Senior Report 2021*



In partnership with

Contents

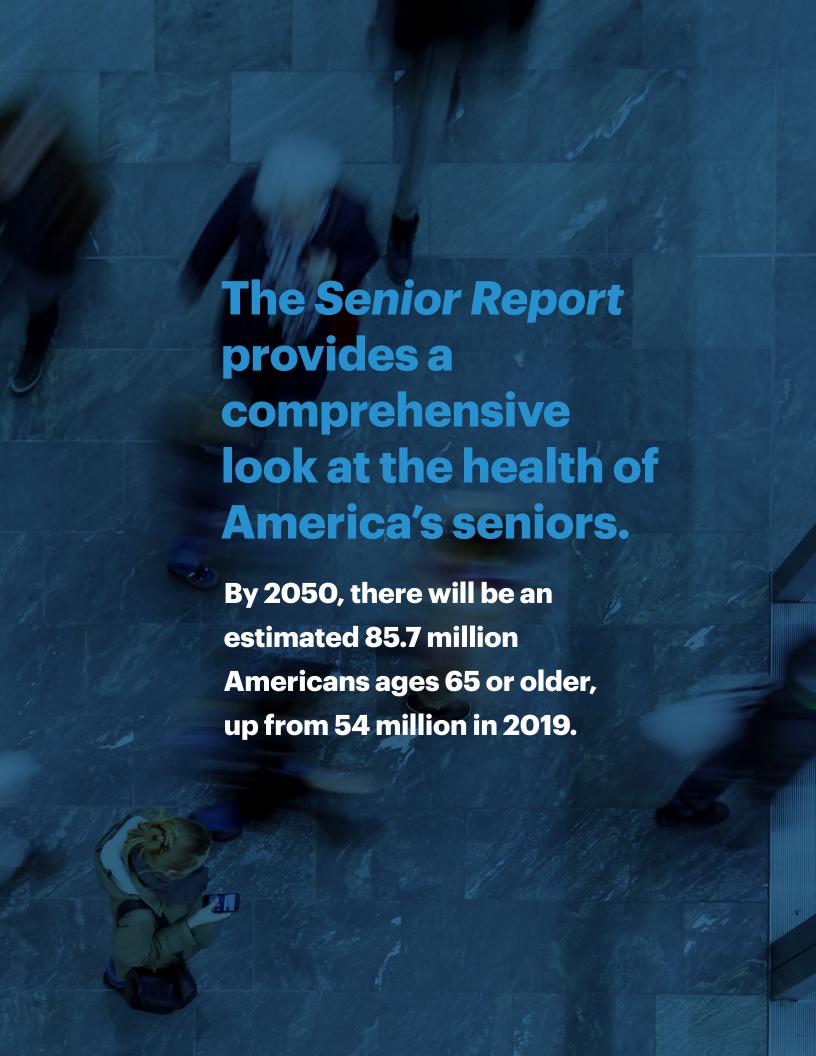
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Introduction

The America's Health Rankings Senior Report®, now in its ninth year, provides a portrait of the health and well-being of older adults in the U.S., capturing key trends, successes and challenges in order to spark meaningful dialogue and action to improve senior health across the nation and on a state-by-state basis.

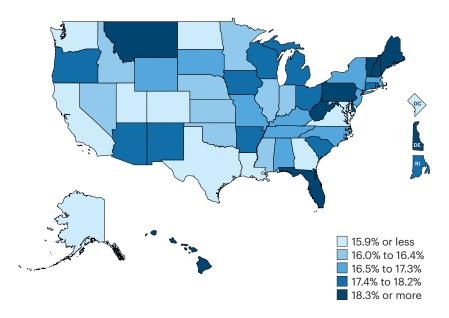
More than 54 million adults ages 65 and older live in the United States today, according to the U.S. Census Bureau — accounting for about 16.5% of the nation's population. The number of older adults living in the U.S. is large and growing; by 2050, the total number of adults ages 65 and older is projected to rise to an estimated 85.7 million — roughly 20% of the overall U.S. population.¹ Thus, it is essential that policymakers, community leaders and public health officials consider how to best safeguard and improve the health of older Americans.

While the older adult population is growing across the nation, they make up a much larger share of the population in some states than in others. In 2019, Maine had the highest proportion of adults ages 65 and older (21.2%) and Utah had the lowest (11.4%). No matter the size of the senior population, every state has strengths and challenges when examining the measures in this report. It is important to consider the measures collectively, as each measure does not stand alone but rather influences and is influenced by other measures of health and everyday life. As U.S. demographics change, the United Health Foundation is committed to providing actionable data and insights on the health needs of older Americans.





Florida, Maine and West Virginia had the highest percentage of adults ages 65 and older in 2019.



This year's report was developed in partnership with the **Gerontological Advanced Practice** Nurses Association (GAPNA). The United Health Foundation is pleased to partner with GAPNA because of the valuable role that advanced practice nurses continue to play in promoting the health and well-being of America's seniors, including during the COVID-19 pandemic. The mission of the United Health Foundation - to enhance the well-being of our communities - closely aligns with GAPNA's goal of advocating for quality care for older adults.



Impact of COVID-19

This past year has illuminated the growing health concerns seniors face amid the COVID-19 pandemic. According to the Centers for Disease Control and Prevention (CDC), the pandemic has claimed the lives of nearly 450,000 seniors across the country as of May 5, 2021 - around 80% of all U.S. COVID-19 related deaths — and affected countless others. Adults ages 65 and older are at increased risk of hospitalization or death from COVID-19. Further, the pandemic has disproportionately affected certain racial and ethnic groups, reflecting some of the longstanding disparities that persist in many of the measures included in the Senior Report.

Provisional death data released by the CDC in March 2021 showed a 16% increase in the age-adjusted premature death rate between 2019 and 2020.² This was the first recorded increase in the premature death rate, an important measure of a population's health, since 2017. The provisional estimates placed COVID-19 as the third-leading cause of death in 2020, behind heart disease and cancer. Older adults accounted for most deaths due to COVID-19, with the highest death rates among those ages 85 and older.

Out of the shared understanding that the country is facing significant and unprecedented health challenges due to COVID-19, America's Health Rankings has chosen not to include overall state rankings in this year's Senior Report. Instead, we aim to equip health leaders with data and

insights that can inform their priorities as they manage public health needs during this unprecedented time. We are, however, still including rankings for individual measures so leaders can continue to benchmark their state's progress on key health indicators.

The data in this report are compiled from many different sources and referenced by the year the data were collected. This allows readers to determine which measures were collected before the COVID-19 pandemic and which measures were collected during the pandemic. This approach is intended to clarify lags that are present in the data, ensuring that public health and community leaders have the most accurate picture of health in their communities.

While the Senior Report uses the most recent data that is publicly available for each measure, the majority of the measures in the report leverage data from 2019 and thus may serve as a baseline for the health of older Americans prior to the COVID-19 pandemic. The impact of the pandemic across numerous health measures will likely be reflected in the 2022 Senior Report as data collected in 2020 and 2021 are released.

The America's Health Rankings website contains state-by-state and national data for COVID-19 case rates, death rates, Medicare claims case rates and hospitalization rates, as well as COVID-19 vaccination rates for the total population and adults ages 65 and older.

America's Health Rankings'
purpose is to inform and
drive action to build healthier
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Purpose

America's Health Rankings' purpose is to inform and drive action to build healthier communities by offering credible, trusted data for improving health and health care. The Senior Report uses 22 data sources including the Centers for Medicare & Medicaid Services Office of Minority Health's Mapping Medicare Disparities Tool, the CDC's Behavioral Risk Factor Surveillance System as well as the U.S. Census Bureau's American Community Survey and Current Population Survey to produce:

- 49 measures that track current and emerging health issues at the state and national level, including two demographic measures.
- Five categories that comprise the rankings model: social and economic factors, physical environment, clinical care, behaviors and health outcomes.

- 15 topics that group related measures, such as behavioral health, within a model category.
- Nine years of data for measures included in the first Senior Report released in 2013.

To improve population health, the America's Health Rankings Senior Report:

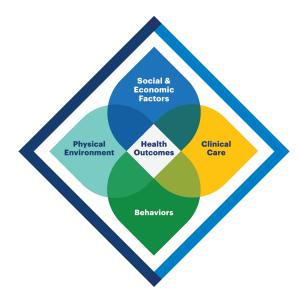
- Presents a holistic view of health. This report goes beyond measures of clinical care and considers social, economic and physical environment measures to reflect the growing understanding of the impact of social determinants on health.
- Provides a benchmark for states. Each year the report renders trends, strengths, challenges and highlights for every state. Community leaders, public health workers and policymakers can monitor health trends over time and compare their state with neighboring states and the nation.



- Stimulates action. The report is intended to drive change and improve health by promoting data-driven discussions among individuals, community leaders, the media, policymakers and public health workers.
 States can incorporate the report into their annual review of programs, and many organizations use the report as a reference when assigning goals for healthimprovement plans.
- Highlights disparities. The report shows differences in health between states and among population groups at the state and national level, with groupings based on gender, race and ethnicity, education and income. Health disparities must be addressed in order to achieve health equity.

Model for Measuring America's Health

America's Health Rankings is built upon the World Health Organization definition of health: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."



