

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2016 *County Health Rankings*

Virginia



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Support provided by

Robert Wood Johnson Foundation



INTRODUCTION

The *County Health Rankings & Roadmaps* program brings actionable data and strategies to communities to make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate what we know when it comes to what is making people sick or healthy. The *Roadmaps* show what we can do to create healthier places to live, learn, work, and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of nearly every county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to help identify issues and opportunities for local health improvement, as well as to garner support for initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



DIGGING DEEPER INTO HEALTH DATA

Although we know that a range of factors are important for good health, every state has communities that lack both opportunities to shape good health and strong policies to promote health for everyone. Some counties lag far behind others in how well and how long people live – which we refer to as a “health gap.” Find out what's driving health differences across your state and what can be done to close those gaps. Visit countyhealthrankings.org/reports.

To further explore health gaps and other data sources in your community, check out the feature to [find more data](#) for your state and [dig deeper](#) on differences in health factors by geography or by population sub-groups. Visit countyhealthrankings.org/using-the-rankings-data.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health and opportunities to reduce health gaps, select strategies that can improve health for all, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from *awareness* about their county's ranking to *actions* designed to improve everyone's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- [What Works for Health](#) – a searchable database of evidence-informed policies and programs that can improve health
- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org



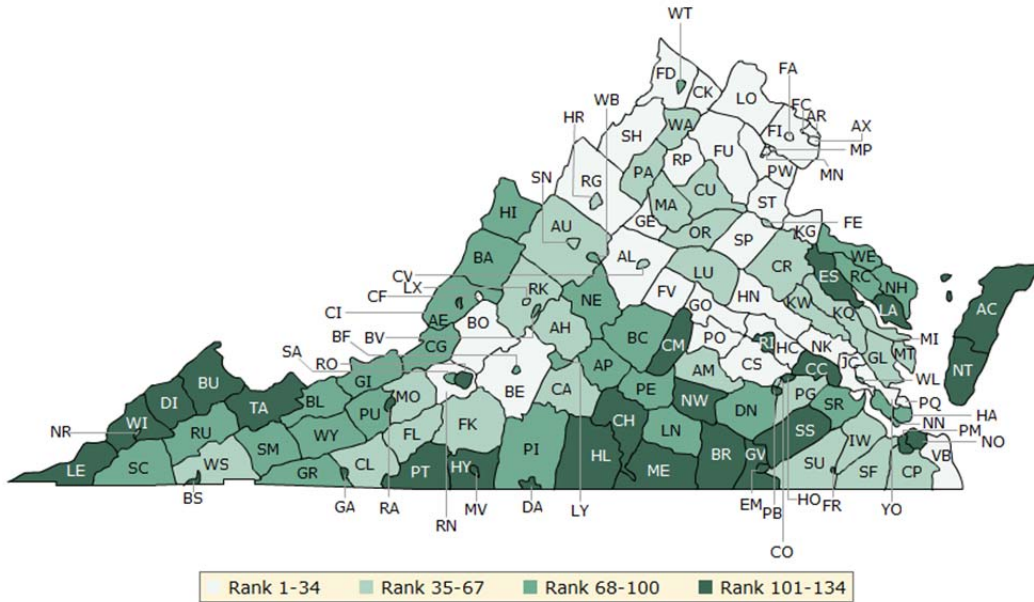
HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide, the National Association of Counties, Local Initiatives Support Corporation (LISC), or Neighborworks— their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.

HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of Virginia's **health outcomes**, based on an equal weighting of length and quality of life.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.



