



County Health Rankings

Mobilizing Action Toward Community Health

2011

Minnesota



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

Population Health Institute

Translating Research into Policy and Practice

Introduction

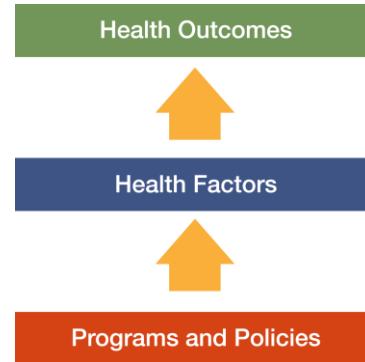
Where we live matters to our health. The health of a community depends on many different factors, including quality of health care, individual behavior, education and jobs, and the environment. We can improve a community's health through programs and policies. For example, people who live in communities with ample park and recreation space are more likely to exercise, which reduces heart disease risk. People who live in communities with smoke-free laws are less likely to smoke or to be exposed to second-hand smoke, which reduces lung cancer risk.

The problem is that there are big differences in health across communities, with some places being much healthier than others. And up to now, it has been hard to get a standard way to measure how healthy a county is and see where they can improve.

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute are pleased to present the 2011 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the second year in a row, counties can get a snapshot of how healthy their residents are by comparing their overall health and the factors that influence their health with other counties in their state. This allows communities to see county-to-county where they are doing well and where they need to improve.

Everyone has a stake in community health. We all need to work together to find solutions. The *County Health Rankings* serve as both a call to action and a needed tool in this effort.

All of the *County Health Rankings* are based upon this model of population health improvement:



In this model, health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. These health factors and their outcomes may also be affected by community-based programs and policies designed to alter their distribution in the community. Counties can improve health outcomes by addressing all health factors with effective, evidence-based programs and policies.

To compile the *Rankings*, we built on our prior work in Wisconsin, obtained input from a team of expert advisors, and worked closely with staff from the National Center for Health Statistics. Together we selected a number of population health measures based on scientific relevance, importance, and availability of data at the county level.

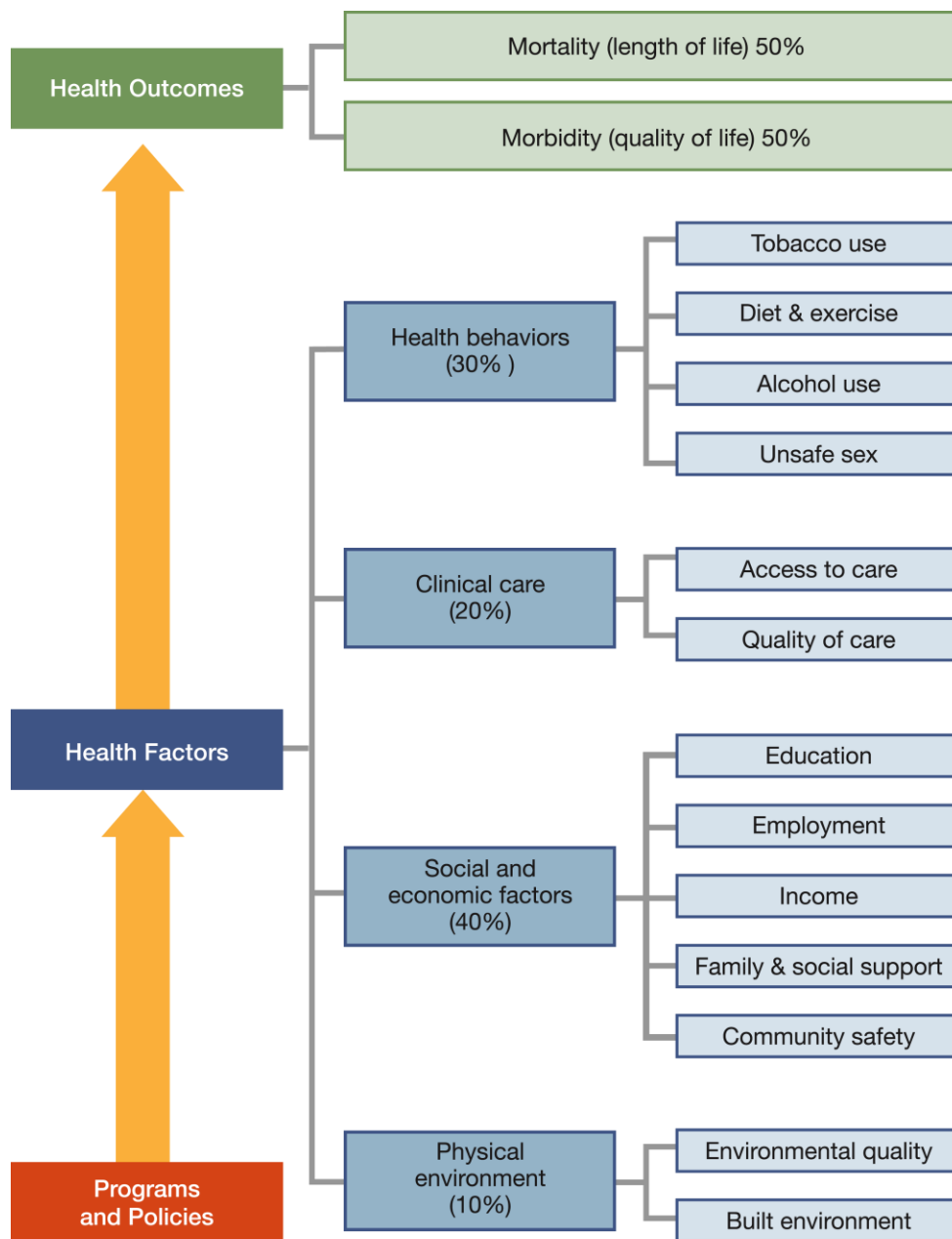
For a more detailed explanation of our approach, the methods used to compile the *Rankings*, information on the action steps communities can take to improve their health, and examples of communities in action, see www.countyhealthrankings.org