Social and Economic Factors

SUCCESS

Food insecurity

~16%

decreased 16% between 2014 and 2018, from 15.8% to 13.3% of adults ages 60 and older. CHALLENGE

Poverty

2.7x

was 2.7 times higher among adults ages 65 and older who identified as other race than those who identified as non-Hispanic white in 2019. SUCCESS

High-speed internet

▲10%

increased 10% between 2016 and 2019, from 71.1% to 78.0% of households with adults ages 65 and older.

Physical Environment



CHALLENGE

Severe housing problems

Nearly ${f 1}$ in ${f 3}$ older adult households had severe housing problems in 2013-17.

Clinical Care

SUCCESS

Geriatric providers

▲13%

increased 13% between 2018 and 2020, from 26.7 to 30.1 per 100,000 adults ages 65 and older. SUCCESS

Flu vaccination

▲6%

increased 6% between 2017 and 2019, from 60.4% to 63.8% of adults ages 65 and older. SUCCESS

Preventable hospitalizations

v6%

decreased 6% between 2017 and 2018, from 2,504 to 2,358 per 100,000 Medicare beneficiaries ages 65-74.

Behaviors

SUCCESS

Exercise

31%

increased 31% between 2017 and 2019, from 17.6% to 23.1% of adults ages 65 and older.

CHALLENGE

Physical inactivity



increased 5% between 2018 and 2019, from 29.4% to 31.0% of adults ages 65 and older in fair or better health.

Health Outcomes

SUCCESS

Early deaths

1%

decreased 1% between 2018 and 2019, from 1,783 to 1,765 deaths per 100,000 adults ages 65-74.

CHALLENGE

Drug deaths

39%

increased 39% between 2014-16 and 2017-19, from 7.4 to 10.3 deaths per 100,000 adults ages 65-74.

CHALLENGE

Suicide

▲3%

increased 3% between 2014-16 and 2017-19, from 16.6 to 17.1 deaths per 100,000 adults ages 65 and older.

CHALLENGE

Frequent mental distress

11%

increased 11% between 2016 and 2019, from 7.3% to 8.1% of adults ages 65 and older.

KEY FINDINGS

Social and Economic Factors

Before the COVID-19 pandemic, **food insecurity** among older adults dropped to the lowest point in *Senior Report* history. However, nearly 1 in 10 older adults were living in **poverty** with a large disparity by race and ethnicity. **High-speed internet** increased in older adult households. **Risk of social isolation** continues to play a role in understanding the health of seniors.

DEFINITION

Percentage of adults ages 60 and older who faced the threat of hunger in the past 12 months.

Food insecurity was 2.9 times higher in Nevada than in Minnesota during 2017-18.





Food insecurity

Food insecurity decreased 16% between 2014 and 2018, from 15.8% to 13.3% of adults ages 60 and older, the lowest rate in the report's history. States with a higher percentage of older adults experiencing food insecurity were in the South.

Between 2015-16 and 2017-18, food insecurity decreased 2.0 percentage points or more in 17 states. The largest decreases occurred in Arizona (18.9% to 12.5%), New Hampshire (13.6% to 8.4%), Alabama (19.3% to 15.1%) and Pennsylvania (16.5% to 12.3%). On the other hand, Nevada (14.4% to 20.9%), Kansas (10.2% to 15.5%), Colorado (5.8% to 10.1%), Florida (11.3% to 14.1%) and the District of Columbia (17.7% to 21.3%) all increased more than 2.0 percentage points.

Large disparities persisted by state. In 2017-18, food insecurity among adults ages 60 and older was 2.9 times higher in Nevada (20.9%) than in Minnesota (7.3%).

Food insecurity among older adults is associated with multiple chronic conditions and lower self-reported health status.³ The health and economic consequences of the COVID-19 pandemic disproportionately impacted food-insecure adults.⁴ Older adults experienced <u>increases</u> in food insecurity due to the COVID-19 pandemic, according to the Food Research Action Center.

Despite reaching a low point in 2018, older adults experienced increases in food insecurity due to the COVID-19 pandemic.

In 2018, food insecurity reached its lowest point in the U.S. since 2010.



States with the largest decreases in food insecurity were:

Arizona

76.4 percentage points

from 18.9% to 12.5% between 2015-16 and 2017-18.

New Hampshire

5.2 percentage points

from 13.6% to 8.4% between 2015-16 and 2017-18.

Ratio of the racial or ethnic group with the highest poverty rate to the non-Hispanic white rate among adults ages 65 and older.

Nearly 1 in 10 adults ages 65 and older were living in poverty in 2019.



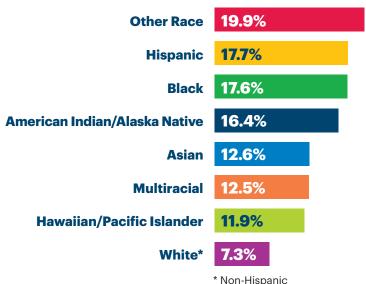
Poverty racial disparity

In 2019, nearly 1 in 10 (9.4%) adults ages 65 and older were living in poverty, affecting almost 5 million older adults. The poverty rate was 2.7 times higher among adults who identified as other race (the group with the highest rate) than white adults (the group with the lowest rate, significantly lower than all other groups). Poverty was also more than 2 times higher among Hispanic (2.4), Black (2.4) and American Indian/ Alaska Native (2.2) older adults than those who identified as white.

Connecticut had the largest racial disparity ratio at 7.3, followed by Rhode Island (6.5) and Pennsylvania (5.8). In Connecticut, older adults who identified as other race had the highest poverty rate at 39.2% compared with 5.4% of white older adults. West Virginia and Alaska had the smallest racial disparity ratios, both at 1.6. Hawaii had a racial disparity ratio of 1.0 as white older adults had the highest poverty rate (10.6%).

According to the CDC, <u>inequities</u> in the social determinants of health, such as poverty, are driven by the negative effects of interpersonal and structural racism, placing communities of color at risk for poor health outcomes. Addressing the social determinants of health is important for reducing health disparities related to unfavorable social and economic conditions, as well as improving overall health, according to a recent KFF <u>report</u>.

The poverty rate was 2.7 times higher among those who identified as other race than white adults ages 65 and older in 2019.



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Percentage of households with adults ages 65 and older that have a broadband internet subscription and a computer, smartphone or tablet.

More than three-quarters of households with an older adult had high-speed internet in 2019.



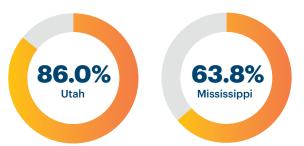
High-speed internet

In 2019, 78.0% of households with adults ages 65 and older had high-speed internet, an increase of 10% since 2016 (71.1%) and an increase of 2% since 2018 (76.1%). This rate was lower than the 88.3% of households of all ages with high-speed internet. In 15 states, more than 80.0% of households with older adults had high-speed internet.

Between 2018 and 2019, the percentage of households with adults ages 65 and older with high-speed internet significantly increased in 26 states, led by a 5% increase in West Virginia from 66.1% to 69.3%. Despite the increase in high-speed internet in West Virginia, the state ranked No. 49, behind all other states except Mississippi.

High-speed internet access varied by state. In 2019, high-speed internet in households with adults ages 65 and older was 1.3 times higher in Utah (86.0%) than in Mississippi (63.8%). High-speed internet had a moderate negative association with rural population (r=-0.52), meaning states with larger rural populations had a lower prevalence of high-speed internet.

Being able to access high-speed internet has been vital during the COVID-19 pandemic. It allows older adults the opportunity to safely interact with others through video calling platforms, potentially preventing or reducing loneliness and social isolation through social connections.^{5,6} Telehealth has also been key for providing essential health care during the pandemic, according to the CDC.



High-speed internet was 1.3 times higher in Utah than in Mississippi in 2019.

Percentile of the mean z-scores for the following risk factors in adults ages 65 and older: poverty; living alone; divorced, separated or widowed; never married; disability; and independent living difficulty.

Risk of Social Isolation

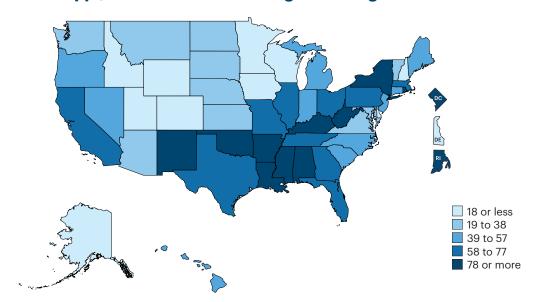
During 2015-19, states throughout the West and Midwest had the lowest risk of social isolation among older adults, while states in the South had the highest risk. Older adults in the District of Columbia, New Mexico, New York and Rhode Island also had higher risk of social isolation values. Risk of social isolation was highest in Mississippi (97) and lowest in Utah (1). Seniors experiencing social isolation are at increased risk of dementia, depression, acute and chronic illnesses, poor health status and premature death.⁷

Nationally, the most common risk factors for social isolation were being divorced, separated or widowed, followed by having a disability. Nearly 40% of older adults were divorced, separated or widowed. Having never married was the least common risk factor at 5.6% of adults ages 65 and older.

