

GENERAL HEALTH

1.1 National Assessment

According to the Behavioral Risk Factor Surveillance System (BRFSS, www.cdc.gov/brfss/) of the Centers for Disease Control and Prevention (CDC, 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
• Alabama:	16.7%	27.8%	32.7%	15.5%	7.3%
• Alaska:	20.0%	33.7%	31.3%	10.5%	4.5%
• Arizona:	19.8%	33.0%	30.5%	12.3%	4.4%
• Arkansas:	14.8%	27.8%	33.2%	15.9%	8.2%
• California:	20.2%	30.5%	30.4%	14.4%	4.6%
• Colorado:	21.1%	37.2%	28.6%	10.0%	3.1%
• Connecticut:	21.7%	36.8%	28.3%	10.1%	3.2%
• Delaware:	18.2%	32.9%	31.7%	12.9%	4.4%
• District of Columbia:	26.8%	33.6%	26.9%	9.7%	3.0%
• Florida:	19.9%	29.7%	30.9%	14.3%	5.3%
• Georgia:	17.9%	31.6%	31.5%	14.5%	4.6%
• Hawaii:	20.1%	28.9%	37.3%	10.5%	3.3%
• Idaho:	20.3%	34.4%	31.2%	10.8%	3.4%
• Illinois:	17.5%	32.4%	33.2%	13.0%	4.0%
• Indiana:	15.6%	33.8%	32.4%	12.6%	5.5%
• Iowa:	18.6%	35.3%	31.8%	11.0%	3.4%
• Kansas:	18.0%	34.8%	31.8%	11.6%	3.8%
• Kentucky:	13.4%	31.9%	31.4%	15.4%	8.0%
• Louisiana:	16.3%	28.1%	32.8%	16.3%	6.5%
• Maine:	18.3%	37.3%	29.5%	10.9%	4.0%
• Maryland:	21.0%	33.5%	30.5%	11.8%	3.2%

• 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 μ SA:	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 μ SA:	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 μ SA:	27.3%
• Kingsport-Bristol, TN-VA MSA:	27.0%
• Huntington-Ashland, WV-KY-OH MSA:	26.7%

PERSONAL HEALTH

2.1 Gallup Poll 2015

A November 2015 poll conducted by Gallup (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: 29%
 - Good: 50%
 - Only fair: 16%
 - Poor: 5%

2. How would you describe your own mental health or emotional well-being at this time?
 - Excellent: 43%
 - Good: 45%
 - Only fair: 8%
 - Poor: 4%

3. Overall, how would you rate the quality of healthcare you receive?
 - Excellent: 31%
 - Good: 44%
 - Only fair: 16%
 - Poor: 7%

4. Overall, how would you rate your healthcare coverage?
 - Excellent: 25%
 - Good: 42%
 - Only fair: 22%
 - Poor: 10%
 - Not applicable/no opinion: 2%

5. Are you generally satisfied or dissatisfied with the total cost you pay for your healthcare?
 - Yes: 57%
 - No: 42%
 - No opinion: 1%

HOSPITAL PATIENT DIAGNOSES & PROCEDURES

28.1 Overview

The Healthcare Cost and Utilization Project (www.hcup-us.ahrq.gov), from the Agency for Healthcare Research and Quality (AHRQ, www.ahrq.gov), provides statistics for principal diagnoses, procedures, and spending for stays at community hospitals.

Data for the most frequent diagnoses and procedures, published by AHRQ in 2015 and 2016, are presented in this chapter.

28.2 Most Frequent Primary Diagnoses

The most frequent primary diagnoses are as follows:

• Liveborn:	3.91 million
• Pneumonia:	1.10 million
• Osteoarthritis:	974,000
• Congestive heart failure; nonhypertensive:	967,000
• Septicemia (except in labor):	934,000
• Mood disorders:	887,000
• Cardiac dysrhythmias:	764,000
• Chronic obstructive pulmonary disease and bronchiectasis:	703,000
• Complication of device, implant or graft:	684,000
• Obstetrics-related trauma to perineum and vulva:	674,000

28.3 Most Frequent Procedures

The most frequent hospital procedures are as follows:

