

## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# COUNTY HEALTH RANKINGS & ROADMAPS HOW TO

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*Exploring Data, Evidence, Guidance and Stories to  
build healthy communities*

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



University of Wisconsin  
Population Health Institute  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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Our refreshed website is even easier to use. See [what's new!](#)

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## How Healthy is Your Community?

The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. They provide a starting point for change in communities.

Choose a state from the map or search below to begin.

## 1. Choose a state to explore.

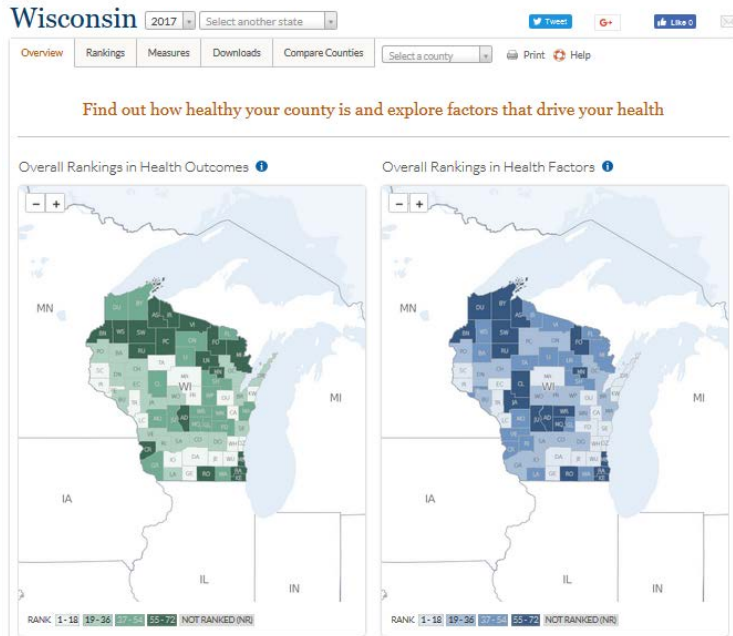


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## EXPLORE HEALTH RANKINGS



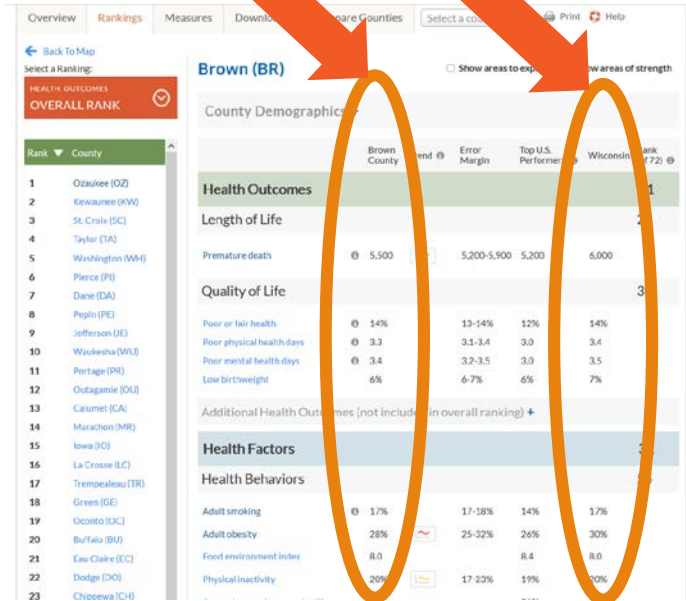
1. Darker areas show less healthy counties.
2. Click on a county to look at specific data regarding various health factors and health outcomes.

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## EXPLORE HEALTH RANKINGS



1. Get a sense of the big picture. Take a look at the County data vs. the State Data for the Health Factors and Health Outcomes
2. Which Health Outcomes are strongest and which might need some work. **\*\*Note: Data sets are not all equal. Some are percentages, some are ratios, etc. Hoover your mouse over the name of the data set to see what it is looking at and how the number was calculated.**
3. What Health Factors could be leading to these Health Outcomes?

