

County Health Rankings – Hillsdale County 2025

The Robert Wood Johnson Foundation is collaborating with the University of Wisconsin Population Health Institute to develop these Rankings for each state's counties.



	HILLSDALE COUNTY	ERROR MARGIN	MI	US
HEALTH OUTCOMES				
<i>Length of Life</i>				
Premature Death —Years of Potential Life Lost before age 75 per 100,000 population (age-adjusted). (2020-22)	8,800	7,800-9,800	8,800	8,400
<i>Quality of Life</i>				
Poor or Fair Health **-% of adults reporting fair or poor health. (age-adjusted) (2022)	18%	16-20%	16%	17%
Poor Physical Health Days **—Average no. of physically unhealthy days reported in past 30 days (age-adjusted). (2022)	4.6	3.8-5.6	4.0	3.9
Poor Mental Health Days **—Average no. of mentally unhealthy days reported in past 30 days (age-adjusted). (2022)	5.7	4.7-6.8	5.6	5.1
Low Birth Weight —% of live births with low birth weight (< 2500 grams). (2017-2023)	8%	7-9%	9%	8%
HEALTH FACTORS				
<i>Health Behaviors</i>				
Adult Smoking **-% of adults who are current smokers. (2022)	20%	18-23%	16%	13%
Adult Obesity —% of adults that report a BMI >=30. (2022)	37%	30-44%	35%	34%
Food Environment Index —Index of factors that contribute to a health food environment, 0 (worst) to 10 (best). (2019,2022)	7.8		7.1	7.4
Physical Inactivity —% of adults aged 20 and over reporting no leisure-time physical activity. (2022)	26%	22-30%	23%	23%
Access to Exercise Opportunities —% of population with adequate access to locations for physical activity. (2020,2022,2024)	61%		86%	84%
Excessive Drinking **-% of adults reporting binge or heaving drinking. (2022)	21%	17-25%	20%	19%
Alcohol-impaired Driving Deaths —% of driving deaths with alcohol involvement. (2018-22)	22%	14-32%	29%	26%
Sexually Transmitted Infections —No. of newly diagnosed Chlamydia cases per 100,000 population. (2022)	240.4		428.3	495.0
Teen Births —No. of births per 1,000 female population, ages 15-19 years. (2017-23)	16	15-19%	14	16
<i>Clinical Care</i>				
Uninsured —% of population under age 65 without health insurance. (2022)	7%	6-8%	6%	10%
Primary Care Physicians —Ratio of population to primary care physicians. (2021)	5,060:1		1,280:1	1,330:1
Dentists —Ratio of population to dentists. (2022)	2,690:1		1,250:1	1,360:1
Mental Health Providers —Ratio of population to mental health providers. (2024)	570:1		280:1	300:1
Preventable Hospital Stays —Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees. (2022)	2,733		3,236	2,666
Mammography Screening —% of female Medicare enrollees, ages 65-74 that received an annual mammography screening. (2022)	42%		47%	44%
Flu vaccinations —% of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination. (2022)	40%		46%	48%
<i>Social & Economic Factors</i>				
High School completion —% of adults ages 25 and over with a high school diploma or equivalent. (2019-2023)	90%	89-92%	92%	89%
Some College —% of adults aged 25-44 years with some post-secondary education. (2019-2023)	56%	52-61%	68%	68%
Unemployment —% of population age 16 and older unemployed but seeking work. (2023)	4.2%		3.9%	3.6%
Children in Poverty —% of children under age 18 in poverty. (2019-2023)	19%	13-25%	18%	16%
Income Inequality —ratio of household income at the 80th percentile to income at the 20th percentile. (2019-2023)	4.0		4.6	4.9
Children in Single-parent Households —% of children that live in a household headed by single parent. (2018-2022)	NR			
Social Associations —No. of membership associations per 10,000 population. (2022)	10.9		9.5	9.1
Injury Deaths —No. of deaths due to injury per 100,000 population. (2018-2022)	88	76-100	86	84
<i>Physical Environment</i>				
Air Pollution-particulate matter —Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5). (2020)	8.0		6.7	7.3
Drinking Water Violations —Indicator of the presence of health-related drinking violations. Yes indicates the presence of a violation, No indicates no violation. (2023)	No			
Severe Housing Problems —% of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities. (2017-2021)	12%	11-14%	13%	17%
Driving Alone to Work —% of the workforce that drives alone to work. (2019-2023)	77%	75-79%	76%	70%
Long Commute-driving alone —Among workers who commute in their car alone, the % that commutes more than 30 minutes. (2019-2023)	36%	33-39%	33%	17%

