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## Health News

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### Healthiest U.S. City: Lincoln, Nebraska

#### CDC: At the Bottom of the List is Huntington, W.V., Deemed Least Healthy U.S. City

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WebMD Health News

Nov. 17, 2008 - Lincoln, Neb. is the healthiest city in the U.S., and Huntington, W.V. is the least healthy, 2007 CDC data reveal.

The CDC's city-by-city report is based on annual health surveys. Residents were asked to rate their health as excellent, very good, good, fair, or poor.

Topping the list was Lincoln, Neb., where 92.8% of residents say their health is good or better and only 7.2% report fair or poor health.

At the bottom of the list is Huntington, W.V., where only 68.8% of residents say they enjoy good or better health, and a whopping 31.2% report only fair or poor health.

Some news reports have put Burlington, Vt., at the top spot. Those reports are based on 2006 CDC data. In the most recent available data, from 2007, Burlington ranks fourth behind Lincoln, Fargo, N.D., and Boulder Colo., according to the CDC's Selected Metropolitan/Micropolitan Area Risk Trends (SMART) database.

#### Healthiest City -- City-by-City Rankings

The CDC tells WebMD it does not rank cities or states in terms of health. But here's how U.S. cities line up, based on the CDC's SMART database:

Cities are ranked from healthiest (Lincoln) to unhealthiest (Huntington). Cities are shown according to the metropolitan area to which they belong. Some metropolitan areas cross state lines.

Healthiest Cities:

1. Lincoln, NE Metropolitan Statistical Area
2. Fargo, ND-MN Metropolitan Statistical Area
3. Boulder, CO Metropolitan Statistical Area
4. Burlington-South Burlington, VT Metropolitan Statistical Area
5. Ogden-Clearfield, UT Metropolitan Statistical Area
6. Provo-Orem, UT Metropolitan Statistical Area
7. Concord, NH Micropolitan Statistical Area
8. Sioux Falls, SD Metropolitan Statistical Area
9. Barre, VT Micropolitan Statistical Area
10. Cambridge-Newton-Framingham, MA Metropolitan Division
11. West Palm Beach-Boca Raton-Boynton Beach, FL Metropolitan Division
12. Nassau-Suffolk, NY Metropolitan Division
13. Barnstable Town, MA Metropolitan Statistical Area
14. Hilton Head Island-Beaufort, SC Micropolitan Statistical Area
15. Minneapolis-St. Paul-Bloomington, MN-WI Metropolitan Statistical Area
16. Fort Collins-Loveland, CO Metropolitan Statistical Area
17. Worcester, MA Metropolitan Statistical Area

18. Charleston-North Charleston, SC Metropolitan Statistical Area
19. Grand Rapids-Wyoming, MI Metropolitan Statistical Area
20. Hartford-West Hartford-East Hartford, CT Metropolitan Statistical Area
21. Rapid City, SD Metropolitan Statistical Area
22. Colorado Springs, CO Metropolitan Statistical Area
23. Gainesville, FL Metropolitan Statistical Area
24. Portland-South Portland-Biddeford, ME Metropolitan Statistical Area
25. Casper, WY Metropolitan Statistical Area
26. Salt Lake City, UT Metropolitan Statistical Area
27. Des Moines-West Des Moines, IA Metropolitan Statistical Area
28. Seattle-Bellevue-Everett, WA Metropolitan Division
29. Atlanta-Sandy Springs-Marietta, GA Metropolitan Statistical Area
30. Bethesda-Gaithersburg-Frederick, MD Metropolitan Division
31. Milwaukee-Waukesha-West Allis, WI Metropolitan Statistical Area
32. Lebanon, NH-VT Micropolitan Statistical Area
33. Omaha-Council Bluffs, NE-IA Metropolitan Statistical Area
34. Olympia, WA Metropolitan Statistical Area
35. Bismarck, ND Metropolitan Statistical Area
36. Manchester-Nashua, NH Metropolitan Statistical Area
37. Springfield, MA Metropolitan Statistical Area
38. Bellingham, WA Metropolitan Statistical Area
39. Bremerton-Silverdale, WA Metropolitan Statistical Area
40. Bridgeport-Stamford-Norwalk, CT Metropolitan Statistical Area
41. Washington-Arlington-Alexandria, DC-VA-MD-WV Metropolitan Division
42. Virginia Beach-Norfolk-Newport News, VA-NC Metropolitan Statistical Area
43. Denver-Aurora, CO Metropolitan Statistical Area
44. Portland-Vancouver-Beaverton, OR-WA Metropolitan Statistical Area
45. Austin-Round Rock, TX Metropolitan Statistical Area
46. New Haven-Milford, CT Metropolitan Statistical Area
47. Rutland, VT Micropolitan Statistical Area
48. San Francisco-Oakland-Fremont, CA Metropolitan Statistical Area
49. Wichita, KS Metropolitan Statistical Area
50. Rockingham County-Strafford County, NH Metropolitan Division
51. Spokane, WA Metropolitan Statistical Area
52. Wilmington, DE-MD-NJ Metropolitan Division
53. Cheyenne, WY Metropolitan Statistical Area
54. Kansas City, MO-KS Metropolitan Statistical Area
55. Wenatchee, WA Metropolitan Statistical Area
56. Boise City-Nampa, ID Metropolitan Statistical Area
57. Topeka, KS Metropolitan Statistical Area
58. Edison, NJ Metropolitan Division
59. Tallahassee, FL Metropolitan Statistical Area