• Blood transfusion:	2.93 million
• Prophylactic vaccinations and inoculations:	1.86 million
• Respiratory intubation and mechanical ventilation:	1.63 million
• Repair of current obstetric laceration:	1.31 million
• Cesarean section:	1.27 million
• Diagnostic cardiac catheterization, coronary arteriography:	1.26 million
• Upper gastrointestinal endoscopy, biopsy:	1.22 million
• Circumcision:	1.10 million
• Artificial rupture of membranes to assist delivery:	948,000
• Hemodialysis:	909,000
• Diagnostic ultrasound of heart (echocardiogram):	869,000

• Fetal monitoring:	780,000
• Arthroplasty knee:	718,000
• Enteral and parenteral nutrition:	586,000
• Percutaneous transluminal coronary angioplasty (PTCA):	560,000
• Colonoscopy and biopsy:	525,000
• Laminectomy, excision intervertebral disc:	525,000
• Spinal fusion:	489,000
• Incision of pleura, thoracentesis, chest drainage:	476,000
• Hip replacement, total and partial:	467,000

28.4 Most Frequent Operating Room Procedures

The most frequent operating room procedures are as follows:

• Arthroplasty knee:	700,100
• Percutaneous coronary angioplasty (PTCA):	534,600
• Laminectomy, excision intervertebral disc:	468,200
• Hip replacement, total and partial:	468,000
• Spinal fusion:	450,900
• Cholecystectomy and common duct exploration:	406,300
• Partial excision bone:	338,000
• Hysterectomy, abdominal and vaginal:	312,100
• Colorectal resection:	305,900
• Excision, lysis peritoneal adhesions:	305,800
• Appendectomy:	293,000
• Treatment, fracture or dislocation of hip and femur:	276,400
• Oophorectomy, unilateral and bilateral:	223,800
• Coronary artery bypass graft (CABG):	202,900
• Treatment, fracture or dislocation of lower extremity (other than hip or femur):	188,900

28.5 Most Frequent Ambulatory Surgery Procedures

The most frequent ambulatory surgery procedures are as follows:

• Lens and cataract procedures:	865,000
• Other therapeutic procedures on muscles and tendons:	543,000
• Other OR therapeutic procedures on joints:	420,000
• Cholecystectomy and common duct exploration:	376,000
• Excision of semilunar cartilage of knee:	336,000
• Inguinal and femoral hernia repair:	260,000
• Other OR therapeutic procedures on skin and breast:	231,000
• Lumpectomy; quadrantectomy of breast:	225,000
• Decompression peripheral nerve:	224,000
• Other hernia repair:	218,000
• Other OR therapeutic procedures on nose; mouth and pharynx:	205,000

• Other OR procedures on vessels other than head and neck:	202,000
• Other excision of cervix and uterus:	201,000
• Partial excision bone:	190,000
• Other OR therapeutic procedures on bone:	180,000
• Transurethral excision; drainage; or removal urinary obstruction:	173,000
• Excision of skin lesion:	160,000
• Other OR therapeutic procedures; female organs:	160,000
• Insertion; revision; replacement; removal of cardiac pacemaker or cardioverter/defibrillator:	160,000
• Skin graft:	160,000
• Hysterectomy; abdominal and vaginal:	156,000
• Other intraocular therapeutic procedures:	155,000
• Debridement of wound; infection or burn:	154,000
• Bunionectomy or repair of toe deformities:	134,000
• Laminectomy; excision intervertebral disc:	122,000

HOSPITAL PROFILE

29.1 Data Summary

Hospital Statistics 2016™, by the American Hospital Association (AHA, www.aha.org), provides the following data on U.S. hospitals:

• Total number of all U.S. registered hospitals:	5,627
- U.S. community hospitals*:	4,926
- Non-government not-for-profit community hospitals:	2,870
- Investor-owned (for-profit) community hospitals:	1,053
- State and local government community hospitals:	1,003
- Non-federal psychiatric hospitals:	403
- Federal government hospitals:	213
- Non-federal long-term care hospitals:	75
- Hospital units of institutions (prison hospitals, college infirmaries, etc.):	10
• Total staffed beds in all U.S. registered hospitals:	902,202
- Staffed beds in community hospitals:	786,874
• Total admissions in all U.S. registered hospitals:	34,878,887
- Admissions in community hospitals:	33,066,720
• Number of urban community hospitals:	3,071
• Number of rural community hospitals:	1,855
• Number of community hospitals in a system**:	3,183
• Number of community hospitals in a network***:	1,619

* Community hospitals are defined as all non-federal, short-term general, and other special hospitals. Other special hospitals include obstetrics and gynecology; eye, ear, nose, and throat; rehabilitation; orthopedic; and other individually described specialty services. Community hospitals include academic medical centers or other teaching hospitals if they are non-federal short-term hospitals. Excluded are hospitals not accessible by the general public, such as prison hospitals or college infirmaries.

