

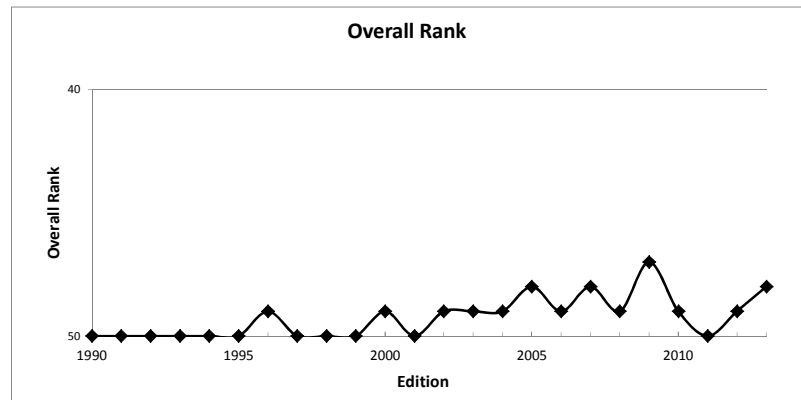
# 2013 Edition Louisiana



America's Health Rankings® is the longest running comparative health index of states. It uses measures of behavior, community and environment, public and health policies, clinical care, and health outcomes to describe the health and wellness of each state compared to all other states. The Rankings are updated each year to provide a perspective on change in health over the last 24 years. The primary objective of America's Health Rankings® is to stimulate discussion and action among individuals, community leaders, elected officials, health professionals, educators, and employers to improve the health of each state and our nation.

The Rankings are sponsored by United Health Foundation in partnership with American Public Health Association and Partnership for Prevention.

For overall health, Louisiana is ranked 48th this year. The state has varied from its healthiest ranking of 47th to its poorest ranking of 50th.



Obesity remains high at 34.7 percent of the adult population, with more than 1.2 million obese adults in Louisiana. Also, over 1.0 million adults are physically inactive.

In the past year, the rate of drug deaths decreased from 17.1 to 13.7 deaths per 100,000 population.

The high school graduation rate increased this year for the fourth consecutive year from 59.5 percent in 2009 to 68.6 percent of ninth graders who graduate within 4 years.

In the past year, violent crime decreased by 12 percent from 555 to 497 offenses per 100,000 population.

For the third consecutive year, the percent of children in poverty exceeds 30 percent of persons younger than 18 years.

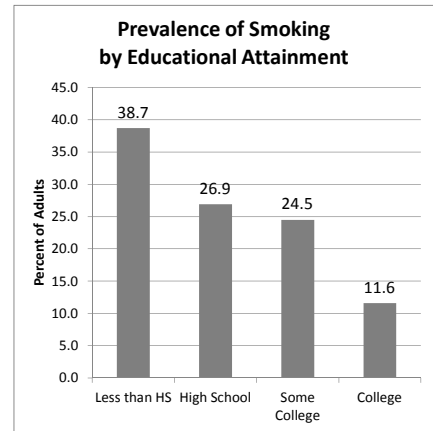
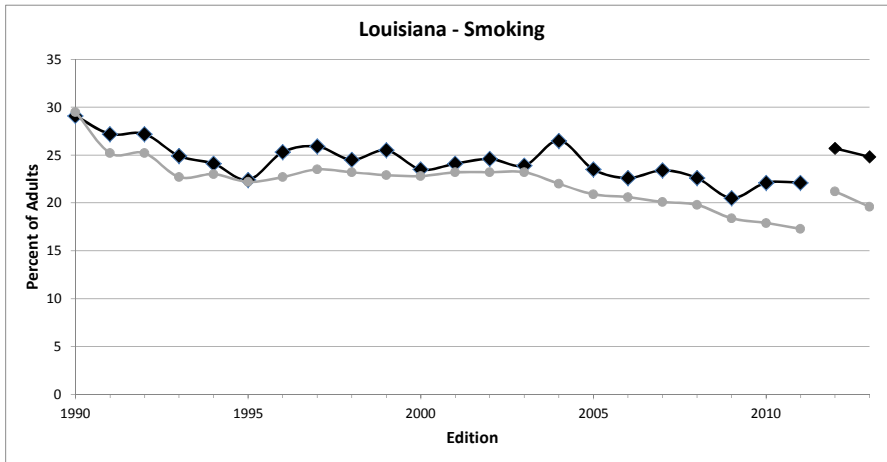
After 4 years of increases, public health funding declined in the past year to \$87 per person.