* 10th/90th percentile, i.e., only 10% are better. Note: Blank values reflect unreliable or missing data. **Data should not be compared with prior years due to changes in definition/methods

Additional Indicators – Hillsdale County

	HILLSDALE COUNTY	MI
Demographics		
Population (2023)	45,587	10,037,261
% Below 18 Years of Age (2023)	21.5%	21.0%
% 65 and Older (2023)	22.0%	19.2%
% Non-Hispanic African American (2023)	0.7%	13.7%
% American Indian & Alaskan Native (2023)	0.6%	0.8%
% Asian (2023)	0.5%	3.6%
% Native Hawaiian/Other Pacific Islander (2023)	0.0%	0.0%
% Hispanic (2023)	2.9%	6.0%
% Non-Hispanic White (2023)	93.8%	73.7%
% not proficient in English (2019-2023)	0.0%	1.0%
% Females (2023)	49.9%	50.4%
% Rural (2020)	76.7%	26.5%
Health Outcomes		
Life Expectancy (2020-2022)	75.3	76.2
Premature Age-Adjusted Mortality (2020-2022)	450	430
Child Mortality (2019-2022)	50	50
Infant Mortality (2016-2022)	6	6
Frequent Physical Distress (2022)	14%	12%
Frequent Mental Distress (2022)	19%	18%
Diabetes Prevalence (2022)	10%	10%
HIV Prevalence Rate (2022)	57	206
Health Behaviors		
Food Insecurity (2022)	16%	14%
Limited Access to Healthy Foods (2019)	2%	6%
Drug Overdose Deaths (2020-2022)	20	29
Insufficient Sleep** (2022)	35%	36%
Health Care		
Uninsured Adults (2022)	8%	7%
Uninsured Children (2022)	4%	3%
Other Primary Care Providers (2024)	1,520:1	670:1
Social & Economic Factors		
Disconnected Youth (2019-2023)	11%	7%
Reading – Average Grade Performance (2019)	2.8	3.0
Math – Average Grade Performance (2018)	2.7	2.8
Median Household Income (2023)	\$58,700	\$69,100
Children Eligible for Free Lunch (2022-2023)	60%	53%
Residential Segregation–black/white (2019-2023)	47	73
Child Care Centers per 1,000 Children (2010-2022)	7	9
Homicides (2015-2021)		7
Suicide Rate (2018-2022)	23	14
Firearm Fatalities (2018-2022)	19	14
Motor Vehicle Crash Deaths (2016-2022)	19	11

What Does the Data Mean for My County?

The *Rankings* are based on a model of population health that emphasizes many factors that, if improved, can help make communities healthier places to live, learn, work and play.

- **Health Outcomes** are based on an equal weighing one mortality measure and four morbidity measures.
- **Health Factors** are based on weighted scores of four types of factors: Health Behaviors, Clinical Care, Social & Economic and Physical Environment measures. Health Outcomes measures are used to understand the current health status of the population, while Health Factors are used to predict its future health needs.

What are the Public Health Cost Savings Associated with Prevention

Funding public health can result in significant cost savings for local communities. Did you know that:

- Every **\$1 spent on immunization saves \$11.00 in medical costs**. The CDC estimates that vaccination of children born between 1994 and 2023 in the U.S. save **nearly \$2.7 trillion in total societal costs** (that includes \$540 billion in direct costs).
- On average, a **\$52** child safety seat prevents **\$2,200** in medical spending. **This is a return of \$42 for every \$1 invested**. (Child Safety Network and PIRE)
- Communities served by **fluoridated water save an average of \$32 per person a year** by avoiding treatment for cavities. Communities of 1,000 or more see an **average estimated return on investment of \$20 for every \$1 spent on water fluoridation**. (CDC)
- Every **\$1 spent on Sexually Transmitted Disease Screening** results in a **\$5.23 savings** in direct lifetime medical costs based on the CDC's 2021 analysis of 2018's incidence and prevalence report.
- **Neonatal health care costs related to smoking** are equivalent to **\$704 for each maternal smoker**. Randomized controlled trials indicate that a smoking cessation program for pregnant women can save as much as **\$6 for each \$1 spent** (CDC).
- The National WIC Association has shown that every **\$1 spent on WIC** results in a savings of **\$2.48 in healthcare cost savings**, primarily attributed to reduced incidence of preterm birth.
- Investment of **\$10** per person, per year in proven community-based programs that help people increase their physical activity, eat better, and avoid smoking and other tobacco use could save the country more than **\$16 billion** annually within five years. This is a return of **\$5.60** for every **\$1** invested. (Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities, Trust for America's Health.)

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