** System is defined by AHA as either a multi-hospital or a diversified single hospital system. A multi-hospital system is two or more hospitals owned, leased, sponsored, or contract-managed by a central organization. Single, freestanding hospitals may be categorized as a system by bringing into membership three or more, and at least 25%, of their owned or leased non-hospital pre-acute or post-acute healthcare organizations. System affiliation does not preclude network participation.

*** Network is a group of hospitals, physicians, other providers, insurers and/or community agencies that work together to coordinate and deliver a broad spectrum of services to their community. Network participation does not preclude system affiliation.

29.2 Utilization

Inpatient, emergency department, and outpatient utilization in community hospitals is as follows (source: *Hospital Statistics 2016™*):

Hospital utilization is further assessed in Chapter 31.

29.3 Financial Performance

Hospital revenue and profit margins have been as follows (source: American Hospital Association):

	Total Revenue	Profit Margin
• 2002:	\$435.8 billion	4.4%
• 2003:	\$472.7 billion	4.8%
• 2004:	\$507.5 billion	5.2%
• 2005:	\$544.7 billion	5.3%
• 2006:	\$587.1 billion	6.0%
• 2007:	\$626.3 billion	6.9%
• 2008:	\$643.6 billion	2.6%
• 2009:	\$690.5 billion	5.0%
• 2010:	\$730.9 billion	7.2%
• 2011:	\$755.3 billion	7.0%
• 2012:	\$821.3 billion	7.8%

29.4 Hospital Services

The following percentages of U.S. community hospitals offer specialized healthcare services (source: American Hospital Association):

- Birthing, labor, and delivery: 65%
- Chemotherapy: 57%
- Sleep center: 49%
- Sports medicine: 40%
- Ambulatory surgery center: 24%
- Dental services: 23%
- Bariatric/weight control: 22%
- Complementary medicine services: 21%
- Alzheimer's center: 4%
- Free-standing emergency center: 4%

The following percentages of U.S. community hospitals provide services beyond traditional inpatient and outpatient care (source: *Hospital Statistics 2016*TM):

- Hospice: 64%
- Home health service: 60%
- Skilled nursing facility: 37%
- Meals on wheels: 21%
- Assisted living: 14%
- Other long-term care: 12%

29.5 State-by-State

According to *Hospital Statistics 2016*TM, hospitals across the U.S. average 2.60 beds per 1,000 population. The average length of stay is 5.4 days. By state, these figures are as follows:

	Beds per 1,000	Avg. Stay
• Alabama:	3.13	5.3
• Alaska:	2.12	6.5
• Arizona:	2.01	4.5
• Arkansas:	3.19	5.2
• California:	1.83	5.1
• Colorado:	1.96	5.3
• Connecticut:	2.17	5.5
• Delaware:	2.20	5.1
• District of Columbia:	5.58	7.1
• Florida:	2.72	5.0
• Georgia:	2.47	6.4
• Hawaii:	2.01	6.9
• Idaho:	2.08	4.8
• Illinois:	2.46	4.8
• Indiana:	2.63	5.2
• Iowa:	3.18	6.1
• Kansas:	3.45	6.6
• Kentucky:	3.19	5.2

• Louisiana:	3.36	5.4
• Maine:	2.62	5.6
• Maryland:	2.09	5.0
• Massachusetts:	2.46	5.3
• Michigan:	2.53	5.1
• Minnesota:	2.73	6.0
• Mississippi:	4.29	6.6
• Missouri:	3.13	5.2
• Montana:	3.67	8.6
• Nebraska:	3.63	6.7
• Nevada:	2.03	5.5
• New Hampshire:	2.12	5.3
• New Jersey:	2.40	5.1
• New Mexico:	1.83	4.6
• New York:	2.86	6.8
• North Carolina:	2.30	5.7
• North Dakota:	4.04	7.0
• Ohio:	2.95	4.9
• Oklahoma:	2.95	5.4
• Oregon:	1.72	4.3
• Pennsylvania:	3.05	5.6
• Rhode Island:	2.14	5.1
• South Carolina:	2.67	5.7
• South Dakota:	4.92	9.2
• Tennessee:	3.12	5.5
• Texas:	2.33	5.2
• Utah:	1.80	4.3
• Vermont:	1.92	6.3
• Virginia:	2.18	5.7
• Washington:	1.75	4.6
• West Virginia:	3.80	5.8
• Wisconsin:	2.22	5.0
• Wyoming:	3.30	8.4