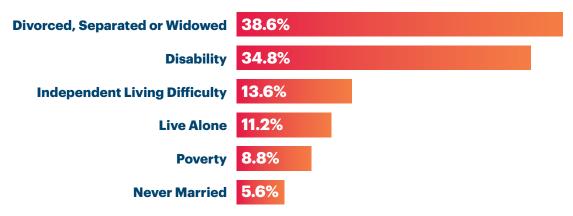
The COVID-19 pandemic has negatively affected the mental and physical health of seniors from the impact of isolation due to social distancing.⁸ Before the pandemic, the risk of social isolation for seniors in a given state was positively correlated with higher rates of frequent mental distress (r=0.64), early death (r=0.63), food insecurity (r=0.66) and preventable hospitalizations (r=0.63). However, the increase in high-speed internet among households with an older adult (up 10% between 2016 and 2019, from 71.1% to 78.0%) may have mitigated some of the negative effects of social isolation exacerbated by the COVID-19 pandemic.⁵ Before the COVID-19 pandemic began, states with higher rates of high-speed internet among senior households tended to have lower risk of social isolation (r=-0.59).

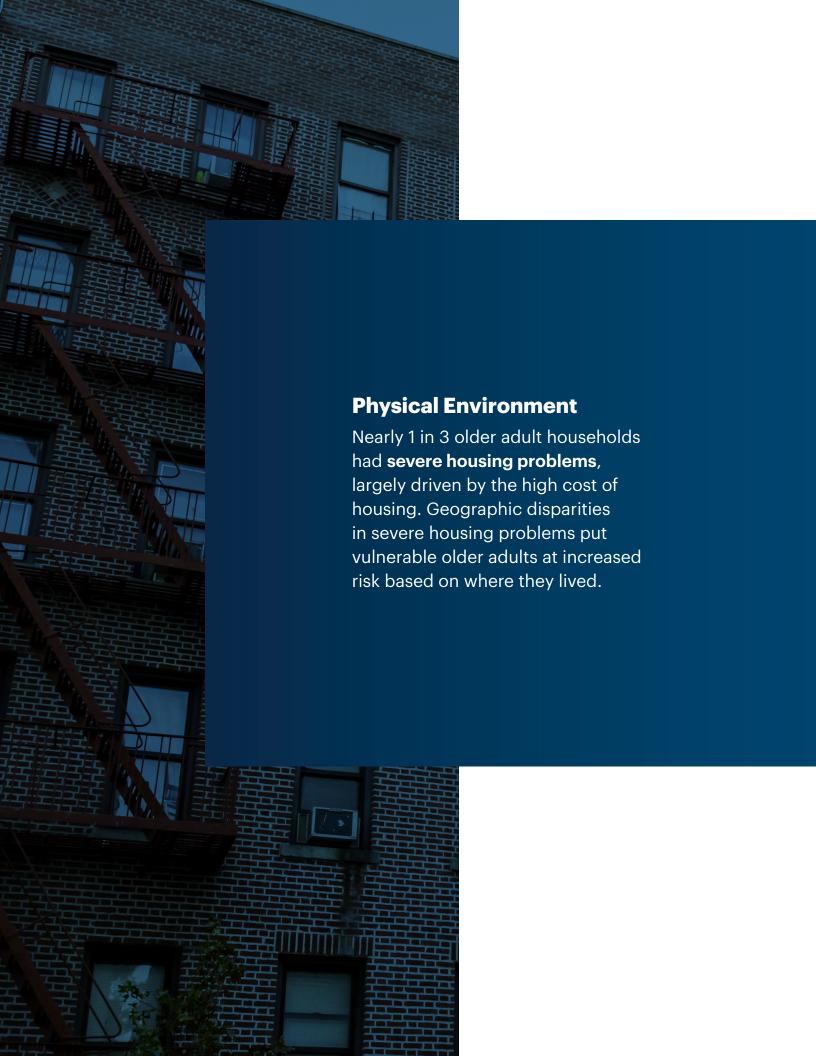
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Risk of social isolation (percentile) was highest in Mississippi, Louisiana and West Virginia during 2015-19.



The most common risk factors for social isolation were being divorced, separated or widowed and having a disability during 2015-19.





Percentage of one- to twoperson households with an adult ages 62 and older with at least one of the following problems: lack of complete kitchen facilities, lack of plumbing facilities, overcrowding or costburdened occupants.



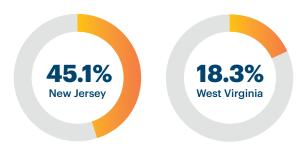
Nearly 1 in 3 older adults had severe housing problems during 2013-17.

Severe housing problems

In 2013-17, 32.7% of older adult households had severe housing problems, with the most common problem being cost-burdened — defined as spending more than 30% of their monthly income on housing. In California, New Jersey and New York, more than 40.0% of older adult households experienced severe housing problems.

Severe housing problems varied greatly by state. In 2013-17, the percentage of older adult households with severe housing problems was 2.5 times higher in New Jersey (45.1%) than in West Virginia (18.3%).

Among older adults, cost-burdened renters may be more likely to enter a nursing home, and being cost-burdened may be a better predictor of entering a nursing home in the next three years than perceived health status, physical capacity and mental health.⁹ In addition, cost-burdened older adults may sacrifice spending on other needs, such as spending less on food and health care expenses, than those with more affordable housing, according to the Joint Center For Housing Studies of Harvard University.



Severe housing problems among older adults were 2.5 times higher in New Jersey than in West Virginia during 2013-17.

Clinical Care

Prior to the COVID-19 pandemic, seniors across the country experienced some improvements in measures of access to quality health care and preventive services, reflected in an increase in **flu vaccination** rates and a decrease in the number of **preventable hospitalizations**. Also, the number of **geriatric providers** increased between 2018 and 2020.

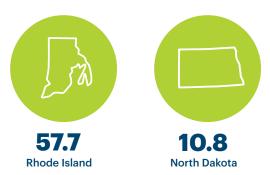
DEFINITION

Number of family medicine and internal medicine geriatricians and geriatric nurse practitioners per 100,000 adults ages 65 and older.

Geriatric providers

In 2020, there were 30.1 geriatric providers per 100,000 adults ages 65 and older, an increase of 13% since 2018 (26.7 providers per 100,000). This was a positive development for the health of older adults. Compared with standard care, seniors receiving care in specialized geriatric units have better function at the time of discharge, and rehabilitative services involving geriatricians result in lower nursing home admissions and improved function at follow-up.¹⁰

The number of geriatric providers varied widely by state. In 2020, the number of geriatric providers per 100,000 adults ages 65 and older was 5.3 times higher in Rhode Island



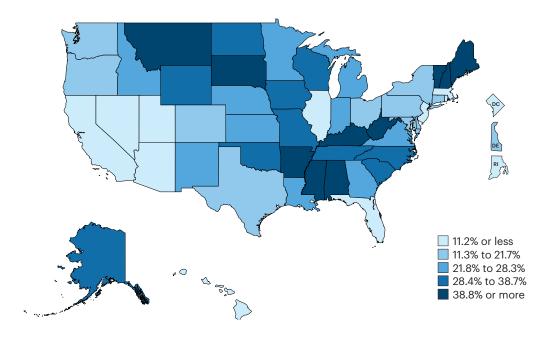
The number of geriatric providers per 100,000 was 5.3 times higher in Rhode Island than in North Dakota in 2020.

(57.7 providers per 100,000) than in North Dakota (10.8). Geriatric providers had a moderate negative correlation with rural population (r=-0.47), meaning states with a larger rural population tended to have a lower number of geriatric providers.

Rural population

Rural areas are often <u>under-resourced</u> and face unique challenges regarding access to clinical care, including preventive services and specialty care, according to the Association of American Medical Colleges. These challenges may lead to increased morbidity and mortality.¹¹ In 2019, an estimated 18.7% of the U.S. population lived in a rural area. The estimate varied from 5.0% in California to 60.9% in Maine. Vermont and West Virginia also had estimated rural populations above 50%.

Maine, Vermont and West Virginia had the highest percentages of population estimated to live in rural areas in 2019.





Percentage of adults ages 65 and older who reported receiving a seasonal flu vaccine in the past 12 months.



TRENDING UP

Flu vaccination rates increased between 2017 and 2019 among adults ages 65 and older.

Flu vaccination

In 2019, 63.8% of adults ages 65 and older reported receiving a seasonal flu vaccination, a 6% increase since 2017 from 60.4%. The rate among older adults was higher than the national flu vaccination rate among adults ages 18 and older at 43.7%. This is promising since older adults are at increased risk of getting serious complications from the flu, according to the CDC.

Flu vaccination rates among older adults were highest in North Carolina (71.1%) and Connecticut (70.0%). Among their older adult populations, both states reached or surpassed the U.S. Department of Health and Human Services' Healthy People 2030 target of 70% vaccination among all persons ages 6 months and older, though neither state has reached the target for their overall population.

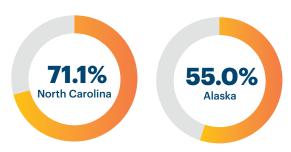
Between 2017 and 2019, flu vaccination rates significantly increased in 17 states, led by Wisconsin (52.7% to 63.9%) and Massachusetts (57.5% to 67.6%).

