

## **PART I: AMERICA'S HEALTH**

# 1

## GENERAL HEALTH

### 1.1 National Assessment

According to the Behavioral Risk Factor Surveillance System (BRFSS, [www.cdc.gov/brfss/](http://www.cdc.gov/brfss/)) of the Centers for Disease Control and Prevention (CDC, [www.cdc.gov](http://www.cdc.gov)), adults rate their general health as follows:

- Excellent: 18.6%
- Very good: 33.6%
- Good: 30.9%
- Fair: 12.3%
- Poor: 4.4%

### 1.2 State Assessment

According to the CDC BRFSS, adults rate their general health as follows:

	Excellent	Very Good	Good	Fair	Poor
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• Massachusetts:	23.9%	34.6%	27.8%	10.4%	3.4%
• Michigan:	15.9%	34.9%	31.5%	12.9%	4.8%
• Minnesota:	22.4%	35.8%	29.4%	9.5%	2.9%
• Mississippi:	16.1%	28.4%	31.1%	16.1%	8.3%
• Missouri:	16.5%	34.8%	30.3%	13.0%	5.4%
• Montana:	20.8%	34.4%	29.4%	10.7%	4.7%
• Nebraska:	19.4%	35.9%	30.8%	10.4%	3.5%
• Nevada:	18.0%	32.9%	31.9%	12.9%	4.4%
• New Hampshire:	21.8%	38.9%	26.8%	9.2%	3.4%
• New Jersey:	19.9%	32.7%	30.8%	12.6%	4.0%
• New Mexico:	17.8%	28.8%	32.7%	15.3%	5.4%
• New York:	19.7%	31.9%	30.4%	13.3%	4.8%
• North Carolina:	18.3%	31.6%	31.0%	13.8%	5.4%
• North Dakota:	16.5%	37.5%	31.3%	10.7%	4.0%
• Ohio:	18.6%	31.7%	31.7%	13.8%	4.3%
• Oklahoma:	15.9%	29.5%	34.0%	14.3%	6.3%
• Oregon:	18.5%	35.6%	28.5%	12.2%	5.2%
• Pennsylvania:	17.9%	34.7%	30.5%	12.2%	4.7%
• Rhode Island:	19.1%	34.9%	29.9%	12.5%	3.8%
• South Carolina:	18.9%	31.4%	29.9%	13.9%	5.9%
• South Dakota:	20.2%	37.5%	29.7%	9.7%	3.0%
• Tennessee:	15.5%	31.3%	30.0%	14.6%	8.5%
• Texas:	18.1%	27.1%	35.7%	14.2%	5.0%
• Utah:	23.3%	35.6%	28.5%	9.4%	3.1%
• Vermont:	21.9%	39.9%	26.2%	8.7%	3.4%
• Virginia:	20.1%	33.4%	30.6%	11.9%	4.0%
• Washington:	18.5%	34.4%	31.4%	11.5%	4.2%
• West Virginia:	12.9%	28.7%	32.7%	16.9%	8.8%
• Wisconsin:	17.1%	36.6%	30.9%	11.3%	4.1%
• Wyoming:	19.9%	34.7%	30.2%	11.1%	4.2%

The following states have the highest percentages of adults rating their personal health as excellent or good:

• Vermont:	87.9%
• Minnesota:	87.6%
• Utah:	87.5%
• New Hampshire:	87.4%
• South Dakota:	87.4%

The following states have the highest percentages of adults rating their personal health as fair or poor:

• West Virginia:	25.7%
• Mississippi:	24.4%
• Arkansas:	24.1%

- Kentucky: 23.3%
- Tennessee: 23.1%

### **1.3 Metropolitan Assessment**

According to the CDC BRFSS, adults, by Metropolitan Statistical Area (MSA), Metropolitan Division (MD), or Micropolitan Statistical Area (μSA), rate their general health as follows:

