

8-24-2022

Health Rankings: Mountain West States, 2021

Hira Ahmed

University of Nevada, Las Vegas, hira.ahmed@unlv.edu

Sofia Takhtadjian

University of Nevada, Las Vegas, sofia.takhtadjian@unlv.edu

Olivia K. Cheche

University of Nevada, Las Vegas, olivia.cheche@unlv.edu

Elia Del Carmen Solano-Patricio

University of Nevada, Las Vegas, eliadelcarmen.solano-patricio@unlv.edu

Caitlin J. Saladino

Brookings Mountain West & The Lincy Institute, caitlin.saladino@unlv.edu

See next page for additional authors

Follow this and additional works at: https://digitalscholarship.unlv.edu/bmw_lincy_health



Part of the [Environmental Policy Commons](#), [Health Policy Commons](#), [Public Affairs Commons](#), [Public Health Commons](#), [Public Policy Commons](#), [Social Welfare Commons](#), and the [Urban Studies Commons](#)

Repository Citation

Ahmed, H., Takhtadjian, S., Cheche, O. K., Solano-Patricio, E. D., Saladino, C. J., Brown, W. E. (2022). Health Rankings: Mountain West States, 2021. *Health Fact Sheet No. 17* 1-6.

Available at: https://digitalscholarship.unlv.edu/bmw_lincy_health/16

This Report is protected by copyright and/or related rights. It has been brought to you by Digital Scholarship@UNLV with permission from the rights-holder(s). You are free to use this Report in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/or on the work itself.

This Report has been accepted for inclusion in Health by an authorized administrator of Digital Scholarship@UNLV. For more information, please contact digitalscholarship@unlv.edu.

Authors

Hira Ahmed, Sofia Takhtadjian, Olivia K. Cheche, Elia Del Carmen Solano-Patricio, Caitlin J. Saladino, and William E. Brown Jr.

HEALTH RANKINGS: MOUNTAIN WEST STATES, 2021

Health Fact Sheet No. 17 | August 2022

Prepared by: Hira Ahmed, Sofia Takhtadjian, Olivia K. Cheche,
Elia Del Carmen Solano-Patricio, Caitlin J. Saladino, and William E. Brown, Jr.

PURPOSE:

Using data from the *United Health Foundation's* “America’s Health Rankings Annual Report 2021,”¹ this fact sheet compares various measures of health in the Mountain West using data from 2014 to 2021. The original report includes data on the five determinants of health including social and economic factors, physical environment, clinical care, behaviors, and health outcomes. This fact sheet examines health metrics for the Mountain West states of Arizona, Colorado, Nevada, New Mexico, and Utah.

ABOUT THE DATA:

The original report provides data for five determinants of health; this includes a variety of metrics that provide a state-by-state analysis of the nation’s health. National averages for each metric are also provided. The metrics included in this fact sheet are as follows:

Health Determinant	Metrics
Social and Economic Factors	<ol style="list-style-type: none"> 1. Public Health Funding (2019-2020) 2. Residential Segregation - Black/White (2015-2019)
Physical Environment	<ol style="list-style-type: none"> 1. Housing with Lead Risk (2019) 2. Severe Housing Problems (2014-2018)
Clinical Care	<ol style="list-style-type: none"> 1. Dedicated Health Care Provider (2020) 2. Dental Visit (2020) 3. HPV Vaccination (2020) 4. Flu Vaccination (2020) 5. Avoided Care Due to Costs (2020)
Behaviors	<ol style="list-style-type: none"> 1. High-Risk HIV (2020) 2. Smoking (2020) 3. Insufficient Sleep (2020)
Health Outcomes	<ol style="list-style-type: none"> 1. Obesity (2020) 2. Excessive Drinking (2020) 3. Frequent Mental Distress (2020) 4. Non-Medical Drug Use (2021) 5. Frequent Physical Distress (2020) 6. Multiple Chronic Conditions (2020)

KEY FINDINGS:

1. New Mexico invests the most public health dollars per person (\$265), more than double other Mountain West states and the national average (\$116). Conversely, Nevada ranks 49th in the nation for dollars allocated toward public health (\$76).