Flu vaccination varied by state, race and ethnicity, education and income. In 2019, flu vaccination among adults ages 65 and older was:

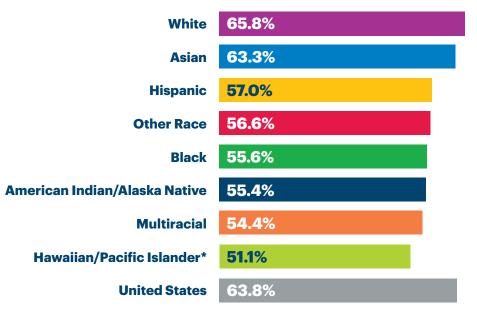
- 1.3 times higher in North Carolina (71.1%) than in Alaska (55.0%).
- 1.2 times higher among white (65.8%) than multiracial (54.4%) adults.
- 1.2 times higher among college graduates (70.6%) than those with less than a high school education (56.9%); the prevalence significantly increased with each increase in education level.
- 1.2 times higher among those with an annual household income of \$75,000 or more (70.0%) than those with an income less than \$25,000 (57.7%); the prevalence significantly increased with each increase in income level.

Adults ages 65 and older have made progress toward the Healthy People 2030 target to vaccinate 70% of those ages 6 months and older.

Flu vaccination coverage was 1.3 times higher in North Carolina than in Alaska in 2019.



Flu vaccination coverage was 1.2 times higher among white older adults than those who identified as multiracial in 2019.



*Estimate is not significantly different from the non-Hispanic white estimate based on overlapping 95% confidence intervals. Note: All race categories are non-Hispanic.

Discharges following hospitalization* per 100,000 Medicare beneficiaries ages 65-74 enrolled in the fee-forservice program.

* Applies for diabetes with shortor long-term complications, uncontrolled diabetes without complications, diabetes with lower extremity amputation, chronic obstructive pulmonary disease, angina without a procedure, asthma, hypertension, heart failure, dehydration, bacterial pneumonia or urinary tract infection.

Preventable hospitalizations

In 2018, the rate of preventable hospitalizations was 2,358 hospitalizations per 100,000 Medicare beneficiaries ages 65-74, a decrease of 6% since 2017 (2,504 hospitalizations per 100,000). Preventable hospitalizations may lead to additional morbidity and mortality, loss of functional abilities and increased health care expenditure for long-term care. The number of potentially preventable hospitalizations reflects the quality of primary care and use of primary care outpatient services. West Virginia, Mississippi, Kentucky, Alabama, Louisiana, Minnesota and Oklahoma had preventable hospitalization rates of more than 3,000 hospitalizations per 100,000 Medicare beneficiaries ages 65-74.

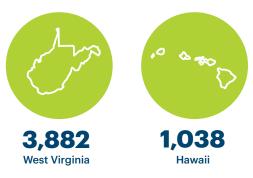
Between 2017 and 2018, preventable hospitalizations decreased in 47 states and the District of Columbia. The largest decreases occurred in Kentucky (3,924 to 3,538 hospitalizations per 100,000), the District of Columbia (3,559 to 3,217), Michigan (3,247 to 2,925) and Minnesota (3,434 to 3,125). All of these decreases were more than 300 hospitalizations per 100,000. On the other hand, Nevada, Utah and Wyoming experienced slight increases.

Preventable hospitalizations varied widely by state and race and ethnicity. In 2018, the rate of preventable hospitalizations per 100,000 Medicare beneficiaries ages 65-74 was:

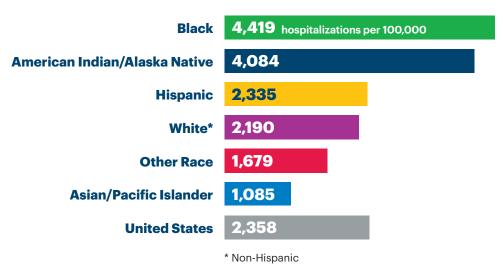
- 3.7 times higher in West Virginia (3,882 hospitalizations per 100,000) than in Hawaii (1,038).
- 4.1 times higher among Black (4,419 hospitalizations per 100,000) and 3.8 times higher among American Indian/ Alaskan Native (4,084) than Asian/Pacific Islander (1,085) Medicare beneficiaries.

The preventable hospitalizations rate was 2,358 hospitalizations per 100,000 Medicare beneficiaries ages 65-74, a decrease of 6% since 2017.

Preventable hospitalizations per 100,000 were 3.7 times higher in West Virginia than in Hawaii in 2018.



Preventable hospitalizations were 4.1 times higher among Black than Asian/Pacific Islander Medicare beneficiaries in 2018.



Behaviors

Activity levels among older adults showed mixed results. **Exercise** — the percentage of older adults meeting the federal physical activity guidelines — increased. On the other hand, **physical inactivity**, or being sedentary, also increased.

DEFINITION

Percentage of adults ages 65 and older who met the federal physical activity guidelines* in the past 30 days.

* 150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week.

Exercise

In 2019, 23.1% of adults ages 65 and older met the federal physical activity guidelines. These guidelines, found in the Physical Activity Guidelines for Americans, 2nd edition, apply to older adults who have good fitness and no chronic conditions. Adults with reduced physical fitness or chronic conditions are encouraged to be as physically active as their capabilities allow. Exercise prevalence increased 31% since 2017 (17.6%), an increase of 2.65 million older adults.

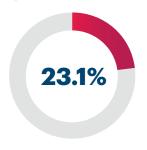
Between 2017 and 2019, the prevalence of exercise significantly increased in 32 states and the District of Columbia, led by Arkansas (11.8% to 19.8%), South Carolina (14.1% to 23.4%) and Indiana (13.6% to 21.8%).

Exercise varied by state, gender, race and ethnicity, education and income. In 2019, exercise among adults ages 65 and older was:

- 2.9 times higher in Wisconsin (30.3%) than in Kentucky (10.5%).
- 1.2 times higher among males (25.8%) than females (20.8%).
- 1.4 times higher among multiracial (26.3%) than Hispanic (18.2%) adults.
- 1.3 times higher among white (23.7%) than Hispanic (18.2%) adults.

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Less than a quarter of older adults met the federal physical activity guidelines in 2019.



- 2.4 times higher among college graduates (32.5%) than those with less than a high school education (13.3%); the prevalence significantly increased with each increase in education level.
- 1.9 times higher among those with an annual household income of \$75,000 or more (32.5%) than those with an income less than \$25,000 (16.7%); the prevalence significantly increased with each increase in income level.

Routine exercise has been shown to reduce premature death¹⁴ and risks for many chronic diseases including obesity, diabetes¹⁵ and hypertension¹⁶ as well as behavioral health¹⁷ issues such as depression¹⁸ and anxiety.¹⁹

The prevalence of exercise was 2.4 times higher among college graduates than those with less than a high school education in 2019.

Less Than High School	13.3%
High School Graduate	17.1%
Some College	24.1%
College Graduate	32.5%

The prevalence of exercise was 2.9 times higher in Wisconsin than in Kentucky in 2019.





Percentage of adults ages 65 and older in fair or better health who reported doing no physical activity or exercise other than their regular job in the past 30 days.

Physical inactivity

In 2019, 31.0% of adults ages 65 and older in fair or better health were physically inactive, also sometimes referred to as sedentary. More than 40.0% of older adults in Mississippi, Kentucky and Oklahoma were physically inactive.

Physical inactivity has increased 5% since 2018 (29.4%), an increase of 1.2 million older adults. Between 2018 and 2019, the prevalence of physical inactivity significantly increased in seven states, led by Idaho (24.0% to 30.9%), South Dakota (30.3% to 39.0%) and Maine (28.6% to 35.7%).

Physical inactivity varied by state, gender, race and ethnicity, education and income. In 2019, physical inactivity among adults ages 65 and older in fair or better health was:

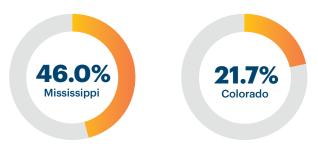
- 2.1 times higher in Mississippi (46.0%) than in Colorado (21.7%).
- 1.2 times higher among females (33.2%) than males (28.2%).
- 1.7 times higher among Hispanic (40.3%) than Asian (23.4%) adults.
- 2.7 times higher among those with less than a high school education (47.7%) than college graduates (17.9%); the prevalence significantly decreased with each increase in education level.
- 2.5 times higher among those with an annual household income less than \$25,000 (43.0%) than those with an income of \$75,000 or more (17.5%); the prevalence significantly decreased with each increase in income level.

Physical inactivity can increase the risk of cardiovascular disease, ²⁰ cancer²¹ and cancer mortality, ²² obesity as well as the development of diabetes²³ and premature death. ²⁴ Costs associated with physical inactivity account for more than 11% of total health care expenditures and are estimated at \$117 billion annually. ²⁵

Nearly 1 in 3 older adults in fair or better health were physically inactive in 2019.



The prevalence of physical inactivity was 2.1 times higher in Mississippi than in Colorado in 2019.



The prevalence of physical inactivity was 2.7 times higher among those with less than a high school education than among college graduates in 2019.

Less Than High School	47.7%
High School Graduate	38.2%
Some College	28.7%
College Graduate	17.9%

Health Outcomes

Before the COVID-19 pandemic, early deaths from all causes declined among adults ages 65-74. Seniors also faced a number of worsening behavioral health outcomes, including increases in drug deaths, suicides and frequent mental distress. As Americans entered a nationwide shutdown that increased isolation, these outcomes were potentially exacerbated.

DEFINITION

Deaths per 100,000 adults ages 65-74.