	Excellent	Very Good	Good	Fair	Poor
• Akron, OH MSA:	18.4%	31.2%	29.9%	13.7%	6.8%
• Albuquerque, NM MSA:	19.7%	30.3%	32.3%	13.3%	4.5%
• Allentown-Bethlehem-Easton, PA-NJ MSA:	19.2%	35.9%	28.2%	11.8%	5.1%
• Anaheim-Santa Ana-Irvine, CA MD:	22.7%	35.1%	29.1%	10.7%	2.3%
• Anchorage, AK MSA:	20.3%	33.9%	32.1%	10.2%	3.6%
• Asheville, NC MSA:	19.7%	31.4%	32.5%	11.4%	5.0%
• Atlanta-Sandy Springs-Marietta, GA MSA:	20.4%	33.7%	32.5%	10.3%	3.2%
• Atlantic City, NJ MSA:	16.1%	31.1%	36.4%	12.4%	4.1%
• Augusta-Richmond County, GA-SC MSA:	23.4%	25.9%	33.1%	12.6%	5.1%
• Augusta-Waterville, ME μSA:	15.4%	36.8%	30.1%	12.2%	5.5%
• Austin-Round Rock, TX MSA:	20.3%	31.4%	32.5%	11.6%	4.2%
• Baltimore-Towson, MD MSA:	20.1%	34.3%	29.1%	13.3%	3.3%
• Bangor, ME MSA:	16.2%	37.7%	28.5%	14.3%	3.3%
• Barnstable Town, MA MSA:	27.8%	35.2%	25.4%	9.4%	2.2%
• Barre, VT μSA:	18.0%	38.9%	32.6%	8.2%	2.3%
• Baton Rouge, LA MSA:	19.0%	31.6%	29.4%	13.4%	6.6%
• Bellingham, WA MSA:	24.8%	34.8%	28.4%	8.7%	3.3%
• Berlin, NH-VT μSA:	13.7%	34.1%	31.3%	13.4%	7.5%
• Billings, MT MSA:	19.6%	35.3%	29.7%	11.6%	3.8%
• Birmingham-Hoover, AL MSA:	17.7%	27.4%	33.1%	15.8%	5.9%
• Bismarck, ND MSA:	15.3%	33.8%	37.0%	11.1%	2.8%
• Boise City-Nampa, ID MSA:	19.2%	32.6%	34.1%	9.8%	4.4%
• Boston, MA MD:	24.9%	34.8%	27.4%	10.5%	2.5%
• Boulder, CO MSA:	22.5%	40.2%	27.8%	8.1%	1.4%
• Bremerton-Silverdale, WA MSA:	17.0%	35.1%	29.3%	15.0%	3.5%
• Bridgeport-Stamford-Norwalk, CT MSA:	23.9%	34.1%	27.9%	11.4%	2.6%
• Burlington-South Burlington, VT MSA:	23.5%	38.6%	28.0%	7.0%	2.9%
• Cambridge-Newton-Framingham, MA MD:	25.3%	35.2%	27.5%	9.3%	2.7%
• Camden, NJ MD:	19.8%	32.4%	30.3%	13.4%	4.2%
• Canton-Massillon, OH MSA:	17.6%	33.1%	29.2%	14.8%	5.3%
• Casper, WY MSA:	22.8%	33.6%	27.0%	12.2%	4.5%
• Cedar Rapids, IA MSA:	20.5%	41.0%	25.8%	10.3%	2.3%
• Charleston, WV MSA:	13.1%	28.8%	32.5%	16.5%	9.1%
• Charleston-North Charleston, SC MSA:	22.8%	34.4%	27.3%	10.7%	4.8%
• Charlotte-Gastonia-Concord, NC-SC MSA:	20.1%	31.4%	31.1%	13.2%	4.2%

