

County Health Rankings & Roadmaps 2025: Putnam County Executive Summary

Introduction

[County Health Rankings and Roadmaps \(CHR&R\)](#) is an annual publication of the University of Wisconsin Population Health Institute which compiles health data from a variety of national and state data sources for counties across the nation and then provides tools to understand county performance compared to state and national averages.

The annual data release is a collection of over [70 health measures](#) organized into categories. The two main categories are Population Health & Well-being and Community Conditions. Population Health & Well-being measures are further sub-categorized into Length and Quality of Life. Community Conditions measures are further sub-categorized into Health Infrastructure, Physical Environment, and Social & Economic Factors. Subcategories are further broken down into focus areas that are composed of individual health indicator measures.

For each county, CHR&R provides a [“Health Snapshot”](#) which includes definitions, data years, and county, state and national values for each measure. Stratification by race and/or ethnicity and trend graphs are provided for some measures. The snapshots also include graphic performance summaries which place each county into one of ten health groups on a continuum from the least healthy to healthiest in the nation for Population Health & Well-being and Community Conditions. Counties are placed into health groups based on composite scores calculated based on weights for the various subcategories of measures:

- Weighting for Population Health and Well-being: Length of Life 50%; Quality of life 50%
- Weighting for Community Conditions: Health Infrastructure 25%; Physical Environment 25%, Social and Economic Factors 50%

Twenty-nine individual “select measures” (five for Population Health & Well-being and 24 for Community Conditions) contribute to the composite scores. To provide a more comprehensive picture of health status, the annual release also includes data on demographics and additional measures for each county.

Further details on CHR&R [methodology](#) and a [table of 2025 measures](#) by category including sources and data years can be found on their website.

2025 Putnam County Health Snapshot-Summary Graphics

Population Health & Well-being

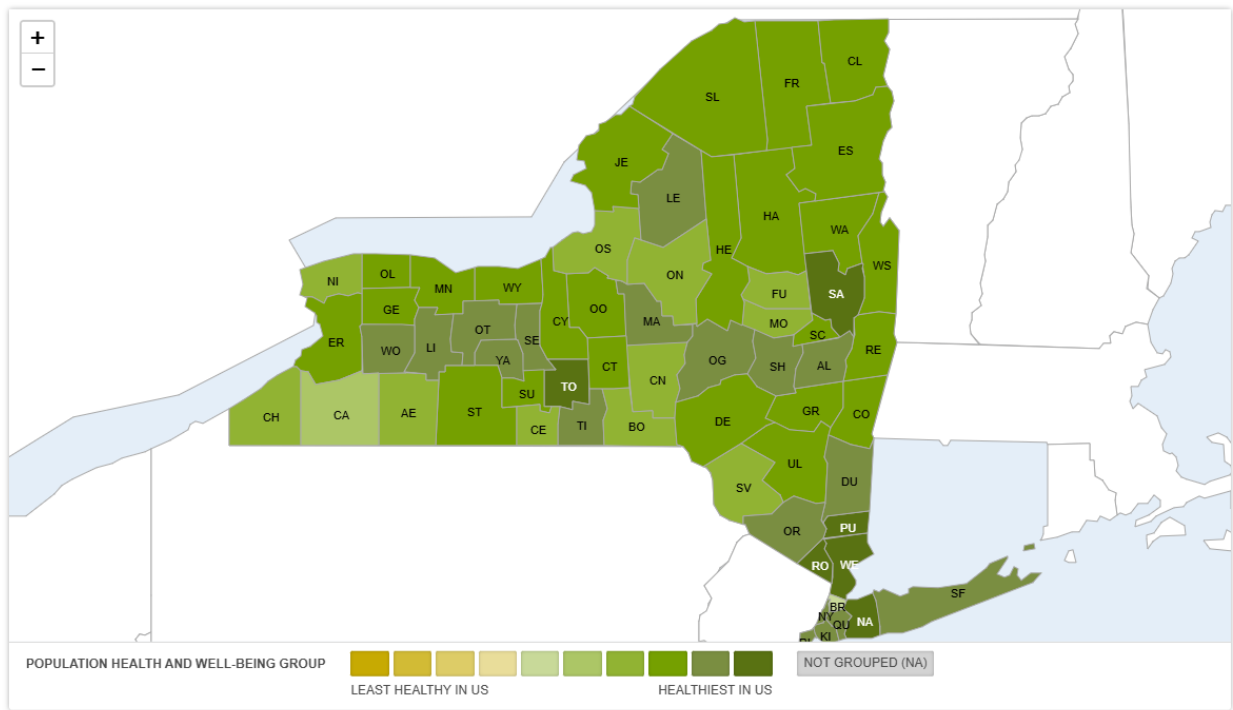


Putnam County performs better than both the national and state average for Population Health & Well-being and falls within the healthiest nationwide group of counties. When compared to other counties in this healthiest group in New York State (Westchester, Saratoga, Nassau, Rockland and Tompkins), Putnam has the strongest composite score.