The Rankings

This report ranks Minnesota counties according to their summary measures of **health outcomes** and **health factors**, as well as the components used to create each summary measure. The figure below depicts the structure of the *Rankings* model. Counties receive a rank for each population health component; those having high ranks (e.g., 1 or 2) are estimated to be the “healthiest.”

Our summary **health outcomes** rankings are based on an equal weighting of mortality and morbidity measures. The summary **health factors** rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental. The weights for the factors (shown in parentheses in the figure) are based upon a review of the literature and expert input, but represent just one way of combining these factors.

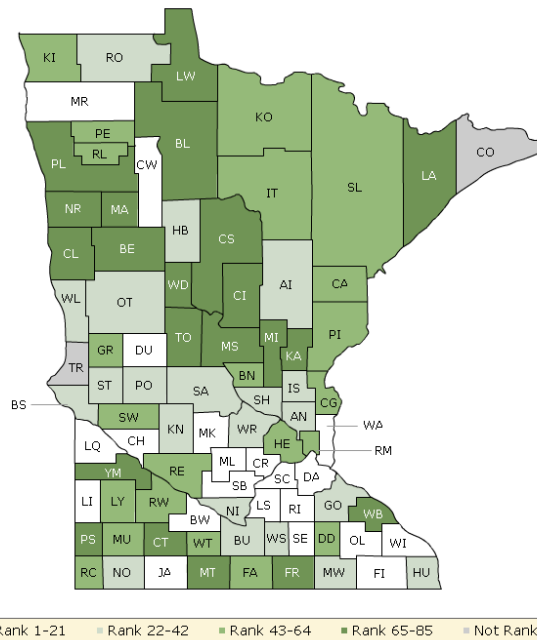


County Health Rankings model ©2010 UWPHI

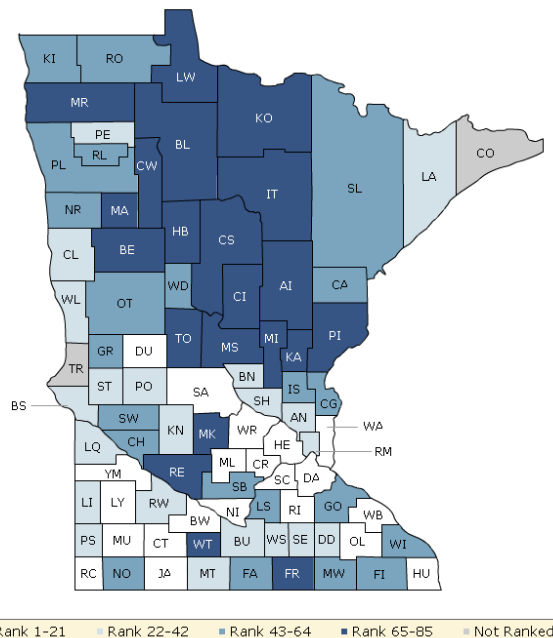
The maps on this page display Minnesota’s counties divided into groups by health rank. The lighter colors indicate better performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

Maps help locate the healthiest and least healthy counties in the state. The health factors map appears similar to the health outcomes map, showing how health factors and health outcomes are closely related.

HEALTH OUTCOMES



HEALTH FACTORS



Summary Health Outcomes & Health Factors Rankings

Counties receive two summary ranks:

- Health Outcomes
- Health Factors

Each of these ranks represents a weighted summary of a number of measures.

Health outcomes represent how healthy a county is while health factors are what influences the health of the county.

Rank	Health Outcomes	Rank	Health Factors
1	Lac qui Parle	1	Olmsted
2	McLeod	2	Carver
3	Steele	3	Washington
4	Brown	4	Nicollet
5	Carver	5	Hennepin
6	Scott	6	Dakota
7	Clearwater	7	Scott
8	Fillmore	8	Rock
9	Marshall	9	Murray
10	Jackson	10	Stearns
11	Washington	11	Douglas
12	Sibley	12	Jackson
13	Winona	13	Brown