COVID-19 was the third leading cause of death in 2020,

according to provisional death data released by the CDC.2 Ageadjusted death rates varied by race and ethnicity. COVID-19-asociated death rates were highest among American Indian/Alaska Native, Hispanic and Black persons and lowest among multiracial, Asian and white persons. COVID-19associated death rates were 2.6 times higher among American Indian/Alaska Native than white persons. The April 2021 release of the initial review of 2020 death data by CDC are considered provisional because of the time needed to investigate certain causes of death. Final deaths reports are generally released in November of the following calendar year.

Early death

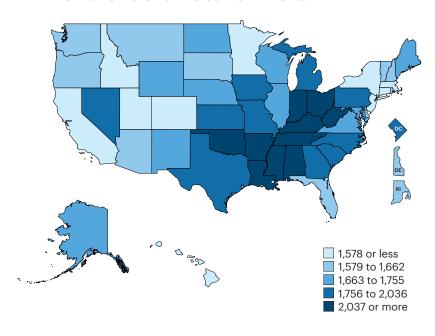
In 2019, the early death rate was 1,765 deaths per 100,000 adults ages 65-74, corresponding to an estimated 555,559 early deaths. Twelve states had early death rates of more than 2,000 deaths per 100,000. This rate decreased 1% — or 11,781 fewer deaths — since 2018 (1,783 deaths per 100,000).

Between 2018 and 2019, the early death rate significantly decreased in Pennsylvania (1,826 to 1,775 deaths per 100,000) and California (1,485 to 1,452). Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Oklahoma, Tennessee and West Virginia have had consistently higher early death rates than all other states between 2011 and 2019.

Early death varied by state and race and ethnicity. In 2019, the early death rate among adults ages 65-74 was 1.8 times higher in Mississippi (2,481 deaths per 100,000) than in Hawaii (1,380). In 2019, the early death rate among adults ages 65-74 was significantly different across all racial and ethnic groups except for two groups with the lowest rates: Asian (832 deaths per 100,000) and multiracial (848) adults ages 65-74. The early death rate was 3.0 times higher among Black (group with the highest rate at 2,477 deaths per 100,000) than Asian (group with the lowest rate) adults ages 65-74.

Prior to the COVID-19 pandemic, the <u>leading causes of death</u> <u>among older adults</u> in the U.S. were heart disease, cancer, chronic lower respiratory diseases, stroke and Alzheimer's disease, according to the CDC. However, COVID-19 was identified as the third leading cause of death in 2020, according to an analysis of provisional death data.² COVID-19 deaths rates were highest among older adults, males and American Indian/ Alaska Native and Hispanic persons.

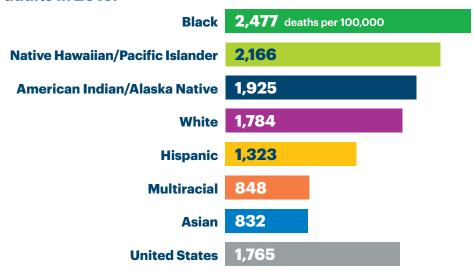
Early death rates were highest in Mississippi, Oklahoma and Alabama in 2019.



Early death rates were 1.8 times higher in Mississippi than in Hawaii in 2019.



Early death rates were 3.0 times higher among Black than Asian adults in 2019.



Note: All race categories are non-Hispanic.



Ratio of the racial or ethnic group with the highest early death rate to the non-Hispanic white rate among adults ages 65-74.

Early death racial disparity

The early death racial disparity ratio was 1.4 times higher among Black than white adults ages 65-74. States with the highest early death racial disparity ratios were concentrated in the Midwest and West.

Montana had the largest early death racial disparity ratio at 2.5, followed by North Dakota (2.3). In Montana, American Indian/ Alaska Native older adults had the highest early death rate at 3,975 deaths per 100,000 compared with 1,601 among white older adults. New Hampshire and Rhode Island had early death racial disparity ratios of 1.0. Black older adults in Rhode Island had a similar early death rate as white older adults.

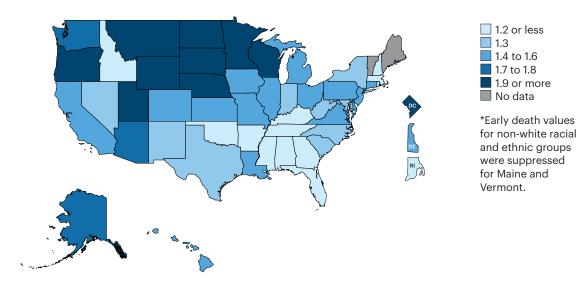
Early death racial disparity had a moderate negative correlation (r=-0.40) with the early death rate. States with higher racial disparity tended to have lower early death rates, while states with low racial disparity tended to have higher early death rates. Two examples are Minnesota and Kentucky.

- Minnesota had a high early death racial disparity ratio and a low early death rate (1,496 deaths per 100,000 adults ages 65-74). In Minnesota, the early death rate was 2.2 times higher among American Indian/Alaska Native (3,267 deaths per 100,000) than white (1,471) older adults.
- Kentucky, on the other hand, had a low early death racial disparity ratio and a high early death rate (2,344 deaths per 100,000 adults ages 65-74). In Kentucky, the early death rate was 1.1 times higher among Black (2,719 deaths per 100,000) than white (2,365) older adults.

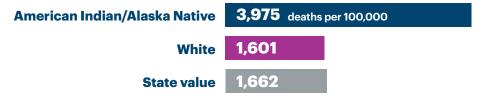
Examining early death levels by race provides more depth and understanding of the challenges facing a state, challenges that overall early death rates can mask. For additional details on the method and rationale behind the disparity calculations and breakdown of all available racial and ethnic groups, visit the website.

States with higher early death racial disparity ratios tended to have lower early death rates.

Early death racial disparity ratios* were highest in Montana, North Dakota and Minnesota in 2019.



Montana had the largest racial disparity ratio at 2.5 times higher among American Indian/Alaska Native adults than white adults in 2019.



Note: All race categories are non-Hispanic.



Deaths due to drug injury (unintentional, suicide, homicide or undetermined) per 100,000 adults ages 65-74.



TRENDING UP

Drug death rates increased between 2014-16 and 2017-19 among adults ages 65-74.

Drug deaths

In 2017-19, the drug death rate was 10.3 deaths per 100,000 adults ages 65-74, corresponding to an estimated 9,417 deaths. This rate increased 39% — or 3,282 additional deaths — since 2014-16 (7.4 deaths per 100,000).

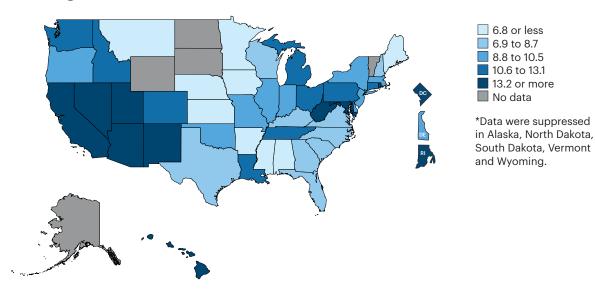
Between 2014-16 and 2017-19, the drug death rate increased in 15 states led by New Jersey (4.7 to 10.5 deaths per 100,000), Maryland (8.7 to 18.7), Louisiana (5.6 to 10.8) and Massachusetts (5.6 to 10.2).

States with the highest drug death rates were in the West and Northeast. Nevada, Maryland, Rhode Island and the District of Columbia had drug death rates above 15.0 deaths per 100,000. Data were not available in Alaska, North Dakota, South Dakota, Vermont and Wyoming.

Drug deaths varied by state. In 2017-19, the drug death rate among adults ages 65-74 was 4.5 times higher in Nevada (19.9 deaths per 100,000) than in Nebraska (4.4). The District of Columbia (64.4 deaths per 100,000) had a drug death rate 14.6 times higher than Nebraska.

Drug overdoses are the <u>leading cause of injury death</u> in the United States, according to the CDC. Drug abuse is particularly dangerous among older adults because of their reduced ability to metabolize medications due to age-related changes in the liver.²⁶ Older adults are more likely to be taking multiple prescription medications.²⁷ They may also be taking <u>non-prescription medications</u> and dietary herbal supplements,²⁸ which can further complicate drug interactions that can lead to druginduced death.

Drug death rates* were highest in Nevada, Maryland and Rhode Island during 2017-19.



States with the largest drug death rate increases were:

New Jersey

123%

from 4.7 to 10.5 between 2014-16 and 2017-19.

Maryland

▲115%

from 8.7 to 18.7 between 2014-16 and 2017-19.

Louisiana

▲93%

from 5.6 to 10.8 between 2014-16 and 2017-19.

Massachusetts

▲82%

from 5.6 to 10.2 between 2014-16 and 2017-19.

Drug death rates were 4.5 times higher in Nevada than in Nebraska during 2017-19.



Deaths due to intentional selfharm per 100,000 adults ages 65 and older.



TRENDING UP

Suicide rates increased between 2014-16 and 2017-19 among U.S. adults ages 65 and older.

Suicide rates were 3.4 times higher in Nevada than in New York during 2017-19.



Suicide

In 2017-19, the suicide rate among adults ages 65 and older was 17.1 deaths per 100,000. This corresponded to an estimated 26,843 suicide deaths among adults ages 65 and older during 2017-19. Fifteen states had suicide rates of 20.0 deaths per 100,000 or greater. States with the highest suicide rates were clustered in the West, except for Maine. The rate of suicide has increased 3% since 2014-16 (16.6 deaths per 100,000), an increase of 3,025 deaths.