• Chattanooga, TN-GA MSA:	16.0%	29.9%	29.8%	17.0%	7.3%
• Cheyenne, WY MSA:	19.5%	35.2%	27.5%	11.8%	6.0%
• Chicago-Naperville-Joliet, IL-IN-WI MSA:	19.1%	32.6%	32.0%	13.4%	3.0%
• Cincinnati-Middletown, OH-KY-IN MSA:	21.0%	32.6%	28.7%	12.0%	5.8%
• Claremont, NH μSA:	22.0%	40.4%	25.4%	9.7%	2.6%
• Cleveland-Elyria-Mentor, OH MSA:	19.9%	32.3%	30.3%	13.5%	3.9%
• Colorado Springs, CO MSA:	20.7%	37.2%	29.3%	8.6%	4.1%
• Columbia, SC MSA:	18.6%	33.2%	31.2%	10.8%	6.1%
• Columbus, OH MSA:	20.3%	32.6%	31.7%	11.5%	4.0%
• Concord, NH μSA:	22.5%	37.2%	27.1%	9.8%	3.4%
• Dallas-Plano-Irving, TX MD:	18.0%	31.3%	34.0%	11.9%	4.9%
• Dayton, OH MSA:	18.5%	32.0%	31.0%	13.9%	4.6%
• Denver-Aurora, CO MSA:	21.4%	36.1%	27.5%	11.4%	3.6%
• Des Moines-West Des Moines, IA MSA:	18.1%	40.1%	28.8%	9.4%	3.6%
• Detroit-Livonia-Dearborn, MI MD:	14.7%	29.1%	34.3%	15.7%	6.2%
• Dover, DE MSA:	19.8%	31.9%	30.3%	14.2%	3.8%
• Duluth, MN-WI MSA:	18.3%	35.7%	30.9%	10.5%	4.5%
• Durham, NC MSA:	24.9%	34.3%	25.4%	12.4%	3.0%
• El Paso, TX MSA:	14.2%	22.4%	40.0%	13.7%	9.7%
• Eugene-Springfield, OR MSA:	13.5%	36.8%	34.2%	10.3%	5.3%
• Fairbanks, AK MSA:	17.5%	40.7%	28.0%	10.9%	2.9%
• Fargo, ND-MN MSA:	20.8%	40.1%	29.6%	7.0%	2.5%
• Farmington, NM MSA:	19.1%	23.6%	36.3%	13.6%	7.4%
• Fayetteville, NC MSA:	21.3%	30.9%	31.4%	12.2%	4.1%
• Fayetteville-Springdale-Rogers, AR-MO MSA:	15.0%	36.9%	27.8%	13.5%	6.9%
• Fort Collins-Loveland, CO MSA:	23.9%	37.9%	26.9%	9.1%	2.2%
• Fort Wayne, IN MSA:	15.2%	36.4%	30.6%	13.0%	4.8%
• Fort Worth-Arlington, TX MD:	16.6%	30.4%	37.4%	11.6%	4.1%
• Grand Island, NE μSA:	14.6%	34.6%	36.1%	11.5%	3.2%
• Grand Rapids-Wyoming, MI MSA:	19.2%	40.3%	28.6%	9.1%	2.9%
• Great Falls, MT MSA:	18.5%	33.0%	31.5%	12.2%	4.8%
• Greeley, CO MSA:	18.0%	34.7%	31.7%	12.0%	3.5%
• Greensboro-High Point, NC MSA:	17.1%	32.5%	31.9%	11.6%	6.9%
• Greenville, SC MSA:	17.0%	31.7%	32.3%	12.6%	6.4%
• Gulfport-Biloxi, MS MSA:	14.2%	34.1%	28.1%	15.8%	7.8%
• Hagerstown-Martinsburg, MD-WV MSA:	20.3%	33.8%	30.0%	12.1%	3.8%
• Harrisburg-Carlisle, PA MSA:	18.1%	36.2%	31.7%	9.8%	4.2%
• Hartford-W. Hartford-E. Hartford, CT MSA:	19.1%	38.0%	29.2%	9.7%	4.0%
• Heber, UT μSA:	24.7%	42.5%	21.2%	10.1%	1.6%
• Hilo, HI μSA:	19.6%	27.6%	37.4%	11.5%	3.9%
• Hilton Head-Beaufort, SC μSA:	23.8%	39.5%	27.2%	7.0%	2.5%
• Honolulu, HI (urban) MSA:	17.6%	28.9%	38.7%	10.4%	4.3%
• Houston-Sugar Land-Baytown, TX MSA:	18.4%	29.4%	33.1%	13.6%	5.5%
• Huntington-Ashland, WV-KY-OH MSA:	11.9%	29.9%	31.5%	16.8%	9.9%

