wisconsin

State Health Department Website: dhs.wisconsin.gov

Summary

Strengths:

- Low prevalence of non-medical drug use
- High rate of high school graduation
- High prevalence of having an annual dental visit

Challenges:

- High prevalence of excessive drinking
- High racial disparity in high school graduation rates
- Low prevalence of colorectal cancer screening

Highlights:

CHLAMYDIA

▲24%

from 403.2 to 499.4 cases per 100,000 population between 2014 and 2019

ADULTS WHO AVOIDED CARE DUE TO COST

▼23%

from 10.8% to 8.3% between 2017 and 2020

HIGH HEALTH STATUS

▲14%

from 50.3% to 57.2% of adults between 2019 and 2020

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**++++**	**16**	**0.325**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	15	4.0	4.2
	Public Health Funding (dollars per person)	+	49	$72	$116
	Violent Crime (offenses per 100,000 population)	++++	18	293	379
Economic Resources	Economic Hardship Index (index from 1-100)	+++++	9	25	—
	Food Insecurity (% of households)	++++	17	9.7%	10.7%
	Income Inequality (80-20 ratio)	+++++	6	4.12	4.85
Education	High School Graduation (% of students)	+++++	7	90.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	46	22.4	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	++++	20	15.1%	14.8%
	High-speed Internet (% of households)	+++	21	89.6%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+	48	77	62
	Volunteerism (% ages 16+)	+++++	10	38.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	2	69.1%	60.1%
PHYSICAL ENVIRONMENT*		**++**	**40**	**-0.111**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	23	7.2	8.3
	Drinking Water Violations (% of community water systems)	+	46	4.4%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	24	3,740,146	—
	Water Fluoridation (% of population served)	++++	18	87.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++	34	80.8%	75.9%
	Housing With Lead Risk (% of housing stock)	++	37	22.3%	17.6%
	Severe Housing Problems (% of occupied housing units)	++++	14	13.6%	17.3%
CLINICAL CARE*		**++++**	**18**	**0.490**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	9	8.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	17	64.8	62.3
	Mental Health	++	34	226.9	284.3
	Primary Care	++++	19	275.8	252.3
	Uninsured (% of population)	+++++	8	5.7%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	46	67.5%	74.3%
	Dental Visit (% ages 18+)	+++++	6	71.8%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	++	31	75.2%	75.4%
	Flu Vaccination (% ages 18+)	++++	19	48.9%	47.0%
	HPV Vaccination (% ages 13-17)	++++	20	61.5%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	++++	12	82.7%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	18	3,202	3,770
BEHAVIORS*		**++++**	**13**	**0.468**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	15	24.7%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	28	7.5%	8.0%
	Physical Inactivity (% ages 18+)	++++	11	20.5%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	++++	19	499.4	551.0
	High-risk HIV Behaviors (% ages 18+)	+++++	7	4.8%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	13	12.5	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++++	10	30.0%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	25	15.5%	15.5%
HEALTH OUTCOMES*		**++**	**31**	**-0.098**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+	50	24.4%	17.6%
	Frequent Mental Distress (% ages 18+)	++++	14	12.5%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	10	8.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	17	6,697	7,337
	Premature Death Racial Disparity (ratio)	++	39	2.1	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	+++	27	10.1%	9.9%
	Low Birthweight (% of live births)	++++	16	7.6%	8.3%
	Low Birthweight Racial Disparity (ratio)	+	50	2.4	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	13	8.3%	9.1%
	Obesity (% ages 18+)	+++	27	32.3%	31.9%
OVERALL			**—**	**0.229**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Wyoming

State Health Department Website: health.wyo.gov

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		**+**	**43**	**-0.311**	**—**
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	50	9.7	4.2
	Public Health Funding (dollars per person)	++++	14	$159	$116
	Violent Crime (offenses per 100,000 population)	+++++	7	217	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	15	32	—
	Food Insecurity (% of households)	++	33	11.5%	10.7%
	Income Inequality (80-20 ratio)	++++	13	4.33	4.85
Education	High School Graduation (% of students)	++	38	82.1%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	+	48	24.8	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+	50	23.4%	14.8%
	High-speed Internet (% of households)	++++	18	90.0%	89.4%
	Residential Segregation — Black/White (index from 0-100)	++	39	68	62
	Volunteerism (% ages 16+)	++	33	32.6%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	30	58.8%	60.1%
PHYSICAL ENVIRONMENT*		**+++++**	**3**	**0.491**	**—**
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++++	1	4.2	8.3
	Drinking Water Violations (% of community water systems)	+++	24	0.2%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++++	4	20,413	—
	Water Fluoridation (% of population served)	++	39	57.1%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	++++	18	76.9%	75.9%
	Housing With Lead Risk (% of housing stock)	+++	24	16.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	5	12.2%	17.3%
CLINICAL CARE*		**+**	**44**	**-0.628**	**—**
Access to Care	Avoided Care Due to Cost (% ages 18+)	++	35	11.1%	9.8%
	Providers (per 100,000 population)				
	Dental Care	++++	18	64.7	62.3
	Mental Health	++++	13	371.3	284.3
	Primary Care	++	38	232.7	252.3
	Uninsured (% of population)	+	45	12.3%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	+	49	63.4%	74.3%
	Dental Visit (% ages 18+)	+++	29	65.4%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	43	72.0%	75.4%
	Flu Vaccination (% ages 18+)	+	45	41.3%	47.0%
	HPV Vaccination (% ages 13-17)	+	48	44.8%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	+	46	70.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	12	3,033	3,770
BEHAVIORS*		**+++**	**24**	**0.044**	**—**
Nutrition and Physical Activity	Exercise (% ages 18+)	++++	16	24.5%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	36	6.9%	8.0%
	Physical Inactivity (% ages 18+)	+++	23	22.4%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++++	6	378.2	551.0
	High-risk HIV Behaviors (% ages 18+)	++++	12	5.2%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++	36	19.4	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	+++	21	31.7%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+	41	18.5%	15.5%
HEALTH OUTCOMES*		**+++**	**25**	**0.094**	**—**
Behavioral Health	Excessive Drinking (% ages 18+)	+++	29	17.9%	17.6%
	Frequent Mental Distress (% ages 18+)	+++++	7	12.1%	13.2%
	Non-medical Drug Use (% ages 18+)	+++++	5	7.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++	33	8,000	7,337
	Premature Death Racial Disparity (ratio)	+	43	2.5	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	14	8.8%	9.9%
	Low Birthweight (% of live births)	+	44	9.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	+++++	1	1.0	2.1
	Multiple Chronic Conditions (% ages 18+)	+++	24	9.1%	9.1%
	Obesity (% ages 18+)	++++	17	30.7%	31.9%
OVERALL			**—**	**-0.106**	**—**

