



Public Health
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Frederick County Health Department

News Release

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Frederick County Continues to Rank Among the Healthiest Counties in Maryland

FREDERICK, MD – The 2023 *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 continues to rank among the healthiest counties in Maryland, in the highest 75%-100%. Frederick County ranked third highest in Maryland for both Health Outcomes and Health Factors.

Frederick (FR)



Health Outcomes

Health outcomes represent how healthy a county is right now, in terms of length of life but quality of life as well.

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

Health Factors



Health Factors represent those things we can modify to improve the length and quality of life for residents.

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

The County Health Rankings model shows how different elements affect our health outcomes. Local, state, and federal policies and our physical environment impact our social and economic factors such as our education, employment, income, social support and community safety. Access to quality clinical care also plays a role in our overall health, but this model suggests that only accounts for 20% of the elements that impact our health factors. Another contributor to our health factors are our behaviors, such as tobacco use, diet and exercise, alcohol and drug use, and sexual activity, but these elements are also influenced by our social and economic factors as well as policies and our culture. Together, these element contribute to our overall quality and length of life.

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The 2023 *Rankings* 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. Frederick County is fortunate to have many community agencies working to improve the health of our county, and while this report is annual, it is important to remember that it can take time to move the needle on complex challenges. The most impactful and long-lasting change comes through community empowerment to identify the root causes and contributing factors to these complex issues.

"We know that that health is more than the absence of disease," stated Dr. Barbara Brookmyer, Frederick County Health Officer. "Good health is a result of stable social and economic factors, a safe physical environment, and a supportive and affirming society. 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 and low teen births. In the clinical care area, our strengths were identified as low percentage of uninsured residents, low preventable hospital stays, and good flu vaccination rates. Additionally, social and economic factors such as high rates of high school completion, adults having some college, low unemployment, low rates of children in poverty, and low rates of income inequality, and low numbers of injury deaths were identified as strengths.

The *Rankings* identified adult smoking as an area to explore. This continues to be 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 many serious health conditions, including heart disease, stroke, diabetes, and hypertension. The Frederick County Health Department continues to offer programs that support community members in making healthy lifestyle changes to prevent and/or better manage these conditions. The new [Healthy Hearts Blood Pressure Self-Monitoring Program](#) is open to adults with high blood pressure and focuses on developing the habit of blood pressure self-monitoring at home, which has been shown to improve blood pressure control. Healthy Hearts also includes education and support on healthy eating habits and increasing physical activity. For more information, complete [this form](#) or call Colleen Swank, Program Coordinator, at 240-357-1161.

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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