

- Low per capita public health funding (Michigan ranks 41st)

Smoking rates (19.6 percent of population, ranked 33rd), air pollution (ranked 33rd), preventable hospitalizations (ranked 32nd), infant mortality rate (ranked 37th) and children in poverty (ranked 32nd) all factor into Michigan's ranking. Additionally, Michigan ranks 34th in cancer deaths.

While these determinants drag Michigan's final ranking down, the state also has some strengths, including:

- Low rate of uninsured population (12.7 percent, ranked 16th)
- Low occupational fatalities rate (3.2 deaths per 100,000, ranked 6th)
- Ready access to pre-natal care (85.4 percent with visit during first trimester, ranked 12th)
- Low geographic disparity (9.0 percent, ranked 13th)

Additionally, since 1990, the prevalence of smoking decreased from 34 percent to 19.6 percent of the population.

## Alarming Signs of the Times

Even though smoking prevalence has reached a 21-year low, continued progress against smoking and obesity is a critical step in successfully tackling many of the nation's health challenges.

**Obesity.** Obesity has increased 132 percent from 11.6 percent of the population in the 1990 Edition to 26.9 percent in the 2010 Edition; meaning today, more than one in four Americans are considered obese. Obesity continues to be one of the fastest growing health issues in our nation and America is spending billions in direct health care costs associated with poor diet and physical inactivity.

**Smoking.** Smoking has been one of the biggest health battles for decades. In the past year, the prevalence of smoking decreased from 18.3 percent to 17.9 percent of the adult population, the lowest in 21 years (from a high of 29.5 percent in the 1990 Edition). But tobacco use is still estimated to be responsible for one out of five deaths annually (approximately 443,000 deaths per year). Four states – Utah, California, Massachusetts and Washington – have driven their smoking rates to less than 15 percent, a goal for all states.

**Diabetes.** According to the report, 8.3 percent of American adults have been told by a physician that they have diabetes, which is significantly higher than it was five years ago. A recent report from the CDC estimates that the number of Ameri-

cans with diabetes will range from 1 in 3 to 1 in 5 by 2050. This means a large number of people are either at risk for diabetes or are unaware they have the disease and are not being medically managed.

A recent report from the UnitedHealth Center for Health Reform & Modernization states that more than 50 percent of Americans could have diabetes and/or pre-diabetes by 2020 at a cost of \$3.35 trillion over the next decade if current trends continue. New estimates show diabetes and pre-diabetes will account for an estimated 10 percent of total health care spending by the end of the decade at an annual cost of almost \$500 billion – up from an estimated \$194 billion this year.

## U.S. Lags Behind Other Nations on Many Health Measures

Despite spending more than any other country on health care, the United States falls behind other countries in a number of health outcome measures. The United States:

- Falls behind 30 other countries in terms of a healthy life expectancy with an average of 70 years. Japan leads all countries with an expectancy of age 76.
- Has the highest mortality rate from treatable conditions when compared to 19 other industrialized countries
- Is third to last in the rate of infant mortality among 37 developed nations. In 2008, the United States had seven deaths per 1,000 live births, compared to three deaths or fewer in Italy, Japan, Finland, France and Greece, among others.
- Ranks 29th in homicide rates

when compared to 31 other industrialized countries.

Get Informed and Take Action to Improve National Health

The 21st edition of America's Health Rankings has more data than ever before, and the data is now easier to access, compare and share. The following tools are now available at [www.americashealthrankings.org](http://www.americashealthrankings.org):

- e-Rankings is a searchable database that makes it possible to find out how each state – and the nation – rates now compared to 21 years ago
- Healthy Actions Center features tips, tools and programs offered by proven experts to help everyone – from individuals to elected officials – make a difference now
- Report Highlights

The full report can also be downloaded at: <http://www.americashealthrankings.org/requestreport.aspx>.

Sources:

*United Health Foundation, America's Health Rankings 2010*  
*United Health Foundation press release, "America's Health Rankings Indicates Overall Healthiness Slightly Improved, but Obesity, Children in Poverty, and Diabetes Worrisome for States' Health," December 7, 2010*



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