

State Health Department Website:

Summary

Key Findings

Cigarette Smoking

83%▲

from 6.5% to 11.9% of adults age 65 and older between 2022 and 2024.

Flu Vaccination

18%▲

from 59.8% to 70.5% of adults age 65 and older between 2017 and 2024.

Early Death

17%▼

from 2,401 to 1,999 deaths per 100,000 adults ages 65-74 between 2022 and 2024.

Strengths

- Low suicide rate
- Low prevalence of physical inactivity

Challenges

- High rate of motor vehicle deaths
- High prevalence of excessive drinking

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

Measures

		D.C. Value	U.S. Value
Social and Economic Factors			
Community and Family Safety	Internet Crime (Complaints per 10,000 adults age 60+)*	21.8	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	4.5	13.3
Economic Resources	Community Support Expenditures (Dollars per adult age 60+)	\$289	\$53
	Food Insecurity (% of adults age 60+)	12.8%	9.2%
	Poverty (% of adults age 65+)	18.2%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	100.0	86.8
Social Support and Engagement	High-Speed Internet (% of households with adults age 65+)	84.1%	88.2%
	Low-Care Nursing Home Residents (% of residents)	–	9.0%
	Risk of Social Isolation (Index from 1-100)	–	–
	Volunteerism (% of adults age 65+)	35.4%	26.3%
Physical Environment			
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	9.4	8.8
	Drinking Water Violations (Average violations per community water system)	2.0	2.5
Housing	Housing Cost Burden (% of households with adults age 65+)	42.8%	33.3%
Clinical Care			
Access to Care	Avoided Care Due to Cost (% of adults age 65+)	4.7%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	94.5	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	126	65
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	78.6%	76.8%
	Flu Vaccination (% of adults age 65+)	70.5%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	71.4%	69.8%
Quality of Care	Dedicated Health Care Provider (% of adults age 65+)	96.3%	96.0%
	Hospice Care (% of Medicare decedents)	27.2%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	18.4%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	2,121	1,477
Behaviors			
Nutrition and Physical Activity	Exercise (% of adults age 65+)	36.0%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	13.9%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	20.5%	26.5%
Sleep Health	Insufficient Sleep (% of adults age 65+)	29.1%	28.1%
Tobacco Use	Cigarette Smoking (% of adults age 65+)	11.9%	8.3%
Health Outcomes			
Behavioral Health	Drug Deaths (Deaths per 100,000 adults age 65+)*	86.5	13.7
	Excessive Drinking (% of adults age 65+)	10.4%	7.6%
	Frequent Mental Distress (% of adults age 65+)	8.8%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	75	17.6
Mortality	Early Death (Deaths per 100,000 adults ages 65-74)	1,999	1,773
Physical Health	Falls (% of adults age 65+)	24.5%	27.8%
	Frequent Physical Distress (% of adults age 65+)	16.1%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	46%	53%
	Obesity (% of adults age 65+)	24.6%	29.5%
	Teeth Extractions (% of adults age 65+)	8.7%	11.4%
Demographics			
	Population - Age 65+ (% of population)*	13.0%	18.0%
	Population - Age 65+ - Rural (% of adults age 65+)*	0.0%	24.1%
	Functional Disability (% of adults age 65+)*	33.5%	32.5%

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