14	Le Sueur	14	Yellow Medicine
15	Douglas	15	Rice
16	Lincoln	16	Wabasha
17	Dakota	17	Lyon
18	Rice	18	Houston
19	Olmsted	19	Wright
20	Chippewa	20	McLeod
21	Meeker	21	Cottonwood
22	Wilkin	22	Clay
23	Wright	23	Wilkin
24	Hubbard	24	Sherburne
25	Aitkin	25	Stevens
26	Nicollet	26	Pope
27	Stearns	27	Dodge
28	Otter Tail	28	Blue Earth
29	Kandiyohi	29	Big Stone
30	Blue Earth	30	Kandiyohi
31	Waseca	31	Lac qui Parle
32	Sherburne	32	Ramsey
33	Isanti	33	Pipestone
34	Anoka	34	Lincoln
35	Nobles	35	Pennington
36	Goodhue	36	Anoka
37	Roseau	37	Steele
38	Stevens	38	Waseca
39	Pope	39	Lake
40	Big Stone	40	Martin

Rank	Health Outcomes	Rank	Health Factors
41	Houston	41	Benton
42	Mower	42	Redwood
43	Dodge	43	Swift
44	Swift	44	Le Sueur
45	Renville	45	St. Louis
46	Red Lake	46	Otter Tail
47	Pennington	47	Carlton
48	Hennepin	48	Norman
49	Rock	49	Fillmore
50	Faribault	50	Chippewa
51	Lyon	51	Winona
52	Grant	52	Wadena
53	Kittson	53	Goodhue
54	Itasca	54	Nobles
55	Watonwan	55	Kittson
56	Koochiching	56	Grant
57	Benton	57	Roseau
58	Redwood	58	Faribault
59	Ramsey	59	Sibley
60	Chisago	60	Mower
61	St. Louis	61	Chisago
62	Murray	62	Polk
63	Pine	63	Red Lake
64	Carlton	64	Isanti
65	Mille Lacs	65	Marshall
66	Wabasha	66	Meeker
67	Crow Wing	67	Hubbard
68	Freeborn	68	Becker
69	Polk	69	Freeborn
70	Kanabec	70	Crow Wing
71	Clay	71	Koochiching
72	Lake of the Woods	72	Renville
73	Pipestone	73	Todd
74	Becker	74	Watonwan
75	Martin	75	Lake of the Woods
76	Todd	76	Itasca
77	Cottonwood	77	Aitkin
78	Yellow Medicine	78	Morrison
79	Mahnomen	79	Mille Lacs
80	Morrison	80	Kanabec
81	Lake	81	Pine
82	Beltrami	82	Mahnomen
83	Norman	83	Cass
84	Wadena	84	Clearwater
85	Cass	85	Beltrami

Not Ranked: Cook, Traverse

Health Outcomes Rankings

The summary health outcomes ranking is based on measures of mortality and morbidity. Each county's ranks for mortality and morbidity are displayed here. The mortality rank, representing length of life, is based on a measure of premature death: the years of potential life lost prior to age 75.