• Huntsville, AL MSA:	17.8%	31.9%	29.0%	16.7%	4.5%
• Idaho Falls, ID MSA:	21.0%	34.1%	30.0%	8.3%	6.6%
• Indianapolis-Carmel, IN MSA:	17.9%	33.0%	30.1%	13.4%	5.7%
• Jackson, MS MSA:	19.4%	29.6%	31.0%	13.6%	6.4%
• Jacksonville, FL MSA:	23.0%	32.0%	26.5%	12.2%	6.4%
• Kahului-Wailuku, HI μSA:	24.3%	29.7%	32.3%	10.0%	3.7%
• Kalispell, MT μSA:	22.9%	33.1%	26.6%	13.3%	4.1%
• Kansas City, MO-KS MSA:	18.7%	36.1%	29.1%	12.0%	4.0%
• Kapaa, HI μSA:	17.9%	26.6%	39.0%	12.9%	3.6%
• Keene, NH μSA:	24.4%	35.1%	25.3%	11.0%	4.2%
• Kennewick-Richland-Pasco, WA MSA:	12.3%	35.9%	32.6%	13.1%	6.1%
• Kingsport-Bristol, TN-VA MSA:	13.4%	25.1%	34.5%	16.1%	10.9%
• Knoxville, TN MSA:	15.3%	35.0%	29.1%	11.5%	9.1%
• Laconia, NH μSA:	21.8%	34.3%	25.1%	12.1%	6.8%
• Lafayette, LA MSA:	22.4%	28.3%	33.1%	9.7%	6.4%
• Las Cruces, NM MSA:	17.8%	21.1%	32.3%	23.0%	5.8%
• Las Vegas-Paradise, NV MSA:	16.7%	30.5%	33.2%	13.3%	6.3%
• Lewiston-Auburn, ME MSA:	15.2%	34.6%	31.9%	13.7%	4.7%
• Lexington-Fayette, KY MSA:	15.9%	36.7%	30.9%	13.0%	3.5%
• Lincoln, NE MSA:	19.1%	40.2%	28.6%	9.2%	2.9%
• Little Rock-North Little Rock, AR MSA:	19.1%	31.3%	30.2%	13.6%	5.8%
• Logan, UT-ID MSA:	31.9%	32.3%	25.9%	7.7%	2.2%
• Los Angeles-Long Beach-Glendale, CA MD:	20.6%	28.0%	29.8%	16.8%	4.8%
• Louisville, KY-IN MSA:	14.2%	31.9%	32.2%	15.7%	6.2%
• Lumberton, NC μSA:	11.5%	24.5%	36.8%	15.6%	11.7%
• Manchester-Nashua, NH MSA:	21.3%	37.4%	28.4%	9.6%	3.2%
• McAllen-Edinburg-Mission, TX MSA:	12.8%	16.4%	42.7%	18.2%	9.9%
• Memphis, TN-MS-AR MSA:	16.7%	27.2%	35.9%	13.4%	6.8%
• Miami-Ft. Lauderdale-Miami Beach, FL MSA:	22.2%	27.3%	31.5%	13.1%	5.9%
• Milwaukee-Waukesha-West Allis, WI MSA:	16.7%	38.1%	30.5%	10.8%	3.9%
• Minneapolis-St. Paul-Bloom., MN-WI MSA:	21.8%	38.5%	28.9%	8.2%	2.5%
• Missoula, MT MSA:	23.2%	35.5%	28.6%	9.1%	3.7%
• Mobile, AL MSA:	12.3%	26.5%	35.4%	14.8%	11.0%
• Montgomery-Bucks-Chester County, PA MD:	22.7%	38.2%	26.6%	9.0%	3.5%
• Montgomery, AL MSA:	19.3%	26.7%	32.6%	13.8%	7.8%
• Myrtle Beach-Conway, SC MSA:	16.3%	36.0%	30.9%	12.5%	4.2%
• Nashville-Davidson-Murfreesboro, TN MSA:	18.4%	33.9%	32.3%	10.1%	5.3%
• Nassau-Suffolk, NY MD:	22.2%	34.8%	31.8%	8.9%	2.2%
• New Haven-Milford, CT MSA:	21.0%	33.6%	29.6%	12.1%	3.6%
• New Orleans-Metairie-Kenner, LA MSA:	18.7%	31.7%	30.3%	13.9%	5.4%
• New York-Jersey City-W. Plains, NY-NJ MD:	21.0%	29.1%	31.2%	14.5%	4.2%
• Newark-Union, NJ-PA MD:	23.3%	32.1%	30.4%	11.1%	3.0%
• Norfolk, NE μSA:	14.6%	35.6%	35.4%	11.3%	3.1%
• North Platte, NE μSA:	17.7%	35.4%	32.5%	11.9%	2.5%