Determinants	Value	Rank	No. 1 State
<b>Behaviors</b>			
Smoking (Percent of adult population)	24.8	46	10.6
Binge Drinking (Percent of adult population)	16.5	22	10.2
Drug Deaths (Deaths per 100,000 population)	13.7	30	5.0
Obesity (Percent of adult population)	34.7	50	20.5
Physical Inactivity (Percent of adult population)	29.9	47	16.2
High School Graduation (Percent of incoming ninth graders)	68.8	46	91.4
<b>Community &amp; Environment</b>			
Violent Crime (Offenses per 100,000 population)	497	44	123
Occupational Fatalities (Deaths per 100,000 workers)	7.6	43	1.9
Infectious Disease (Combined average z-score of Chlamydia, Pertussis and Salmonella)	0.86	48	-0.90
Chlamydia (Cases per 100,000 population)	697.4	45	140.6
Pertussis (Cases per 100,000 population)	0.7	1	0.7
Salmonella (Cases per 100,000 population)	31.8	48	6.6
Children in Poverty (Percent of children)	31.0	50	9.7
Air Pollution (Micrograms of fine particles per cubic meter)	9.6	28	5.3
<b>Policy</b>			
Lack of Health Insurance (Percent of population)	19.6	46	3.8
Public Health Funding (Dollars per person)	\$87	19	\$225
Immunization - Children (Percent aged 19 to 35 months)	68.5	25	80.2
Immunization - Adolescents (Percent aged 13 to 17 years)	73.7	6	82
<b>Clinical Care</b>			
Low Birthweight (Percent of births under 2,500 grams weight)	10.9	49	6.0
Primary Care Physicians (Number per 100,000 population)	120.3	20	196.1
Dentists (Number of dentists per 100,000 population)	49.6	39	85.6
Preventable Hospitalizations (Number per 1,000 Medicare enrollees)	87.5	48	27.4
<b>All Determinants</b>	<b>-0.61</b>	<b>49</b>	<b>0.70</b>
<b>Outcomes</b>			
Diabetes (Percent of adult population)	12.3	48	7.0
Poor Mental Health Days (Days in the previous 30 days)	4.1	35	2.8
Poor Physical health Days (Days in the previous 30 days)	4.3	40	2.9
Disparity in Health Status (By educational attainment)	24.0	6	19.7
Infant Mortality (Deaths per 1,000 live births)	8.2	48	4.4
Cardiovascular Deaths (Deaths per 100,000 population)	318.5	46	186.9
Cancer Deaths (Deaths per 100,000 population)	219.2	48	141.3
Premature Death (Years lost per 100,000 population)	9,806	46	5,493
<b>All Outcomes</b>	<b>-0.23</b>	<b>44</b>	<b>0.33</b>
<b>Overall</b>	<b>-0.84</b>	<b>48</b>	<b>0.92</b>

## Smoking

Smoking is the prevalence of adults who smoke cigarettes regularly. It is defined as the percentage of adults who self-report smoking at least 100 cigarettes in their lifetime and who currently smoke. Information is self-report data from CDC's Behavioral Risk Factor Surveillance System (BRFSS).