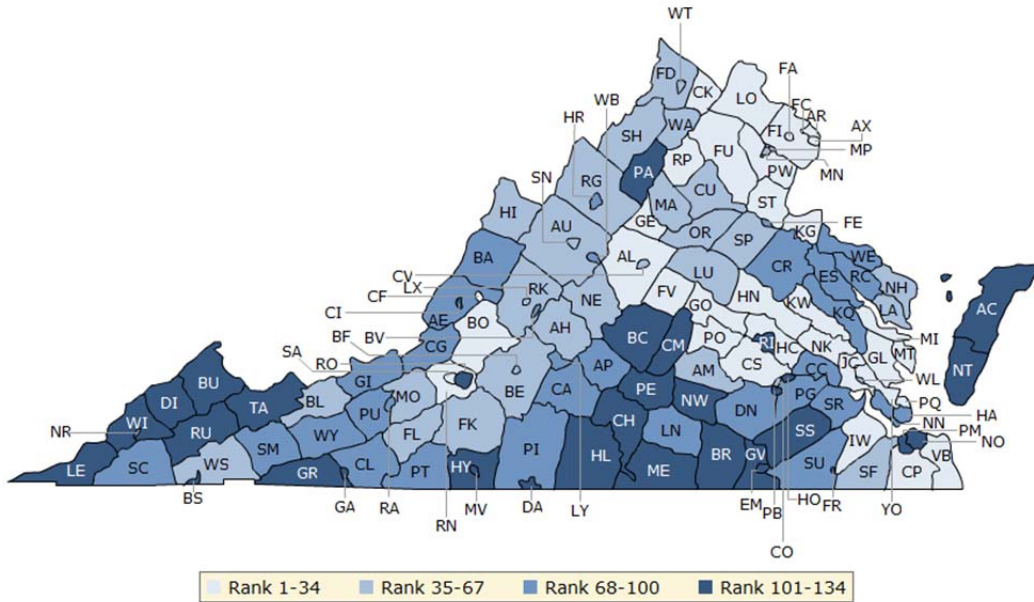
County	Rank	County	Rank	County	Rank	County	Rank
Accomack	121	Dickenson	122	Lancaster	107	Pulaski	85
Albemarle	4	Dinwiddie	74	Lee	108	Radford City	101
Alexandria City	10	Emporia City	134	Lexington City	45	Rappahannock	13
Alleghany	92	Essex	105	Loudoun	1	Richmond	89
Amelia	57	Fairfax	2	Louisa	50	Richmond City	114
Amherst	54	Fairfax City	14	Lunenburg	95	Roanoke	21
Appomattox	70	Falls Church City	8	Lynchburg City	81	Roanoke City	106
Arlington	3	Fauquier	15	Madison	39	Rockbridge	41
Augusta	40	Floyd	47	Manassas City	32	Rockingham	19
Bath	90	Fluvanna	29	Manassas Park City	12	Russell	97
Bedford	30	Franklin	67	Martinsville City	130	Salem City	68
Bedford City	94	Franklin City	128	Mathews	53	Scott	96
Bland	93	Frederick	22	Mecklenburg	116	Shenandoah	33
Botetourt	24	Fredericksburg City	51	Middlesex	61	Smyth	100
Bristol City	131	Galax City	113	Montgomery	46	Southampton	58
Brunswick	104	Giles	78	Nelson	75	Spotsylvania	26
Buchanan	129	Gloucester	35	New Kent	17	Stafford	7
Buckingham	77	Goochland	11	Newport News City	80	Staunton City	62
Buena Vista City	76	Grayson	79	Norfolk City	102	Suffolk City	60
Campbell	48	Greene	31	Northampton	115	Surry	83
Caroline	64	Greensville	110	Northumberland	71	Sussex	119
Carroll	65	Halifax	103	Norton City	91	Tazewell	126
Charles City	112	Hampton City	84	Nottoway	125	Virginia Beach City	25
Charlotte	120	Hanover	20	Orange	44	Warren	37
Charlottesville City	55	Harrisonburg City	49	Page	66	Washington	59
Chesapeake City	38	Henrico	34	Patrick	111	Waynesboro City	86
Chesterfield	27	Henry	127	Petersburg City	133	Westmoreland	99

County	Rank	County	Rank	County	Rank	County	Rank
Clarke	28	Highland	69	Pittsylvania	72	Williamsburg City	88
Colonial Heights City	63	Hopewell City	118	Poquoson City	6	Winchester City	82
Covington City	123	Isle of Wight	36	Portsmouth City	117	Wise	124
Craig	87	James City	16	Powhatan	18	Wythe	73
Culpeper	43	King and Queen	56	Prince Edward	98	York	5
Cumberland	109	King George	23	Prince George	42		
Danville City	132	King William	52	Prince William	9		

HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays Virginia’s summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org



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Accomack	113	Dickenson	125	Lancaster	61	Pulaski	94
Albemarle	10	Dinwiddie	90	Lee	129	Radford City	100
Alexandria City	12	Emporia City	132	Lexington City	58	Rappahannock	31
Alleghany	75	Essex	87	Loudoun	4	Richmond	76
Amelia	66	Fairfax	3	Louisa	63	Richmond City	131
Amherst	60	Fairfax City	6	Lunenburg	95	Roanoke	13
Appomattox	88	Falls Church City	1	Lynchburg City	96	Roanoke City	121
Arlington	2	Fauquier	18	Madison	45	Rockbridge	43
Augusta	39	Floyd	46	Manassas City	42	Rockingham	38
Bath	70	Fluvanna	23	Manassas Park City	67	Russell	118
Bedford	36	Franklin	59	Martinsville City	127	Salem City	15
Bedford City	64	Franklin City	126	Mathews	19	Scott	99
Bland	50	Frederick	35	Mecklenburg	104	Shenandoah	44
Botetourt	14	Fredericksburg City	81	Middlesex	32	Smyth	97
Bristol City	114	Galax City	116	Montgomery	41	Southampton	84
Brunswick	120	Giles	71	Nelson	53	Spotsylvania	54
Buchanan	133	Gloucester	28	New Kent	20	Stafford	25
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Buena Vista City	93	Grayson	115	Norfolk City	119	Suffolk City	51
Campbell	72	Greene	34	Northampton	107	Surry	68
Caroline	78	Greensville	124	Northumberland	49	Sussex	130
Carroll	82	Halifax	103	Norton City	79	Tazewell	110
Charles City	98	Hampton City	86	Nottoway	117	Virginia Beach City	26
Charlotte	108	Hanover	5	Orange	40	Warren	57
Charlottesville City	47	Harrisonburg City	83	Page	101	Washington	55
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Cumberland	106	King George	33	Prince George	77		
Danville City	122	King William	30	Prince William	21		

