

State Health Department Website:

# Summary

## Key Findings

### Physical Inactivity

28%▼

from 41.0% to 29.7% of adults age 65 and older in fair or better health between 2023 and 2024.

### Food Insecurity

12%▼

from 9.2% to 8.1% of adults age 60 and older between 2022 and 2023.

### Flu Vaccination

11%▼

from 67.0% to 59.5% of adults age 65 and older between 2021 and 2024.

## Strengths

- Low prevalence of excessive drinking
- High level of community support expenditures

## Challenges

- High prevalence of frequent physical distress
- High poverty rate

Visit [AmericasHealthRankings.org](https://AmericasHealthRankings.org) for the full list of [measures](#), [source details](#) and [methodologies](#).

## Measures

		State Rank	State Value	U.S. Value
<b>Social and Economic Factors</b>		<b>43</b>	<b>-0.522</b>	
<b>Community and Family Safety</b>	Internet Crime (Complaints per 10,000 adults age 60+)*	11	12.1	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	39	17.3	13.3
<b>Economic Resources</b>	Community Support Expenditures (Dollars per adult age 60+)	5	\$133	\$53
	Food Insecurity (% of adults age 60+)	25	8.1%	9.2%
	Poverty (% of adults age 65+)	45	13.0%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	24	75.1	86.8
<b>Social Support and Engagement</b>	High-Speed Internet (% of households with adults age 65+)	41	84.8%	88.2%
	Low-Care Nursing Home Residents (% of residents)	42	14.4%	9.0%
	Risk of Social Isolation (Index from 1-100)	45	78	–
	Volunteerism (% of adults age 65+)	46	20.1%	26.3%
<b>Physical Environment</b>		<b>14</b>	<b>0.793</b>	
<b>Air and Water Quality</b>	Air Pollution (Micrograms of fine particles per cubic meter)	19	7.7	8.8
	Drinking Water Violations (Average violations per community water system)	34	2.2	2.5
<b>Housing</b>	Housing Cost Burden (% of households with adults age 65+)	12	26.3%	33.3%
<b>Clinical Care</b>		<b>41</b>	<b>-0.486</b>	
<b>Access to Care</b>	Avoided Care Due to Cost (% of adults age 65+)	39	4.3%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	21	40.5	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	48	22	65
<b>Preventive Clinical Services</b>	Cancer Screenings (% of adults ages 65-75)	25	76.7%	76.8%
	Flu Vaccination (% of adults age 65+)	40	59.5%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	44	66.8%	69.8%
<b>Quality of Care</b>	Dedicated Health Care Provider (% of adults age 65+)	16	96.9%	96.0%
	Hospice Care (% of Medicare decedents)	20	48.6%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	33	32.2%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	49	2,054	1,477
<b>Behaviors</b>		<b>45</b>	<b>-1.084</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% of adults age 65+)	46	18.8%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	37	5.2%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	40	29.7%	26.5%
<b>Sleep Health</b>	Insufficient Sleep (% of adults age 65+)	43	30.6%	28.1%
<b>Tobacco Use</b>	Cigarette Smoking (% of adults age 65+)	40	10.6%	8.3%
<b>Health Outcomes</b>		<b>46</b>	<b>-0.958</b>	
<b>Behavioral Health</b>	Drug Deaths (Deaths per 100,000 adults age 65+)*	5	8.0	13.7
	Excessive Drinking (% of adults age 65+)	2	4.3%	7.6%
	Frequent Mental Distress (% of adults age 65+)	26	8.7%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	30	19.8	17.6
<b>Mortality</b>	Early Death (Deaths per 100,000 adults ages 65-74)	45	2,355	1,773
<b>Physical Health</b>	Falls (% of adults age 65+)	46	33.7%	27.8%
	Frequent Physical Distress (% of adults age 65+)	47	22.1%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	50	65%	53%
	Obesity (% of adults age 65+)	34	32.8%	29.5%
	Teeth Extractions (% of adults age 65+)	45	17.3%	11.4%
<b>Demographics</b>				
Population - Age 65+ (% of population)*		–	18.5%	18.0%
Population - Age 65+ - Rural (% of adults age 65+)*		–	45.6%	24.1%
Functional Disability (% of adults age 65+)*		–	37.4%	32.5%
<b>Overall</b>		<b>44</b>	<b>-0.670</b>	

\* Additional measure that does not contribute to a state's Overall rank.  
 – Data not available, missing or suppressed.