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

Strengths:

- Low prevalence of non-medical drug use
- Low incidence of chlamydia
- Low levels of air pollution

Challenges:

- High occupational fatality rate
- High prevalence of cigarette smoking
- Low prevalence of colorectal cancer screening

Highlights:

LOW BIRTHWEIGHT

▲15%

from 8.5% to 9.8% of live births between 2016 and 2019

FLU VACCINATION

▲13%

from 36.5% to 41.3% of adults between 2019 and 2020

HIGH HEALTH STATUS

▲12%

from 52.1% to 58.5% of adults between 2019 and 2020

District of Columbia

State Health Department Website: dchealth.dc.gov

Summary

Strengths:

- Low prevalence of frequent physical distress
- High per capita public health funding
- Low percentage of adults who avoided care due to cost

Challenges:

- High racial disparity in premature death rates
- High prevalence of non-medical drug use
- High prevalence of high-risk HIV behaviors

Highlights:

SMOKING

▼22%

from 14.5% to 11.3% of adults between 2017 and 2020

VOTER PARTICIPATION

▲15%

from 62.9% to 72.6% of U.S. citizens age 18 and older between 2014/2016 and 2018/2020

ANNUAL DENTAL VISITS

▼11%

from 76.0% to 67.9% of adults between 2016 and 2020

Measures		D.C. Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		—	—
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	6.3	4.2
	Public Health Funding (dollars per person)	$874	$116
	Violent Crime (offenses per 100,000 population)	1049	379
Economic Resources	Economic Hardship Index (index from 1-100)	—	—
	Food Insecurity (% of households)	10.3%	10.7%
	Income Inequality (80-20 ratio)	6.27	4.85
Education	High School Graduation (% of students)	68.9%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	33.0	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	17.5%	14.8%
	High-speed Internet (% of households)	89.2%	89.4%
	Residential Segregation — Black/White (index from 0-100)	68	62
	Volunteerism (% ages 16+)	40.7%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	72.6%	60.1%
PHYSICAL ENVIRONMENT*		—	—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	8.7	8.3
	Drinking Water Violations (% of community water systems)	—	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	36,922	—
	Water Fluoridation (% of population served)	100.0%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	33.0%	75.9%
	Housing With Lead Risk (% of housing stock)	33.9%	17.6%
	Severe Housing Problems (% of occupied housing units)	20.5%	17.3%
CLINICAL CARE*		—	—
Access to Care	Avoided Care Due to Cost (% ages 18+)	7.0%	9.8%
	Providers (per 100,000 population)		
	Dental Care	103.7	62.3
	Mental Health	589.6	284.3
	Primary Care	494.0	252.3
	Uninsured (% of population)	3.5%	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	78.6%	74.3%
	Dental Visit (% ages 18+)	67.9%	66.7%
	Immunizations		
	Childhood Immunizations (% by age 35 months)	72.0%	75.4%
	Flu Vaccination (% ages 18+)	55.7%	47.0%
	HPV Vaccination (% ages 13-17)	72.3%	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	76.8%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	4,640	3,770
BEHAVIORS*		—	—
Nutrition and Physical Activity	Exercise (% ages 18+)	27.2%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	10.4%	8.0%
	Physical Inactivity (% ages 18+)	18.1%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	1,321.6	551.0
	High-risk HIV Behaviors (% ages 18+)	11.3%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	16.8	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	30.1%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	11.3%	15.5%
HEALTH OUTCOMES*		—	—
Behavioral Health	Excessive Drinking (% ages 18+)	24.4%	17.6%
	Frequent Mental Distress (% ages 18+)	14.5%	13.2%
	Non-medical Drug Use (% ages 18+)	18.7%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	8,566	7,337
	Premature Death Racial Disparity (ratio)	5.0	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	6.7%	9.9%
	Low Birthweight (% of live births)	9.9%	8.3%
	Low Birthweight Racial Disparity (ratio)	2.4	2.1
	Multiple Chronic Conditions (% ages 18+)	6.5%	9.1%
	Obesity (% ages 18+)	24.3%	31.9%
OVERALL		—	—

