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### Survey Ranks Nebraska as 11th Healthiest State in Nation

(KTNC) -- For the second year in a row, Nebraska has fallen just short of making the list of the nation's top ten healthiest states. A year-end report called "America's Health Rankings" by the United Health Foundation ranks Nebraska the 11th healthiest state in the U-S, the same position it held last year.

The report finds more Nebraskans are getting physically active and fewer of smoke, though 380-thousand state residents are still considered obese.

Dr. Rhonda Randall, with the United Health Foundation, says the Husker State ranked well in many of the categories of the "America's Health Rankings" report, but there are some areas where improvement is still needed.

Dr. Randall says the state ranks 48th out of 50 in binge drinking, and there is a significant number of residents who are inactive or obese.

While Nebraska ranked number-11 on the list, Hawaii was tops, followed by Vermont, Minnesota, Massachusetts and New Hampshire. The lowest ranked states are: West Virginia, Alabama, Louisiana, Arkansas and in last place, Mississippi. To see the full study, visit:

[www.americashealthrankings.org](http://www.americashealthrankings.org).

Nebraska Radio Network