



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

MARCH 19, 2019

FREDERICK COUNTY RANKS 3RD BEST IN STATE FOR OVERALL HEALTH OUTCOMES

FREDERICK, MD – The 2019 *County Health Rankings* released today examines the health and well-being of people living in nearly every county in the United States and finds that Frederick County ranks third in Maryland in several areas such as health outcomes, length of life, health behaviors, and social & economic factors.

The new *Rankings* report shows us that where we live matters to our health. Good health allows people to fulfill their potential and thrive, and the *Rankings* make it clear that good health is influenced by many factors beyond medical care including housing, education, jobs, access to healthy foods, and more. The annual report provides a snapshot of our community's health compared to other counties in Maryland, and lays the groundwork for health improvement efforts of elected officials, local health departments, health care providers, business leaders, and citizens across the country.

"We are proud that Frederick County continues to rank well in Maryland according to the *County Health Rankings*. Good health is about more than seeing a doctor or not getting sick. Our strong standing is only possible through the combined efforts of all parts of our community working towards healthier options in all areas of our lives," stated Dr. Barbara Brookmyer, Frederick County Health Officer. "It reinforces that we need to work together to make Frederick County a healthy and great place to live, work, and thrive," she added.

The *County Health Rankings* report highlighted many areas of strength in Frederick County, such as food environment index, low physical inactivity, high access to exercise opportunities, low alcohol-impaired driving deaths, low teen births, low percentage of uninsured residents, a good ratio of primary care physicians, low preventable hospital stays, and a good percentage of

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influenza vaccinations. Additionally, social and economic factors such as high rates of high school graduation, adults having some college, low rates of children in poverty, and low rates of income inequality were identified as strengths. Frederick County was pleased to score in the 10th percentile among the top U.S. Performers in several categories such as poor or fair health, poor physical health days, adult smoking, food environment index, access to exercise opportunities, teen births, uninsured adults, and children in poverty.

The *Rankings* identified adult obesity as an area to explore. Frederick County Health Department continues to offer programs such as the [PreventT2 Program](#) to work with individuals who have prediabetes. The Diabetes Prevention Program 'PreventT2' is a year-long lifestyle change program that focuses on losing weight, increasing physical activity, healthy eating habits, and reducing stress to help individuals prevent type 2 diabetes. The Frederick County Health Department has had 6 groups complete the program since its inception in 2017. A 7th group is currently half-way through the program and has collectively lost 82 pounds.

The *Rankings* also identified adult smoking as an area to explore. Although Frederick County is tied for fourth lowest percent of adult smoking among Maryland counties, this is still an area of focus because smoking increases the risk of many other health issues. Frederick County Health Department continues to offer free one-on-one tobacco counseling cessation services to help individuals through their tobacco quitting journey. Free nicotine replacement therapy (NRT) including patches, gum, and lozenges is available to individuals over 18 with physician approval. Quitting isn't easy and tobacco cessation programs like ours with cessation counseling in combination NRT can be a great help for support.

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. The *Rankings* are published online at <http://www.countyhealthrankings.org> by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI).

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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