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

United States

State Health Department Website: hhs.gov

Measures		U.S. Value
SOCIAL & ECONOMIC FACTORS*		—
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	4.2
	Public Health Funding (dollars per person)	$116
	Violent Crime (offenses per 100,000 population)	379
Economic Resources	Economic Hardship Index (index from 1-100)	—
	Food Insecurity (% of households)	10.7%
	Income Inequality (80-20 ratio)	4.85
Education	High School Graduation (% of students)	85.8%
	High School Graduation Racial Disparity (percentage point difference)	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	14.8%
	High-speed Internet (% of households)	89.4%
	Residential Segregation — Black/White (index from 0-100)	62
	Volunteerism (% ages 16+)	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	60.1%
PHYSICAL ENVIRONMENT*		—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	8.3
	Drinking Water Violations (% of community water systems)	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	—
	Water Fluoridation (% of population served)	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	75.9%
	Housing With Lead Risk (% of housing stock)	17.6%
	Severe Housing Problems (% of occupied housing units)	17.3%
CLINICAL CARE*		—
Access to Care	Avoided Care Due to Cost (% ages 18+)	9.8%
	Providers (per 100,000 population)	
	Dental Care	62.3
	Mental Health	284.3
	Primary Care	252.3
	Uninsured (% of population)	9.2%
Preventive Clinical Services	Colorectal Cancer Screening (% ages 50-75)	74.3%
	Dental Visit (% ages 18+)	66.7%
	Immunizations	
	Childhood Immunizations (% by age 35 months)	75.4%
	Flu Vaccination (% ages 18+)	47.0%
	HPV Vaccination (% ages 13-17)	58.6%
Quality of Care	Dedicated Health Care Provider (% ages 18+)	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	3,770
BEHAVIORS*		—
Nutrition and Physical Activity	Exercise (% ages 18+)	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	8.0%
	Physical Inactivity (% ages 18+)	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	551.0
	High-risk HIV Behaviors (% ages 18+)	5.6%
	Teen Births (births per 1,000 females ages 15-19)	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	15.5%
HEALTH OUTCOMES*		—
Behavioral Health	Excessive Drinking (% ages 18+)	17.6%
	Frequent Mental Distress (% ages 18+)	13.2%
	Non-medical Drug Use (% ages 18+)	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	7,337
	Premature Death Racial Disparity (ratio)	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	9.9%
	Low Birthweight (% of live births)	8.3%
	Low Birthweight Racial Disparity (ratio)	2.1
	Multiple Chronic Conditions (% ages 18+)	9.1%
	Obesity (% ages 18+)	31.9%
OVERALL		—

* Values derived from individual measure data. Higher values are considered healthier.
— Data not available, missing or suppressed.
For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

Summary

PUBLIC HEALTH FUNDING

▲33%

from $87 to $116 per person between 2017-2018 and 2019-2020

HIGH HEALTH STATUS

▲13%

from 49.7% to 56.3% of adults between 2019 and 2020

FLU VACCINATION

▲8%

from 43.7% to 47.0% of adults between 2019 and 2020

INSUFFICIENT SLEEP

▼6%

from 34.5% to 32.3% of adults between 2018 and 2020

EXCESSIVE DRINKING

▼5%

from 18.6% to 17.6% of adults between 2019 and 2020

DRUG DEATHS

▲4%

from 20.6 to 21.5 deaths per 100,000 population between 2018 and 2019

Appendix

Measures

Social and Economic Factors

Measure	Description	Source	Data Year(s)
Community and Family Safety			
Occupational Fatalities	Number of fatal occupational injuries in construction, manufacturing, trade, transportation, utilities as well as professional and business services per 100,000 workers	Census of Fatal Occupational Injuries	2017-2019
Public Health Funding	State dollars dedicated to public health and federal dollars directed to states per person by the Centers for Disease Control and Prevention and the Health Resources & Services Administration	CDC, HRSA and Trust for America's Health	2019-2020
Violent Crime‡	Number of murders, rapes, robberies and aggravated assaults per 100,000 population	Uniform Crime Reporting Program	2019
Economic Resources			
Economic Hardship Index‡ **	Comparison of state economic conditions based on crowded housing, dependency, education, income, poverty and unemployment; normalized index scores are 0 to 100, with a higher score indicating worse economic conditions	American Community Survey	2019
Food Insecurity	Percentage of households unable to provide adequate food for one or more household members due to lack of resources	USDA, *Household Food Security in the United States Report*	2018-2020
Homeownership*	Percentage of housing units owned by the occupant	American Community Survey	2019
Homeownership Racial Disparity*	Difference in the homeownership rate between the non-Hispanic white population and the racial/ethnic population with the lowest rate (varies by state)	American Community Survey	2019
Income Inequality‡	Ratio of median household income at the 80th percentile to median household income at the 20th percentile	American Community Survey	2019
Education			
Fourth Grade Reading Proficiency*	Percentage of fourth grade public school students who scored proficient or above on the National Assessment of Educational Progress assessment in reading comprehension	U.S. Department of Education, National Assessment of Educational Progress	2019
High School Graduation	Percentage of high school students graduating with a regular high school diploma within four years of starting ninth grade	U.S. Department of Education, Common Core of Data	2019
High School Graduation Racial Disparity	Difference in the high school graduation rate between non-Hispanic white students and the racial/ethnic group with the lowest rate (varies by state)	U.S. Department of Education, Common Core of Data	2019

‡ Data in this edition were repeated from last edition.
* Not included in calculation of overall, category and topic composite measures. State-level data for these measures are available on the website only.
** Data for subcomponents are available at www.AmericasHealthRankings.org.