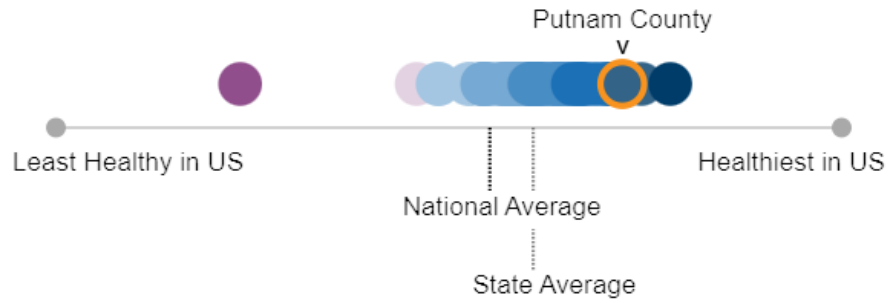
County Health
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2025 Population Health and Well-being - New York



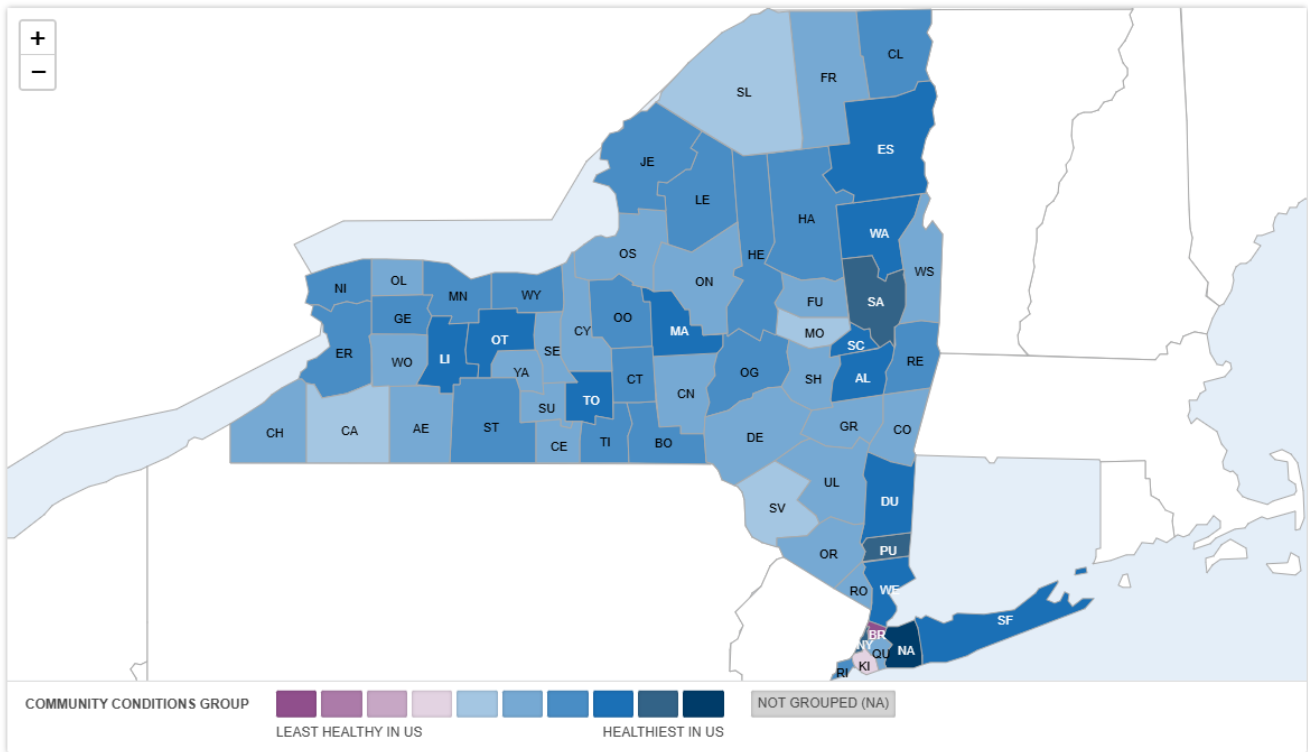
Cities Congressional District Lines ([Learn More](#))

Community Conditions



Putnam County performs better than both the national and state average for Community Conditions and falls within the second healthiest nationwide group of counties. When compared to other counties in New York State, Putnam has the 3rd strongest composite score behind Nassau and Saratoga.