Between 2014-16 and 2017-19, the suicide rate significantly increased in Nebraska (9.7 to 15.2 deaths per 100,000) and Maine (17.4 to 24.4).

Suicide varied by state, gender and age. In 2017-19, the suicide rate among adults ages 65 and older was:

- 3.4 times higher in Nevada (31.1 deaths per 100,000) than in New York (9.2).
- 6.1 times higher among males (31.9 deaths per 100,000) than females (5.2).
- 1.3 times higher among those ages 85 and older (19.8 deaths per 100,000) than those ages 65-74 (15.8); the rate significantly increased with each increase in age group.

Suicide affects people of all ages, races and ethnicities. According to the Administration on Aging and the Substance Abuse and Mental Health Services Administration, recorded suicide attempts among older adults are usually more lethal than those among younger age groups. Older adults are nearly twice as likely to use firearms as a means of suicide compared with younger adults.

Suicide rates were 6.1 times higher in male than in female adults ages 65 and older during 2017-19.

Males 31.9 deaths per 100,000

Females 5.2

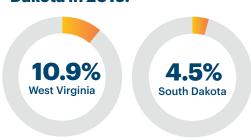
Percentage of adults ages 65 and older who reported their mental health was not good 14 or more days in the past 30 days.



TRENDING UP

Frequent mental distress increased between 2016 and 2019 among ages 65 and older.

Frequent mental distress was 2.4 times higher in West Virginia than in South Dakota in 2019.



Frequent mental distress

In 2019, 4.2 million (8.1%) adults ages 65 and older reported frequent mental distress. West Virginia, Tennessee, Louisiana, Arkansas, New Mexico and Mississippi had a prevalence of 10.0% or more among the older adult population. States with the lowest prevalences were clustered in the Midwest, while states with the highest prevalences were in the South. Frequent mental distress increased 11% since 2016 (7.3%).

Frequent mental distress varied by state, gender, education and income. In 2019, frequent mental distress among adults ages 65 and older was:

- 2.4 times higher in West Virginia (10.9%) than in South Dakota (4.5%).
- 1.3 times higher among females (9.0%) than males (7.0%).
- 2.2 times higher among those with less than a high school education (11.5%) than college graduates (5.3%).
- 2.8 times higher among those with an annual household income less than \$25,000 (12.7%) than those with an income of \$75,000 or more (4.5%).

Frequent mental distress was 2.8 times higher among those in the lowest income level than in the highest income level in 2019.

Less Than \$25,000	12.7%
\$25,000-\$49,999	7.8%
\$50,000-\$74,999	6.6%
\$75,000 or More	4.5%

State Summaries



Alabama

State Health Department Website: alabamapublichealth.gov

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of severe housing problems
- High flu vaccination coverage

Challenges:

- Low prevalence of exercise
- High early death rate
- High prevalence of multiple chronic conditions

Highlights:

HIGH-SPEED INTERNET

▲16%

between 2016 and 2019 from 61.6% to 71.7% of households with adults ages 65+

FLU VACCINATION COVERAGE

▲15%

between 2018 and 2019 from 58.0% to 66.9% of adults ages 65+

PHYSICAL INACTIVITY

▲21%

between 2014 and 2019 from 30.3% to 36.6% of adults ages 65+ in fair or better health

Rating	Rank
+++++	1-10 11-20
+++	21-30
++	31-40 41-50
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

publichealth.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.504	44	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+	511	44	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++	15.1 10.5	40 41	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++	2.7 65.8	28	1.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++++ + ++ +	\$84 71.7 11.1 89 25.4	9 44 32 46 39	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	++++	0.543	18	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++	8.0 0.7	35 31	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	25.3	8	18.3
CLINICAL CARE*	++	-0.251	35	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+ +++++ +	6.5 30.8 61	44 16 49	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++ ++++ ++	73.8 66.9 71.8	23 12 32	81.1 71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++++ +++ +++ ++++ +	95.0 49.2 16.0 50.7 3,502	14 28 21 17 47	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	+	-1.058	46	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	15.1 4.8 36.6	46 46 41	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	++	28.2	40	20.9
Smoking (% of adults ages 65+)	+	10.8	41	4.0
HEALTH OUTCOMES*	+	-0.820	46	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality	+++++ + +++	5.2 9.4 18.8	5 41 30	3.8 4.5 9.2
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+	2,377 1.2	48	1,380 1.0
Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+ + + ++ +	30.8 20.2 48.4 31.3 20.0 -0.591	44 46 49 31 44	20.0 12.9 24.3 18.8 6.2 0.750



Alaska

State Health Department Website: dhss.alaska.gov

Measures	D. Min	2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating +++++	Value 0.643	Rank 6	State 1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	867	50	115
Economic Resources				
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++++	14.5	37 4	7.3
Poverty Racial Disparity (ratio)‡	+++++	6.9 1.6	4	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	90.1	14	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++++	\$152	2	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++++	82.5	9	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++++	_ 16	9	1
Volunteerism (% of adults ages 65+)	++++	35.0	14	44.6
		0.407		4.050
PHYSICAL ENVIRONMENT*	++	0.127	33	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	++++	6.9	15	4.1
Drinking Water Violations (% of community water systems)	+	5.0	48	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++	28.6	22	18.3
CLINICAL CARE*	+	-0.578	45	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+	7.0	47	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+)	++	21.8 230	37 7	57.7 442
with a disability)		200	,	1 12
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+	66.1	48	81.1
Flu Vaccination (% of adults ages 65+)	+	55.0	50	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+	64.1	50	78.3
Dedicated Health Care Provider (% of adults ages 65+)	+	82.9	50	96.3
Hospice Care (% of Medicare decedents)	+	22.8	50	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	14.0	1	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	75.9	2 5	81.9
beneficiaries ages 65-74)	+++++	1,358	5	1,038
BEHAVIORS*	++++	0.208	20	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)	+++++	29.0	4	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	8.7	9	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	25.2	6	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	++	28.0	37	20.9
Tobacco Use Smoking (% of adults ages 65+)	+	12.5	50	4.0
omoking (% of addito ages 65°)	'	12.0	50	
HEALTH OUTCOMES*	+++	0.135	24	0.932
Behavioral Health		10.4	40	2.0
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	+	10.4 6.7	49 9	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	+	23.4	42	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+++	1,667	21	1,380
Early Death Racial Disparity (ratio)‡		1.7		1.0
Physical Health	1	207	40	20.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+	30.7 13.1	42 2	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	24.3	1	24.3
Obesity (% of adults ages 65+)	+++	30.2	27	18.8
Teeth Extractions (% of adults ages 65+)	++	15.7	33	6.2
OVERALL		0.159	_	0.750

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low poverty rate
- High prevalence of exercise

Challenges:

- High prevalence of smoking
- High prevalence of excessive drinking
- Low flu vaccination coverage

Highlights:

EXERCISE

▲60%

between 2015 and 2019 from 18.1% to 29.0% of adults ages 65+

SMOKING

▲54%

between 2016 and 2019 from 8.1% to 12.5% of adults ages 65+

SUICIDE

▲66%

between 2014-16 and 2017-19 from 14.1 to 23.4 deaths per 100,000 adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.



Arizona

State Health Department Website: azdhs.gov

Summary

Strengths:

- High percentage of households with high-speed internet
- High prevalence of exercise
- Low prevalence of falls

Challenges:

- High suicide rate
- Low flu vaccination coverage
- Low prevalence of cancer screenings

Highlights:

FOOD INSECURITY

▼34%

between 2015-16 and 2017-18 from 18.9% to 12.5% of adults ages 60+

FLU VACCINATION COVERAGE

▲16%

between 2015 and 2019 from 52.6% to 60.9% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲11%

between 2014 and 2018 from 33.0% to 36.5% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10 11-20
+++	21-30
++	31-40 41-50
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

DV				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	++	0.065	30	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	+	455	41	115
Economic Resources Food Insecurity (% of adults ages 60+)	++	12.5	26	7.3
Poverty (% of adults ages 65+)	++	9.0	32	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	2.6 56.5	37	1.0 100.0
Social Support and Engagement	***	30.3	37	100.0
Community Support Expenditures (dollars per adult ages 60+)	++	\$27	36	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++++	83.0 7.1	4 14	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	32	17	1
Volunteerism (% of adults ages 65+)	++	25.0	40	44.6
PHYSICAL ENVIRONMENT*	++	0.100	35	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+	8.6 0.9	45 32	4.1 0.0
Housing		0.5	02	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	30.2	30	18.3
CLINICAL CARE*	+++	0.024	23	0.695
Access to Care			07	
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	++	5.2 23.0	37 34	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++++	157	17	442
with a disability)				
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	++	69.8	39	81.1
Flu Vaccination (% of adults ages 65+)	++	60.9	40	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	72.4	30	78.3
Quality of Care Dedicated Health Care Provider (% of edults ages 65.1)		00.0	27	06.2
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	+++++	92.2 58.8	37 3	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)		15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++	44.4	30	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++	1,508	8	1,038
		0.740		4400
BEHAVIORS* Nutrition and Physical Activity	+++++	0.716	8	1.188
Exercise (% of adults ages 65+)	+++++	27.3	9	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	9.5	6	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	++++	28.0	12	21.7
Insufficient Sleep (% of adults ages 65+)	++++	24.6	16	20.9
Tobacco Use		0.0	00	4.0
Smoking (% of adults ages 65+)	+++	8.8	22	4.0
HEALTH OUTCOMES*	+++	0.256	22	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++	8.3	34	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.7	23	4.5
Suicide (deaths per 100,000 adults ages 65+)	+	26.0	44	9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74)	++++	1,591	12	1,380
Early Death Racial Disparity (ratio)‡		1.8		1.0
Physical Health		040	_	000
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++++	24.0 17.5	5 31	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	36.5	20	24.3
Obesity (% of adults ages 65+)	+++++	25.7	7	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	++++	11.6 0.236	12	6.2 0.750
VI BINDE		0.230	_	1 0.750