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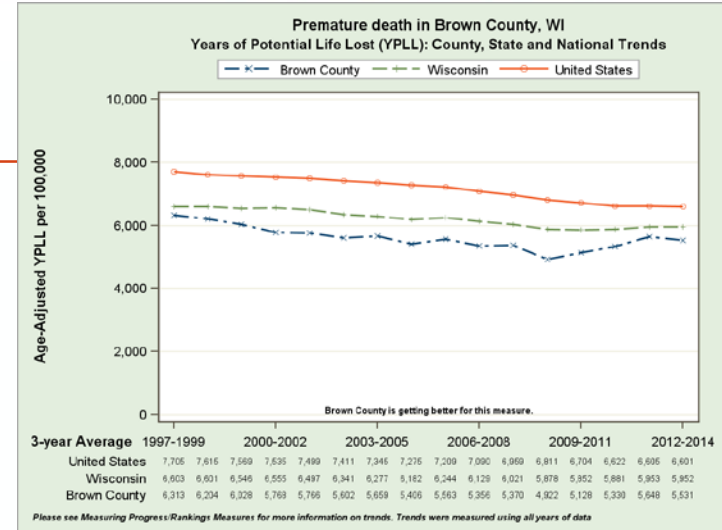
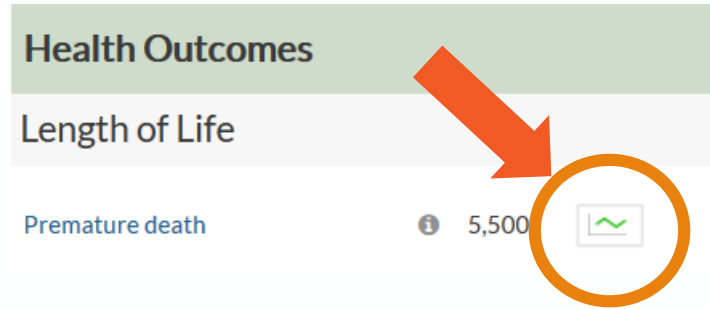
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# EXPLORE HEALTH RANKINGS

Health Outcomes

Length of Life

Premature death 5,500 



1. Look at the trend graphs, to understand why the trend is important.
2. Is the community trend going up or down?
3. Is the community trend higher or lower than the state? How about compared to the National trend?



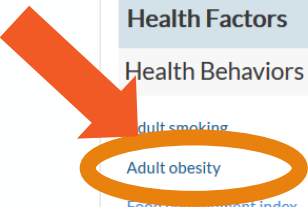
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## EXPLORE HEALTH RANKINGS

Health Factors	31			
Health Behaviors	55			
Adult smoking	17%	17-18%	14%	17%
Adult obesity	28%	25-32%	26%	30%
Food environment index	8.0		8.4	8.0
Physical inactivity	20%	17-23%	19%	20%



1. Select a Health Factor to see more detailed data regarding the factor.

The screenshot shows the 'Adult obesity' page on the County Health Rankings website. The page includes a navigation bar with 'Overview', 'Rankings', 'Measures', 'Downloads', and 'Compare Counties'. A dropdown menu is set to 'Select a county'. The main content area is titled 'Adult obesity' and includes a description: 'Percentage of adults that report a BMI of 30 or more.' Below this is a 'Ranking Methodology' section with details like 'Summary Measure: Health Factors - Health Behaviors (Diet and Exercise)', 'Weight in Health Factors: 5%', and 'Years of Data Used: 2013'. A 'Summary Information' section provides 'Range in New York (Min-Max): 15-34%', 'Overall in New York: 25%', and 'Top U.S. Performers: 26% (10th percentile)'. On the right, there is a map of New York State counties with a legend and zoom controls.

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## EXPLORE HEALTH RANKINGS

**Adult obesity**  
Percentage of adults that report a BMI of 30 or more. [Learn more about this measure.](#)

[Map](#) | [Data](#) | [Description](#) | [Data Source](#) | [Policies](#)

**HEALTH FACTORS**  
**ADULT OBESITY**

**Adult obesity**  
Percentage of adults that report a BMI of 30 or more. [Learn more about this measure.](#)

[Map](#) | [Data](#) | [Description](#) | [Data Source](#) | [Policies](#)

**What Works for Health**  
What Works for Health provides communities with information to help select evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health.

[Learn more about What Works for Health.](#)

**Policies & Programs**

**Screen time interventions for children** *Scientifically Supported*  
Encourage children to spend time away from TV and other stationary screen media, often as part of a multi-faceted effort to increase physical activity and improve nutrition.

**Exercise prescriptions** *Scientifically Supported*  
Encourage patients with prescriptions for exercise plans, often accompanied by progress checks at office visits, counseling, activity monitoring, and testing.

**Walking school buses** *Scientifically Supported*  
Arrange active transportation with a fixed route, designated stops, and pick-up times when children can walk to school with adult chaperones.

1. **Select Policies to see what policies and programs are currently happening in the community regarding that Health Factor.**
2. **This can give you a starting point for talking about action plans you can do in your community.**



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# THANK YOU!

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