

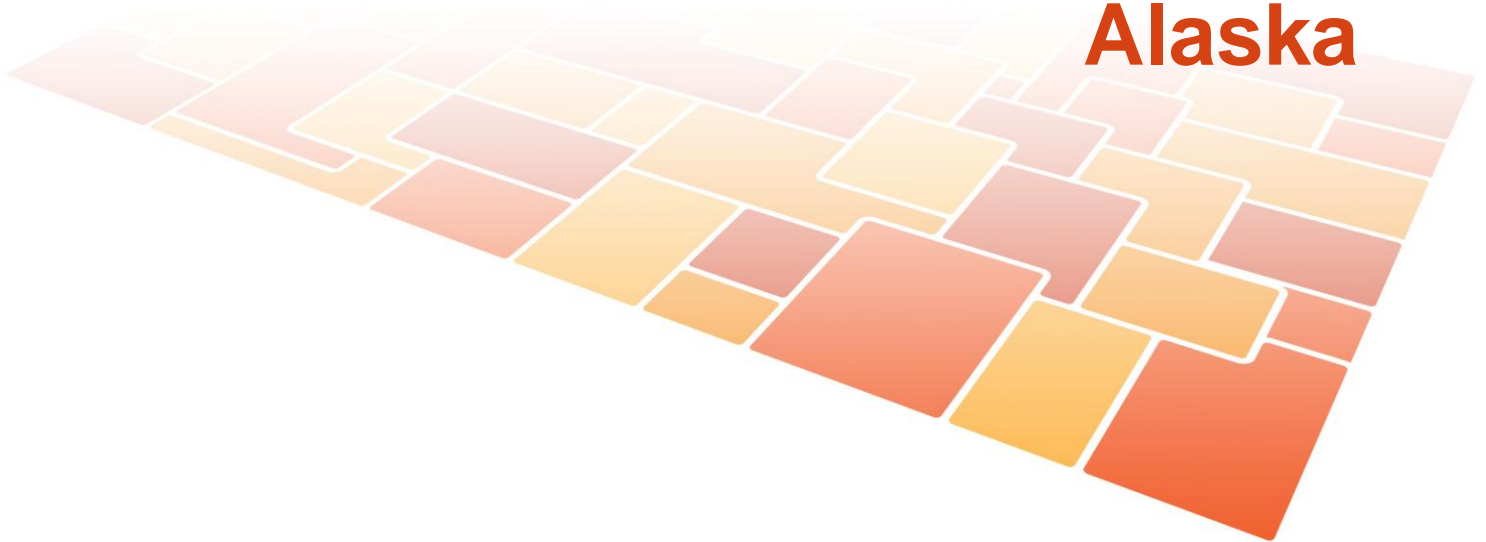


# County Health Rankings

Mobilizing Action Toward Community Health

2010

**Alaska**



Robert Wood Johnson Foundation



UNIVERSITY OF WISCONSIN

**Population Health Institute**

*Translating Research into Policy and Practice*



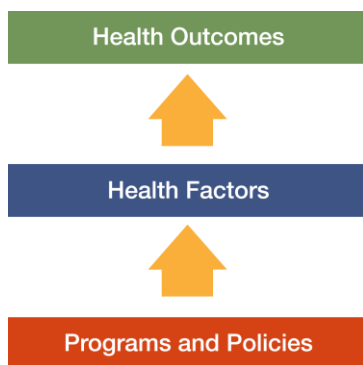
## Introduction

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.

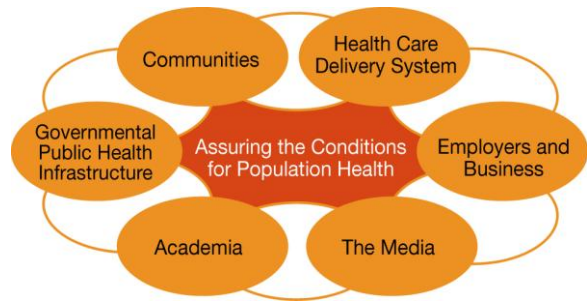
The problem is that there are big differences in health across communities, with some places being much healthier than others. And up to now, it has been hard to get a standard way to measure how healthy a county is and see where they can improve.

