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Frederick County Health Department

News Release

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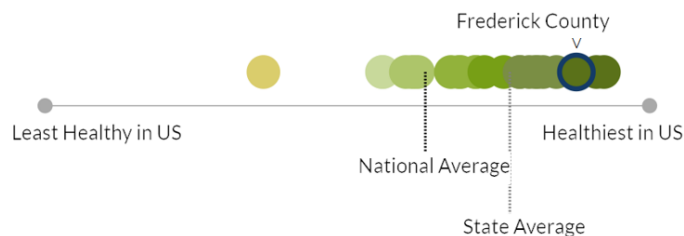
FOR IMMEDIATE RELEASE:

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Frederick County Continues to Rank Among the Healthiest Counties in Maryland

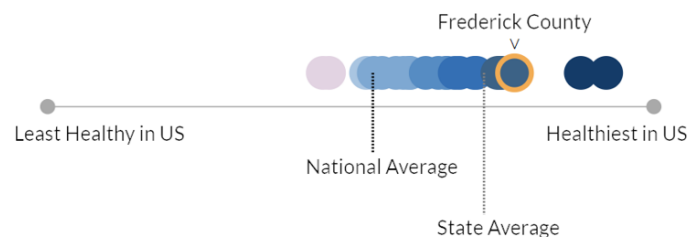
FREDERICK, MD –The 2024 [County Health Rankings](#) released today shows a snapshot of county-level data of the wide range of factors that influence how long and how well we live. This year, the report offers a new approach to evaluate counties' health. It has moved away from a numbered ranking system to show all counties in a state on a continuum. Frederick County continues to rank well above the National and state average and among the healthiest counties in Maryland for both Health Outcomes, how long and well people live on average within a community, and Health Factors, which are things we can improve to live longer and healthier lives.

Frederick County Health Outcomes



The County Health Rankings model shows that a wide range of factors influence how well we live. While access to good quality clinical care is important, safe housing, good-paying jobs and well-resourced schools are critical factors for health and wellbeing. Societal and political structures, systems and policies also influence how long and how well people live. The 2024 Report highlights that the healthiest counties have communities that are regularly engaged in decision-making. Including the voices and perspectives of community groups and members who have historically been excluded is an important step to ensure that everyone thrives.

Frederick County Health Factors



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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.

“Public health encompasses all aspects of our daily life and is far more than just the absence of disease,” stated Dr. Barbara Brookmyer, Frederick County Health Officer. “When community members are involved in identifying problems and creating solutions, together we can tackle the structures and habits that traditionally only benefit a few. When we address root causes of inequities, we can work with our community to identify and remove barriers so that all our residents can have the best health outcome possible,” she added.

The *2024 Report* highlighted many areas of strength in Frederick County, such as the health behavior area of low teen births. In the clinical care area, our strength of low percentage of uninsured residents was highlighted. 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, and low numbers of injury deaths were identified as strengths.

The 2024 Report identified two areas to explore. One area was adult smoking, which 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 second area to explore was adult obesity. 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 [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 2024 Report is 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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