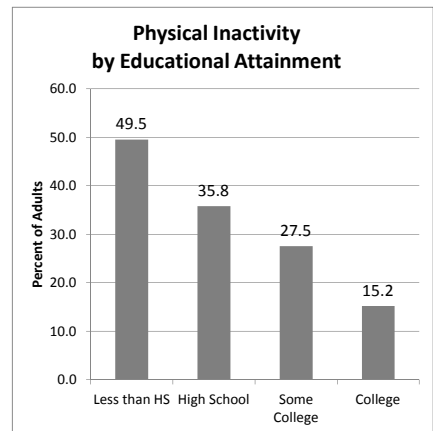
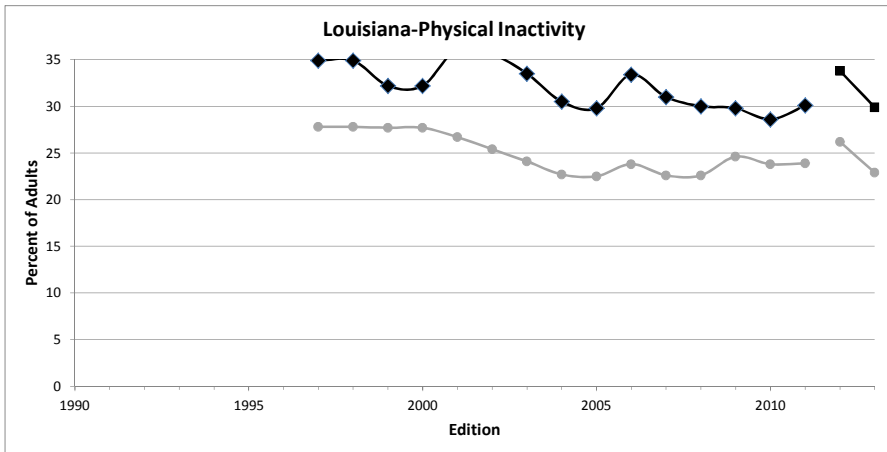

  
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The last 2 years are not directly comparable to prior years because of changes in BRFSS methodology.

## Physical Inactivity

Physical Inactivity is the percentage of adults who report doing no physical activity or exercise (such as running, calisthenics, golf, gardening, or walking) other than their regular job in the last 30 days. Information is self-report data from CDC's Behavioral Risk Factor Surveillance System (BRFSS).



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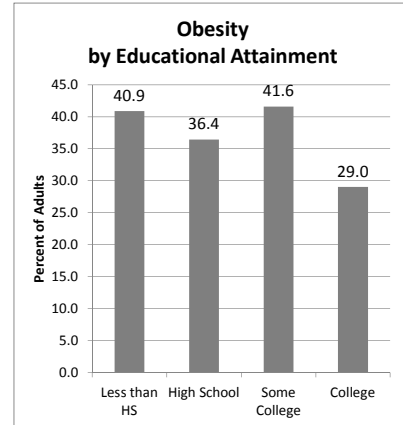
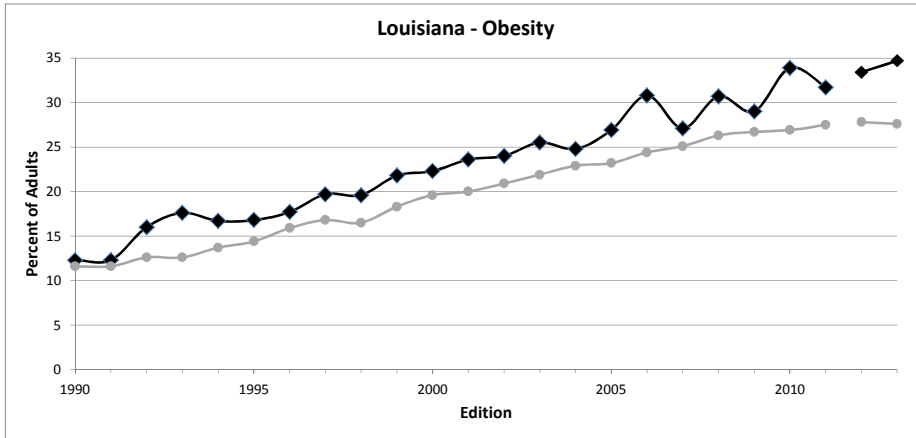
The ultimate purpose of America's Health Rankings® is to stimulate action by individuals, elected officials, health care professionals, public health professionals, employers, educators, and communities to improve the health of the population of the United States. We do this by promoting public conversation concerning health in our states, as well as providing information to facilitate citizen, community, and group participation. We encourage participation in all elements: behaviors, community and environment, clinical care, and policy. Each person individually, and in their capacity as an employee, employer, educator, voter, community volunteer, health care professional, public health professional, or elected official, can contribute to the advancement of the healthiness of their state. Proven, effective, and innovative actions can improve the health of people in every state whether the state is ranked first or 50th.