2016 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
HEALTH OUTCOMES					
Premature death	Years of potential life lost before age 75 per 100,000 population	7,700	6,100	3,200	15,000
Poor or fair health	% of adults reporting fair or poor health	16%	17%	10%	28%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	3.5	2.6	4.8
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.7	3.3	2.5	4.2
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	8%	5%	18%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	18%	20%	12%	27%
Adult obesity	% of adults that report a BMI \geq 30	31%	27%	17%	39%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.2	8.3	3.8	10.0
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	28%	22%	14%	37%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	62%	81%	3%	100%
Excessive drinking	% of adults reporting binge or heavy drinking	17%	17%	11%	21%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	31%	0%	100%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	287.7	407.0	66.4	1,817.2
Teen births	# of births per 1,000 female population ages 15-19	40	27	7	98
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	17%	14%	7%	27%
Primary care physicians	Ratio of population to primary care physicians	1,990:1	1,330:1	20,810:1	310:1
Dentists	Ratio of population to dentists	2,590:1	1,570:1	22,330:1	370:1
Mental health providers	Ratio of population to mental health providers	1,060:1	680:1	54,890:1	80:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	60	49	21	135
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	87%	80%	95%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	63%	51%	76%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	86%	85%	65%	98%
Some college	% of adults ages 25-44 with some post-secondary education	56%	69%	23%	88%
Unemployment	% of population aged 16 and older unemployed but seeking work	6.0%	5.2%	3.2%	10.6%
Children in poverty	% of children under age 18 in poverty	23%	16%	3%	42%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.8	3.2	7.6
Children in single-parent households	% of children that live in a household headed by a single parent	32%	30%	10%	68%
Social associations	# of membership associations per 10,000 population	13.0	11.3	3.8	41.3
Violent crime	# of reported violent crime offenses per 100,000 population	199	200	35	709
Injury deaths	# of deaths due to injury per 100,000 population	74	52	25	132
PHYSICAL ENVIRONMENT					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	11.9	12.7	11.8	13.1
Drinking water violations	Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation.	NA	NA	No	Yes
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	15%	6%	31%
Driving alone to work	% of workforce that drives alone to work	80%	77%	49%	92%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	38%	10%	70%

2016 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Length of Life	Premature death	National Center for Health Statistics – Mortality files	2011-2013
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2014
	Poor physical health days	Behavioral Risk Factor Surveillance System	2014
	Poor mental health days	Behavioral Risk Factor Surveillance System	2014
	Low birthweight	National Center for Health Statistics – Natality files	2007-2013
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2014
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2012
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2013
	Physical inactivity	CDC Diabetes Interactive Atlas	2012
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2014
Alcohol and Drug Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2014
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2010-2014
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2013
	Teen births	National Center for Health Statistics - Natality files	2007-2013
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2013
	Primary care physicians	Area Health Resource File/American Medical Association	2013
	Dentists	Area Health Resource File/National Provider Identification file	2014
	Mental health providers	CMS, National Provider Identification file	2015
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2013
	Diabetic monitoring	Dartmouth Atlas of Health Care	2013
	Mammography screening	Dartmouth Atlas of Health Care	2013
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	EDFacts	2012-2013
	Some college	American Community Survey	2010-2014
Employment	Unemployment	Bureau of Labor Statistics	2014
Income	Children in poverty	Small Area Income and Poverty Estimates	2014
	Income inequality	American Community Survey	2010-2014
Family and Social Support	Children in single-parent households	American Community Survey	2010-2014
	Social associations	County Business Patterns	2013
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2010-2012
	Injury deaths	CDC WONDER mortality data	2009-2013
PHYSICAL ENVIRONMENT			
Air and Water Quality	Air pollution - particulate matter ¹	CDC WONDER environmental data	2011
	Drinking water violations	Safe Drinking Water Information System	FY2013-14
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2008-2012
	Driving alone to work	American Community Survey	2010-2014
	Long commute – driving alone	American Community Survey	2010-2014

¹ Not available for AK and HI.

CREDITS

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Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2016*

This publication would not have been possible without the following contributions:

Data

Centers for Disease Control and Prevention: National Center for Health Statistics and National Center for Chronic Disease and Health Promotion
Dartmouth Institute for Health Policy & Clinical Practice

Research Assistance

Paige Andrews
Kathryn Hatchell
Keith Gennuso, PhD
Hyojun Park, MA
Elizabeth Pollock
Jennifer Robinson
Matthew Rodock, MPH

Communications and Outreach

Burness
Mary Bennett, MFA
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Megan Garske
Kitty Jerome, MA
Kate Konkle, MPH
Jan O'Neill, MPA

Design

Forum One, Alexandria, VA

Robert Wood Johnson Foundation

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James Marks, MD, MPH
Joe Marx
Donald Schwarz, MD, MPH
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