 **County Health Rankings & Roadmaps** 2025 Community Conditions - New York



Cities Congressional District Lines ([Learn More](#))

Methodology-Analysis of Putnam County Data

Each year the Putnam County Department of Health (PCDOH) conducts a review of Putnam County data in the annual CHR&R release to maintain awareness of the status of health indicators and inform program planning. In addition to select measure data that contributes to the Putnam County composite score, this review includes examination of additional measures and, when available, trends over time and stratification by race/ethnicity.

Putnam data was reviewed systematically in the following manner to better delineate areas in which Putnam County over or under performs:

- Individual measures were flagged for poor performance if they met the following criteria:
 - Performance worse than New York State
 - Performance in the bottom three amongst the seven counties that make up the Mid-Hudson (MH) Region (Dutchess, Putnam, Westchester, Rockland, Orange, Ulster & Sullivan)
 - Any indicator with time trend data available where performance is worsening over time
 - Any indicator stratified by race/ethnicity where a disparity is identified
- Individual measures were flagged for strong performance if Putnam was the top performer amongst Mid-Hudson Region counties

Key findings are a review of flagged indicators broken down by Population Health & Well-being, Community Conditions, and their sub-categories and focus areas. Readers are encouraged to refer to the [2025 Putnam County Snapshot](#) while reviewing the key findings.

Key Findings

- Putnam continues to be amongst the healthiest counties in New York State, as it has been since CHR&R's inception in 2011
- Putnam continues to perform better in measures of Population Health & Well-Being than it does in Community Conditions
- More details on Population Health & Well-being, Community Conditions, and their subcategories, focus areas, and individual measures flagged for over or under performance can be found below

Population Health & Well-being

Length of Life

Putnam's strong performance in Population Health & Well-being is driven by results for measures of **length of life**. Amongst the seven Mid-Hudson Counties Putnam had:

- The lowest age adjusted years of potential life lost (YPLL) before the age of 75 per 100,000 population (a measure of premature death)
- The lowest mortality rates for residents under 75 years of age and residents under 20 years of age
- The second highest overall life expectancy

Quality of Life- Physical Health and Mental Health

In measures of **quality of life**, Putnam is particularly strong in measures of **physical health**. Amongst Mid-Hudson Counties Putnam had:

- The lowest age-adjusted percentage of adults reporting fair or poor health and the lowest age-adjusted percentage of adults reporting 14 or more days of poor health per month
- The lowest age-adjusted percentage of adults with diagnosed diabetes and the lowest rate of people over the age of 13 living with HIV
- The second lowest age adjusted percentage of the adult population reporting obesity based on BMI, and the second lowest percentage of live births with low birth weight
 - **Disparities** were noted in the percentage of live births with low birth weight. The percentage of low birth weight was significantly higher amongst live births in the Non-Hispanic Black population than in the Non-Hispanic White population.

Putnam had the second-best performance amongst Mid-Hudson Counties in measures of **mental health** including:

- The age-adjusted average number of mentally unhealthy days in the last 30 days
- The age-adjusted percentage of adults reporting 14 or more days of poor mental health per month
- Age-adjusted rate of deaths due to suicide

Community Conditions

Health Infrastructure- Health Promotion and Harm Reduction

The CHR&R Health Promotion and Harm Reduction focus area includes a mix of health behavior indicators, health outcome indicators, and social determinant of health indicators.

