



FOR IMMEDIATE RELEASE 03-31-11

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County Health Rankings announced

Ithaca, Stanton, St. Johns- Clinton County continues to have some of the healthiest residents in Michigan, according to the annual County Health Rankings, released yesterday by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation.

According to this year's *Rankings*, Clinton County ranked 6 out of 82 in Health Outcomes and Health factors. Gratiot County ranked 29 in Health Outcomes and 45 in Health Factors while Montcalm County ranked 37 in Health Outcomes and 68 in Health Factors. The *Rankings* measure two types of health outcomes to represent how healthy each county is: how long people live (mortality), and how healthy people feel (morbidity). Four types of health factors are measured: health behaviors, clinical care, social and economic, and the physical environment. Many different indicators within each health factor are measured, including:

- Rates of adult smoking
- Adult obesity
- Excessive drinking among adults
- Teenage births
- Number of uninsured adults
- Availability of primary care providers
- Preventable hospital stays
- Rates of high school graduation
- Air pollution levels
- Access to healthy foods
- Community safety
- Children in poverty
- Adults who have attended college

These indicators were selected because they are important aspects of health that can be measured over time and improved. It's important to point out that the county's overall ranking is not as important as the individual measures that make up the rankings.

This is the second year of the *Rankings*, the most comprehensive report of its kind to rank overall health. The *Rankings* help everyone see where people live, learn, work and play influence how healthy they are and how long they live.

"The *Rankings* highlight that there are many factors that contribute to health. Health is everyone's business and we all need to work together to assure our county residents are healthy," said Kimberly Singh, Health Officer for the Mid-Michigan District Health Department.

Last year Clinton County ranked 5 out of 82, but rather than imply that the county got worse, it is more likely that other counties improved.

Singh looks forward to identifying opportunities to work with Gratiot and Montcalm County community partners to improve health indicators.

The *Rankings* are available for everyone to see at www.countyhealthrankings.org.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

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