

New Hampshire is Healthiest

State rated best in nation

New Hampshire was first among all states in an April 2000 national ranking of health related factors. This was according to Morgan Quitno Press, a Lawrence, Kansas based independent research and publishing company.

The eighth annual Healthiest State Award is based on 21 health-related factors chosen from *Health Care State Rankings*, an annual reference book by Morgan Quitno Press that compares the 50 states in more than 500 health care categories. Factors considered include infant mortality rates, the percent of population not covered by health insurance, per capita expenditures for health care, percent of population lacking access to primary medical care, childhood immunization rates, and percent of adults who smoke. The 2000 award is based on the same 21 factors as the 1999 award.

According to Scott Morgan, president of Morgan Quitno Press, “our award reflects which states’ citizens have the best access to health care providers, affordable health care services and generally healthy population.” Further, Morgan said, “New Hampshire does well in a number of reproductive health areas, has good access to primary care physicians and a high level of health care insurance coverage.”

New Hampshire has annually placed well in the eight-year rankings. Previous-

ly, New Hampshire won the award in 1995 and has ranked in the top ten for all but one year of the series. To achieve the number one ranking in 2000, New Hampshire jumped from the number four ranking in 1999.

All New England states placed in the top 10 except Rhode Island, which ranked number 13.

Given the 21 factors considered, New Hampshire had the healthiest overall profile. The state ranked fairly well (among the top ten states) in these nine factors:

- sexually transmitted disease
- births of low birthweight as a percent of all births
- births to teenage mothers as a percent of live births
- percent of mothers receiving late or no prenatal care
- infant mortality rate
- percent of children aged 19-35 months fully immunized
- percent of population lacking access to primary care
- percent of adults overweight
- aids rate

Not surprisingly, New Hampshire did not rank in the bottom 10 in any of the factors.

Henry Goode

Healthiest State Ranking Based on 21 Health Related Factors

State	National Ranking (1= best)							
	2000	1999	1998	1997	1996	1995	1994	1993
NH	1	4	3	4	7	1	3	12
CT	9	20	9	3	6	4	8	19
ME	6	7	14	27	21	7	17	43
MA	8	8	16	10	20	15	9	34
RI	13	21	22	30	29	22	11	43
VT	2	3	4	6	2	2	2	15