# Obesity

Obesity is the percentage of adults who are estimated to be obese, defined as having a body mass index (BMI) of 30.0 or higher, according to self-reported height and weight. BMI is equal to weight in pounds divided by height in inches squared and then multiplied by 703. The CDC has a calculator for BMI at [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).

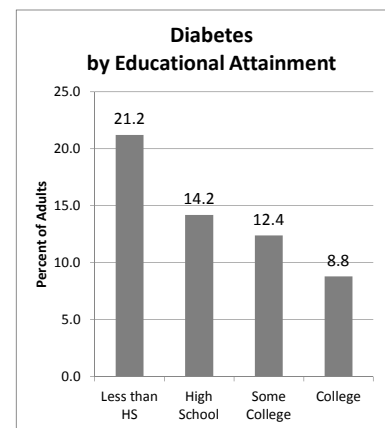
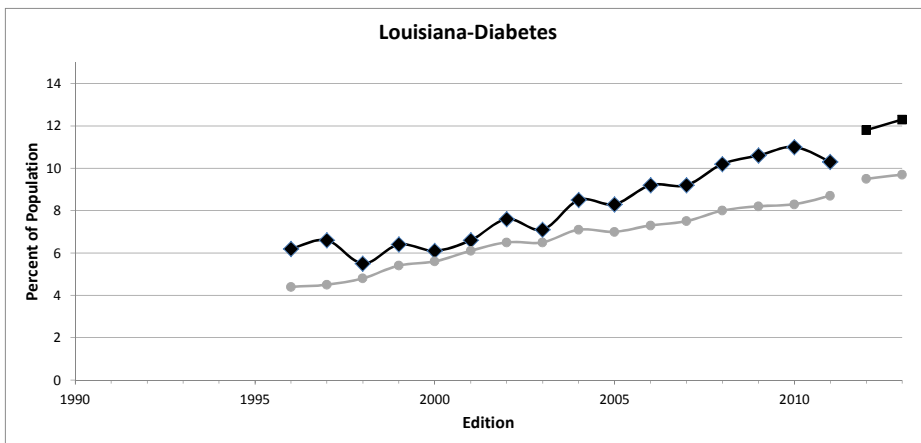
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# Diabetes

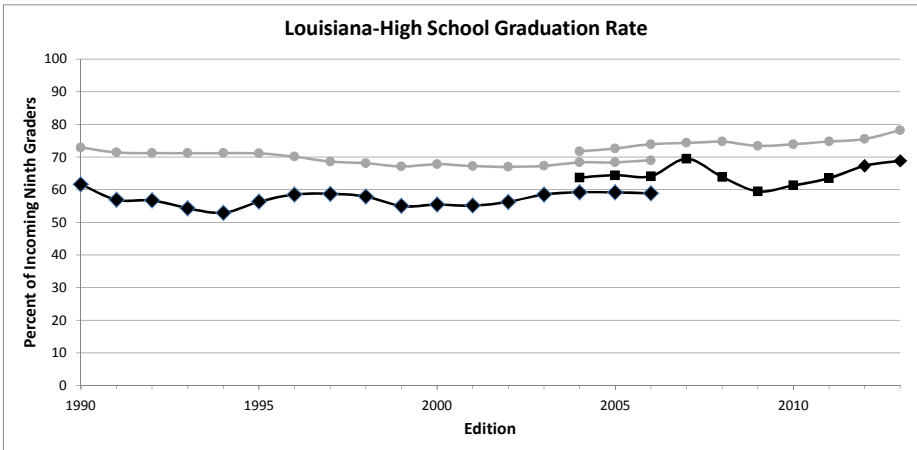
Diabetes is the percentage of adults who have been told by a health professional that they have diabetes, excluding pre-diabetes and gestational diabetes. Diabetes is the seventh leading cause of death in the United States and contributes to the first and fourth leading causes of death, heart disease and stroke, respectively. There are 3 types of diabetes: type 1, type 2, and gestational. Of these, type 2 diabetes is the most common and accounts for 90 percent to 95 percent of all diabetes cases. Type 2 diabetes is a largely preventable progressive disease that is managed through lifestyle modifications and health care interventions. In 2012, estimated medical costs for diabetes were \$245 billion, with \$176 billion in direct medical costs.