Social and Economic Factors

Measure	Description	Source	Data Year(s)
Social Support and Engagement			
Adverse Childhood Experiences	Percentage of children ages 0-17 who experienced two or more of the following: parental divorce or separation; living with someone who had an alcohol or a drug problem; neighborhood violence victim or witness; living with someone who was mentally ill, suicidal or severely depressed; domestic violence witness; parent served jail time; being treated or judged unfairly due to race/ethnicity; or death of a parent	National Survey of Children's Health	2019-2020
High-speed Internet	Percentage of households with a broadband internet subscription and a computer, smartphone or tablet	American Community Survey	2019
Residential Segregation	Index of dissimilarity, with higher values indicating greater segregation between Black and white residents, ranging from zero (complete integration) to 100 (complete segregation)	American Community Survey	2015-2019
Volunteerism	Percentage of population ages 16 and older who reported volunteering in the past 12 months	CPS, Volunteering and Civic Life Supplement	2019
Voter Participation	Average of the percentage of U.S. citizens ages 18 and older who voted in the last presidential and the last midterm national elections	CPS, Voting and Registration Supplement	2018/2020

Physical Environment

Air and Water Quality			
Air Pollution	Average exposure of the general public to particulate matter of 2.5 microns or less measured in micrograms per cubic meter	EPA	2018-2020
Drinking Water Violations	Percentage of population served by community water systems with a serious drinking water violation during the year	EPA, Safe Drinking Water Information System	2021
Non-smoking Regulation*	Percentage of population covered by 100% smokefree laws for restaurants, bars and non-hospitality workplaces	American Nonsmokers' Rights Foundation	2021
Risk-screening Environmental Indicator Score	Estimated human health-related risk from exposure to toxic chemicals based on emission data of more than 600 chemicals, with higher scores denoting elevated risk	EPA, Toxic Release Inventory	2019
Water Fluoridation‡	Percentage of population served by community water systems that have fluoridated water	Water Fluoridation Reporting System	2018

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Physical Environment

Measure	Description	Source	Data Year(s)
Climate Change			
Climate Change Policies*	Number of the following state policies in place: legally binding electricity portfolio standards, carbon pricing policies, climate change action plans and economy-wide greenhouse gas emission targets	Center for Climate and Energy Solutions	2020
Transportation Energy Use*	Amount of energy consumed by the transportation of people and goods per 100,000 population	State Energy Data System	2019
Housing and Transportation			
Drive Alone to Work‡	Percentage of workers ages 16 and older who drove alone to work	American Community Survey	2019
Housing With Lead Risk‡	Percentage of housing stock with potential elevated lead risk due to age of housing	American Community Survey	2019
Severe Housing Problems	Percentage of occupied housing units with at least one of the following problems: lack of complete kitchen facilities, lack of plumbing facilities, overcrowding or severely cost-burdened occupants	Comprehensive Housing Affordability Strategy	2014-2018

Clinical Care

Access to Care			
Avoided Care Due to Cost	Percentage of adults who reported a time in the past 12 months when they needed to see a doctor but could not because of cost	Behavioral Risk Factor Surveillance System	2020
Providers			
Dental Care Providers	Number of general dentists and advanced practice dental therapists per 100,000 population	National Plan and Provider Enumeration System	September 2021
Mental Health Providers	Number of psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, advanced practice nurses specializing in mental health care as well as those treating alcohol and other drug abuse per 100,000 population	National Plan and Provider Enumeration System	September 2021
Primary Care Providers	Number of active primary care providers (including general practice, family practice, obstetrics and gynecology, pediatrics, geriatrics, internal medicine, physician assistants and nurse practitioners) per 100,000 population	National Plan and Provider Enumeration System	September 2021
Uninsured‡	Percentage of population not covered by private or public health insurance	American Community Survey	2019

‡ Data in this edition were repeated from last edition.
* Not included in calculation of overall, category and topic composite measures. State-level data for these measures are available on the website only.

