

# Arizona

State Health Department Website: [azdhs.gov](http://azdhs.gov)

## Summary

### Strengths:

- High percentage of households with high-speed internet
- High prevalence of exercise
- Low prevalence of falls

### Challenges:

- High suicide rate
- Low flu vaccination coverage
- Low prevalence of cancer screenings

### Highlights:

#### FOOD INSECURITY

▼ **34%**

between 2015-16 and 2017-18  
from 18.9% to 12.5% of adults  
ages 60+

#### FLU VACCINATION COVERAGE

▲ **16%**

between 2015 and 2019  
from 52.6% to 60.9% of  
adults ages 65+

#### MULTIPLE CHRONIC CONDITIONS

▲ **11%**

between 2014 and 2018 from  
33.0% to 36.5% of Medicare  
beneficiaries 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](http://www.AmericasHealthRankings.org).

## Measures

	Rating	2021 Value	2021 Rank	No. 1 State
<b>SOCIAL &amp; ECONOMIC FACTORS*</b>	<b>++</b>	<b>0.065</b>	<b>30</b>	<b>1,051</b>
<b>Community and Family Safety</b>				
Violent Crime (offenses per 100,000 population)	+	455	41	115
<b>Economic Resources</b>				
Food Insecurity (% of adults ages 60+)	++	12.5	26	7.3
Poverty (% of adults ages 65+)	++	9.0	32	6.1
Poverty Racial Disparity (ratio)*		2.6		1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	56.5	37	100.0
<b>Social Support and Engagement</b>				
Community Support Expenditures (dollars per adult ages 60+)	++	\$27	36	\$265
High-speed Internet (% of households with adults ages 65+)	+++++	83.0	4	86.0
Low-care Nursing Home Residents (% of residents)	++++	7.1	14	2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	32	17	1
Volunteerism (% of adults ages 65+)	++	25.0	40	44.6
<b>PHYSICAL ENVIRONMENT*</b>	<b>++</b>	<b>0.100</b>	<b>35</b>	<b>1,353</b>
<b>Air and Water Quality</b>				
Air Pollution (micrograms of fine particles per cubic meter)	+	8.6	45	4.1
Drinking Water Violations (% of community water systems)	++	0.9	32	0.0
<b>Housing</b>				
Severe Housing Problems (% of small households with an adult ages 62+)	+++	30.2	30	18.3
<b>CLINICAL CARE*</b>	<b>+++</b>	<b>0.024</b>	<b>23</b>	<b>0,695</b>
<b>Access to Care</b>				
Avoided Care Due to Cost (% of adults ages 65+)	++	5.2	37	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++	23.0	34	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++	157	17	442
<b>Preventive Clinical Services</b>				
Cancer Screenings (% of adults ages 65-75)	++	69.8	39	81.1
Flu Vaccination (% of adults ages 65+)	++	60.9	40	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	72.4	30	78.3
<b>Quality of Care</b>				
Dedicated Health Care Provider (% of adults ages 65+)	++	92.2	37	96.3
Hospice Care (% of Medicare decedents)	+++++	58.8	3	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++	44.4	30	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++	1,508	8	1,038
<b>BEHAVIORS*</b>	<b>+++++</b>	<b>0.716</b>	<b>8</b>	<b>1,188</b>
<b>Nutrition and Physical Activity</b>				
Exercise (% of adults ages 65+)	+++++	27.3	9	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	9.5	6	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	28.0	12	21.7
<b>Sleep Health</b>				
Insufficient Sleep (% of adults ages 65+)	++++	24.6	16	20.9
<b>Tobacco Use</b>				
Smoking (% of adults ages 65+)	+++	8.8	22	4.0
<b>HEALTH OUTCOMES*</b>	<b>+++</b>	<b>0.256</b>	<b>22</b>	<b>0,932</b>
<b>Behavioral Health</b>				
Excessive Drinking (% of adults ages 65+)	++	8.3	34	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.7	23	4.5
Suicide (deaths per 100,000 adults ages 65+)	+	26.0	44	9.2
<b>Mortality</b>				
Early Death (deaths per 100,000 adults ages 65-74)	++++	1,591	12	1,380
Early Death Racial Disparity (ratio)*		1.8		1.0
<b>Physical Health</b>				
Falls (% of adults ages 65+)	+++++	24.0	5	20.0
Frequent Physical Distress (% of adults ages 65+)	++	17.5	31	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	36.5	20	24.3
Obesity (% of adults ages 65+)	+++++	25.7	7	18.8
Teeth Extractions (% of adults ages 65+)	++++	11.6	12	6.2
<b>OVERALL</b>		0.236	—	0.750