Alaska

State Health Department Website: dhss.alaska.gov

Measures

	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.643	6	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	867	50	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++++	14.5	37	7.3
Poverty (% of adults ages 65+)	+++++	6.9	4	6.1
Poverty Racial Disparity (ratio)‡		1.6		1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	90.1	14	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++++	$152	2	$265
High-speed Internet (% of households with adults ages 65+)	+++++	82.5	9	86.0
Low-care Nursing Home Residents (% of residents)		—		2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++++	16	9	1
Volunteerism (% of adults ages 65+)	++++	35.0	14	44.6
PHYSICAL ENVIRONMENT*	++	0.127	33	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++++	6.9	15	4.1
Drinking Water Violations (% of community water systems)	+	5.0	48	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++	28.6	22	18.3
CLINICAL CARE*	+	-0.578	45	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+	7.0	47	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++	21.8	37	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++++	230	7	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65–75)	+	66.1	48	81.1
Flu Vaccination (% of adults ages 65+)	+	55.0	50	71.1
Pneumonia Vaccination (% of adults ages 65+)	+	64.1	50	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+	82.9	50	96.3
Hospice Care (% of Medicare decedents)	+	22.8	50	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	14.0	1	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	75.9	2	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++	1,358	5	1,038
BEHAVIORS*	++++	0.208	20	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++++	29.0	4	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	8.7	9	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	25.2	6	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	++	28.0	37	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	+	12.5	50	4.0
HEALTH OUTCOMES*	+++	0.135	24	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+	10.4	49	3.8
Frequent Mental Distress (% of adults ages 65+)	+++++	6.7	9	4.5
Suicide (deaths per 100,000 adults ages 65+)	+	23.4	42	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+++	1,667	21	1,380
Early Death Racial Disparity (ratio)‡		1.7		1.0
Physical Health				
Falls (% of adults ages 65+)	+	30.7	42	20.0
Frequent Physical Distress (% of adults ages 65+)	+++++	13.1	2	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	24.3	1	24.3
Obesity (% of adults ages 65+)	+++	30.2	27	18.8
Teeth Extractions (% of adults ages 65+)	++	15.7	33	6.2
OVERALL		0.159	—	0.750

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low poverty rate
- High prevalence of exercise

Challenges:

- High prevalence of smoking
- High prevalence of excessive drinking
- Low flu vaccination coverage

Highlights:

EXERCISE

▲60%

between 2015 and 2019
from 18.1% to 29.0% of adults ages 65+

SMOKING

▲54%

between 2016 and 2019
from 8.1% to 12.5% of adults ages 65+

SUICIDE

▲66%

between 2014-16 and 2017-19
from 14.1 to 23.4 deaths per 100,000 adults ages 65+

Rating	Rank
+++++	1–10
++++	11–20
+++	21–30
++	31–40
+	41–50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

— Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.