Clinical Care

Measure	Description	Source	Data Year(s)
Preventive Clinical Services			
Colorectal Cancer Screening	Percentage of adults ages 50-75 who reported receiving one or more of the recommended colorectal cancer screening tests within the recommended time interval (blood stool test within the past year, sigmoidoscopy within the past five years, colonoscopy within the past 10 years, stool DNA test within the past three years, virtual colonoscopy within the past five years or sigmoidoscopy within the past 10 years and blood stool test in the past year)	Behavioral Risk Factor Surveillance System	2020
Dental Visit	Percentage of adults who reported visiting a dentist or dental clinic within the past year	Behavioral Risk Factor Surveillance System	2020
Immunizations			
Childhood Immunizations	Percentage of children who received by age 35 months all recommended doses of the combined seven-vaccine series: diphtheria and tetanus toxoids and acellular pertussis (DTaP) vaccine; measles, mumps and rubella (MMR) vaccine; poliovirus vaccine; *Haemophilus influenzae* type b (Hib) vaccine; hepatitis B (HepB) vaccine; varicella vaccine; and pneumococcal conjugate vaccine (PCV)	National Immunization Survey — Child (Birth Cohort)	2017-2018
Flu Vaccination	Percentage of adults who reported receiving a seasonal flu vaccine in the past 12 months	Behavioral Risk Factor Surveillance System	2020
HPV Vaccination	Percentage of adolescents ages 13-17 who received all recommended doses of the human papillomavirus (HPV) vaccine	National Immunization Survey — Teen	2020
Quality of Care			
Dedicated Health Care Provider	Percentage of adults who reported having a personal doctor or health care provider	Behavioral Risk Factor Surveillance System	2020
Preventable Hospitalizations	Discharges following hospitalization for diabetes with short- or long-term complications, uncontrolled diabetes without complications, diabetes with lower-extremity amputation, chronic obstructive pulmonary disease, angina without a procedure, asthma, hypertension, heart failure, dehydration, bacterial pneumonia or urinary tract infection per 100,000 Medicare beneficiaries ages 18 and older continuously enrolled in Medicare fee-for-service Part A	Mapping Medicare Disparities Tool	2019

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* Not included in calculation of overall, category and topic composite measures. State-level data for these measures are available on the website only.

Behaviors

Measure	Description	Source	Data Year(s)
Nutrition and Physical Activity			
Exercise‡	Percentage of adults who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days	Behavioral Risk Factor Surveillance System	2019
Fruit and Vegetable Consumption‡	Percentage of adults who reported consuming two or more fruits and three or more vegetables daily	Behavioral Risk Factor Surveillance System	2019
Physical Inactivity	Percentage of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days	Behavioral Risk Factor Surveillance System	2020
Sexual Health			
Chlamydia	Number of new cases of chlamydia per 100,000 population	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention Atlas	2019
High-risk HIV Behaviors	Percentage of adults who reported any of the following in the past year: injected any drug other than those prescribed for you, been treated for a sexually transmitted disease or STD, or given or received money or drugs in exchange for sex	Behavioral Risk Factor Surveillance System	2020
Teen Births	Births per 1,000 females ages 15-19	CDC WONDER, Natality Public Use Files	2019
Sleep Health			
Insufficient Sleep	Percentage of adults who reported sleeping, on average, fewer than seven hours in a 24-hour period	Behavioral Risk Factor Surveillance System	2020
Smoking and Tobacco Use			
E-cigarette Use*	Percentage of adults who reported using e-cigarettes or other electronic vaping products at least once in their lifetime and now use daily or some days	Behavioral Risk Factor Surveillance System	2020
Smoking	Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days	Behavioral Risk Factor Surveillance System	2020

Health Outcomes

Behavioral Health			
Depression*	Percentage of adults who reported being told by a health professional that they have a depressive disorder including depression, major depression, minor depression or dysthymia	Behavioral Risk Factor Surveillance System	2020
Drug Deaths*	Deaths due to drug injury (unintentional, suicide, homicide or undetermined) per 100,000 population	CDC WONDER, Multiple Cause of Death Files	2019
Excessive Drinking	Percentage of adults who reported binge drinking (four or more [females] or five or more [males] drinks on one occasion in the past 30 days) or heavy drinking (eight or more [females] or 15 or more [males] drinks per week)	Behavioral Risk Factor Surveillance System	2020

‡ Data in this edition were repeated from last edition.
* Not included in calculation of overall, category and topic composite measures. State-level data for these measures are available on the website only.

Health Outcomes

Measure	Description	Source	Data Year(s)
Behavioral Health, *continued*			
Frequent Mental Distress	Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days	Behavioral Risk Factor Surveillance System	2020
Non-medical Drug Use**	Percentage of adults who reported using prescription drugs non-medically (including pain relievers, stimulants, sedatives) or illicit drugs (excluding cannabis) in the last 12 months	Survey of Non-Medical Use of Prescription Drugs Program	2021
Suicide*	Deaths due to intentional self-harm per 100,000 population	CDC WONDER, Multiple Cause of Death Files	2019
Mortality			
Premature Death	Years of potential life lost before age 75 per 100,000 population	CDC WONDER, Multiple Cause of Death Files	2019
Premature Death Racial Disparity	Ratio of the racial/ethnic group with the highest premature death rate before age 75 (varies by state) to the non-Hispanic white population	CDC WONDER, Multiple Cause of Death Files	2017-2019
Physical Health			
Frequent Physical Distress	Percentage of adults who reported their physical health was not good 14 or more days in the past 30 days	Behavioral Risk Factor Surveillance System	2020
High Health Status*	Percentage of adults who reported that their health was very good or excellent	Behavioral Risk Factor Surveillance System	2020
Low Birthweight	Percentage of infants weighing less than 2,500 grams (5 pounds, 8 ounces) at birth	CDC WONDER, Natality Public Use Files	2019
Low Birthweight Racial Disparity	Ratio between low birthweight rates among births to mothers in the racial/ethnic group with the highest rate (varies by state) and births to non-Hispanic white mothers	CDC WONDER, Natality Public Use Files	2019
Multiple Chronic Conditions**	Percentage of adults who had three or more of the following chronic health conditions: arthritis, asthma, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding skin), depression and diabetes	Behavioral Risk Factor Surveillance System	2020
Risk Factors			
High Blood Pressure*‡	Percentage of adults who reported being told by a health professional that they had high blood pressure	Behavioral Risk Factor Surveillance System	2019
High Cholesterol*‡	Percentage of adults who reported having their cholesterol checked and being told by a health professional that it was high	Behavioral Risk Factor Surveillance System	2019
Obesity	Percentage of adults with a body mass index of 30.0 or higher based on reported height and weight	Behavioral Risk Factor Surveillance System	2020

