

State Health Department Website:

# Summary

## Key Findings

**Depression**  
**31%**▲

from 14.2% to 18.6% of adults age 65 and older between 2023 and 2024.

**Home Health Care Workers**  
**13%**▲

from 31 to 35 aides per 1,000 adults age 65 and older between 2023 and 2024.

**SNAP Reach**  
**7%**▼

from 36.9 to 34.5 participants per 100 adults age 60 and older in poverty between 2022 and 2023.

## Strengths

- Low housing cost burden
- High prevalence of older adults with a dedicated health care provider

## Challenges

- High prevalence of frequent physical distress
- High prevalence of food insecurity

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>49</b>	<b>-1.212</b>	
<b>Community and Family Safety</b>	Internet Crime (Complaints per 10,000 adults age 60+)*	21	14.0	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	46	20.7	13.3
<b>Economic Resources</b>	Community Support Expenditures (Dollars per adult age 60+)	21	\$49	\$53
	Food Insecurity (% of adults age 60+)	49	13.2%	9.2%
	Poverty (% of adults age 65+)	41	12.2%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	48	34.5	86.8
<b>Social Support and Engagement</b>	High-Speed Internet (% of households with adults age 65+)	40	84.9%	88.2%
	Low-Care Nursing Home Residents (% of residents)	45	16.4%	9.0%
	Risk of Social Isolation (Index from 1-100)	43	76	–
	Volunteerism (% of adults age 65+)	48	16.2%	26.3%
<b>Physical Environment</b>		<b>43</b>	<b>-0.043</b>	
<b>Air and Water Quality</b>	Air Pollution (Micrograms of fine particles per cubic meter)	37	8.5	8.8
	Drinking Water Violations (Average violations per community water system)	49	5.1	2.5
<b>Housing</b>	Housing Cost Burden (% of households with adults age 65+)	4	24.7%	33.3%
<b>Clinical Care</b>		<b>29</b>	<b>-0.044</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+)	7	52.2	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	33	35	65
<b>Preventive Clinical Services</b>	Cancer Screenings (% of adults ages 65-75)	42	73.6%	76.8%
	Flu Vaccination (% of adults age 65+)	31	62.0%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	31	70.2%	69.8%
<b>Quality of Care</b>	Dedicated Health Care Provider (% of adults age 65+)	4	97.9%	96.0%
	Hospice Care (% of Medicare decedents)	27	47.1%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	9	41.4%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	44	1,825	1,477
<b>Behaviors</b>		<b>44</b>	<b>-1.046</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% of adults age 65+)	40	24.7%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	19	7.3%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	47	35.2%	26.5%
<b>Sleep Health</b>	Insufficient Sleep (% of adults age 65+)	38	29.3%	28.1%
<b>Tobacco Use</b>	Cigarette Smoking (% of adults age 65+)	46	12.5%	8.3%
<b>Health Outcomes</b>		<b>49</b>	<b>-1.137</b>	
<b>Behavioral Health</b>	Drug Deaths (Deaths per 100,000 adults age 65+)*	2	6.5	13.7
	Excessive Drinking (% of adults age 65+)	10	6.4%	7.6%
	Frequent Mental Distress (% of adults age 65+)	46	10.7%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	37	22.0	17.6
<b>Mortality</b>	Early Death (Deaths per 100,000 adults ages 65-74)	47	2,457	1,773
<b>Physical Health</b>	Falls (% of adults age 65+)	40	32.1%	27.8%
	Frequent Physical Distress (% of adults age 65+)	49	24.1%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	36	57%	53%
	Obesity (% of adults age 65+)	25	30.7%	29.5%
	Teeth Extractions (% of adults age 65+)	47	19.7%	11.4%
<b>Demographics</b>				
Population - Age 65+ (% of population)*		–	18.2%	18.0%
Population - Age 65+ - Rural (% of adults age 65+)*		–	50.7%	24.1%
Functional Disability (% of adults age 65+)*		–	40.3%	32.5%
<b>Overall</b>		<b>47</b>	<b>-0.868</b>	

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