HOSPITAL USE OF SOCIAL MEDIA

30.1 Provider Social Networking

The Mayo Clinic Center for Social Media (<http://network.socialmedia.mayoclinic.org>) reports on social networking activities of 1,573 community hospitals. In 2015, hospitals use of various social sites was as follows:

- YouTube: 717
- Facebook: 1,301
- Twitter: 1,007
- LinkedIn: 653
- 4Square: 1,080
- Blog: 212

Social media use for each of the 1,573 community hospitals is posted online at (<http://network.socialmedia.mayoclinic.org/hcsmi-grid>).

“Social media is emerging as the communications tool hospitals use to engage patients. Social media outlets have become a valuable tool in reaching the public about upcoming hospital events, local healthcare coverage changes, and personal healthcare education.”

Hospitals & Health Networks

30.2 Social Media Use By Hospitals

According to *Hospitals & Health Networks*, hospitals and health systems use social media to provide the following:

- General hospital information: 91%
- Crisis communications: 47%

- Care management messages: 29%
- Chats with physicians: 22%
- Live streaming of procedures/surgeries: 16%

A survey by Computer Sciences Corporation (www.csc.com), reported by *Hospitals & Health Networks*, cited the reasons hospitals use social media and their perception of social media experiences as follows:

Reasons For Social Media Use

- Promote wellness and healthy behaviors: 58%
- Marketing services or products: 47%
- Workforce recruitment: 47%
- Consumer relations: 47%
- Reputation management: 47%
- Distribute educational information: 47%
- Brand management: 44%

Perception Of Social Media Experience

- Positive: 64%
- Neutral: 18%
- Too soon to determine: 15%
- Negative: 0%

HOSPITAL UTILIZATION

31.1 Overview

Hospital inpatient volumes have declined in recent years while outpatient services have increased. The following factors have contributed to the shift (source: *Modern Healthcare*):

- A growing number of procedures can be performed outside the hospital in less-costly outpatient settings.
- More Americans are covered by health plans with high deductibles, copayments and coinsurance, dampening demand for elective procedures requiring hospitalization.
- New Medicare policies have boosted the financial incentives for hospitals to strengthen management of chronic diseases and avoid over-hospitalization. Those policies have been mirrored to some extent by private payers, which increasingly offer bonuses to hospitals and doctors for curbing costs.
- The slow economic recovery is also a factor, though the full scope of its influence is uncertain as the recovery continues.

“U.S. hospital operators are blaming weak performance on flagging hospital volumes. That highlights a persistent shift in where patients are receiving care because of major changes in payment and delivery and continued weakness in the overall economy, analysts say. Hospital systems are setting their strategic plans with the assumption that inpatient care will continue to decline.”

Modern Healthcare

31.2 Inpatient Utilization

Hospital Statistics 2016™, by the American Hospital Association (www.aha.org), provides the following inpatient utilization data for U.S. community hospitals:

	Admissions	Per 1,000	Inpatient Days	Per 1,000	Inpatient Surgeries	Avg. Stay
• 2000:	33,089,467	117.6	192,420,368	683.7	9,729,336	5.8
• 2001:	33,813,589	118.7	194,106,316	681.6	9,779,583	5.7
• 2002:	34,478,280	119.7	196,690,099	682.7	10,105,010	5.7
• 2003:	34,782,742	119.6	196,649,769	676.2	9,940,922	5.7
• 2004:	35,086,061	119.5	197,564,172	672.8	10,050,346	5.6
• 2005:	35,238,673	119.2	197,073,770	666.4	10,097,271	5.6
• 2006:	35,377,659	118.2	196,366,512	655.9	10,095,683	5.6
• 2007:	35,345,986	117.3	194,549,348	645.7	10,189,630	5.5
• 2008:	35,760,750	117.6	196,078,468	644.9	10,105,156	5.5
• 2009:	35,527,377	115.7	192,656,804	627.5	10,100,980	5.4
• 2010:	35,149,427	113.7	189,593,349	613.5	9,954,821	5.4
• 2011:	34,843,085	111.8	187,072,013	600.4	9,638,467	5.4
• 2012:	34,422,071	109.7	185,423,035	590.7	9,513,598	5.4
• 2013:	33,609,083	106.3	182,870,189	576.9	9,147,264	5.4

