



Public Health
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Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

APRIL 27, 2022

Frederick County Ranks Among the Healthiest Counties in Maryland

FREDERICK, MD – The 2022 *County Health Rankings* released today brings county-level data for multiple factors together in one place so that people and communities can take actions to be healthier. The new report shows that Frederick County is consistently ranked among the healthiest counties in Maryland, in the highest 75%-100%.

Frederick (FR)



Health Outcomes

Frederick (FR) is ranked among the healthiest counties in Maryland (Highest 75%-100%)



Health Factors

Frederick (FR) is ranked among the healthiest counties in Maryland (Highest 75%-100%)

The annual report provides a snapshot of our community's health compared to other counties in Maryland and can serve to spark conversation with leaders at all levels and sectors to help our community take action with data. 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 data used to calculate ranks for the 2022 Rankings are from 2020 and earlier and the impact from COVID-19 is just starting to be captured. Future years will more fully show the effect of the pandemic on our community.

New to the 2022 *Rankings* report are some measures that do not contribute directly to the rankings themselves, but have been introduced to provide more insight into factors that impact our community's health. These include: living wage, childcare cost burden, childcare centers per population, gender pay

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gap, school funding adequacy, school segregation, and COVID-19 age-adjusted mortality. These new factors give additional insight into our community, and may be useful in future efforts of the Frederick County Health Department's new Equity Office and other community partners working on equity issues.

"We know that that Frederick County's high rankings are due to a variety of factors from all parts of our community," stated Dr. Barbara Brookmyer, Frederick County Health Officer. "Good health is based on social and economic factors, as well as our physical environment and the choices we have and make. We will continue to work with our community to identify and remove barriers so that all our residents can have the best health outcome possible," she added.

The *County Health Rankings* report highlighted many areas of strength in Frederick County, such as the health behavior areas of low physical inactivity, access to exercise opportunities, and low teen births. In the clinical care area, our strengths were identified as low percentage of uninsured residents, a good ratio of primary care physicians, low preventable hospital stays, good flu vaccination rates. Additionally, social and economic factors such as high rates of high school completion, adults having some college, low rates of children in poverty, and low rates of income inequality were identified as strengths.

The *Rankings* identified adult smoking as an area to explore. Although Frederick County is the third 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 [tobacco counseling cessation services](#) to help individuals through their tobacco quitting journey. These services are available by phone, text, virtual, or in person. For more information, complete [this form](#) or contact PJ Miller at pmiller@frederickcountymd.gov or 301-712-7277.

The *Rankings* also identified adult obesity as an area to explore. Obesity increases the risk for health conditions and serves as a proxy for poor diet and limited physical activity. Obesity rates continue to increase in Frederick County, although Frederick is the third lowest percent among Maryland counties. 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 lifestyle change program that focuses on losing weight, increasing physical activity, healthy eating habits, and reducing stress to help individuals prevent type 2 diabetes. For more information, complete [this form](#) or call 301-600-1733.

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

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