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## Other Determinants

### High School Graduation

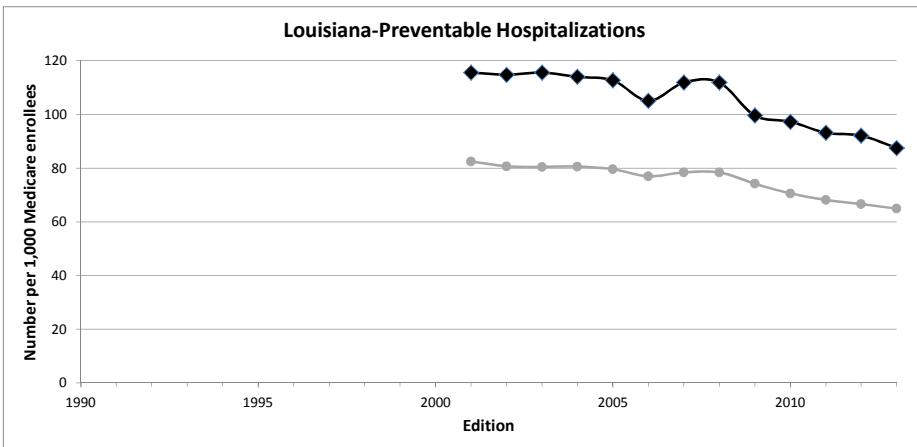


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High School Graduation estimates the percentage of incoming ninth graders who graduate within 4 years and are considered regular graduates. The National Center for Education Statistics collects enrollment and completion data and estimates the graduation rate for each state. Education is a vital contributor to health as people must be able to learn about, create, and maintain a healthy lifestyle. Education can also help facilitate more effective health care visits as patients must be able to understand and participate in their care for optimal results.

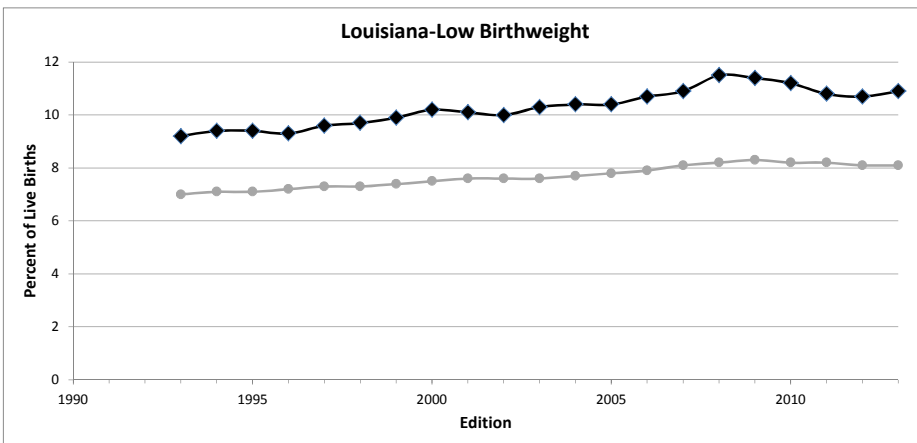
Note: the method of calculating graduation rate changed with the passage of the No Child Left Behind legislation. Rates for 1990 through 2006 are not directly comparable to those for 2004 through 2013.

### Preventable Hospitalizations



Preventable Hospitalizations is a measure of the discharge rate of Medicare enrollees aged 65 to 99 years with full Part A entitlement and no health maintenance organization (HMO) enrollment from hospitals for ambulatory care-sensitive conditions. Ambulatory care-sensitive conditions are optimally treated with outpatient care, potentially preventing the need for hospitalization or conditions in which early intervention can prevent complications or more severe disease.

### Low Birthweight



Low Birthweight is the percentage of live births of infants weighing less than 2,500 grams (5 pounds, 8 ounces), based on birth certificates (National Vital Statistics System, NCHS, CDC). In addition to being an indicator of the mother's health and clinical care, low birthweight is itself a potential cause of future health problems for the baby. Low birthweight infants are more likely to have health problems during the newborn period than infants of a normal weight.

More information is available at [www.americashealthrankings.org](http://www.americashealthrankings.org). For information specific to your state, enter [www.americashealthrankings.org/LA](http://www.americashealthrankings.org/LA).