• Norwich-New London, CT MSA:	20.3%	39.1%	27.7%	8.3%	4.6%
• Oakland-Fremont-Hayward, CA MD:	20.9%	36.6%	29.5%	10.5%	2.5%
• Ocean City, NJ MSA:	19.0%	31.7%	29.7%	14.6%	5.0%
• Ogden-Clearfield, UT MSA:	20.8%	35.4%	30.9%	9.5%	3.4%
• Oklahoma City, OK MSA:	15.4%	32.6%	33.9%	12.6%	5.5%
• Olympia, WA MSA:	17.8%	30.8%	32.5%	11.2%	7.7%
• Omaha-Council Bluffs, NE-IA MSA:	18.8%	35.3%	31.8%	11.5%	2.5%
• Orlando-Kissimmee, FL MSA:	19.1%	31.1%	26.7%	11.6%	11.6%
• Philadelphia, PA MD:	18.2%	31.4%	32.1%	13.8%	4.6%
• Phoenix-Mesa-Scottsdale, AZ MSA:	20.2%	31.1%	31.9%	11.2%	5.7%
• Pittsburgh, PA MSA:	17.8%	34.9%	30.7%	11.4%	5.1%
• Portland-Biddeford, ME MSA:	22.4%	39.3%	24.9%	9.8%	3.6%
• Portland-Vancouver, OR-WA MSA:	21.7%	34.3%	28.5%	11.8%	3.7%
• Providence-New Bedford, RI-MA MSA:	20.2%	33.7%	29.6%	11.4%	5.1%
• Provo-Orem, UT MSA:	23.4%	35.2%	30.1%	8.5%	2.9%
• Raleigh-Cary, NC MSA:	21.1%	37.3%	27.1%	11.4%	3.1%
• Rapid City, SD MSA:	18.5%	37.9%	29.4%	10.0%	4.2%
• Reno-Sparks, NV MSA:	21.3%	30.0%	32.2%	12.9%	3.5%
• Richmond, VA MSA:	23.1%	30.0%	31.5%	12.8%	2.6%
• Riverside-San Bernardino-Ontario, CA MSA:	20.3%	31.1%	30.4%	14.0%	4.2%
• Rockingham Strafford Counties, NH MD:	22.5%	36.6%	27.9%	9.4%	3.6%
• Rutland, VT μSA:	17.7%	35.1%	32.1%	11.2%	3.8%
• Sacramento-Arden-Roseville, CA MSA:	24.7%	33.9%	27.3%	9.4%	4.8%
• Salisbury, MD MSA:	14.6%	33.4%	30.9%	16.0%	5.1%
• Salt Lake City, UT MSA:	22.6%	32.2%	30.9%	11.2%	3.0%
• San Antonio, TX MSA:	20.4%	26.7%	34.0%	15.3%	3.7%
• San Diego-Carlsbad-San Marcos, CA MSA:	26.0%	30.5%	27.7%	11.9%	3.9%
• San Francisco-San Mateo, CA MSA:	23.6%	36.4%	26.6%	11.0%	2.4%
• San Jose-Sunnyvale-Santa Clara, CA MSA:	24.1%	36.2%	28.0%	9.1%	2.6%
• Santa Fe, NM MSA:	23.4%	32.8%	27.4%	12.5%	3.9%
• Sayre, PA μSA:	19.0%	31.8%	33.7%	11.4%	4.1%
• Scottsbluff, NE μSA:	15.7%	33.3%	31.3%	13.9%	5.8%
• Scranton-Wilkes-Barre, PA MSA:	14.6%	38.0%	30.3%	11.5%	5.6%
• Seattle-Bellevue-Everett, WA MD:	20.2%	35.5%	30.5%	11.1%	2.7%
• Shreveport-Bossier City, LA MSA:	16.3%	25.1%	34.7%	16.3%	7.5%
• Silver Spring-Frederick-Rockville, MD MD:	23.6%	37.5%	25.3%	11.5%	2.1%
• Sioux City, IA-NE-SD MSA:	17.5%	33.2%	31.3%	14.4%	3.6%
• Sioux Falls, SD MSA:	19.6%	39.8%	29.4%	8.2%	3.1%
• Spartanburg, SC MSA:	13.9%	25.6%	37.7%	15.9%	6.9%
• Spokane, WA MSA:	19.8%	35.1%	30.2%	10.6%	4.3%
• Springfield, MA MSA:	18.2%	30.9%	33.3%	13.8%	3.8%
• St. Louis, MO-IL MSA:	19.2%	36.0%	28.4%	11.6%	4.8%
• Tacoma, WA MD:	17.6%	31.6%	34.1%	13.0%	3.7%
• Tampa-St. Petersburg-Clearwater, FL MSA:	16.5%	34.7%	29.8%	14.3%	4.7%

• Toledo, OH MSA:	19.1%	32.0%	30.1%	13.6%	5.2%
• Topeka, KS MSA:	16.2%	37.3%	29.4%	12.9%	4.2%
• Torrington, CT μSA:	21.2%	41.7%	25.4%	8.1%	3.5%
• Trenton-Ewing, NJ MSA:	21.4%	34.4%	30.3%	11.6%	2.3%
• Tucson, AZ MSA:	19.7%	32.0%	29.6%	13.4%	5.3%
• Tulsa, OK MSA:	17.8%	33.7%	32.2%	10.6%	5.8%
• Tuscaloosa, AL MSA:	13.0%	28.1%	32.3%	16.5%	10.1%
• Vineland-Millville-Bridgeton, NJ MSA:	18.1%	26.7%	31.8%	19.1%	4.3%
• Virginia Beach-Norfolk, VA-NC MSA:	21.4%	30.8%	30.6%	12.5%	4.7%
• Warren-Troy-Farmington Hills, MI MD:	16.8%	36.1%	33.6%	10.0%	3.5%
• Washington-Alexandria, DC-VA-MD-WV MD:	24.4%	34.5%	27.7%	10.4%	3.1%
• Wichita, KS MSA:	17.7%	35.0%	32.1%	11.8%	3.4%
• Wilmington, DE-MD-NJ MD:	21.6%	33.8%	29.8%	11.3%	3.6%
• Winston-Salem, NC MSA:	14.1%	31.2%	31.6%	17.6%	5.4%
• Worcester, MA MSA:	21.0%	37.0%	29.3%	9.7%	3.0%
• Yakima, WA MSA:	14.1%	23.3%	36.1%	20.9%	5.5%
• Youngstown-Warren, OH-PA MSA:	16.5%	32.0%	31.0%	15.7%	4.7%