‡ Data in this edition were repeated from last edition.
* Not included in calculation of overall, category and topic composite measures. State-level data for these measures are available on the website only.
** Data for subcomponents are available at www.AmericasHealthRankings.org.

Acronyms

CDC	Centers for Disease Control and Prevention
CPS	Current Population Survey
EPA	Environmental Protection Agency
HRSA	U.S. Health Resources and Services Administration
STD	Sexually transmitted disease
USDA	U.S. Department of Agriculture
WONDER	Wide-ranging Online Data for Epidemiologic Research

Data Source Descriptions

American Community Survey is an ongoing statistical survey coordinated by the U.S. Census Bureau providing detailed information on U.S. population demographics. Data are derived from the U.S. Census Bureau directly via their 1-year and 5-year datasets.

American Nonsmokers' Rights Foundation is a nonprofit organization creating programs to educate the public about the adverse health effects of smoking and secondhand smoke exposure as well as the benefits of smokefree environments. The foundation produces lists and maps covering laws regarding clean air, e-cigarettes, marijuana and tobacco sales in pharmacies. Data are accessed via the Lists & Maps webpage.

Behavioral Risk Factor Surveillance System (BRFSS) is the nation's largest phone-based population survey. The survey, coordinated by the Centers for Disease Control and Prevention (CDC) in collaboration with states and territories with many federal agency sponsors, provides information about health-related risk behaviors, chronic health conditions and use of preventive services. Data are accessed via the BRFSS website.

CDC WONDER is a query system for analyzing public-use data for U.S. births and deaths, among other topics. Data are produced by the Centers for Disease Control and Prevention's National Center for Health Statistics and obtained from the Multiple Cause of Death, Natality and Single-Race Population Estimates files.

Census of Fatal Occupational Injuries data are collected annually for the U.S. Bureau of Labor Statistics' Injuries, Illnesses, and Fatalities program. Data are obtained from the Census of Fatal Occupational Injuries website and combined with employment data from the U.S. Department of Commerce's Bureau of Economic Analysis.

Center for Climate and Energy Solutions (C2ES) is a non-profit environmental policy think tank that produces data and reports on climate basics, solutions and policies. Data are obtained from C2ES State Electricity Portfolio Standards.

Centers for Disease Control and Prevention is the nation's leading public health agency. CDC funding data are obtained from the Grant Funding Profiles webpage.

The National Center for Health Statistics, National Vital Statistics System, Vital Statistics Rapid Release Program provides provisional mortality and natality estimates in for more timely analysis of death and birth data than the final annual data.

Comprehensive Housing Affordability Strategy (CHAS) is produced by the U.S. Department of Housing and Urban Development's (HUD) Office of Policy Development and Research, which manages specific housing data from the American Community Survey. These data demonstrate the extent of housing problems and needs, particularly for low-income households. Data are accessed via the Consolidated Planning/CHAS Data website.

Current Population Survey is an ongoing statistical survey, sponsored jointly by the U.S. Census Bureau and the U.S. Bureau of Labor Statistics, that collects information monthly about employment, earnings and education in the nation. Voting data are obtained from the survey's Voting and Registration Supplement. Data are available every two years following national elections. Volunteerism data are obtained via the Volunteering and Civic Life Supplement and are released biennially in odd years.

Health Resources and Services Administration is an agency of the U.S. Department of Health and Human Services that supports health infrastructure and provides health care to individuals in need with a particular focus on those in geographically isolated regions or with economic or medical vulnerabilities. Data are obtained from the Data Downloads webpage.

Mapping Medicare Disparities (MMD) Tool is a comprehensive source of information from the Centers for Medicare & Medicaid Services' Office of Minority Health, offering data on eliminating health disparities and improving the health of minority populations. This tool features health outcome measures for disease prevalence, costs, hospitalization for 60 chronic conditions, emergency department use, readmissions rates, mortality, preventable hospitalizations and preventive services. Data are obtained via the MMD by Population website.

National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention (NCHHSTP) Atlas allows users to create customized tables, maps and charts using more than 15 years of surveillance data on HIV/AIDS, viral hepatitis, sexually transmitted diseases and tuberculosis. Data are obtained via the NCHHSTP AtlasPlus interactive website.

National Immunization Surveys are ongoing phone surveys conducted by the Centers for Disease Control and Prevention that collect information about vaccination coverage among children ages 19-35 months and teens ages 13-17 years. Childhood immunization data are presented by birth year (birth cohort) rather than survey year. Data are obtained from the VaxView websites.

National Plan and Provider Enumeration System is a registry developed by the Centers for Medicare & Medicaid Services to improve the efficiency of electronic health information transmission. The system uses a unique identification number, National Provider Identifier, for covered health care providers and health plans to conduct all administrative and financial transactions under the Health Insurance Portability and Accountability Act.