The morbidity rank is based on measures that represent health-related quality of life and birth outcomes. We combine four morbidity measures: self-reported fair or poor health, poor physical health days, poor mental health days, and the percent of births with low birthweight.

Rank	Mortality	Rank	Morbidity
1	Carver	1	Lac qui Parle
2	Marshall	2	Clearwater
3	Brown	3	McLeod
4	Steele	4	Winona
5	Jackson	5	Steele
6	Sibley	6	Swift
7	Scott	7	Mahnomen
8	Lincoln	8	Brown
9	Washington	9	Fillmore
10	Rice	10	Scott
11	Chippewa	11	Redwood
12	Dakota	12	Olmsted
13	Le Sueur	13	Meeker
14	Fillmore	14	Carver
15	Wilkin	15	Douglas
16	Douglas	16	Jackson
17	McLeod	17	Aitkin
18	Stearns	18	Kandiyohi
19	Nicollet	19	Washington
20	Sherburne	20	Hubbard
21	Anoka	21	Wright
22	Isanti	22	Le Sueur
23	Wabasha	23	Koochiching
24	Wright	24	Sibley
25	Olmsted	25	Marshall
26	Pope	26	Otter Tail
27	Mower	27	Grant
28	Clearwater	28	Mille Lacs
29	Blue Earth	29	Waseca
30	Stevens	30	Lincoln
31	Meeker	31	Blue Earth
32	Lac qui Parle	32	Roseau
33	Waseca	33	Dakota
34	Otter Tail	34	Pine
35	Hubbard	35	Renville
36	Aitkin	36	Dodge
37	Goodhue	37	Rice
38	Nobles	38	Becker
39	Hennepin	39	Nobles
40	Kandiyohi	40	Wilkin

Rank	Mortality	Rank	Morbidity
41	Winona	41	Beltrami
42	Roseau	42	Goodhue
43	Big Stone	43	Pennington
44	Rock	44	Houston
45	Benton	45	Big Stone
46	Houston	46	Chippewa
47	Dodge	47	St. Louis
48	Faribault	48	Itasca
49	Kittson	49	Polk
49	Red Lake	50	Red Lake
51	Crow Wing	51	Nicollet
52	Renville	52	Lyon
53	Pennington	53	Stearns
54	Freeborn	54	Isanti
55	Ramsey	55	Cottonwood
56	Lyon	56	Sherburne
57	Chisago	57	Watonwan
58	Watonwan	58	Stevens
59	Lake of the Woods	59	Murray
60	Itasca	60	Pope
61	Kanabec	61	Anoka
62	Carlton	62	Faribault
63	Martin	63	Carlton
64	Murray	64	Clay
65	Morrison	65	Chisago
66	Clay	66	Rock
67	Grant	67	Mower
68	Swift	68	Cass
69	St. Louis	69	Todd
70	Pipestone	70	Hennepin
71	Koochiching	71	Ramsey
72	Pine	72	Pipestone
73	Polk	73	Kittson
74	Todd	74	Kanabec
75	Mille Lacs	75	Lake of the Woods
76	Lake	76	Wadena
77	Redwood	77	Norman
78	Yellow Medicine	78	Martin
79	Cottonwood	79	Freeborn
80	Becker	80	Benton
81	Norman	81	Yellow Medicine
82	Wadena	82	Crow Wing
83	Cass	83	Lake
84	Beltrami	84	Wabasha
85	Mahnomen	85	Morrison

Health Factors Rankings

The summary health factors ranking is based on four factors: health behaviors, clinical care, social and economic, and physical environment factors. In turn, each of these factors is based on several measures. Health behaviors include measures of smoking, diet and exercise, alcohol use, and risky sex behavior. Clinical

care includes measures of access to care and quality of care. Social and economic factors include measures of education, employment, income, family and social support, and community safety. The physical environment includes measures of environmental quality and the built environment.