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute are pleased to present the 2010 *County Health Rankings*, a collection of 50 reports that reflect the overall health of counties in every state across the country. For the first time, 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 will allow them 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.



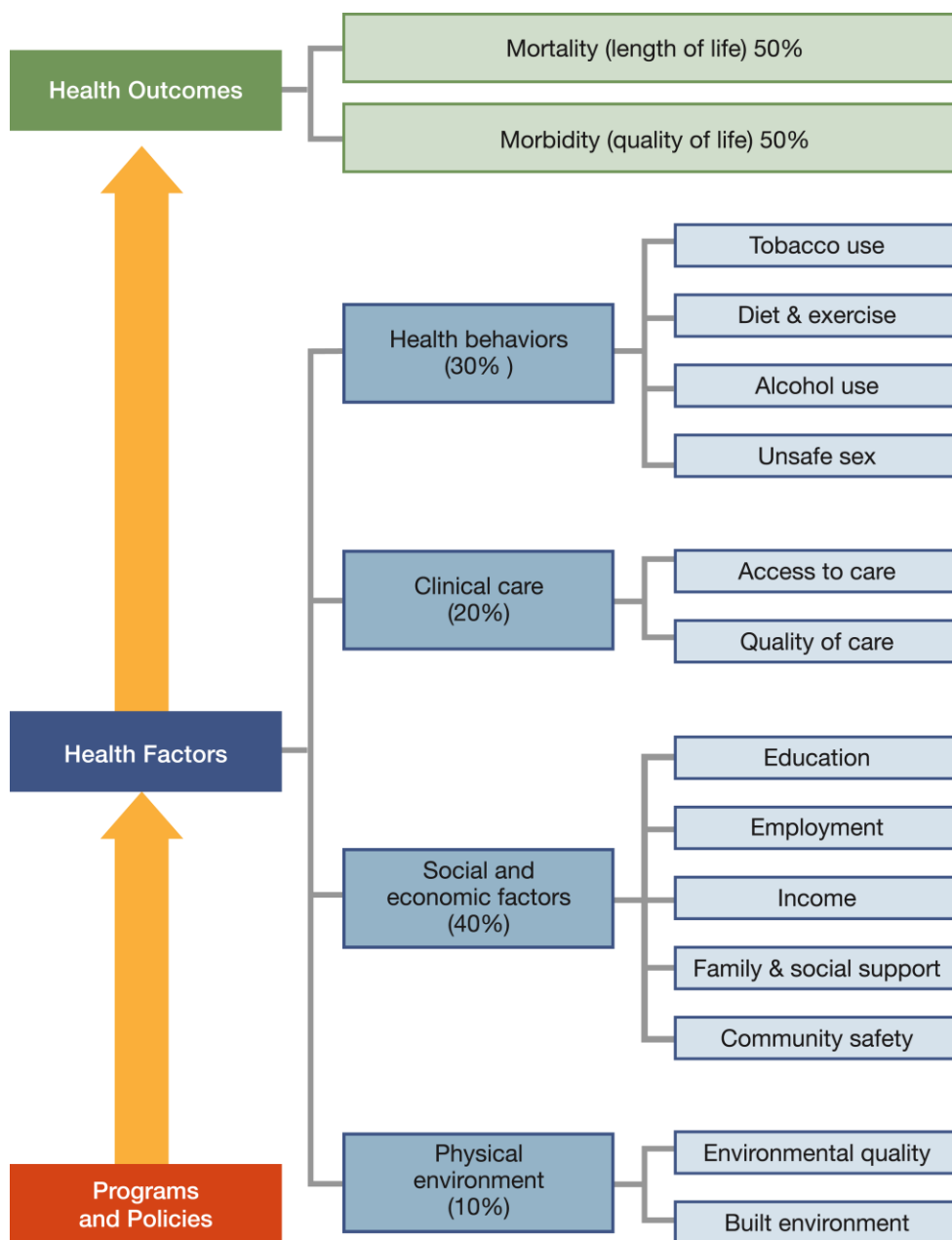
Institute of Medicine, 2002

To compile the *Rankings*, we built on our prior work in Wisconsin, worked closely with staff from the Centers for Disease Control and Prevention and Dartmouth College, and obtained input from a team of expert advisors. 