



Department of Health
Agency of Human Services



Vermont Named #1 Healthiest in America's Health Rankings

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BURLINGTON - Vermont was again named the healthiest state in the nation as the United Health Foundation today released the 2010 edition of its *America's Health Rankings*™.

Vermont has been ranked #1 healthiest for the last four years of published reports, climbing steadily over the past 12 years, from 17th in the 1997 and 1998 editions.

This year, the state ranked among the top 10 healthiest states in 14 of 22 public health measures relating to behaviors, community and environment, policies and clinical care.

Vermont was noted for a number of strengths: high rates of graduation from high school; ready access to prenatal care; wide health insurance coverage; few children living in poverty; adequate availability of primary care physicians and public health spending. Since 1990, prevalence of smoking, and deaths from cardiovascular disease have decreased significantly.

"This is a moment to take pride in our collective work to help Vermonters lead healthier lives in healthier communities," said Health Commissioner Wendy Davis, MD. "But we can't let up on our efforts in the face of new and continuing challenges: rising rates of obesity, a drop in the numbers of children getting fully immunized against vaccine-preventable diseases, binge drinking among adults and youth alike – and the consequences of health disparities experienced by many Vermonters."

This year, the Health Department published *The Health Disparities of Vermonters 2010*, a comprehensive report that documents the causes and consequences of differences in health status among Vermonters, especially the young, less educated and lower income people. The full report is available at Health Department offices, or at the Health Department's website: <http://healthvermont.gov/research/healthdisparities.aspx>

America's Health Rankings™ is the longest running report of its kind. For 21 years, the *Rankings* has provided an analysis of national health on a state-by-state basis by evaluating a historical and comprehensive set of health, environmental and socio-economic data to determine national health benchmarks and state rankings. For more information: www.americashealthrankings.org

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