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Frederick County Health Department

Media Advisory

CONTACT: Dr. Barbara Brookmyer
Health Officer
301-600-1029
TTY: Use Maryland Relay
Bbrookmyer@FrederickCountyMD.gov

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FREDERICK COUNTY RANKS 3RD BEST IN STATE FOR HEALTH OUTCOMES

FREDERICK, MD -- A new report released yesterday examines the health and well-being of people living in nearly every county in the United States, and finds that Frederick County ranks third best in health outcomes and third best in health factors compared to other Maryland counties.

The 2014 *County Health Rankings* rely on a robust set of data and analysis that allows counties to see what it is that makes residents sick or healthy, and how they compare to other counties in the same state. This is the fifth year of the *Rankings*, published online at <http://www.countyhealthrankings.org> by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI). The *Rankings* data lays the groundwork for health improvement efforts of elected officials, local health departments, health care providers, business leaders, and citizens across the country.

The *County Health Rankings* explores the factors beyond just access to medical care that impact how long and how well people live. It examines 34 indicators that influence health, including rates of childhood poverty, rates of smoking, obesity levels, teen birth rates, access to physicians and dentists, rates of high school graduation and college attendance, access to healthy foods, levels of physical inactivity, and percentages of children living in single parent households.

“Frederick County’s rank of 3rd best in health outcomes and in health factors in Maryland is a testimony to the quality of health services and public-private partnership engagement in addressing social determinants of health,” stated Dr. Barbara Brookmyer, Frederick County Health Officer. “It reinforces the fact that Frederick County is a great place to live, work, and play,” she added.

Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

350 Montevue Lane ▪ Frederick, MD 21702

Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258





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While Frederick County's overall rank is very favorable, the *County Health Rankings* report identified excessive drinking and mammography screening for women over 65 years of age as areas for improvement. Additional opportunities include reducing low birth rates and increasing physical activity. Excessive or binge drinking in the past 30 days was reported by 17% of Frederick County adults and will be the focus of improvement efforts of the Behavioral Health Services Division of the Frederick County Health Department.

The [Frederick County Health Care Coalition](#) also monitors the *County Health Rankings* and uses the *County Health Rankings* annual update to inform the efforts of its work groups addressing priorities for local health improvement.

For further information contact Dr. Barbara Brookmyer, Health Officer, at the Frederick County Health Department at 301-600-1029 or via e-mail at Bbrookmyer@FrederickCountyMD.gov.

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