60. Raleigh-Cary, NC Metropolitan Statistical Area
61. Allentown-Bethlehem-Easton, PA-NJ Metropolitan Statistical Area
62. Augusta-Richmond County, GA-SC Metropolitan Statistical Area
63. Dover, DE Metropolitan Statistical Area
64. Indianapolis-Carmel, IN Metropolitan Statistical Area
65. Bangor, ME Metropolitan Statistical Area
66. Norwich-New London, CT Metropolitan Statistical Area
67. Boston-Quincy, MA Metropolitan Division
68. Greeley, CO Metropolitan Statistical Area
69. Palm Coast, FL Micropolitan Statistical Area
70. Philadelphia, PA Metropolitan Division
71. San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area
72. Billings, MT Metropolitan Statistical Area
73. Honolulu, HI Metropolitan Statistical Area
74. Columbus, OH Metropolitan Statistical Area
75. Warren-Troy-Farmington Hills, MI Metropolitan Division
76. Anchorage, AK Metropolitan Statistical Area
77. Kennewick-Richland-Pasco, WA Metropolitan Statistical Area
78. Kahului-Wailuku, HI Micropolitan Statistical Area
79. Cleveland-Elyria-Mentor, OH Metropolitan Statistical Area
80. Essex County, MA Metropolitan Division
81. Fayetteville-Springdale-Rogers, AR-MO Metropolitan Statistical Area
82. Memphis, TN-MS-AR Metropolitan Statistical Area
83. Baltimore-Towson, MD Metropolitan Statistical Area
84. Columbia, SC Metropolitan Statistical Area
85. Cape Coral-Fort Myers, FL Metropolitan Statistical Area
86. Providence-New Bedford-Fall River, RI-MA Metropolitan Statistical Area
87. Durham, NC Metropolitan Statistical Area
88. Santa Fe, NM Metropolitan Statistical Area
89. Sarasota-Bradenton-Venice, FL Metropolitan Statistical Area
90. Akron, OH Metropolitan Statistical Area
91. Pittsburgh, PA Metropolitan Statistical Area
92. Cincinnati-Middletown, OH-KY-IN Metropolitan Statistical Area
93. Reno-Sparks, NV Metropolitan Statistical Area
94. Richmond, VA Metropolitan Statistical Area
95. Albuquerque, NM Metropolitan Statistical Area
96. Charlotte-Gastonia-Concord, NC-SC Metropolitan Statistical Area
97. Idaho Falls, ID Metropolitan Statistical Area
98. Kalispell, MT Micropolitan Statistical Area
99. Scranton-Wilkes-Barre, PA Metropolitan Statistical Area
100. Baton Rouge, LA Metropolitan Statistical Area
101. Canton-Massillon, OH Metropolitan Statistical Area

