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Frederick County Health Department

# Media Advisory

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**FOR IMMEDIATE RELEASE:**

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## **FREDERICK COUNTY RANKS 3<sup>RD</sup> BEST IN STATE FOR HEALTH OUTCOMES**

**FREDERICK, MD --** A new report released today examines the health and well-being of people living in nearly every county in the United States and finds that, for the third year in a row, Frederick County ranks third best compared to other Maryland counties in multiple areas, such as health outcomes, length of life, health factors, and social & economic factors.

The 2015 *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 sixth 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 35 indicators that influence health, including rates of childhood poverty, rates of smoking, obesity levels, access to physicians and dentists, rates of high school graduation and college attendance, and levels of physical inactivity.

“Frederick County’s rank of 3<sup>rd</sup> 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.

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While Frederick County's overall rank is very favorable, the *County Health Rankings* report identified excessive drinking and the physical environment as areas for improvement. Additional opportunities include reducing low birth weight rates and increasing physical activity. Excessive or binge drinking in the past 30 days was reported by 17% of Frederick County adults and is a current 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 focused on 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](mailto:Bbrookmyer@FrederickCountyMD.gov).

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