31.3 Outpatient Utilization

Hospital Statistics 2016™ provides the following outpatient utilization data for U.S. community hospitals:

	Outpatient Visits	Per 1,000	Outpatient Surgeries
• 2000:	521,404,976	1,852.8	16,383,374
• 2001:	538,480,378	1,890.8	16,684,726
• 2002:	556,404,212	1,931.1	17,361,176
• 2003:	563,186,046	1,936.7	17,165,616
• 2004:	571,569,334	1,946.4	17,351,490
• 2005:	584,428,736	1,976.1	17,445,587
• 2006:	599,553,025	2,002.5	17,235,141
• 2007:	603,300,374	2,002.4	17,146,334
• 2008:	624,098,296	2,052.6	17,354,282
• 2009:	641,953,442	2,091.0	17,357,534
• 2010:	651,423,717	2,107.8	17,357,177
• 2011:	656,078,942	2,105.6	17,269,245
• 2012:	674,971,331	2,150.2	17,297,633
• 2013:	677,951,120	2,144.5	17,418,773

31.4 Inpatient And Outpatient Revenue

Hospital Statistics 2016™ reports the distribution of revenue by inpatient and outpatient services as follows:

	Inpatient	Outpatient
• 2000:	65%	35%
• 2001:	65%	35%
• 2002:	65%	35%
• 2003:	65%	35%
• 2004:	64%	36%
• 2005:	63%	37%
• 2006:	62%	38%
• 2007:	62%	38%
• 2008:	61%	39%
• 2009:	59%	41%
• 2010:	58%	42%
• 2011:	57%	43%
• 2012:	56%	44%
• 2013:	55%	45%

31.5 Hospital Utilization By State

By state, acute-care discharges and rate per 1,000 people are as follows (source: *Modern Healthcare*, September 2015):

	Total Discharges	Rate
• Alabama:	499,012	102.9
• Alaska:	22,887	31.1
• Arizona:	580,468	86.2
• Arkansas:	315,536	106.4
• California:	2,377,256	61.3
• Colorado:	379,321	70.8
• Connecticut:	353,930	98.4
• Delaware:	95,113	101.7
• Florida:	2,368,946	115.7
• Georgia:	791,558	85.8
• Hawaii:	84,155	59.3
• Idaho:	119,488	73.1
• Illinois:	1,265,608	98.3
• Indiana:	655,606	99.4
• Iowa:	294,738	94.9
• Kansas:	275,655	94.9
• Kentucky:	504,871	119.1
• Louisiana:	486,407	104.6
• Maine:	125,717	94.5
• Maryland:	627,149	104.9
• Massachusetts:	695,889	103.2
• Michigan:	1,060,496	107.0
• Minnesota:	454,375	83.3

• Mississippi:	339,953	113.5
• Missouri:	690,095	113.8
• Montana:	69,238	67.6
• Nebraska:	183,661	97.6
• Nevada:	186,772	65.8
• New Hampshire:	106,851	80.5
• New Jersey:	569,937	63.8
• New Mexico:	172,759	82.8
• New York:	2,003,088	101.4
• North Carolina:	972,165	97.8
• North Dakota:	80,739	109.2
• Ohio:	1,007,108	86.9
• Oklahoma:	392,187	101.1
• Oregon:	265,128	66.8
• Pennsylvania:	1,466,625	114.7
• Rhode Island:	107,701	102.1
• South Carolina:	464,820	96.2
• South Dakota:	98,713	115.7
• Tennessee:	597,329	91.2
• Texas:	2,313,064	85.8
• Utah:	193,129	65.6
• Vermont:	44,922	71.7
• Virginia:	670,572	80.5
• Washington:	392,827	55.6
• West Virginia:	220,590	119.2
• Wisconsin:	485,739	84.4
• Wyoming:	37,601	64.6

31.6 Impact Of The Affordable Care Act

The one-time effect of up to 30 million people gaining insurance coverage for the first time under the Affordable Care Act could drive healthcare utilization upward.

In a study on hospital utilization, McKinsey & Co. (www.mckinsey.com) found insurance status could drive an increase of about 30% in inpatient utilization. Increased coverage may cause emergency department utilization rates to rise by 15%. And coverage could increase utilization of outpatient elective services by about 40% to 70%.