National Survey of Children's Health is an annual survey on children's health and access to health care, funded and directed by the Health Resources & Services Administration's Maternal and Child Health Bureau. The respondent is a parent or guardian who knows about the child's health and health care needs. Data are obtained via a request to the Maternal and Child Health Bureau. Datasets are also available for download from the U.S. Census Bureau's website.

State Energy Data System (SEDS) of the U.S. Energy Information Administration provides facts on energy markets, production and more. Data are obtained via the Administration's SEDS website, which tracks state energy consumption, prices and expenditures.

Survey of Non-Medical Use of Prescription Drugs Program is a data source from the Researched Abuse, Diversion and Addiction-Related Surveillance (RADARS®) System that collects product- and geographically-specific data on abuse, misuse and diversion of prescription drugs. The RADARS System is part of Denver Health and Hospital Authority's Rocky Mountain Poison & Drug Safety (RMPDS). Data are obtained via a direct request to the organization.

Trust for America's Health is a public health policy, research and advocacy organization. State public health funding data are obtained via a direct request to the organization.

Uniform Crime Reporting Program, managed by the Federal Bureau of Investigation, generates nationwide crime statistics based on voluntary reports from all levels of law enforcement agencies. The program's annual *Crime in the U.S.* report includes the number and rate of violent and property crime offenses in the nation and by state.

U.S. Department of Agriculture's Economic Research Service analyzes data from the U.S. Census Bureau's Current Population Survey Food Security Supplements to create the Household Food Security in the United States report. This report provides national statistics on food security, household food spending and the use of federal food and nutrition assistance by food-insecure households.

U.S. Department of Education produces many data products through the National Center for Education Statistics, which is the primary federal entity for collecting and analyzing data related to education in the nation. Data products include the Common Core of Data (data obtained via the data tables) and the National Assessment of Educational Progress (data obtained via the Report Card: Reading).

U.S. Environmental Protection Agency performs federal research, monitoring, standard-setting and enforcement activities to ensure environmental protection. Data from this agency include the Risk-Screening Environmental Indicators model, which uses the Toxic Release Inventory to quantify toxic release as it relates to population health (data obtained via the EasyRSEI Dashboard). National Safe Drinking Water Act data are reported by states and compiled from the Safe Drinking Water Information System database for public water systems (data obtained via the Enforcement and Compliance History Online website). State-level air pollution data are obtained via special request to the agency.

Water Fluoridation Reporting System of the Centers for Disease Control and Prevention's Division of Oral Health monitors community water systems with optimally fluoridated drinking water. The division provides national- and state-level water fluoridation statistics available from the Fluoridation Statistics website.

Methodology

Individual Measures

A total of 81 measures were analyzed for the 2021 *Annual Report*. For each measure state-level data as of October 19, 2021 (most recent available) are presented as the value. As a result, the data years vary by measure. For some measures, multiple years of data were combined to ensure reliable state-level estimates. Measure definitions, sources and data years are available in the Measures Table (Page 95). The rank is the ordering of each state according to its value, with a rank of 1 assigned to the healthiest value. Ties in value are assigned equal ranks. If a state value is not available for a measure in this edition, its value from the most recent data year available is used or the state value is left empty.

It is important to note that the rankings are a relative measure of health. Not all changes in rank translate into actual declines or improvements in health.

Composite Measures

Composite measures are calculated for each state overall as well as by model category and health topic. Composite measures are derived from 50 core measures that meet the following criteria:

1. Represent a broad range of topics that affect population health.
2. Have data available at the state level.
3. Use common measurement criteria across the 50 states.
4. Are current and updated periodically.
5. Are amenable to change.

The state value for each measure is normalized into a z-score, hereafter referred to as score, using the following formula:

$$\text{Z-score} = \frac{\text{State value} - \text{National value}}{\text{Standard deviation of all state values}}$$

The score indicates the number of standard deviations a state value is above or below the U.S. value. Scores for a measure are capped at +/- 2.00 to prevent an extreme score from excessively influencing the state's overall score. If a U.S. value is not available from the original data source for a measure, the mean of all states and the District of Columbia is used. For measures from the Behavioral Risk Factor Surveillance System, the median of state and District of Columbia values is used for the U.S. value to conform to the Centers for Disease Control and Prevention methodology. If a value is not available for a state, it is assigned a score of zero.

Composite measures are calculated by adding the products of the score for each included individual measure multiplied by that measure's relative assigned weight and association with health. Measures positively associated with population health, such as high school graduation and flu vaccination, are multiplied by 1, while measures with a negative association, such as smoking and premature death, are multiplied by -1. Higher composite measure scores are associated with better health, and lower scores are associated with poorer health. Measure weights are available at www.AmericasHealthRankings.org.

Data Notes

America's Health Rankings chose not to include overall state rankings in the 2021 *Annual Report* due to the unprecedented health challenges presented by the COVID-19 pandemic. Overall state scores were still calculated.

Substantial changes to the *America's Health Rankings* model in the 2020 edition have made model category scores and overall state scores incomparable with prior editions. However, most individual measures are still comparable over time.

