

Granite State Ranked Healthiest in 2002

New Hampshire topped the list of healthiest states in 2002, according to the UnitedHealth Foundation. The Granite State ranked in the top three for the last eleven years, six of which were at number one. Except for Rhode Island, all the New England states were in the top 10 in 2002. Rhode Island came in at 13th.

Top 10 States in 2002

1	New Hampshire
2	Minnesota
3	Massachusetts
4	Utah
5	Connecticut
6	Vermont
7	Iowa
7	Colorado
9	North Dakota
10	Maine

The UnitedHealth Foundation has conducted this "healthiest state" ranking since

1990. Their stated purpose is to stimulate public conversation concerning health in the states, as well as provide information to facilitate citizen participation. They use measures (risk factors and outcomes) that are believed to be the best available indicators of the various components of healthiness at the time. *Risk factors* are indicators of behaviors and activities that are related to the healthiness of a population, such as smoking is related to lung cancer and

prenatal care is related to healthy births. *Outcomes* measure the burden that disease and death place on the overall health of a population. Risk factors and outcomes are related, but not in a one-to-one manner. However, reducing risk factors will eventually improve outcomes.

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New Hampshire's Rankings for each measure

Measure	2002	2001	1990
Prevalence of smoking	33	41	31
Motor vehicle deaths	8	3	2
Violent crime	5	1	5
Risk for heart disease	9	18	18
High school graduation	22	20	32
Children in Poverty	2	2	2
Adequacy of prenatal care	1	1	2
Lack of health insurance	8	7	23
Support for public health care	1	1	11
Occupational fatalities	17	18	17
Limited activity days	1	10	16
Heart disease	12	15	16
Cancer deaths	22	30	35
Infectious disease	5	4	12
Total mortality	5	11	14
Infant mortality	1	1	2
Premature death	3	2	3

Source: "America's Health: United Health Foundation State Health Rankings." 2002 Edition. [United Health Foundation](http://www.unitedhealthfoundation.org/shr2002/index.html). Accessed November 25, 2002
<www.unitedhealthfoundation.org/shr2002/index.html>

The state ranked first in the following four areas in 2002:

Risk Factors

- ★ Highest *Adequacy of Prenatal Care** (87.7 percent of pregnant women)
- ★ Highest *Support for Public Healthcare* (ratio of 3.32)

Outcomes

- ★ Lowest *Infant Mortality* (3.8 deaths per 1,000 live births)
- ★ Lowest *Limited Activity Days*** (2.8 in the last 30 days).

The state's lowest rankings were in the following three areas:

Risk Factors

- ★ *Prevalence of smoking* (24.1 percent of population)
- ★ *High school graduation* (72.7 percent of incoming 9th graders)

Outcomes

- ★ Cancer deaths (207.6 per 100,000 population)

Elisabeth Picard

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Definitions

* *Support for Public Healthcare* is the total state and local expenditures for public welfare, health, and hospitals divided by the general expenditures of state and local units to calculate a percentage. This percentage is then divided by the percentage of the state's population with an annual household income below \$15,000.

** *Limited activity days* is the average number of days in the past 30 days that a person could not perform work or household tasks due to physical or mental