¹ United Health Foundation. “America’s Health Rankings Annual Report 2021” 2021. <https://assets.americashealthrankings.org/app/uploads/2021-annual-report-%E2%80%93-state-summaries.pdf>

2. Nevada ranks 1st nationally with the lowest risk of lead poisoning in housing (5.2%). All other Mountain West states also rank below the national average for housing with lead risk (17.6%).
3. Among Mountain West states, Nevada has the lowest rate of adults with a dedicated health care provider (66.8%), the lowest rate of adults attending regular dental visits (60.8%), the lowest rate of adults with a flu vaccination (38.1%), and highest rate of adults who avoided care due to costs (11.1%).
4. Arizona (6.1%), Colorado (6.0%), and Nevada (5.9%) all exceed the national average (5.6%) of high-risk HIV behaviors for adults 18+.
5. Both Arizona (32.7%) and Nevada (35.1%) exceed the national average (32.3%) for insufficient sleep.
6. Nevada exceeds national averages for excessive drinking (18.7%), frequent mental distress (17.3%), non-medical drug use (17.2%), frequent physical distress (10.7%), and multiple chronic conditions (10.2%).

Table 1 lists national rankings of health indicators in the Mountain West. For social and economic factors, New Mexico ranked 2nd in public health funding, while Nevada ranked second to last (49th in the nation). Nevada ranked 3rd with the lowest degree of residential segregation of Black and white populations in the Mountain West. Nevada ranked 1st for housing with lead risk, that is, demonstrating the lowest cases of housing with lead risk in the nation, followed by Arizona which ranked 2nd. For access to clinical care, Nevada ranked 49th in rates of flu vaccination. Utah ranked in the top 5 for access to dental care and ranked 1st for the lowest levels of both smoking and excessive drinking.

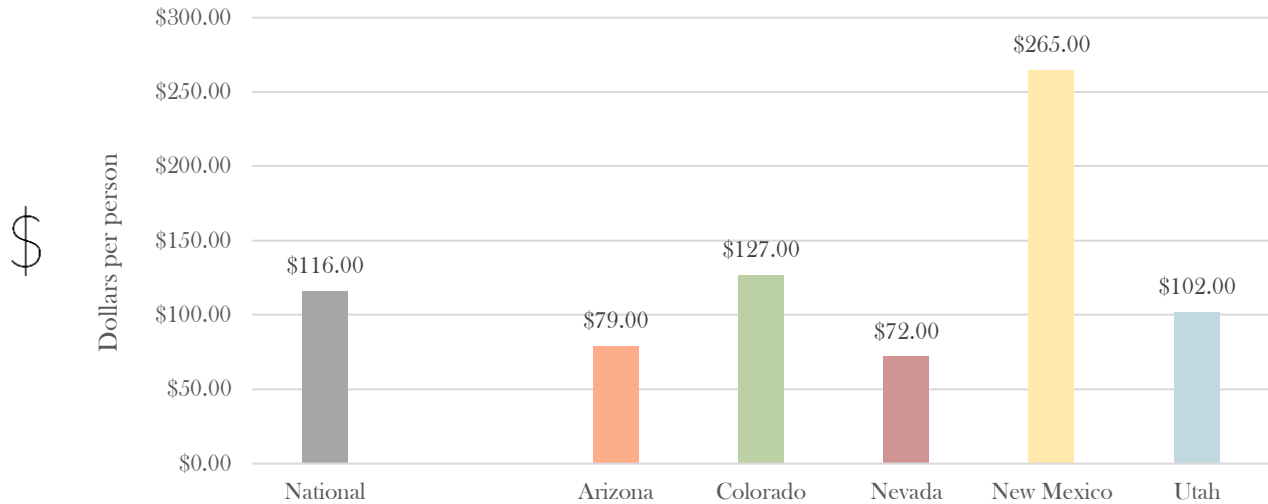
Table 1: Health Rankings in the Mountain West, 2021