Arkansas

State Health Department Website: healthy.arkansas.gov

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.771	47	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	585	47	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++	15.1	40	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)*	+	10.5 2.8	41	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	40.4	48	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	++++	\$49	17	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+	70.4	48 43	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	+	14.5 85	43	1
Volunteerism (% of adults ages 65+)	++	28.9	32	44.6
		0.000	_	4.050
PHYSICAL ENVIRONMENT*	+++++	0.860	5	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	23.8	4	18.3
CLINICAL CARE*	++	-0.269	37	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++	5.1	34	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	41.0 101	6 37	57.7 442
with a disability)	TT	101	3/	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++	70.6	36	81.1
Flu Vaccination (% of adults ages 65+)	+	59.0	45	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++	71.4	36	78.3
Dedicated Health Care Provider (% of adults ages 65+)	+++	94.3	22	96.3
Hospice Care (% of Medicare decedents)	++++	50.9	19	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	++	41.9	33	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+	2,825	42	1,038
beneficialles ages oo 74)				
BEHAVIORS*	++	-0.468	38	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	+++	19.8 6.9	38 29	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	38.9	45	21.7
Sleep Health		00.0	10	21.7
Insufficient Sleep (% of adults ages 65+)	++++	24.1	12	20.9
Tobacco Use		10.0	07	4.0
Smoking (% of adults ages 65+)	++	10.6	37	4.0
HEALTH OUTCOMES*	+	-0.863	47	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)		E 4	6	2.0
Frequent Mental Distress (% of adults ages 65+)	+++++	5.4 10.3	6 46	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	++	19.7	33	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+	2,329	46	1,380
Early Death Racial Disparity (ratio)‡		1.2		1.0
Physical Health Falls (% of adults ages 65+)		29.6	20	20.0
Frequent Physical Distress (% of adults ages 65+)	++	23.2	38 50	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	41.3	29	24.3
Obesity (% of adults ages 65+)	++	32.4	35	18.8
Teeth Extractions (% of adults ages 65+)	+	21.6	46	6.2
OVERALL		-0.552	_	0.750

Summary

Strengths:

- High geriatric provider rate
- Low prevalence of excessive drinking
- Low prevalence of severe housing problems

Challenges:

- High prevalence of physical inactivity
- High early death rate
- High prevalence of frequent mental distress

Highlights:

HIGH-SPEED INTERNET

▲16%

between 2016 and 2019 from 60.7% to 70.4% of households with adults ages 65+

EXERCISE

▲68%

between 2017 and 2019 from 11.8% to 19.8% of adults ages 65+

OBESITY

▲23%

between 2013 and 2019 from 26.4% to 32.4% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



California

State Health Department Website: cdph.ca.gov

Summary

Strengths:

- Low prevalence of smoking
- Low prevalence of obesity
- High percentage of households with high-speed internet

Challenges:

- · High poverty rate
- High prevalence of severe housing problems
- High prevalence of falls

Highlights:

HIGH-SPEED INTERNET

▲8%

between 2016 and 2019 from 76.9% to 82.8% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▼11%

between 2017 and 2019 from 76.8% to 68.3% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲7%

between 2014 and 2018 from 36.1% to 38.8% of Medicare beneficiaries ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

gov				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.280	38	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	++	441	39	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	12.8 10.5	27 41	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+	2.1 42.5	47	1.0 100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++ +++++ +++ +	\$29 82.8 9.3 73 23.3	35 6 26 38 42	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	+	-1.083	50	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+	12.6 0.0	50 1	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	42.0	49	18.3
CLINICAL CARE*	++++	0.263	18	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	3.7 23.3	10 33	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability) Preventive Clinical Services	+++++	310	4	442
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++++ +++	78.9 63.9 68.3	5 26 43	81.1 71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++ ++ +++ +++ ++++	93.9 46.1 16.0 47.9 1,744	25 36 21 25 11	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	++++	0.532	12	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	++ ++++ +++++	21.3 8.3 25.0	31 15 5	30.3 12.3 21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+	29.0	42	20.9
Smoking (% of adults ages 65+)	+++++	5.7	2	4.0
HEALTH OUTCOMES*	++++	0.315	18	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+ ++ ++++	9.4 8.5 16.4	43 33 18	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+++++	1,452 1.6	3	1,380 1.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+ +++ +++ +++++ +++++	30.4 16.6 38.8 23.3 7.3 0.100	41 23 23 2 2 2	20.0 12.9 24.3 18.8 6.2 0.750



Colorado

State Health Department Website: colorado.gov/cdphe

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.432	17	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+++	381	30	115
Economic Resources Food Insecurity (% of adults ages 60+)		101	11	7.0
Poverty (% of adults ages 65+)	+++++	10.1 7.2	11 7	7.3 6.1
Poverty Racial Disparity (ratio)*		4.1	,	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	65.4	29	100.0
Social Support and Engagement		400	0.0	4005
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	+++	\$33 83.7	30 3	\$265 86.0
Low-care Nursing Home Residents (% of residents)	+	13.1	3 41	2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++++	4	3	1
Volunteerism (% of adults ages 65+)	+++	31.7	25	44.6
PHYSICAL ENVIRONMENT*	+++	0.490	23	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++++	6.7	13	4.1
Drinking Water Violations (% of community water systems)	++++	0.3	17	0.0
Housing Covers Housing Problems (% of small beyonholds with an adult ages 621)		20.0	0.4	10.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	32.2	34	18.3
CLINICAL CARE*	+++++	0.610	3	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.8	29	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	36.8 143	10 20	57.7 442
with a disability)		140	20	772
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++	70.9	35	81.1
Flu Vaccination (% of adults ages 65+)	+++++	68.4	6	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++++	78.3	1	78.3
Dedicated Health Care Provider (% of adults ages 65+)	++	93.7	31	96.3
Hospice Care (% of Medicare decedents)	++++	53.2	13	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	++++	53.9 1,205	11 2	81.9 1,038
beneficiaries ages 65-74)		1,200	_	1,030
PRINCIPAL		4400		4400
BEHAVIORS*	+++++	1.188	1	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)	+++++	29.9	2	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++++	7.8	20	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	21.7	1	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	22.3	4	20.9
Smoking (% of adults ages 65+)	+++++	7.3	6	4.0
		0.000		
HEALTH OUTCOMES* Behavioral Health	+++++	0.853	2	0.932
Excessive Drinking (% of adults ages 65+)	++++	6.1	14	3.8
Frequent Mental Distress (% of adults ages 65+)	++++	7.0	16	4.5
Suicide (deaths per 100,000 adults ages 65+)	+	22.3	41	9.2
Mortality Fasts Dooth (dootho nex 100 000 adults ages 65 74)		1 400	0	1000
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++++	1,422	2	1,380
Physical Health		1.6		1.0
Falls (% of adults ages 65+)	++++	25.9	16	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	15.3	15	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	28.7	5	24.3
Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+)	+++++	24.2 10.0	3 7	18.8 6.2
OVERALL	11177	0.727	_	0.750

Summary

Strengths:

- · Low prevalence of physical inactivity
- Low prevalence of multiple chronic conditions
- Low poverty rate

Challenges:

- High suicide rate
- High prevalence of severe housing problems
- Low prevalence of cancer screenings

Highlights:

HIGH-SPEED INTERNET

▲7%

between 2016 and 2019 from 78.0% to 83.7% of households with adults ages 65+

CANCER SCREENINGS

▼10%

between 2012 and 2018 from 78.4% to 70.9% of older adults receiving recommended screenings

OBESITY

▲30%

between 2013 and 2019 from 18.6% to 24.2% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

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Connecticut

State Health Department Website: portal.ct.gov/dph

Summary

Strengths:

- · Low poverty rate
- Low prevalence of frequent physical distress
- High flu vaccination coverage

Challenges:

- High prevalence of food insecurity
- High prevalence of severe housing problems
- High prevalence of multiple chronic conditions

Highlights:

FOOD INSECURITY

▲15%

between 2015-16 and 2017-18 from 12.2% to 14.0% of adults ages 60+

THE NUMBER OF GERIATRIC PROVIDERS

▲19%

between 2018 and 2020 from 41.8 to 49.8 per 100,000 adults ages 65+

TEETH EXTRACTIONS

▼31%

between 2012 and 2018 from 13.6% to 9.4% of adults ages 65+

Rating	Rank
+++++	1-10 11-20
+++	21-30
++	31-40 41-50
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy. ‡ Non-ranking measure.

- Indicates data missing or suppressed.

