

Maryland

State Health Department Website: health.maryland.gov

Measures

	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.606	7	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	454	40	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++++	11.6	21	7.3
Poverty (% of adults ages 65+)	++++	7.8	18	6.1
Poverty Racial Disparity (ratio)*		2.9		1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	100.0	1	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+	\$24	41	\$265
High-speed Internet (% of households with adults ages 65+)	++++	81.3	12	86.0
Low-care Nursing Home Residents (% of residents)	+++++	5.1	6	2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	36	19	1
Volunteerism (% of adults ages 65+)	+++++	38.2	4	44.6
PHYSICAL ENVIRONMENT*	+++	0.253	28	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+++	7.2	22	4.1
Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	++	34.9	39	18.3
CLINICAL CARE*	+++++	0.454	9	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.5	23	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	43.5	5	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++	112	33	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	76.4	11	81.1
Flu Vaccination (% of adults ages 65+)	+++++	68.7	5	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++++	76.6	3	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+++++	96.2	2	96.3
Hospice Care (% of Medicare decedents)	++	47.6	34	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++	49.6	21	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	2,374	29	1,038
BEHAVIORS*	++++	0.312	15	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++	24.3	21	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++++	8.2	17	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	29.6	17	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+++	27.1	28	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	++++	8.2	16	4.0
HEALTH OUTCOMES*	+++++	0.485	9	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+++++	5.5	7	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.7	23	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	13.6	10	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+++	1,724	27	1,380
Early Death Racial Disparity (ratio)*		1.3		1.0
Physical Health				
Falls (% of adults ages 65+)	+++++	23.0	4	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	15.0	13	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++	42.5	32	24.3
Obesity (% of adults ages 65+)	+++	30.4	29	18.8
Teeth Extractions (% of adults ages 65+)	+++++	10.8	10	6.2
OVERALL		0.469	—	0.750

Summary

Strengths:

- High percentage of households with high-speed internet
- Low prevalence of excessive drinking
- High pneumonia vaccination coverage

Challenges:

- Low home health care worker rate
- High prevalence of multiple chronic conditions
- High prevalence of severe housing problems

Highlights:

PNEUMONIA VACCINATION COVERAGE

▲14%
between 2012 and 2019
from 67.4% to 76.6% of
adults ages 65+

FALLS

▼20%
between 2016 and 2018
from 28.6% to 23.0% of
adults ages 65+

DRUG DEATHS

▲115%
between 2014-16 and 2017-19
from 8.7 to 18.7 deaths per
100,000 adults ages 65-74

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.