The following metropolitan/micropolitan areas have the highest percentages of adults rating their personal health as excellent or good:

• Boulder, CO MSA:	90.5%
• Fargo, ND-MN MSA:	90.5%
• Hilton Head-Beaufort, SC μSA:	90.5%
• Burlington-South Burlington, VT MSA:	90.1%
• Logan, UT-ID MSA:	90.1%

The following areas have the highest percentages of adults rating their personal health as fair or poor:

• Las Cruces, NM MSA:	28.8%
• Mobile, AL MSA:	28.1%
• Lumberton, NC μSA:	27.3%
• Kingsport-Bristol, TN-VA MSA:	27.0%
• Huntington-Ashland, WV-KY-OH MSA:	26.7%



## 2

# PERSONAL HEALTH

### **2.1 Gallup Poll**

A November 2019 poll conducted by Gallup ([www.gallup.com](http://www.gallup.com)) surveyed adults on personal health issues. The following are the results of the poll:

1. How would you describe your own physical health at this time?
  - Excellent: 28%
  - Good: 53%
  - Only fair: 15%
  - Poor: 4%
  
2. How would you describe your own mental health or emotional well-being at this time?
  - Excellent: 43%
  - Good: 42%
  - Only fair: 12%
  - Poor: 3%
  
3. Overall, how would you rate the quality of healthcare you receive?
  - Excellent: 35%
  - Good: 44%
  - Only fair: 16%
  - Poor: 4%
  - Not applicable/no opinion: 1%
  
4. Overall, how would you rate your healthcare coverage?
  - Excellent: 29%
  - Good: 42%
  - Only fair: 19%
  - Poor: 8%
  - Not applicable/no opinion: 1%
  
5. Are you generally satisfied or dissatisfied with the total cost you pay for your healthcare?
  - Yes: 61%
  - No: 38%
  - No opinion: 1%

6. Who pays the cost of premiums on your health insurance (based on adults with private health insurance)?
  - Self/household pays all: 28%
  - Employer pays all: 11%
  - Costs are shared: 59%
  - None/other: 2%
  
7. Over the past year, has the amount you paid for your and your family's health insurance changed (based on adults who pay all or part of their health premiums)?
  - Gone up a lot: 26%
  - Gone up a little: 40%
  - Not changed: 25%
  - Gone down a little: 4%
  - Gone down a lot: 1%
  - No opinion: 3%
  
8. Within the last 12 months, have you or a member of your family put off any sort of medical treatment because of the cost you would have to pay?
  - Yes, serious condition: 25%
  - Yes, non-serious condition: 8%
  - No: 67%
  
9. Do you, personally, or does another member of your family living with you, have a long-term medical condition, illness or disease that would be considered a pre-existing condition by a health insurance company?
  - Respondent: 15%
  - Other household member: 19%
  - Both: 9%
  - Neither: 57%
  - No opinion/uncertain: 1%

## PREVALENCE OF DISEASE & ILLNESS

### **3.1 Summary By Disease**

The following is a summary of the impact of major diseases and health conditions affecting the U.S. population:

#### **Allergies**

- According to the Asthma and Allergy Foundation of America ([www.aafa.org](http://www.aafa.org)), more than 60 million people in America have allergies. Annual direct costs for treating allergies are \$6 billion (\$5.7 billion in medications and \$300 million in office visits). Among adults, allergies are the fifth-leading chronic disease and a major cause of work absenteeism, resulting in nearly four million missed or lost workdays each year and accounting for more than \$700 million in total lost productivity. An estimated two million school days are lost each year due to allergies.

#### **Alzheimer's Disease**

- *2020 Alzheimer's Disease Facts and Figures*, by the Alzheimer's Association ([www.alz.org](http://www.alz.org)), estimates over five million Americans of all age have Alzheimer's disease (AD). The course of the disease can be from two to 20 years. The cost of diagnosis, treatment, and long-term care for patients with AD is \$305 billion annually in the United States. In addition, over 15 million family and friends provided 18.6 billion hours of unpaid care in 2019 to those with Alzheimer's and other dementias – care valued at \$244 billion.