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 the choice of measures, see [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

## The Rankings

This report ranks Alaska 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.

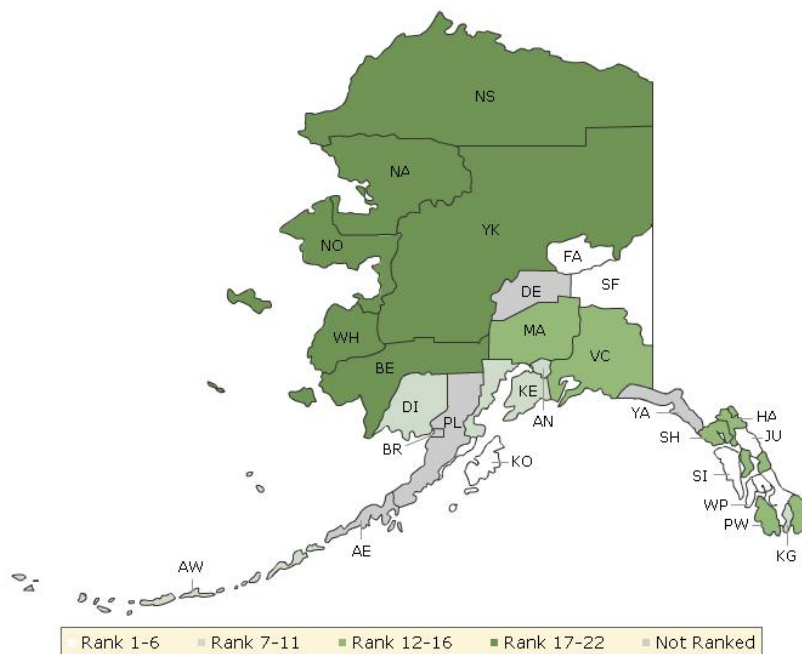


County Health Rankings model ©2010 UWPHI

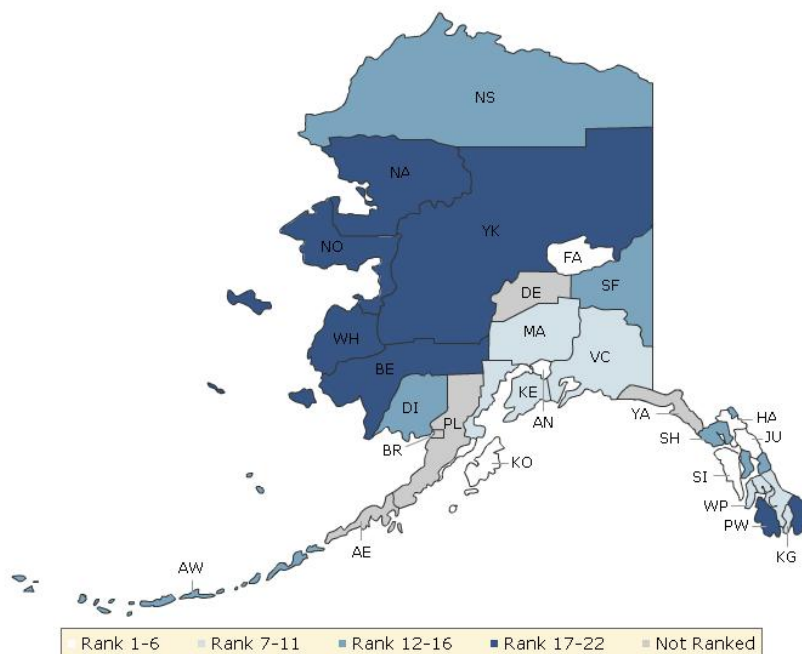
The maps on this page display Alaska's counties divided into groups by health rank. The lighter colors indicate better performance in the respective summary rankings. The green map shows the distribution of summary health outcomes. The blue displays the distribution of the summary rank for health factors.

