

State Health Department Website:

Summary

Key Findings

Drug Deaths
34%▲

from 10.5 to 14.1 deaths per 100,000 adults age 65 and older between 2019-2021 and 2022-2024.

Poverty
21%▲

from 8.6% to 10.4% of adults age 65 and older between 2018 and 2024.

Physical Inactivity
17%▼

from 36.4% to 30.1% of adults age 65 and older in fair or better health between 2023 and 2024.

Strengths

- Low prevalence of frequent mental distress
- Low prevalence of low-care nursing home residents

Challenges

- High early death rate
- High prevalence of obesity

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		31	-0.034	
Community and Family Safety	Internet Crime (Complaints per 10,000 adults age 60+)*	32	177	174
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	17	12.0	13.3
Economic Resources	Community Support Expenditures (Dollars per adult age 60+)	38	\$34	\$53
	Food Insecurity (% of adults age 60+)	27	8.3%	9.2%
	Poverty (% of adults age 65+)	26	10.4%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	27	72.4	86.8
Social Support and Engagement	High-Speed Internet (% of households with adults age 65+)	32	86.2%	88.2%
	Low-Care Nursing Home Residents (% of residents)	15	6.8%	9.0%
	Risk of Social Isolation (Index from 1-100)	38	62	–
	Volunteerism (% of adults age 65+)	28	28.1%	26.3%
Physical Environment		30	0.413	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	46	9.8	8.8
	Drinking Water Violations (Average violations per community water system)	5	1.3	2.5
Housing	Housing Cost Burden (% of households with adults age 65+)	26	29.9%	33.3%
Clinical Care		17	0.314	
Access to Care	Avoided Care Due to Cost (% of adults age 65+)	13	2.7%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	10	48.2	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	25	43	65
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	25	76.7%	76.8%
	Flu Vaccination (% of adults age 65+)	30	62.3%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	18	71.9%	69.8%
Quality of Care	Dedicated Health Care Provider (% of adults age 65+)	4	97.9%	96.0%
	Hospice Care (% of Medicare decedents)	8	52.9%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	16	37.6%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	40	1,736	1,477
Behaviors		41	-0.630	
Nutrition and Physical Activity	Exercise (% of adults age 65+)	23	29.9%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	38	5.0%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	41	30.1%	26.5%
Sleep Health	Insufficient Sleep (% of adults age 65+)	31	28.1%	28.1%
Tobacco Use	Cigarette Smoking (% of adults age 65+)	43	11.3%	8.3%
Health Outcomes		37	-0.320	
Behavioral Health	Drug Deaths (Deaths per 100,000 adults age 65+)*	29	14.1	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+)	16	16.6	17.6
Mortality	Early Death (Deaths per 100,000 adults ages 65-74)	40	2,035	1,773
Physical Health	Falls (% of adults age 65+)	11	26.7%	27.8%
	Frequent Physical Distress (% of adults age 65+)	21	17.0%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	32	56%	53%
	Obesity (% of adults age 65+)	43	34.6%	29.5%
	Teeth Extractions (% of adults age 65+)	40	15.4%	11.4%
Demographics				
	Population - Age 65+ (% of population)*	–	19.1%	18.0%
	Population - Age 65+ - Rural (% of adults age 65+)*	–	25.9%	24.1%
	Functional Disability (% of adults age 65+)*	–	31.7%	32.5%
Overall		36	-0.133	

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