#### **Arthritis**

- Arthritis is the number one cause of disability in America, affecting 54.7 million people, according to the Centers for Disease Control and Prevention (CDC, [www.cdc.gov](http://www.cdc.gov)). It costs the U.S. economy \$140 billion per year in medical care and \$164 billion in lost wages. It is responsible for 427 million days of restricted activity, 156 million days in bed, and 45 million days lost from work each year, according to the Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)).

#### **Asthma**

- According to the CDC, 20.4 million adults (8.3% of all adults) suffer from asthma. An additional 6.1 million children have the disease. Approximately 1.7 million emergency room visits per year are for asthma. The total annual cost for asthma management is \$56 billion.

## **Cancer**

- Cancer is the second-leading cause of death in the United States, exceeded only by heart disease. There are about 15.5 million Americans with a history of cancer. The 5-year survival rate for all cancers combined is 66%.
- *Cancer Facts and Figures 2020*, by the American Cancer Society ([www.cancer.org](http://www.cancer.org)), projects that 1.8 million people in the U.S. will be diagnosed with cancer in 2020; 606,500 are expected to die of cancer.

## **Cardiovascular Disease**

- According to *2020 Heart Disease and Stroke Statistics*, by the American Heart Association ([www.americanheart.org](http://www.americanheart.org)), 92.1 million Americans have one or more type of cardiovascular disease (CVD). Of them, 48% are male and 52% are female; 38% are age 65 or older. There were 836,546 deaths in the U.S. attributed to CVD. Direct costs of cardiovascular diseases and stroke are \$214 billion.

## **Diabetes**

- According to the CDC, 34.2 million Americans have diabetes, and an estimated 84.1 million U.S. adults have prediabetes. An estimated 7.3 million Americans with diabetes do not know they have the disease.
- According to the American Diabetes Association (ADA, [www.diabetes.org](http://www.diabetes.org)), annual direct medical expenditures related to diabetes treatment are \$244 billion; approximately 44% of those costs are attributed to inpatient hospital stays.
- Approximately 800,000 new cases of diabetes develop each year. By 2030, the total number of Americans with diabetes could reach 50 million.

## **Headaches**

- According to the National Headache Foundation ([www.headaches.org](http://www.headaches.org)), as many as 50 million Americans suffer from chronic headaches.

## **HIV and AIDS**

- In 2019, the CDC reported that 1,003,782 people in the U.S. were living with diagnosed human immunodeficiency virus (HIV); 524,904 with acquired immune deficiency syndrome (AIDS). An estimated 300,000 people with HIV are not aware that they are infected, and unaware carriers are responsible for half of the 48,000 new HIV cases each year.

## **Infectious Diseases**

- According to the National Center for Infectious Diseases ([www.cdc.gov/diseasesconditions](http://www.cdc.gov/diseasesconditions)), the following are the most fatal infectious diseases in the United States (typical mortality figures; exact numbers vary each year):
  - Influenza and pneumonia: 56,000 annual deaths
  - Septicemia or sepsis (blood infection): 41,000 annual deaths
  - Pneumonitis: 20,000 annual deaths

- Americans get about 1.4 billion colds each year. Children typically get up to eight colds every year; adults catch an average of two to four colds each year.

### **Kidney Disease**

- According to the National Kidney Foundation (NKF, [www.kidney.org](http://www.kidney.org)), approximately 30 million Americans – or 1 in 10 adults – suffer from chronic kidney disease (CKD). Presently, another 20 million are susceptible due to risk factors such as diabetes, high blood pressure, cardiovascular disease, family history of kidney disease, and racial or ethnic heritage.

### **Pain**

- An estimated 25 million U.S. adults suffer from pain daily, according to the National Center for Health Statistics ([www.cdc.gov/nchs](http://www.cdc.gov/nchs)). Arthritis and back pain account for up to 60% of cases.

### **Vision**

- The Census Bureau, reported that 7.3 million people, including 6.8 million age 16 and older, have a vision disability. In addition, 34.1 million people have myopia (nearsightedness) and 14.2 million have hyperopia (farsightedness). According to Prevent Blindness ([www.preventblindness.org](http://www.preventblindness.org)), the annual cost of eye and vision disorders is about \$140 billion.
- According to the Vision Council of America ([www.thevisioncouncil.org](http://www.thevisioncouncil.org)), approximately 75% of adults use some sort of vision correction. About 64% wear eyeglasses; about 11% wear contact lenses.

## **3.2 State-by-State**

Prevalence data for each state is available at [www.rkma.com/prevalence.pdf](http://www.rkma.com/prevalence.pdf).

