

State Health Department Website:

# Summary

## Key Findings

### Physical Inactivity

25%▼

from 36.0% to 27.0% of adults age 65 and older in fair or better health between 2021 and 2024.

### Early Death

12%▼

from 1,975 to 1,739 deaths per 100,000 adults ages 65-74 between 2022 and 2024.

### Flu Vaccination

9%▼

from 68.2% to 61.9% of adults age 65 and older between 2023 and 2024.

## Strengths

- Low suicide rate
- Low prevalence of frequent mental distress

## Challenges

- Low prevalence of older adults with a dedicated health care provider
- High prevalence of excessive drinking

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>23</b>	<b>0.106</b>	
<b>Community and Family Safety</b>	Internet Crime (Complaints per 10,000 adults age 60+)*	38	19.8	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	15	11.9	13.3
<b>Economic Resources</b>	Community Support Expenditures (Dollars per adult age 60+)	16	\$59	\$53
	Food Insecurity (% of adults age 60+)	37	9.9%	9.2%
	Poverty (% of adults age 65+)	34	11.1%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	1	100.0	86.8
<b>Social Support and Engagement</b>	High-Speed Internet (% of households with adults age 65+)	26	87.4%	88.2%
	Low-Care Nursing Home Residents (% of residents)	22	8.9%	9.0%
	Risk of Social Isolation (Index from 1-100)	38	62	–
	Volunteerism (% of adults age 65+)	10	33.6%	26.3%
<b>Physical Environment</b>		<b>45</b>	<b>-0.093</b>	
<b>Air and Water Quality</b>	Air Pollution (Micrograms of fine particles per cubic meter)	47	10.3	8.8
	Drinking Water Violations (Average violations per community water system)	23	1.9	2.5
<b>Housing</b>	Housing Cost Burden (% of households with adults age 65+)	36	32.9%	33.3%
<b>Clinical Care</b>		<b>42</b>	<b>-0.526</b>	
<b>Access to Care</b>	Avoided Care Due to Cost (% of adults age 65+)	33	3.9%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	30	34.0	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	15	53	65
<b>Preventive Clinical Services</b>	Cancer Screenings (% of adults ages 65-75)	37	74.5%	76.8%
	Flu Vaccination (% of adults age 65+)	32	61.9%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	36	69.7%	69.8%
<b>Quality of Care</b>	Dedicated Health Care Provider (% of adults age 65+)	41	94.3%	96.0%
	Hospice Care (% of Medicare decedents)	28	46.6%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	48	22.6%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	41	1,766	1,477
<b>Behaviors</b>		<b>33</b>	<b>-0.182</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% of adults age 65+)	11	31.3%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	42	4.4%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	29	27.0%	26.5%
<b>Sleep Health</b>	Insufficient Sleep (% of adults age 65+)	30	28.0%	28.1%
<b>Tobacco Use</b>	Cigarette Smoking (% of adults age 65+)	24	8.4%	8.3%
<b>Health Outcomes</b>		<b>20</b>	<b>0.027</b>	
<b>Behavioral Health</b>	Drug Deaths (Deaths per 100,000 adults age 65+)*	28	14.0	13.7
	Excessive Drinking (% of adults age 65+)	44	9.0%	7.6%
	Frequent Mental Distress (% of adults age 65+)	14	7.9%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	7	13.0	17.6
<b>Mortality</b>	Early Death (Deaths per 100,000 adults ages 65-74)	25	1,739	1,773
<b>Physical Health</b>	Falls (% of adults age 65+)	23	28.2%	27.8%
	Frequent Physical Distress (% of adults age 65+)	20	16.9%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	23	53%	53%
	Obesity (% of adults age 65+)	35	32.9%	29.5%
	Teeth Extractions (% of adults age 65+)	15	9.6%	11.4%
<b>Demographics</b>				
Population - Age 65+ (% of population)*		–	17.9%	18.0%
Population - Age 65+ - Rural (% of adults age 65+)*		–	16.4%	24.1%
Functional Disability (% of adults age 65+)*		–	31.0%	32.5%
<b>Overall</b>		<b>33</b>	<b>-0.108</b>	

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