



CQ HEALTHBEAT NEWS

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Mississippi River Starts in Most Healthy State, Ends in Least Healthy

By CQ Staff

Minnesota is the healthiest state and Mississippi the unhealthiest, according to the 2005 America's Health Rankings released Dec. 12.

America's Health Rankings is compiled by the United Health Foundation and the American Public Health Association.

Three elements— personal behaviors, community environment and health policies — are weighed to assess the health of each state.

The percentage of children living in poverty increased in 25 states last year. Mississippi, Alabama and Kentucky had the highest child poverty rates.

The study found that the United States has higher rates of infant mortality and obesity than many other industrialized nations. Nearly a quarter of all Americans are obese.

“Obesity is one of the fastest growing threats to Americans’ health, lagging only behind tobacco as the leading cause of premature death,” said John M. Clymer, president of Partnership for Prevention. “This epidemic is not only greatly increasing the national diabetes rate, but it is also contributing to the incidences of cancer, heart disease and stroke.”

- [Complete report](#)