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	Juneau	1	Juneau
2	Sitka	2	Sitka
3	Kodiak Island	3	Anchorage
4	Wrangell-Petersburg	4	Fairbanks North Star
5	Fairbanks North Star	5	Kodiak Island
6	Southeast Fairbanks	6	Haines
7	Aleutians West	7	Matanuska-Susitna
8	Kenai Peninsula	8	Wrangell-Petersburg
9	Dillingham	9	Kenai Peninsula
10	Ketchikan Gateway	10	Ketchikan Gateway
11	Anchorage	11	Valdez-Cordova
12	Skagway-Hoonah-Angoon	12	Aleutians West
13	Haines	13	Southeast Fairbanks
14	Valdez-Cordova	14	Skagway-Hoonah-Angoon
15	Prince of Wales-Outer Ketchikan	15	Dillingham
16	Matanuska-Susitna	16	North Slope
17	North Slope	17	Prince of Wales-Outer Ketchikan
18	Bethel	18	Northwest Arctic
19	Yukon-Koyukuk	19	Nome
20	Northwest Arctic	20	Bethel
21	Nome	21	Yukon-Koyukuk
22	Wade Hampton	22	Wade Hampton

**Not Ranked:** Aleutians East, Bristol Bay, Denali, Lake and Peninsula, Yakutat

## 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	Juneau	1	Sitka
2	Kodiak Island	2	Wrangell-Petersburg
3	Fairbanks North Star	3	Aleutians West
4	Ketchikan Gateway	4	Yukon-Koyukuk
5	Anchorage	5	Kodiak Island
6	Southeast Fairbanks	6	Juneau
7	Sitka	7	Dillingham
8	Wrangell-Petersburg	8	North Slope
9	Matanuska-Susitna	9	Kenai Peninsula
10	Valdez-Cordova	10	Fairbanks North Star
11	Kenai Peninsula	11	Skagway-Hoonah-Angoon
12	Prince of Wales-Outer Ketchikan	12	Southeast Fairbanks
13	Dillingham	13	Haines
14	Aleutians West	14	Bethel
14	Haines	15	Northwest Arctic
14	Skagway-Hoonah-Angoon	16	Nome
17	North Slope	17	Anchorage
18	Bethel	18	Prince of Wales-Outer Ketchikan
19	Northwest Arctic	19	Ketchikan Gateway
20	Nome	20	Valdez-Cordova
21	Yukon-Koyukuk	21	Matanuska-Susitna
22	Wade Hampton	22	Wade Hampton