Indicator Type	Unit of Analysis	AZ	CO	NV	NM	UT
Public Health Funding	dollars per person	43	22	49	2	36
Residential Segregation—Black/white	index from 0-100	8	26	3	6	35
Housing with Lead Risk	% of housing stock	2	14	1	16	12
Severe Housing Problems	% of occupied housing units	41	33	43	37	12
Dedicated Health Care Provider	% ages 18+	44	41	48	45	40
Dental Visit	% ages 18+	39	23	41	34	5
HPV Vaccination	% ages 13-17	42	13	43	26	47
Flu Vaccination	% ages 18+	42	17	49	32	21
Avoided Care Due to Costs	% ages 18+	40	33	35	23	27
High-Risk HIV Behaviors	% ages 18+	37	35	32	18	11
Smoking	% ages 18+	12	10	22	29	1
Insufficient Sleep	% ages 18+	27	1	42	13	16
Obesity	% ages 18+	19	1	12	19	11
Excessive Drinking	% ages 18+	17	41	41	13	1
Frequent Mental Distress	% ages 18+	28	20	46	25	38
Non-medical drug use	% ages 18+	38	10	48	36	26
Frequent Physical Distress	% ages 18+	27	10	47	34	8
Multiple Chronic Conditions	% ages 18+	24	2	33	20	8

*Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 1 displays public health funding, a social and economic health metric, for the Mountain West states along with the national average. New Mexico ranks 2nd nationally for investment of public health dollars per person (\$265), more than double other Mountain West states and the national average (\$116). Conversely, Nevada ranks 49th in the nation for dollars allocated toward public health (\$72).

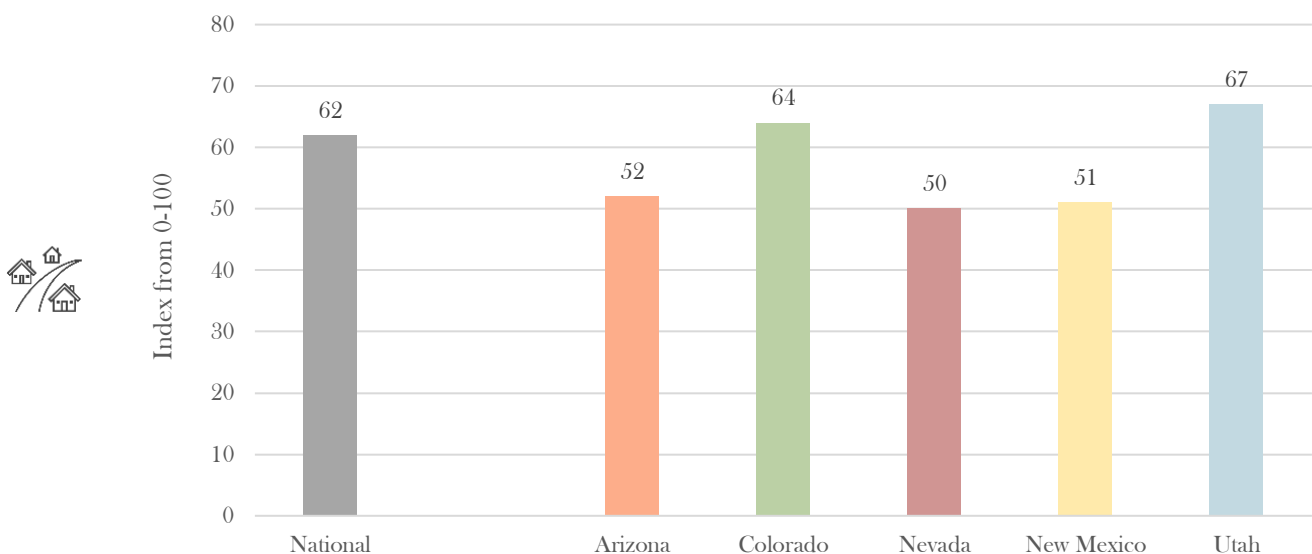
Figure 1: Public Health Funding, Mountain West States, 2019-2020



* Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 2 displays residential segregation, a social and economic health metric, for the Mountain West states along with the national average. Colorado (64) and Utah (67) scored higher than the national average for residential segregation, while Arizona (52), Nevada (50), and New Mexico (51) scored below the national average (62 on a scale from 0-100).