102. Naples-Marco Island, FL Metropolitan Statistical Area
103. Riverton, WY Micropolitan Statistical Area
104. St. Louis, MO-IL Metropolitan Statistical Area
105. Augusta-Waterville, ME Micropolitan Statistical Area
106. Buffalo-Cheektowaga-Tonawanda, NY Metropolitan Statistical Area
107. Dallas-Plano-Irving, TX Metropolitan Division
108. Fort Worth-Arlington, TX Metropolitan Division
109. Jacksonville, FL Metropolitan Statistical Area
110. Myrtle Beach-Conway-North Myrtle Beach, SC Metropolitan Statistical Area
111. Newark-Union, NJ-PA Metropolitan Division
112. Kapaa, HI Micropolitan Statistical Area
113. Nashville-Davidson-Murfreesboro, TN Metropolitan Statistical Area
114. Pensacola-Ferry Pass-Brent, FL Metropolitan Statistical Area
115. Tucson, AZ Metropolitan Statistical Area
116. Little Rock-North Little Rock, AR Metropolitan Statistical Area
117. Tulsa, OK Metropolitan Statistical Area
118. Greenville, SC Metropolitan Statistical Area
119. Hagerstown-Martinsburg, MD-WV Metropolitan Statistical Area
120. Sioux City, IA-NE-SD Metropolitan Statistical Area
121. Lake Charles, LA Metropolitan Statistical Area
122. Grand Island, NE Micropolitan Statistical Area
123. Chicago-Naperville-Joliet, IL-IN-WI Metropolitan Statistical Area
124. Seaford, DE Micropolitan Statistical Area
125. Greensboro-High Point, NC Metropolitan Statistical Area
126. Port St. Lucie-Fort Pierce, FL Metropolitan Statistical Area
127. Riverside-San Bernardino-Ontario, CA Metropolitan Statistical Area
128. Louisville, KY-IN Metropolitan Statistical Area
129. Farmington, NM Metropolitan Statistical Area
130. Jackson, MS Metropolitan Statistical Area
131. Oklahoma City, OK Metropolitan Statistical Area
132. Phoenix-Mesa-Scottsdale, AZ Metropolitan Statistical Area
133. Youngstown-Warren-Boardman, OH-PA Metropolitan Statistical Area
134. Palm Bay-Melbourne-Titusville, FL Metropolitan Statistical Area
135. Tacoma, WA Metropolitan Division
136. Deltona-Daytona Beach-Ormond Beach, FL Metropolitan Statistical Area
137. San Antonio, TX Metropolitan Statistical Area
138. Hilo, HI Micropolitan Statistical Area
139. Las Vegas-Paradise, NV Metropolitan Statistical Area
140. Tampa-St. Petersburg-Clearwater, FL Metropolitan Statistical Area
141. Orlando-Kissimmee, FL Metropolitan Statistical Area
142. New Orleans-Metairie-Kenner, LA Metropolitan Statistical Area
143. Dayton, OH Metropolitan Statistical Area

144. Tuscaloosa, AL Metropolitan Statistical Area
145. Toledo, OH Metropolitan Statistical Area
146. Wilmington, NC Metropolitan Statistical Area
147. Camden, NJ Metropolitan Division
148. Detroit-Livonia-Dearborn, MI Metropolitan Division
149. Houston-Sugar Land-Baytown, TX Metropolitan Statistical Area
150. Key West-Marathon, FL Micropolitan Statistical Area
151. Miami-Fort Lauderdale-Miami Beach, FL Metropolitan Statistical Area
152. Gulfport-Biloxi, MS Metropolitan Statistical Area
153. Homosassa Springs, FL Micropolitan Statistical Area
154. Lakeland-Winter Haven, FL Metropolitan Statistical Area
155. Lake City, FL Micropolitan Statistical Area
156. Birmingham-Hoover, AL Metropolitan Statistical Area
157. Clewiston, FL Micropolitan Statistical Area
158. New York-White Plains-Wayne, NY-NJ Metropolitan Division
159. Montgomery, AL Metropolitan Statistical Area
160. Ocala, FL Metropolitan Statistical Area
161. Nogales, AZ Micropolitan Statistical Area
162. Asheville, NC Metropolitan Statistical Area
163. Panama City-Lynn Haven, FL Metropolitan Statistical Area
164. Lewiston, ID-WA Metropolitan Statistical Area
165. Las Cruces, NM Metropolitan Statistical Area
166. Sebring, FL Micropolitan Statistical Area
167. Fayetteville, NC Metropolitan Statistical Area
168. Yuma, AZ Metropolitan Statistical Area
169. Charleston, WV Metropolitan Statistical Area
170. Wauchula, FL Micropolitan Statistical Area
171. Arcadia, FL Micropolitan Statistical Area
172. Yakima, WA Metropolitan Statistical Area
173. Hickory-Morganton-Lenoir, NC Metropolitan Statistical Area
174. Los Angeles-Long Beach-Glendale, CA Metropolitan Division
175. Kingsport-Bristol, TN-VA Metropolitan Statistical Area
176. Fort Smith, AR-OK Metropolitan Statistical Area
177. Chattanooga, TN-GA Metropolitan Statistical Area
178. El Paso, TX Metropolitan Statistical Area
179. Okeechobee, FL Micropolitan Statistical Area
180. Brownsville-Harlingen, TX Metropolitan Statistical Area
181. Mobile, AL Metropolitan Statistical Area
182. McAllen-Edinburg-Mission, TX Metropolitan Statistical Area
183. Laredo, TX Metropolitan Statistical Area
184. Huntington-Ashland, WV-KY-OH Metropolitan Statistical Area

**Excellent Health, Poor Health**

The rankings change a bit if one considers only people who report "excellent" or "poor" health.

Hilton Head, S.C., tops this list, with 30.9% of residents reporting excellent health.

At the bottom of the list is Wauchula, Fla., where 10.4% of residents say they're in poor health.

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