**County Health Rankings:**

Based on county health ranking, numerous things impact how long and how we'll live. The knowledge from education, experiences, environments have a significant role in determining individual health. The health factors provide necessary measures or activities that need to be implemented to improve the quality of health, which contributes to Quality life. The health factors are important since they are essential future health of the community. The health factors need to be implemented together to improve an individual's health and the community by preventing air and water pollution, providing affordable housing, and creating a conducive living environment that assures population health.

The county health rankings focus on the factors and the opportunities for health improvement by ranking the health of each county base on the four health factors. The health ranking model's community is a conceptual approach based on people's health and includes health factors and health outcomes. The health outcomes that help in indicating the present health status in the county are based on two components; quality of life and length of life. The county health rankings are based on the four critical factors that determine the future health of the county. These factors include health behavior ("Social and Economic Factors", 2021). Health behavior refers to the individual activities that impact their health.

The health behavior includes actions that may improve individual health, including observing a healthy diet, being physically active, or increasing personal risks to infection such as excessive abuse of substances, smoking, irresponsible use of alcohol, insufficient sleep, and risky sexual activity activities. Across the United States, many deaths and disorders result from unhealthy individual and community behavior. For, instance observing the unhealthy diet and physical inactivity are linked to higher risks of type2diabetes, cardiovascular conditions, and obesity. Excessive tobacco use is linked to heart illnesses, and poor pregnancy results from a smoking mother during pregnancy, and cancer. Therefore it is vital to consider not all people have the opportunity and means to implement healthy decisions. Essential policies and programs have to be developed to address the community health needs to ensure better health to increase the length of life and quality of life. In addition addressing health behaviors need effective strategies, including educational programs to encourage people to engage in healthy behaviors, including access to nutritious food, being physically active, and implement healthy decisions to promote better health (Remington et al., 2015). Under health behaviors, the county health ranking is based on the percentage of people using tobacco, sharing information on access to healthy foods and exercise opportunities, presenting rates of sexually transmitted infections, and measuring and indicating the number of deaths due to excessive drug and alcohol use.

The following important factor in county ranking is clinical care. The health factors address the access to affordable, timely, and quality care that can help prevent infections and early detection of the health issue from allowing individuals to live longer and healthier lives. The improvements in health care, including chemotherapy, vaccinations, surgical operation transplants, and screening programs, have played an essential role in improving life expectancy. However, more people still experience challenges in accessing the health care provider due to lack of health insurance which is a critical barrier toward quality health care. Other challenges include high costs, language barriers, and lack of specialists. This may result in worse health results which have a lower quality of life increased mortality rate. Under clinical care, county health rankings consider individual access to care by identifying the community number of primary caregivers and dentists per number of the resident. The other consideration is quality care which includes measures to prevent hospital visits and infection monitoring.

The other important factor is social and economic factors; such factors include education, income, employment, social support, and community safety. These factors play an essential role in determining how long an individual live. The impact the individual ability to develop healthy decisions, afford medical care, better housing to promote better health outcomes. The following important factor that supports county health ranking is the physical environment, this is where people learn, live, play, and work. People are connected to the physical environment by air they breathe, water to drink, houses, and the means of transport. Individuals who live in poor physical environments can affect their healthy lives and how long they live. Under physical environment, the county health ranking considers air and water quality by offering information relating to water and air safety to the community. The other is housing and transits; it involves identifying communities having severe housing cost burdens and those who walk long distances to work.

The additional data that could be used to evaluate the health status of the community include the presence of clinical preventive services. These are important in providing health prevention in various infections, including cancer, through screening programs and vaccination to the children. The other important factor is maternal-infant and child health. This is essential in ensuring better health to the infant by preventing their deaths to allow population growth. The other important factor that helps determine the community health status is health and level of substance use (Day, 2021).

**References**

Day, J. (2021). Community Health Needs Assessment. Hopkinsmedicine.org. Retrieved 30 September 2021, from https://www.hopkinsmedicine.org/about/community\_health/johns-hopkins-hospital/community\_health\_needs\_assessment.html.

Remington, P., Catlin, B., & Gennuso, K. (2015). The County Health Rankings: rationale and methods. Population Health Metrics, 13(1). https://doi.org/10.1186/s12963-015-0044-2

Social and Economic Factors. County Health Rankings & Roadmaps. (2021). Retrieved 30 September 2021, from https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model/health-factors/social-and-economic-factors.