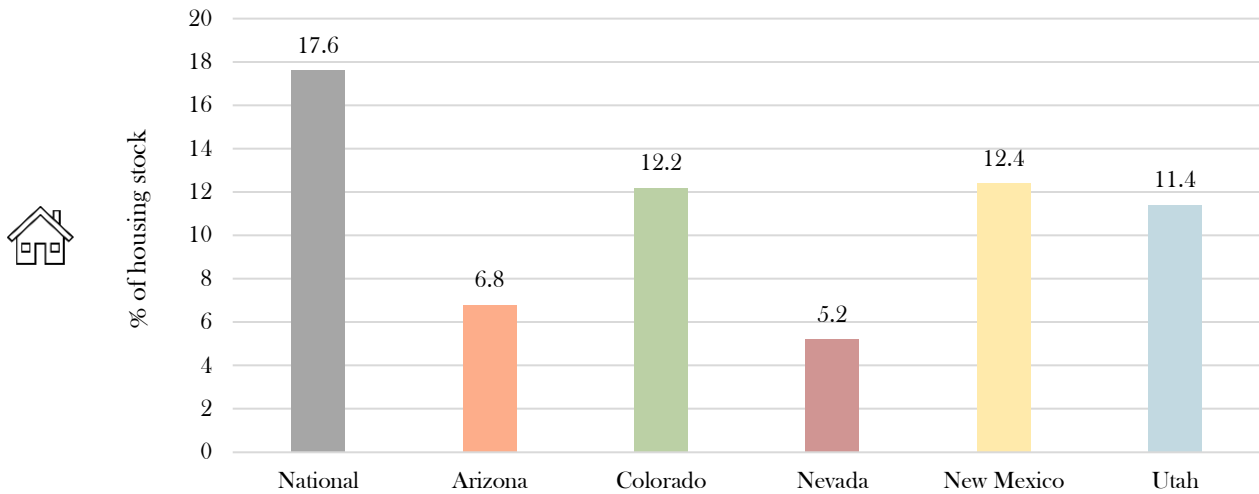
Figure 2: Residential Segregation—Black/White, Mountain West States, 2015-2019



* Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 3 displays the percentage of housing stock with lead risk for the Mountain West states, alongside the national average. Nevada ranks first nationally with housing with the lowest lead risk (5.2%). All other Mountain West states also fall below the national average of housing with lead risk (17.6%).

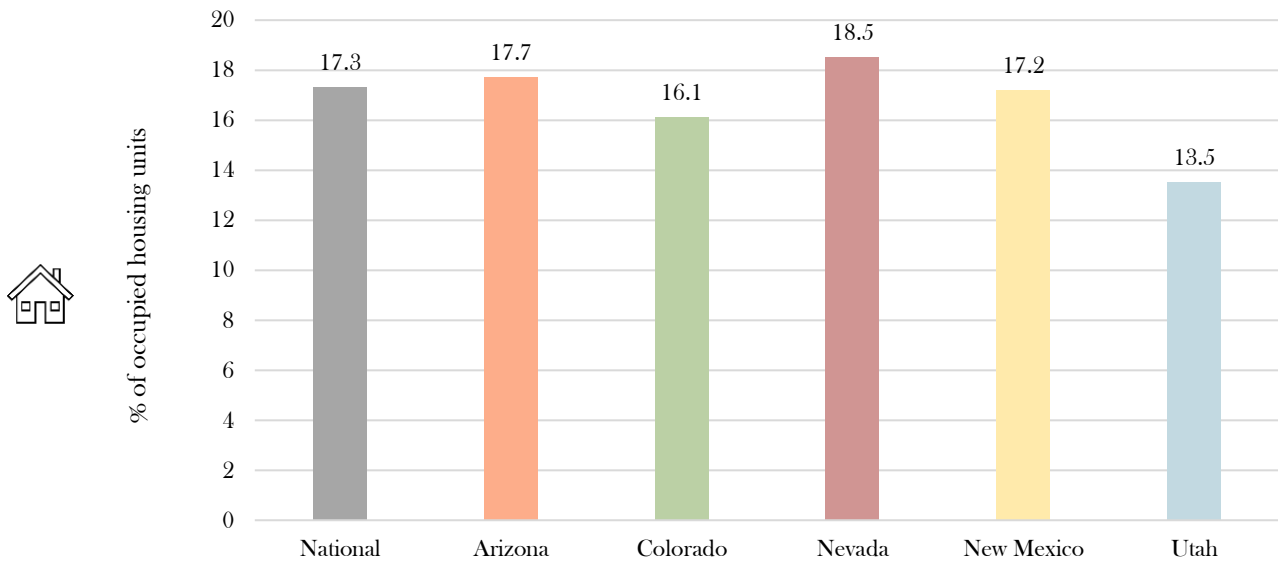
Figure 3: Housing with Lead Risk, Mountain West States, 2019



*Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 4 displays the percentage of occupied housing units with severe housing problems for the Mountain West states, alongside the national average. Nevada has the highest rate of severe housing problems in the Mountain West (18.5%), and Utah has the lowest rate of severe housing problems in the Mountain West (13.5%).

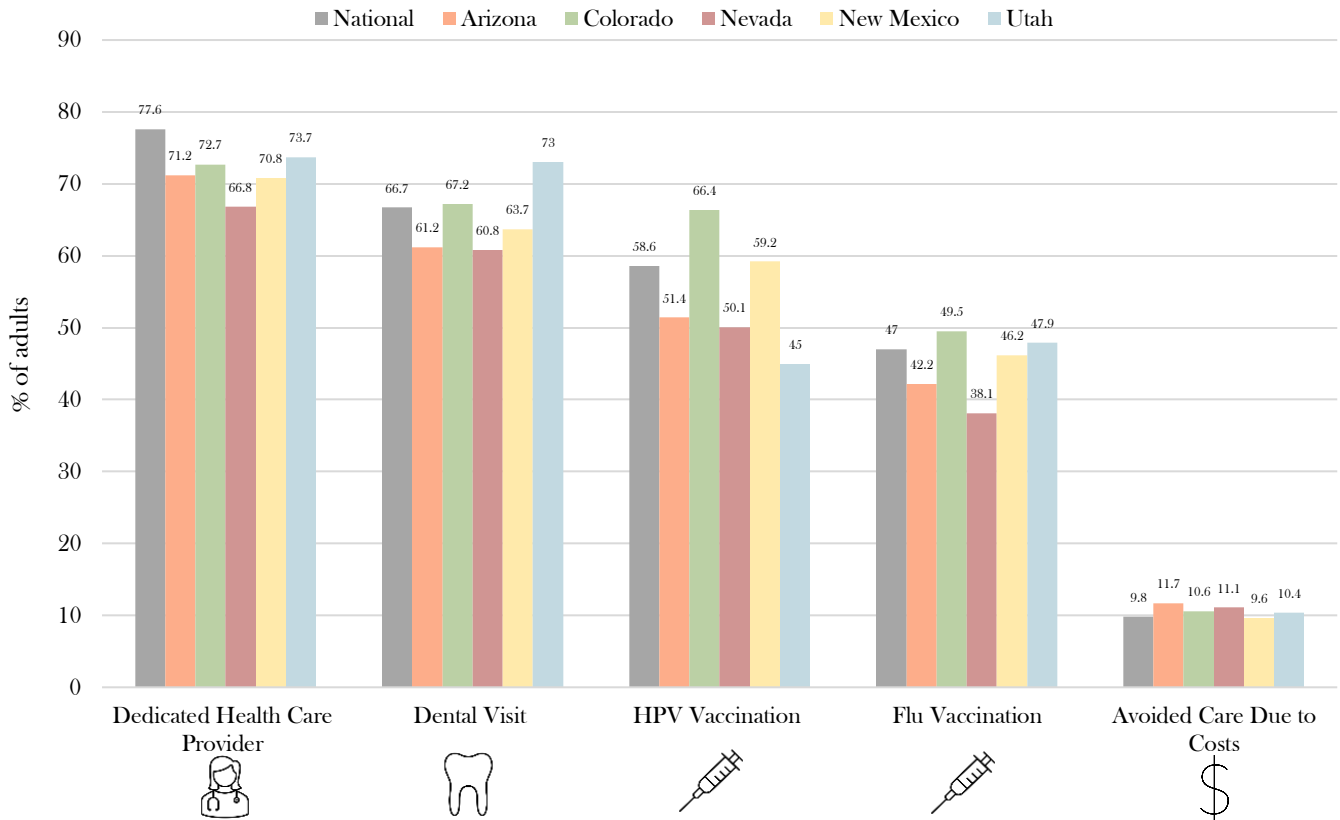
Figure 4: Severe Housing Problems, Mountain West States, 2014-2018



*Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 5 displays five clinical care metrics for the Mountain West states. The national average is also included for each metric. Nevada has the lowest rate of adults with a dedicated health care provider (66.8%), lowest rate of adults attending regular dental visits (60.8%), lowest rate of adults with a flu vaccination (38.1%), and highest rate of adults who avoided care due to costs (11.1%). New Mexico is the only Mountain West state with a lower rate of adults avoiding care due to costs (9.6%) than the national average (9.8%). All Mountain West states fall below the national average for adults with a dedicated health provider.

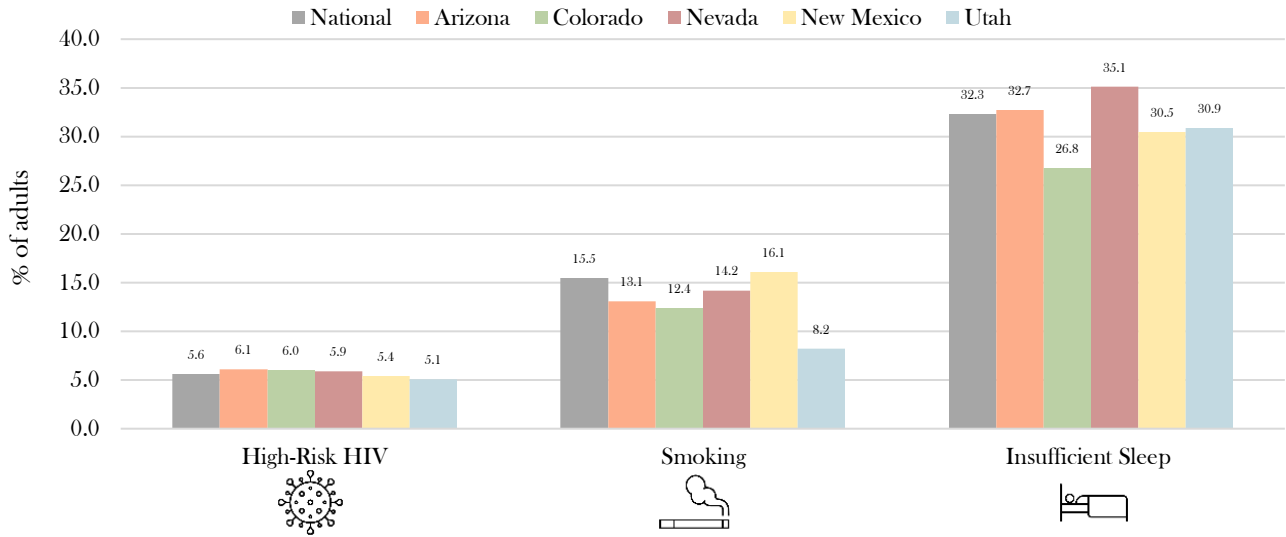
Figure 5: Clinical Care Metrics, Mountain West States, 2020



*Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 6 displays three health behavior metrics for the Mountain West states, with the national averages for each behavior included. Arizona, Colorado, and Nevada exceed the national average of high-risk HIV behaviors at 6.1%, 6.0%, and 5.9% of adults 18+, respectively. Arizona and Nevada also exceed the national average for insufficient sleep, at 32.7% and 35.1%, respectively. Four of the five Mountain West states (Arizona, Colorado, Nevada, and Utah) fall below the national average for smoking and tobacco use (15.5%).