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
1	Hennepin	1	Olmsted	1	Scott	1	Lake of the Woods
2	Nicollet	2	Washington	2	Carver	2	Brown
3	Washington	3	St. Louis	3	Washington	3	Stearns
4	Rice	4	Hennepin	4	Lyon	4	Le Sueur
5	Wadena	5	Pennington	5	Rock	5	Todd
6	Carver	6	Carver	6	Olmsted	6	Hennepin
7	Stevens	7	Becker	7	Jackson	7	Waseca
8	Murray	8	Houston	8	Dakota	8	McLeod
9	Pope	9	Ramsey	9	Murray	9	Steele
10	Olmsted	10	Brown	10	Nicollet	10	Morrison
11	Wabasha	11	Douglas	11	Wilkin	11	Murray
12	Benton	12	Steele	12	Yellow Medicine	12	Pope
13	Aitkin	13	Nicollet	13	Wright	12	Watonwan
14	Dakota	14	Cottonwood	14	Dodge	14	Sherburne
15	Ramsey	15	Goodhue	15	Stevens	15	Roseau
16	Stearns	16	Rock	16	Blue Earth	16	Anoka
17	Wright	17	Kandiyohi	17	Sherburne	17	Meeker
18	McLeod	18	Dakota	18	Clay	18	Hubbard
19	Houston	19	Carlton	19	Lac qui Parle	19	Olmsted
20	Kandiyohi	20	McLeod	20	Douglas	20	Benton
21	Jackson	21	Lake	21	Brown	21	Scott
22	Douglas	22	Clay	22	Goodhue	22	Yellow Medicine
23	Le Sueur	23	Hubbard	23	Stearns	23	Douglas
24	Yellow Medicine	24	Stearns	24	Houston	24	Renville
25	Lac qui Parle	25	Anoka	25	Big Stone	25	Ramsey
26	Lake	26	Martin	26	Pipestone	26	Cottonwood
27	Cottonwood	27	Waseca	27	Winona	27	Wadena
28	Grant	28	Mahnomen	28	Wabasha	28	Big Stone
29	Scott	29	Freeborn	29	Anoka	29	Sibley
30	Koochiching	30	Wabasha	30	Swift	30	Isanti
31	Rock	31	Scott	31	Lincoln	31	Kandiyohi
32	Lincoln	32	Dodge	32	Kittson	32	Wabasha
33	Pipestone	33	Redwood	33	Rice	33	Chippewa
34	Fillmore	34	Chisago	34	Cottonwood	34	Carver
35	Mille Lacs	35	Lyon	35	Roseau	35	Lac qui Parle
36	Wilkin	36	Itasca	36	Chippewa	36	Lincoln
37	Faribault	37	Otter Tail	37	Pope	37	Mower
38	Red Lake	38	Polk	38	Norman	38	Pennington
39	Big Stone	39	Big Stone	39	Marshall	39	Beltrami
40	Redwood	40	Wilkin	40	Meeker	40	Cass

