The Health of Tomorrow’s Seniors

Comparing the middle aged population of 2014 (tomorrow’s seniors) to the health of today’s seniors when they were middle aged (in 1999) shows worsening rates for several health measures.

The prevalence of obesity increased by 24.9%

- 1999: 27.2%
- 2014: 34.0%

Obesity change among males more than 2x higher than change among females

+36.8% Male
+15.4% Female

The prevalence of diabetes increased by 54.8%

- 1999: 10.1%
- 2014: 15.6%

Change in diabetes prevalence by race/ethnicity

- Non-Hispanic Whites: +56.4%
- Hispanics: +40.8%
- Non-Hispanic Blacks: +24.3%

The prevalence of smoking decreased by 50.3%

- 1999: 38.2%
- 2014: 19.0%

The percentage of middle-aged adults reporting very good or excellent health has decreased by 9.4%

- 1999: 51.5%
- 2014: 46.7%

The prevalence of obesity increased by 54.8%

The prevalence of diabetes increased by 50.3%

The prevalence of smoking decreased by 50.3%

The percentage of middle-aged adults reporting very good or excellent health has decreased by 9.4%

As health declines for the next generation of seniors, severe impacts on the system loom.

Today, 1 out of every 3 Medicare dollars is spent on care for adults with diabetes, and Medicare spending on diabetes is projected to rise rapidly over the next several years.

Source: Kaiser Family Foundation/NCBI

Medicare spends 36% more per beneficiary on obese seniors compared to those at a healthy weight.

Source: Health Affairs

www.americashealthrankings.org
The prevalence of obesity increased by 24.9%.

1999: 27.2% vs. 2014: 34.0%
THE PREVALENCE OF DIABETES INCREASED BY 54.8%
THE PREVALENCE OF SMOKING DECREASED BY 50.3%
THE PRECENTAGE OF MIDDLE-AGED ADULTS REPORTING VERY GOOD OR EXCELLENT HEALTH HAS DECREASED BY 9.4%.

1999: 51.5%
2014: 46.7%
The health of today’s seniors

Today’s seniors have seen improvements in several areas of health care, but challenges remain.

**Over the past three years,**

*Very good or excellent health status among adults aged 65+ increased by about 7%*

- From 38.4% to 41.2% of seniors

**In the past three years,**

*Preventable hospitalizations decreased by about 19%*

- From 66.6 to 53.8 discharges per 1,000 Medicare beneficiaries

**Over the past three years,**

*Home health care worker availability increased by 18%*

- From 93.8 to 110.6 home health care workers per 1,000 people aged 75 and older

**In the past three years,**

*The prevalence of obesity among adults aged 65+ increased by nearly 9%*

- Compared with a 6% increase in obesity prevalence for the general population

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HOME HEALTH

Over the past three years, home health care worker availability increased by 18%.
In the past three years, the prevalence of obesity among adults aged 65+ increased by nearly 9%.
THE GROUP AGING INTO SENIOR STATUS IS 25% MORE* OBESE THAN MIDDLE-AGED ADULTS 15 YEARS AGO

STATE RANKINGS ON SENIOR HEALTH

America’s Health Rankings Senior Report offers a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of senior health.

2013 RANKING

2016 RANKING

RHODE ISLAND, ALASKA AND NEW JERSEY MADE THE GREATEST STRIDES OVER THE PAST THREE YEARS TO IMPROVE THEIR SENIOR HEALTH RANKING

RHODE ISLAND FROM 30 TO 11

ALASKA FROM 39 TO 21

NEW JERSEY FROM 28 TO 16

DIABETES PREVALENCE AMONG THOSE AGING INTO SENIOR STATUS HAS DRAMATICALLY INCREASED BY NEARLY 55%*

*On average across the U.S.

25 STATES WILL FACE A ▲ 50% OR MORE INCREASE IN THEIR SENIOR-AGED POPULATION BY 2030

*On average

www.americashealthrankings.org

SENIOR REPORT CHART PACK
25 STATES WILL FACE A ▲50% OR MORE INCREASE IN THEIR SENIOR-AGED POPULATION BY 2030
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To read the full version of *America’s Health Rankings® Senior Report* or explore more research from *America’s Health Rankings®,*

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