

Arkansas has improved its state's health ranking by two spots in an annual report of state residents' health. Slight declines in the rate of obesity, smoking and diabetes places Arkansas in the number 46 spot.

According to the Arkansas Democrat Gazette, the report, created by the United Health Foundation, calculates a health score for each state by comparing one state to another on more than two dozen measures. The report released last month consists of mostly 2017 data.

Joe Thompson, chief executive of the Arkansas Center for Health Improvement, said Arkansas's progress is "encourage" but not quite a cause for celebration.

The report shows Arkansas with high rates of smoking, obesity and physical inactivity, which Thompson calls the three biggest contributors to chronic or fatal health conditions.

While the rates of these three factors stayed mainly the same in Arkansas, it worsened in other states, causing Arkansas's ranking to go up.

According to the report, the least healthiest state is Louisiana, while the healthiest is Hawaii.