Rank	Health Behaviors	Rank	Clinical Care	Rank	Social & Economic Factors	Rank	Physical Environment
41	Hubbard	41	Rice	41	McLeod	41	Dakota
42	Sherburne	42	Meeker	42	Grant	42	Rock
43	Brown	43	Norman	43	Waseca	43	Red Lake
44	Clay	44	Blue Earth	44	Redwood	44	Blue Earth
45	Marshall	45	Koochiching	45	Fillmore	45	Lyon
46	Sibley	46	Winona	46	Martin	46	Stevens
47	Crow Wing	47	Wadena	47	Polk	47	Otter Tail
48	Nobles	48	Chippewa	48	Carlton	48	Polk
49	Clearwater	49	Morrison	49	Otter Tail	49	Jackson
50	Otter Tail	50	Nobles	50	Steele	49	Nicollet
51	Blue Earth	51	Pipestone	51	Chisago	51	Dodge
52	Martin	52	Jackson	52	Nobles	51	Fillmore
53	Swift	53	Swift	53	Isanti	53	Clay
54	Norman	54	Faribault	54	Kandiyohi	54	Martin
55	Mower	55	Sherburne	55	Pennington	55	Faribault
56	Watonwan	56	Crow Wing	56	Mower	56	Clearwater
57	Dodge	57	Yellow Medicine	57	Lake	57	Becker
58	Pennington	58	Wright	58	Sibley	58	Nobles
59	Lyon	59	Kanabec	59	Hennepin	59	Koochiching
60	Pine	60	Lincoln	60	Freeborn	60	Swift
61	Carlton	61	Mille Lacs	61	St. Louis	61	Marshall
62	Kanabec	62	Kittson	62	Benton	62	Rice
63	Kittson	63	Mower	63	Le Sueur	63	Carlton
64	Lake of the Woods	64	Red Lake	64	Renville	64	Kittson
65	St. Louis	65	Fillmore	65	Faribault	65	St. Louis
66	Isanti	66	Le Sueur	66	Crow Wing	66	Chisago
67	Winona	67	Isanti	67	Red Lake	67	Goodhue
68	Chippewa	68	Todd	68	Watonwan	68	Grant
69	Waseca	69	Renville	69	Becker	69	Wright
70	Steele	70	Pope	70	Todd	70	Pipestone
71	Anoka	71	Benton	71	Itasca	71	Redwood
72	Chisago	72	Roseau	72	Ramsey	72	Norman
73	Roseau	73	Sibley	73	Lake of the Woods	73	Kanabec
74	Renville	74	Beltrami	74	Morrison	74	Freeborn
75	Todd	75	Aitkin	75	Koochiching	75	Mahnomen
76	Itasca	76	Cass	76	Wadena	76	Winona
77	Polk	77	Murray	77	Hubbard	77	Washington
78	Becker	78	Pine	78	Pine	78	Houston
79	Cass	79	Grant	79	Mille Lacs	79	Lake
80	Freeborn	80	Lac qui Parle	80	Aitkin	80	Itasca
81	Mahnomen	81	Watonwan	81	Kanabec	81	Pine
82	Morrison	82	Clearwater	82	Cass	82	Wilkin
83	Goodhue	83	Lake of the Woods	83	Mahnomen	83	Aitkin
84	Meeker	84	Marshall	84	Beltrami	84	Crow Wing
85	Beltrami	85	Stevens	85	Clearwater	85	Mille Lacs

2011 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Mortality	Premature death	National Center for Health Statistics	2005-2007
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2003-2009
	Poor physical health days	Behavioral Risk Factor Surveillance System	2003-2009
	Poor mental health days	Behavioral Risk Factor Surveillance System	2003-2009
	Low birthweight	National Center for Health Statistics	2001-2007
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco	Adult smoking	Behavioral Risk Factor Surveillance System	2003-2009
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2008
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2003-2009
	Motor vehicle crash death rate	National Center for Health Statistics	2001-2007
High Risk Sexual Behavior	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2008
	Teen birth rate	National Center for Health Statistics	2001-2007
CLINICAL CARE			
Access to Care	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2007
	Primary care providers	Health Resources & Services Administration	2008
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2006-2007
	Diabetic screening	Medicare/Dartmouth Institute	2006-2007
	Mammography screening	Medicare/Dartmouth Institute	2006-2007
SOCIOECONOMIC FACTORS			
Education	High school graduation	National Center for Education Statistics ¹	2006-2007
	Some college	American Community Survey	2005-2009
Employment	Unemployment	Bureau of Labor Statistics	2009
Income	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2008
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2009
	Single-parent households	American Community Survey	2005-2009
Community Safety	Violent crime ²	Uniform Crime Reporting, Federal Bureau of Investigation	2006-2008
PHYSICAL ENVIRONMENT			
Air Quality ³	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2006
Built Environment	Access to healthy foods	Census Zip Code Business Patterns	2008
	Access to recreational facilities	Census County Business Patterns	2008

¹ State data sources for KY, NH, NC, PA, SC, and UT (2008-2009).

² Homicide rate (2001-2007) from National Center for Health Statistics for AK, AZ, AR, CO, CT, GA, ID, IN, IA, KS, KY, LA, MN, MS, MT, NE, NH, NM, NC, ND, OH, SD, UT, and WV. State data source for IL.

³ Not available for AK and HI.

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