- Strength- **Chlamydia rates**:
 - Putnam has the lowest incidence of chlamydia amongst the seven Mid-Hudson Region counties
- Mixed results- **food environment**:
 - The percentage of low-income Putnam residents who do not live close to a grocery store was flagged for being lower than that of New York State and the lowest in the Mid-Hudson Region
 - Despite deficits in access to grocery stores, Putnam has the lowest percent of food insecure residents amongst Mid-Hudson Counties and the second-best score in the food environment index, which includes measures of access to healthy food and food insecurity
- Mixed results- **substance use**:
 - **Alcohol use** was flagged as a weakness for a higher age-adjusted percentage of adults reporting binge or heavy drinking than New York State, and the 5th highest percentage amongst Mid-Hudson Counties
 - Putnam has a lower percentage of driving deaths with alcohol involvement than New York State, and ranks fourth amongst Mid-Hudson Counties
 - Putnam had a lower incidence of **drug overdose fatalities** than New York State and the third lowest rate amongst Mid-Hudson counties
 - Putnam had a lower age-adjusted percentage of adults who are current **smokers** than New York State and the second lowest percentage amongst Mid-Hudson counties

- Disparities
 - The percentage of Medicare enrollees who had an annual **flu vaccination** is improving over time, is higher than New York State, and is the 3rd highest amongst Mid-Hudson Region Counties, but White Medicare enrollees have a higher vaccination rate (54%), than Asian and Hispanic Medicare enrollees (both 46%) and Black Medicare enrollees (39%)
 - Putnam has a lower **teenage birthrate** than New York State, and the lowest rate amongst Mid-Hudson Region Counties, but rates are much higher in the Hispanic population than in the Non-Hispanic White population

Health Infrastructure: Clinical Care

The CHR&R Clinical Care focus area contains indicators related to **access** and **use of healthcare services**.

In measures of **healthcare access**, Putnam performs well in measures of **population insurance rates** but struggles in measures of the **ratio of population to care providers**.

- Insurance rates for adults and children in Putnam County continue to improve over time. As compared to other Mid-Hudson Counties Putnam has:
 - The lowest overall percentage of the population under the age of 65 lacking health insurance and the lowest percentage of adults under the age of 65 lacking health insurance
 - The third lowest percentage of children lacking health insurance
- In contrast to the low barriers presented by insurance, high ratios of population to care providers could present barriers to accessing care in Putnam County
 - The ratio of population to primary care physicians, primary care providers other than physicians, and dentists is higher in Putnam than New York State, and the 6th highest amongst Mid-Hudson Counties
 - While the ratio of population to dentists has improved over time, the ratio of population to primary care physicians is worsening
 - The only care providers in Putnam with a favorable population to provider ratio are mental health providers, where Putnam has a ratio lower than that of the State and the second lowest in the Mid-Hudson Region

As was noted in last year's [CHR&R Executive Summary](#), deficits in access to care cannot necessarily be inferred from a high ratio of population to care providers. Putnam is a geographically small county flanked by three other counties and the state of Connecticut, which are within reasonable travel distance for Putnam residents to access care. Nonetheless, these ratios are concerning and warrant further evaluation in the upcoming 2025 Community Health Assessment.

Putnam performs well overall in measures of **healthcare utilization** but there are **disparities**:

- The rate of hospital stays for ambulatory-care sensitive conditions is improving over time, is lower than New York State, and is second lowest rate amongst Mid-Hudson Region counties, but rates were much higher in the White population than in Black or Hispanic populations
- The percentage of female Medicare enrollees aged 65-74 receiving annual mammography screening is improving over time, is higher than New York State, and is third highest amongst Mid-Hudson Region Counties, but the percentage is much lower for Hispanic and Asian Medicare enrollees as compared to Black and White Medicare enrollees

The Physical Environment: Climate, Air, Water, and Land

Putnam flagged on all measures related to Climate, Air, Water and Land:

- Putnam had 5 presidential disaster declarations from 2019-2023, tied with Rockland County for the most disaster declarations amongst Mid-Hudson Counties
- Putnam performed worse than the state and fourth amongst Mid-Hudson Region counties in average daily density of fine particulate matter
- Water quality is evaluated by the presence or absence of reported health-related drinking water violations. At least one Putnam community water system reported a health-based violation in 2023. It should be noted that most Putnam residences use private well water, whose quality is not captured in this measure.
- The percentage of the population in Putnam County living within half a mile of a park is lower than New York State and 6th lowest amongst Mid-Hudson Counties

The Physical Environment: Housing and Transportation

Putnam County performs relatively well in measures related to **housing**, but less so in measures related to **transportation**.