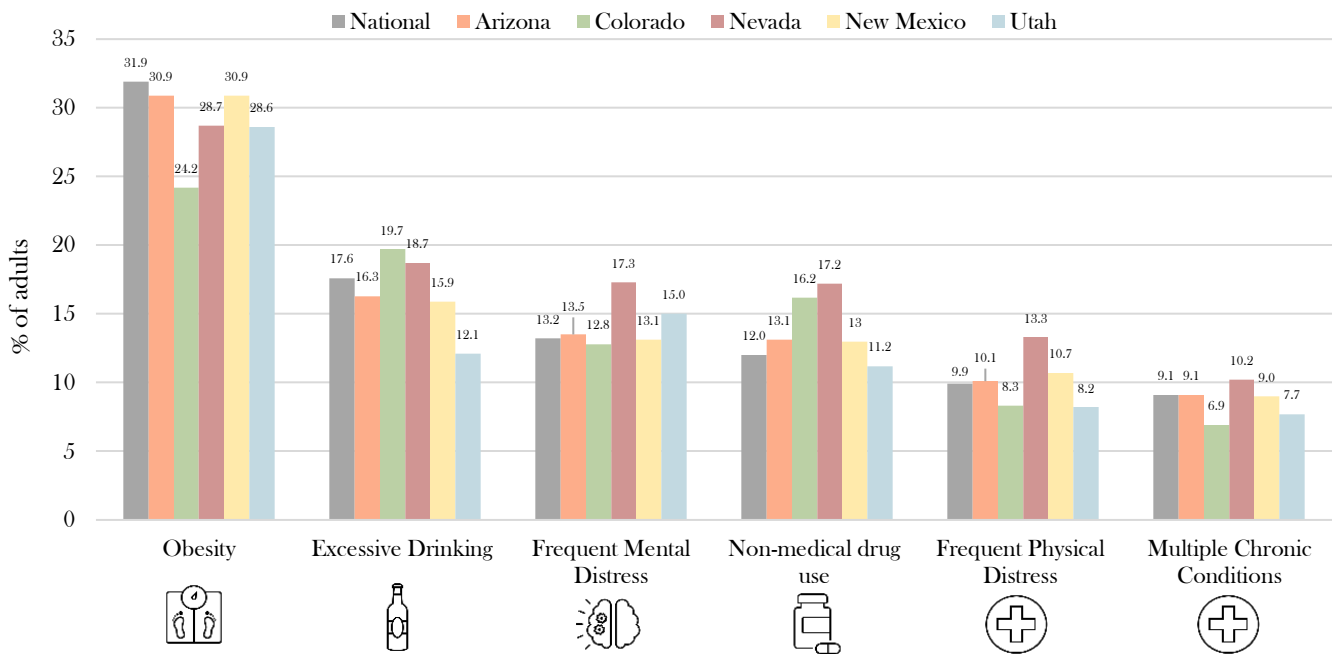
Figure 6: Health Behavior Metrics, Mountain West States, 2020



* Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.

Figure 6 displays six health outcome metrics for the Mountain West states, with the national average for each metric included. Five of the six metrics are from 2020 while "non-medical drug use" data come from 2021. All Mountain West states fall below the national average for obesity (31.9%). Nevada exceeds the national average in all other health outcome metrics, including excessive drinking (18.7%), frequent mental distress (17.3%), non-medical drug use (17.2%), frequent physical distress (13.3%), and multiple chronic conditions (10.2%). Utah is the only Mountain West state to fall below the national average in non-medical drug use (11.2%).

Figure 7: Health Outcome Metrics, Mountain West States, 2020



* Adapted from *America's Health Rankings Annual Report 2021* by the United Health Foundation.