

State Health Department Website:

Summary

Key Findings

Food Insecurity

49%▲

from 3.5% to 5.2% of adults age 60 and older between 2022 and 2023.

Flu Vaccination

41%▲

from 50.7% to 71.5% of adults age 65 and older between 2018 and 2024.

Nursing Home Quality

29%▲

from 31.6% to 40.7% of certified nursing home beds between Sept. 2022-Nov. 2022 and Sept. 2025-Nov. 2025.

Strengths

- Low prevalence of frequent mental distress
- Low risk of social isolation

Challenges

- High prevalence of excessive drinking
- Low SNAP participation among older adults in poverty

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

Measures

		State Rank	State Value	U.S. Value
Social and Economic Factors		5	0.667	
Community and Family Safety	Internet Crime (Complaints per 10,000 adults age 60+)*	24	15.3	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	20	12.7	13.3
Economic Resources	Community Support Expenditures (Dollars per adult age 60+)	10	\$90	\$53
	Food Insecurity (% of adults age 60+)	7	5.2%	9.2%
	Poverty (% of adults age 65+)	2	7.8%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	43	41.1	86.8
Social Support and Engagement	High-Speed Internet (% of households with adults age 65+)	3	91.6%	88.2%
	Low-Care Nursing Home Residents (% of residents)	27	9.5%	9.0%
	Risk of Social Isolation (Index from 1-100)	2	20	–
	Volunteerism (% of adults age 65+)	28	28.1%	26.3%
Physical Environment		10	0.890	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	3	5.0	8.8
	Drinking Water Violations (Average violations per community water system)	9	1.5	2.5
Housing	Housing Cost Burden (% of households with adults age 65+)	39	35.1%	33.3%
Clinical Care		4	0.746	
Access to Care	Avoided Care Due to Cost (% of adults age 65+)	8	2.5%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	19	42.2	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	45	27	65
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	6	81.1%	76.8%
	Flu Vaccination (% of adults age 65+)	3	71.5%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	1	76.4%	69.8%
Quality of Care	Dedicated Health Care Provider (% of adults age 65+)	6	97.8%	96.0%
	Hospice Care (% of Medicare decedents)	26	47.2%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	11	40.7%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	15	1,245	1,477
Behaviors		6	0.714	
Nutrition and Physical Activity	Exercise (% of adults age 65+)	7	31.7%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	4	11.3%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	16	23.9%	26.5%
Sleep Health	Insufficient Sleep (% of adults age 65+)	24	27.0%	28.1%
Tobacco Use	Cigarette Smoking (% of adults age 65+)	16	7.6%	8.3%
Health Outcomes		10	0.510	
Behavioral Health	Drug Deaths (Deaths per 100,000 adults age 65+)*	8	8.9	13.7
	Excessive Drinking (% of adults age 65+)	36	8.3%	7.6%
	Frequent Mental Distress (% of adults age 65+)	5	7.3%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	25	18.1	17.6
Mortality	Early Death (Deaths per 100,000 adults ages 65-74)	12	1,540	1,773
Physical Health	Falls (% of adults age 65+)	18	27.4%	27.8%
	Frequent Physical Distress (% of adults age 65+)	2	14.1%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	11	45%	53%
	Obesity (% of adults age 65+)	14	29.0%	29.5%
	Teeth Extractions (% of adults age 65+)	16	10.0%	11.4%
Demographics				
	Population - Age 65+ (% of population)*	–	21.5%	18.0%
	Population - Age 65+ - Rural (% of adults age 65+)*	–	46.4%	24.1%
	Functional Disability (% of adults age 65+)*	–	29.1%	32.5%
Overall		3	0.664	

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