Putnam has the highest percentage of owner-occupied housing units amongst Mid-Hudson counties, and performs better than the state and third best amongst Mid-Hudson Region Counties in the following **housing** measures:

- Percentage of households with at least one severe housing problem including overcrowding, high cost, and lack of kitchen or plumbing facilities
- Percentage of households that spend 50% or more of their income on housing

While traffic volume is not an issue of concern on Putnam roadways, commuting is a problem area:

- A higher percentage of the Putnam workforce drives alone to work than that of New York State, and Putnam ranks 6th in this regard amongst Mid-Hudson Counties
- Among the workforce who commute alone in their car, Putnam has a higher percentage commuting more than 30 minutes than New York State, and the highest percentage of all Mid-Hudson Region Counties

The Physical Environment: Civic and Community Resources

Putnam performs well in measures of **civic and community resources**, with a higher percentage than New York State, and the highest percentage amongst Mid-Hudson counties for:

- Citizens who voted in the 2020 presidential election
- Households who self-responded to the 2020 Census
- Percentage of households with broadband internet connections

Social and Economic Factors: Education

Putnam performs well on measures of **education**.

Putnam has the second highest percentage of adults in the Mid-Hudson Region with some post-secondary education and outperforms New York State. Putnam is also doing best amongst Mid-Hudson Region Counties in:

- Percentage of adults over age 25 with a high school diploma
- Percentage of ninth graders graduating high school in four years
- Average per-pupil spending above the estimated amount required to support students in achieving US test scores; this measure is also improving overtime

Social and Economic Factors: Income, Employment, and Wealth

Putnam generally performs well on measures of **income and employment**, apart from cost of living and the earnings gender gap.

- Putnam performs better than New York State and best amongst Mid-Hudson counties in the:
 - Percentage of public-school children eligible for free or reduced lunch
 - The ratio of high- to low-income households
 - Median household income
 - Percentage of people under 18 in poverty
- The percentage of the population age 16 and over who are unemployed and seeking work is lower in Putnam than in the state and the second lowest in the Mid-Hudson Region
- **The cost of living** is high in Putnam, with an average hourly wage of \$71.38 necessary to cover basic household expenses and taxes for a household of one adult and two children, as determined for 2024 by the Living Wage Institute. This is a higher cost of living than New York State, and the highest amongst Mid-Hudson Counties.
- There is a pronounced **disparity in earnings** between women and men. From 2019-2023 Putnam women earned an average of \$0.81 for every \$1.00 men earned in annual income, less than the statewide average and 5th lowest amongst Mid-Hudson Counties.

Social and Economic Factors: Safety and Social Support

Putnam generally performs adequately in measures of **community safety**, outperforming New York State and ranking third amongst Mid-Hudson Counties in:

- Injury death rate
- Firearms death rate

Putnam has the same motor vehicle crash rate as New York State, and the 3rd lowest rate amongst Mid-Hudson counties.

Putnam generally performs well in measures of **social support** with:

- A lower childcare cost burden than New York State, and the lowest burden amongst counties in the Mid-Hudson Region, as measured by the percent of median household income required for childcare costs for a household with two children.
- A higher number of childcare centers per 1000 population under the age of five than New York State and the second highest amongst Mid-Hudson Counties.

However, Putnam is home to a lower number of membership associations per 1000 residents than New York State, and the ranks 6th in membership associations amongst Mid-Hudson Counties.

Discussion and Recommendations

Review of the 2025 CHR&R reaffirms that Putnam County continues to perform well overall in measures of Population Health & Well-being and Community Conditions. County leaders should consider CHR&R findings in program planning pending release of more detailed information in the next Comprehensive Community Health Assessment expected toward the end of 2025.

Perhaps the most notable findings in the CHR&R for Putnam are its strong performance in physical health outcomes in the face of the concerning high ratios of population to primary care providers. Putnam County leaders should look for opportunities to work collaboratively with healthcare organizations to further assess and address potential gaps in access to primary care and dental care. Such collaborations could also be leveraged to further understand and reduce identified disparities in birth weight, teenage birth rate, flu vaccination rates, and mammography screening.

Other recommendations based on the 2025 CHR&R findings include prioritization of initiatives aimed at:

- Reducing the incidence of binge drinking
- Promoting climate resilience
- Increasing options for and promoting use of public transportation
- Addressing the high cost of living and gender pay gap

PCDOH will publish this executive summary on its website and share it with the leadership of other county agencies, community organizations, and other partners for whom the information is relevant to their work. Stakeholders looking for greater detail on the 2025 CHR&R are encouraged to visit: <https://www.countyhealthrankings.org/health-data/new-york/putnam?year=2025>