New Hampshire ranked healthiest in nation

States receive annual check-up

New Hampshire topped the list of healthiest states for the third time in six years. According to the *2000 UnitedHealth Group State Health Rankings*, the Granite State bumped Minnesota down a notch to claim the number one ranking in the nation. New Hampshire enjoyed the same ranking in both 1994 and 1995.

The state ranked first in the following four categories: lowest *violent crime* (107 offenses per 100,000 population), highest *adequacy of prenatal care* (87.3 percent of population), highest *support for public healthcare* (ratio of 3.49), and lowest *infant mortality* (4.3 deaths per 1,000 live births). The state showed the most improvement in its number of *limited activity days*, which at 2.8 increased from 16th to 2nd place. *Limited activity days* is the average number of days in the past 30 days that a person could not perform work or household tasks because of physical or mental illness. The state's *high school graduation* rate, 74.5 percent, also had a significant increase over-the-year, going from 31st to 19th place. The number of *cancer cases*, the state's worst ranking, dropped from 20th to 21st place.

Elisabeth Picard

2000 Ranking of the Healthiest States

Rank	State
1	New Hampshire
2	Minnesota
3	Utah
4	Massachusetts
5	Hawaii
6	Vermont
7	Colorado
8	Wisconsin
9	Connecticut
10	Maine
10	Washington

Source: UnitedHealth Group
<www.unitedhealthgroup.com>

New Hampshire Rankings

Category	2000	1999	1990
Violent crime	1	1	5
Adequacy of prenatal care	1	2	2
Support for public health care	1	1	11
Infant mortality	1	1	2
Unemployment	2	4	1
Limited activity days	2	16	16
Premature death	2	2	3
Infectious disease	4	4	12
Motor vehicles deaths	6	4	2
Total mortality	7	10	14
Risk for heart disease	10	12	18
Lack of health insurance	12	13	23
Heart disease	16	18	16
Prevalence of smoking	18	27	31
Occupational fatalities	18	22	17
High school graduation	19	31	32
Cancer cases	21	20	28

Source: UnitedHealth Group <www.unitedhealthgroup.com>