

State Health Department Website:

# Summary

## Key Findings

### Frequent Mental Distress

57%▲

from 5.3% to 8.3% of adults age 65 and older between 2015 and 2024.

### Flu Vaccination

11%▼

from 75.0% to 67.1% of adults age 65 and older between 2022 and 2024.

### SNAP Reach

11%▲

from 68.5 to 76.2 participants per 100 adults age 60 and older in poverty between 2017 and 2023.

## Strengths

- Low prevalence of physical inactivity
- Low prevalence of obesity

## Challenges

- High suicide rate
- High housing cost burden

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>12</b>	<b>0.426</b>	
<b>Community and Family Safety</b>	Internet Crime (Complaints per 10,000 adults age 60+)*	45	23.7	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	23	13.6	13.3
<b>Economic Resources</b>	Community Support Expenditures (Dollars per adult age 60+)	29	\$43	\$53
	Food Insecurity (% of adults age 60+)	29	8.4%	9.2%
	Poverty (% of adults age 65+)	6	8.8%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	23	76.2	86.8
<b>Social Support and Engagement</b>	High-Speed Internet (% of households with adults age 65+)	9	90.7%	88.2%
	Low-Care Nursing Home Residents (% of residents)	38	13.5%	9.0%
	Risk of Social Isolation (Index from 1-100)	5	26	–
	Volunteerism (% of adults age 65+)	6	36.1%	26.3%
<b>Physical Environment</b>		<b>27</b>	<b>0.493</b>	
<b>Air and Water Quality</b>	Air Pollution (Micrograms of fine particles per cubic meter)	8	6.0	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+)	41	36.6%	33.3%
<b>Clinical Care</b>		<b>8</b>	<b>0.554</b>	
<b>Access to Care</b>	Avoided Care Due to Cost (% of adults age 65+)	28	3.7%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	9	48.6	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	28	41	65
<b>Preventive Clinical Services</b>	Cancer Screenings (% of adults ages 65-75)	27	76.3%	76.8%
	Flu Vaccination (% of adults age 65+)	12	67.1%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	3	75.3%	69.8%
<b>Quality of Care</b>	Dedicated Health Care Provider (% of adults age 65+)	25	96.2%	96.0%
	Hospice Care (% of Medicare decedents)	18	49.0%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	14	38.7%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	1	766	1,477
<b>Behaviors</b>		<b>2</b>	<b>1.116</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% of adults age 65+)	1	36.7%	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)	1	17.8%	26.5%
<b>Sleep Health</b>	Insufficient Sleep (% of adults age 65+)	5	22.1%	28.1%
<b>Tobacco Use</b>	Cigarette Smoking (% of adults age 65+)	15	7.4%	8.3%
<b>Health Outcomes</b>		<b>7</b>	<b>0.517</b>	
<b>Behavioral Health</b>	Drug Deaths (Deaths per 100,000 adults age 65+)*	35	15.9	13.7
	Excessive Drinking (% of adults age 65+)	26	7.7%	7.6%
	Frequent Mental Distress (% of adults age 65+)	17	8.3%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	42	24.6	17.6
<b>Mortality</b>	Early Death (Deaths per 100,000 adults ages 65-74)	6	1,474	1,773
<b>Physical Health</b>	Falls (% of adults age 65+)	28	29.4%	27.8%
	Frequent Physical Distress (% of adults age 65+)	13	15.9%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	5	41%	53%
	Obesity (% of adults age 65+)	2	22.0%	29.5%
	Teeth Extractions (% of adults age 65+)	12	9.0%	11.4%
<b>Demographics</b>				
	Population - Age 65+ (% of population)*	–	16.4%	18.0%
	Population - Age 65+ - Rural (% of adults age 65+)*	–	19.7%	24.1%
	Functional Disability (% of adults age 65+)*	–	30.0%	32.5%
<b>Overall</b>		<b>5</b>	<b>0.616</b>	

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