## 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	Clinical Care	Social & Economic Factors	Physical Environment
1	Juneau	Dillingham	Juneau	Sitka
2	Anchorage	Juneau	Sitka	Wade Hampton
3	Wrangell-Petersburg	Haines	Anchorage	Haines
4	Fairbanks North Star	Ketchikan Gateway	Kodiak Island	North Slope
5	Kodiak Island	Anchorage	Fairbanks North Star	Fairbanks North Star
6	Sitka	Wrangell-Petersburg	Aleutians West	Bethel
7	Haines	Northwest Arctic	Matanuska-Susitna	Kenai Peninsula
8	Kenai Peninsula	North Slope	Ketchikan Gateway	Matanuska-Susitna
9	Matanuska-Susitna	Fairbanks North Star	Valdez-Cordova	Nome
10	Valdez-Cordova	Matanuska-Susitna	Kenai Peninsula	Anchorage
11	Southeast Fairbanks	Prince of Wales-Outer Ketchikan	Haines	Aleutians West
12	Aleutians West	Bethel	North Slope	Yukon-Koyukuk
13	Ketchikan Gateway	Nome	Wrangell-Petersburg	Northwest Arctic
14	Skagway-Hoonah-Angoon	Yukon-Koyukuk	Skagway-Hoonah-Angoon	Dillingham
15	Prince of Wales-Outer Ketchikan	Sitka	Southeast Fairbanks	Ketchikan Gateway
16	Wade Hampton	Valdez-Cordova	Prince of Wales-Outer Ketchikan	Kodiak Island
17	Yukon-Koyukuk	Skagway-Hoonah-Angoon	Dillingham	Juneau
18	Bethel	Kenai Peninsula	Nome	Valdez-Cordova
19	Dillingham	Southeast Fairbanks	Northwest Arctic	Wrangell-Petersburg
20	Northwest Arctic	Wade Hampton	Bethel	Southeast Fairbanks
21	Nome	Kodiak Island	Yukon-Koyukuk	Prince of Wales-Outer Ketchikan
22	North Slope	Aleutians West	Wade Hampton	Skagway-Hoonah-Angoon



## 2010 County Health Rankings: Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Mortality</b>	Premature death	National Center for Health Statistics	2004-2006
<b>Morbidity</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2002-2008
	Poor physical health days	Behavioral Risk Factor Surveillance System	2002-2008
	Poor mental health days	Behavioral Risk Factor Surveillance System	2002-2008
	Low birthweight	National Center for Health Statistics	2000-2006
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2002-2008
<b>Diet and Exercise</b>	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2006-2008
<b>Alcohol Use</b>	Binge drinking	Behavioral Risk Factor Surveillance System	2002-2008
	Motor vehicle crash death rate	National Center for Health Statistics	2000-2006
<b>High Risk Sexual Behavior</b>	Chlamydia rate	National Center for Health Statistics	2007
	Teen birth rate	National Center for Health Statistics	2000-2006
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured adults	Small Area Health Insurance Estimates, U.S. Census	2005
	Primary care provider rate	Health Resources & Services Administration	2006
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2005-2006
	Diabetic screening	Medicare/Dartmouth Institute	2003-2006
	Hospice use	Medicare/Dartmouth Institute	2001-2005
<b>SOCIOECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	National Center for Education Statistics <sup>1</sup>	2005-2006
	College degrees	U.S. Census/American Community Survey	2000/2005-2007
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2008
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates, U.S. Census	2007
	Income inequality	U.S. Census/American Community Survey <sup>2</sup>	2000/2005-2007
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2008
	Single-parent households	U.S. Census/American Community Survey	2000/2005-2007
<b>Community Safety</b>	Violent crime <sup>3</sup>	Uniform Crime Reporting, Federal Bureau of Investigation	2005-2007
<b>PHYSICAL ENVIRONMENT</b>			
<b>Air Quality<sup>4</sup></b>	Air pollution-particulate matter days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
	Air pollution-ozone days	U.S. Environmental Protection Agency / Centers for Disease Control and Prevention	2005
<b>Built Environment</b>	Access to healthy foods	Census Zip Code Business Patterns	2006
	Liquor store density	Census County Business Patterns	2006

<sup>1</sup> State data sources for KY, NH, NC, PA, SC, and UT (2007-2008).

<sup>2</sup> Income inequality estimates for 2000 were calculated by Mark L. Burkey, North Carolina Agricultural & Technical State University, [www.ncat.edu/~burkeym/Gini.htm](http://www.ncat.edu/~burkeym/Gini.htm).

<sup>3</sup> Homicide rate (2000-2006) 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.

<sup>4</sup> Not available for AK and HI.

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[countyhealthrankings.org](http://countyhealthrankings.org)