The pandemic created data collection challenges in 2020 for many surveys, including the U.S. Census Bureau's American Community Survey (ACS) and the Centers for Disease Control and Prevention's Behavioral Risk Factor

Surveillance System (BRFSS). Due to poor response rates in 2020, the Bureau is not releasing 2020 ACS estimates. As a result, 2019 ACS data were repeated in this year's edition of the *Annual Report*. For BRFSS, all states met the minimum requirements to be included in the public-use data set for 2020. However, there were interruptions to data collection in some areas due to the pandemic. Initial shortfalls in data collection were made up for by the end of data collection. The anomaly in data collection timing could lead to some differences in seasonal estimates such as flu vaccination but are still considered comparable.

Data presented in this report are aggregated at the state level and cannot be used to make inferences at the individual level. Additionally, estimates cannot be extrapolated beyond the population upon which they were created. Values and ranks from prior years are updated on the *America's Health Rankings* website to reflect known errors or updates from the reporting source. When available, estimates were compared within subpopulation groups and over time to ascertain whether differences were statistically significant at the 95% confidence interval threshold.

Use caution when interpreting data on specific health and behavioral measures. Many are self-reported measures that rely on an individual's perception of health and behaviors. Additionally, some health outcome measures indicate whether respondents have been told by a health care professional that they have a disease, excluding those who may not have received a diagnosis or sought or obtained treatment.

Subpopulation Group Definitions

Subpopulation analyses were conducted to illuminate disparities by age, gender, race and ethnicity, education and income. Not all subpopulations were available for all data sources and measures. In addition, where they were reported definitions may have varied, particularly for race and ethnicity. Individual estimates were suppressed if they did not meet the reliability criteria laid out by the data source or by internally established criteria. Some values had wide confidence intervals, meaning that the true rate may have been far from the estimate listed.

Gender

This report includes data for females and males as available through public data sources.

Race and Ethnicity

Data were provided where available for the following racial and ethnic groups: American Indian or Alaska Native, Asian, Black or African American (labeled in this report as Black), Hispanic or Latino (labeled in this report as Hispanic), Native Hawaiian or Other Pacific Islander (labeled in this report as Hawaiian/Pacific Islander), white, multiracial and/or other race. People who identified as Hispanic or Latino were of any race.

Racial groups were defined differently across data sources. For example, some sources combined Asian and Pacific Islander while other sources differentiated the two groups as Asian and Hawaiian and Other Pacific Islander. In most data provided, the racial and ethnic groups were mutually exclusive, meaning all racial groups were non-Hispanic.

Model Development

Each year the *America's Health Rankings Annual Report* model is evaluated to reflect the evolving understanding of population health, integrate new measures or data when appropriate and adjust to changing availability of information. Final recommendations are made to the Advisory Committee. In addition to the changes implemented this year, the Advisory Committee continues to explore new data sources that could enhance the *Annual Report* model of population health. Of particular interest are state-level measures of climate change, housing and transit.

The 2021 report includes 81 individual measures developed from 30 data sources. Data for 12 measures are repeated from the last edition. For a list of measures, definitions and source details, see the Measures Table (Page 95). Measures are grouped by model category and within categories by topic areas such as economic resources, preventive clinical services and behavioral health.

Measure Changes in 2021

- The **colorectal cancer screening** definition was updated to reflect new recommendations from the U.S. Preventive Services Task Force.

- The race groups for **low birthweight** and **low birthweight racial disparity** were updated to reflect single-race categories (replacing the bridged-race categories).

- The **residential segregation** measure was updated to reflect non-Hispanic white race groups (versus white, including Hispanic) and to reflect household-level (versus population-level) data.

- The data source for **risk-screening environmental indicator score** revised its data. As a result, 2018 data were updated on the website to reflect this change.

- The data source for **transportation energy use** changed from the State Transportation Statistics of the U.S. Department of Transportation to the State Energy Data System of the U.S. Energy Information Administration due to a revision by the original data source that also affected the past two years of data. Updated data are available on the website.

- The data source for **volunteerism** changed from the Corporation for National & Community Service to the Volunteerism and Civic Engagement Supplement of the Current Population Survey.

- The measure **voter participation** previously reflected the midterm election. This year, with the release of 2020 presidential data, the measure was updated to represent an average of the past two national elections (a combination of midterm and presidential).

Data for these three new measures are available on the website only, along with all other measures not included in the calculation of overall, category and topic composite measures:

- **Fourth grade reading proficiency** is the percentage of fourth grade public school students who scored proficient or above on the reading assessment. Source: U.S. Department of Education, National Center for Education Statistics, National Assessment of Educational Progress, 2019.

- **Homeownership** is the percentage of housing units owned by the occupant. Source: U.S. Census Bureau, American Community Survey, 2019.

- **Homeownership racial disparity** is the difference in homeownership rate between the non-Hispanic white population and the racial/ethnic population with the lowest rate (varies by state). Source: U.S. Census Bureau, American Community Survey, 2019.

Advisory Committee

The measures and model for *America's Health Rankings 2021 Annual Report* were developed by an advisory committee led by Dr. Anna Schenck from the University of North Carolina Gillings School of Global Public Health. The advisory committee includes members of the Association of State and Territorial Health Officials, the American Public Health Association as well as experts from academic disciplines such as epidemiology and health economics. Each year, the advisory committee reviews the model and measures to improve existing measures, addresses emerging public health concerns and makes adjustments for changing availability of data.

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