

State Health Department Website:

Summary

Key Findings

Frequent Mental Distress

113%▲

from 4.5% to 9.6% of adults age 65 and older between 2019 and 2024.

Internet Crime

32%▼

from 16.2 to 11.0 complaints per 10,000 adults age 60 and older between 2023 and 2024.

Nursing Home Quality

32%▼

from 46.6% to 31.5% of certified nursing home beds between Sept. 2023-Nov. 2023 and Sept. 2025-Nov. 2025.

Strengths

- Low prevalence of food insecurity
- Low prevalence of avoiding care due to cost

Challenges

- High rate of motor vehicle deaths
- 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		18	0.183	
Community and Family Safety	Internet Crime (Complaints per 10,000 adults age 60+)*	5	11.0	17.4
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)	42	18.4	13.3
Economic Resources	Community Support Expenditures (Dollars per adult age 60+)	9	\$96	\$53
	Food Insecurity (% of adults age 60+)	2	4.1%	9.2%
	Poverty (% of adults age 65+)	17	9.7%	11.2%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	40	45.9	86.8
Social Support and Engagement	High-Speed Internet (% of households with adults age 65+)	45	84.0%	88.2%
	Low-Care Nursing Home Residents (% of residents)	37	12.9%	9.0%
	Risk of Social Isolation (Index from 1-100)	15	40	–
	Volunteerism (% of adults age 65+)	2	44.3%	26.3%
Physical Environment		1	1.727	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	4	5.7	8.8
	Drinking Water Violations (Average violations per community water system)	3	1.1	2.5
Housing	Housing Cost Burden (% of households with adults age 65+)	2	24.3%	33.3%
Clinical Care		35	-0.263	
Access to Care	Avoided Care Due to Cost (% of adults age 65+)	2	1.8%	3.8%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	50	173	41.5
	Home Health Care Workers (Workers per 1,000 adults age 65+)	47	24	65
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	46	72.1%	76.8%
	Flu Vaccination (% of adults age 65+)	21	63.6%	62.5%
	Pneumonia Vaccination (% of adults age 65+)	30	70.3%	69.8%
Quality of Care	Dedicated Health Care Provider (% of adults age 65+)	19	96.5%	96.0%
	Hospice Care (% of Medicare decedents)	41	42.9%	46.9%
	Nursing Home Quality (% of beds rated four or five stars)	34	31.5%	34.0%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	24	1,353	1,477
Behaviors		11	0.406	
Nutrition and Physical Activity	Exercise (% of adults age 65+)	31	27.4%	29.0%
	Fruit and Vegetable Consumption (% of adults age 65+)	33	5.8%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	28	26.8%	26.5%
Sleep Health	Insufficient Sleep (% of adults age 65+)	1	17.4%	28.1%
Tobacco Use	Cigarette Smoking (% of adults age 65+)	2	6.1%	8.3%
Health Outcomes		24	-0.104	
Behavioral Health	Drug Deaths (Deaths per 100,000 adults age 65+)*	–	–	13.7
	Excessive Drinking (% of adults age 65+)	14	6.8%	7.6%
	Frequent Mental Distress (% of adults age 65+)	39	9.6%	8.7%
	Suicide (Deaths per 100,000 adults age 65+)	9	14.2	17.6
Mortality	Early Death (Deaths per 100,000 adults ages 65-74)	13	1,578	1,773
Physical Health	Falls (% of adults age 65+)	31	30.0%	27.8%
	Frequent Physical Distress (% of adults age 65+)	18	16.7%	17.6%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	14	48%	53%
	Obesity (% of adults age 65+)	48	35.6%	29.5%
	Teeth Extractions (% of adults age 65+)	39	14.8%	11.4%
Demographics				
	Population - Age 65+ (% of population)*	–	18.8%	18.0%
	Population - Age 65+ - Rural (% of adults age 65+)*	–	49.3%	24.1%
	Functional Disability (% of adults age 65+)*	–	31.7%	32.5%
Overall		22	0.144	

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