## STATE HEALTH RANKINGS

### **4.1 Overview**

Since 1990, the United Health Foundation ([www.unitedhealthfoundation.org](http://www.unitedhealthfoundation.org)) has developed an annual healthcare index for each state; the District of Columbia is not included in the assessment. The annual assessment uses a composite of 17 criteria measuring demographic and lifestyle factors, access to healthcare, and disease/mortality rates.

### **4.2 Rankings 2019**

- |                  |                    |
|------------------|--------------------|
| 1. Vermont       | 26. Illinois       |
| 2. Massachusetts | 27. Alaska         |
| 3. Hawaii        | 28. Pennsylvania   |
| 4. Connecticut   | 29. Kansas         |
| 5. Utah          | 30. Delaware       |
| 6. New Hampshire | 31. Arizona        |
| 7. Minnesota     | 32. Michigan       |
| 8. New Jersey    | 33. Florida        |
| 9. Washington    | 34. Texas          |
| 10. Colorado     | 35. Nevada         |
| 11. New York     | 36. North Carolina |
| 12. California   | 37. New Mexico     |
| 13. Rhode Island | 38. Ohio           |
| 14. North Dakota | 39. Missouri       |
| 15. Virginia     | 40. Georgia        |
| 16. Idaho        | 41. Indiana        |
| 17. Nebraska     | 42. South Carolina |
| 18. Maryland     | 43. Kentucky       |
| 19. Wyoming      | 44. Tennessee      |
| 20. Iowa         | 45. West Virginia  |
| 21. Maine        | 46. Oklahoma       |
| 22. Oregon       | 47. Alabama        |
| 23. Wisconsin    | 48. Arkansas       |
| 24. Montana      | 49. Louisiana      |
| 25. South Dakota | 50. Mississippi    |

### **4.3 Health of Women and Children**

United Health Foundation also assesses the health of women and children for each state.

The assessment of women's and children's health uses a composite of 73 criteria measuring determinants and outcomes.

The 2019 state ranking for the health of women and children was as follows:

- |                  |                    |
|------------------|--------------------|
| 1. Rhode Island  | 26. Illinois       |
| 2. Massachusetts | 27. Montana        |
| 3. New Hampshire | 28. Nebraska       |
| 4. Vermont       | 29. Michigan       |
| 5. Connecticut   | 30. North Carolina |
| 6. Minnesota     | 31. Alaska         |
| 7. California    | 32. Ohio           |
| 8. New Jersey    | 33. Wyoming        |
| 9. Utah          | 34. New Mexico     |
| 10. Colorado     | 35. Indiana        |
| 11. Iowa         | 36. South Carolina |
| 12. Maryland     | 37. Arizona        |
| 13. New York     | 38. Missouri       |
| 14. Hawaii       | 39. Florida        |
| 15. North Dakota | 40. Georgia        |
| 16. Maine        | 41. Tennessee      |
| 17. Washington   | 42. West Virginia  |
| 18. Virginia     | 43. Texas          |
| 19. Wisconsin    | 44. Kentucky       |
| 20. Oregon       | 45. Alabama        |
| 21. Delaware     | 46. Nevada         |
| 22. Idaho        | 47. Louisiana      |
| 23. Pennsylvania | 48. Oklahoma       |
| 24. South Dakota | 49. Arkansas       |
| 25. Kansas       | 50. Mississippi    |

### **4.4 Senior Health and Healthcare**

United Health Foundation also assesses senior health and healthcare for each state.

The senior assessment uses a composite of 34 criteria measuring determinants and outcomes.

The 2019 state ranking for senior health and healthcare was as follows:

- |                |                  |
|----------------|------------------|
| 1. Hawaii      | 6. New Hampshire |
| 2. Utah        | 7. Rhode Island  |
| 3. Connecticut | 8. Maine         |
| 4. Minnesota   | 9. Vermont       |
| 5. Colorado    | 10. Wisconsin    |

11. Massachusetts
12. Maryland
13. Iowa
14. Washington
15. Delaware
16. New York
17. California
18. North Dakota
19. Oregon
20. Pennsylvania
21. New Jersey
22. South Dakota
23. Nebraska
24. Idaho
25. Virginia
26. Michigan
27. Montana
28. Kansas
29. Florida
30. Ohio
31. Arizona
32. Illinois
33. Alaska
34. South Carolina
35. Wyoming
36. Indiana
37. North Carolina
38. Nevada
39. Missouri
40. Texas
41. Georgia
42. New Mexico
43. Tennessee
44. Alabama
45. Arkansas
46. West Virginia
47. Oklahoma
48. Louisiana
49. Kentucky
50. Mississippi

#### **4.5 Market Resources**

*America's Health Rankings*, 30<sup>th</sup> Edition, United Health Foundation, December 2019.  
([www.americashealthrankings.org/](http://www.americashealthrankings.org/))