.gov/dph				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.358	19	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+++++	184	3	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+	14.0 7.3	33 9	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++++	7.3 100.0	1	1.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++ ++++ ++ +++	\$35 79.8 12.3 40 30.7	28 17 37 21 27	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	+	-0.033	45	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++++	7.0 0.6	17 29	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	39.4	46	18.3
CLINICAL CARE*	+++++	0.511	6	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++ +++++ ++++	4.3 49.8 191	20 4 11	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++++	76.0 70.0 74.5	15 2 15	81.1 71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++ +++ + ++++ ++++	95.3 48.6 17.0 52.5 2,099	10 30 44 14 20	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	+++++	0.974	4	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	27.3 11.7 28.5	9 2 15	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++	25.2	21	20.9
Smoking (% of adults ages 65+)	+++++	7.5	7	4.0
HEALTH OUTCOMES*	+++++	0.675	5	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++ ++++ +++++	7.9 6.9 13.1	30 14 9	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+++++	1,469 1.4	5	1,380
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+++++ +++++ ++++++	22.9 13.5 42.4 28.2 9.4 0.572	3 4 31 13 6 —	20.0 12.9 24.3 18.8 6.2 0.750



Delaware

State Health Department Website: dhss.delaware.gov

Measures		2021	2021	No. 1
COCIAL & ECONOMIC FACTORS*	Rating ++++	Value 0.570	Rank 9	State 1.051
SOCIAL & ECONOMIC FACTORS* Community and Family Safety	****	0.570	9	1.051
Violent Crime (offenses per 100,000 population)	++	423	36	115
Economic Resources		.20	00	
Food Insecurity (% of adults ages 60+)	+++	10.5	14	7.3
Poverty (% of adults ages 65+)	+++++	7.3	9	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	3.3 84.1	17	1.0 100.0
Social Support and Engagement	1111	04.1	17	100.0
Community Support Expenditures (dollars per adult ages 60+)	++++	\$54	15	\$265
High-speed Internet (% of households with adults ages 65+)	+++++	82.6	8	86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	+++	10.0	28	2.1
Volunteerism (% of adults ages 65+)	++++	8 32.0	5 23	44.6
		02.0	20	
PHYSICAL ENVIRONMENT*	+++	0.357	26	1.353
Air and Water Quality		0.0	00	4.1
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	8.3 0.0	39 1	4.1 0.0
Housing		0.0	'	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	28.7	23	18.3
CLINICAL CARE*	++++	0.345	14	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++++	3.6	6	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++	26.5	26	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	116	30	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	75.5	17	81.1
Flu Vaccination (% of adults ages 65+)	++	63.4	33	71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	75.3	12	78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+)	+++	94.0	23	96.3
Hospice Care (% of Medicare decedents)	+++++	59.4	2	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	63.1	4	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,633	34	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	+++	-0.004	29	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	++++	24.9	18	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	8.2 35.3	17 38	12.3 21.7
Sleep Health	***	33.3	50	21.7
Insufficient Sleep (% of adults ages 65+)	++++	25.0	18	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	++	10.4	35	4.0
HEALTH OUTCOMES*	+++	0.052	27	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	++	8.7	37	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	8.0	27	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	+++++	9.6	4	9.2
Early Death (deaths per 100,000 adults ages 65-74)	++++	1,591	12	1,380
Early Death Racial Disparity (ratio)‡		1.4		1.0
Physical Health				
Falls (% of adults ages 65+)	++++	26.1	19	20.0
Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	16.4	21 41	12.9
Obesity (% of adults ages 65+)	+++	43.8 32.6	38	24.3 18.8
Teeth Extractions (% of adults ages 65+)	+++	14.6	30	6.2
OVERALL		0.270	_	0.750

Summary

Strengths:

- · Low poverty rate
- Low suicide rate
- Low risk of social isolation

Challenges:

- High prevalence of physical inactivity
- High prevalence of obesity
- High prevalence of excessive drinking

Highlights:

THE NUMBER OF HOME HEALTH CARE WORKERS

▼19%

between 2017 and 2019 from 144 to 116 aides per 1,000 adults ages 65+ with a disability

EXERCISE

▲46%

between 2017 and 2019 from 17.0% to 24.9% of adults ages 65+

EARLY DEATHS

▼12%

between 2017 and 2019 from 1,800 to 1,591 deaths per 100,000 adults ages 65-74

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

and lower scores are less healthy.

‡ Non-ranking measure.

Indicates data missing or suppressed.



Florida

State Health Department Website: floridahealth.gov

Summary

Strengths:

- High percentage of households with high-speed internet
- High prevalence of exercise
- High prevalence of cancer screenings

Challenges:

- High prevalence of multiple chronic conditions
- High poverty rate
- Low flu vaccination coverage

Highlights:

HIGH-SPEED INTERNET

▲8%

between 2016 and 2019 from 76.0% to 82.3% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

▲13%

between 2018 and 2020 from 25.7 to 29.1 per 100,000 adults ages 65+

FREQUENT PHYSICAL DISTRESS

▲28%

between 2017 and 2019 from 15.6% to 19.9% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

Valient Crime (offenses per 100,000 population)	aitn.gov				
Valient Crime (offenses per 100,000 population)	Measures	Rating			
Violent Crime (offenses per 100,000 population)	SOCIAL & ECONOMIC FACTORS*	+++	0.186	25	1.051
Economic Resources Food Insecurity (% of adults ages 60+)					
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+) Poverty (% of adults ages 65+) Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) SNAP Reach (participants per 100 adults ages 60+ in poverty) SNAP Reach (participants per 100 adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households with adults ages 60+) High-speed Intermet (% of households ages 60+) High-speed Intermet (% of adults ages 60+) High-speed Interm		+++	378	29	115
Poverty (% of adults ages 65+)		+++	1/11	3/1	73
Powerty Racial Disparity (ratio)*	, .				
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)					
Community Support Expenditures (dollars per adult ages 60+) ++++ \$142 3 828 10 860 860 Low-care Nursing Home Residents (% of residents) ++++ 72 15 21 82.1 10 860 860 860 860 860 860 860 860 860 86		+++++	100.0	1	100.0
High-speed Internet (% of households with adults ages 65+)					4005
Low-care Nursing Home Residents (% of residents)	, , , , , , , , , , , , , , , , , , , ,				
Risk of Social Isolation (percentile, adults ages 65+) + 75 39 1 446 PHYSICAL ENVIRONMENT*					
Volunteerism (% of adults ages 65+)					
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) +++ 7.3 25 4.1 Drinking Water Violations (% of community water systems) +++ 1.6 37 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) ++ 34.0 37 18.3 CLINICAL CARE* ++ 0.0.267 36 0.695 Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++++ 3.7 10 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++++ 29.1 19 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) ++++ 78.9 5 44.2 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) ++++ 78.9 5 8.1 Flu Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 9.12 42 96.3 Hospite Care (% of Medicare decedents) ++++ 57.9 4 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare ++ 2,506 31 1,038 Derivation and Physical Activity Exercise (% of adults ages 65+) ++++ 27.8 8 30.3 Physical Inactivity (% of adults ages 65+) ++++ 27.6 33 12.3 Physical Inactivity (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* +					
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) +++ 7.3 25 4.1 Drinking Water Violations (% of community water systems) +++ 1.6 37 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) ++ 34.0 37 18.3 CLINICAL CARE* ++ 0.0.267 36 0.695 Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++++ 3.7 10 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++++ 29.1 19 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) ++++ 78.9 5 44.2 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) ++++ 78.9 5 8.1 Flu Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 9.12 42 96.3 Hospite Care (% of Medicare decedents) ++++ 57.9 4 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare ++ 2,506 31 1,038 Derivation and Physical Activity Exercise (% of adults ages 65+) ++++ 27.8 8 30.3 Physical Inactivity (% of adults ages 65+) ++++ 27.6 33 12.3 Physical Inactivity (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* +	PHYSICAL ENVIRONMENTS		0100	05	4.050
Air Pollution (micrograms of fine particles per cubic meter) +++ 7.3 25 4.1 Drinking Water Incidence (% of community water systems) ++ 1.6 37 0.0 Mousing Severe Housing Problems (% of small households with an adult ages 62+) ++ 34.0 37 18.3 CLINICAL CARE* ++ -0.267 36 0.695 Access to Care Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++++ 3.7 10 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++++ 2.91 19 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) ++++ 5.8 5 50 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) ++++ 7.89 5 81.1 Flu Vaccination (% of adults ages 65+) + 5.8 3 47 71.1 Pneumonia Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospitoe Care (% of Medicare decedents) ++++ 57.9 4 60.5 Hospital Readinssions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare + 2,506 31 1,038 beneficiaries ages 65-74) + 7.00 4 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare + 2,506 31 1,038 beneficiaries ages 65-74) + 7.0 4 14.0 Nursing Home Quality (% of adults ages 65+) ++++ 2.78 8 3.0 3.2 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0		**	0.100	35	1.353
Drinking Water Violations (% of community water systems)			73	25	11
Housing Severe Housing Problems (% of small households with an adult ages 62+) ++	· · · · · · · · · · · · · · · · · · ·				
CLINICAL CARE* ++ -0.267 36 0.695 Access to Care Avoided Care Due to Cost (% of adults ages 65+) +++++ 3.7 10 3.0 Geriatric Providers (providers per 10,000 adults ages 65+) +++++ 29.1 19 5.77 Home Health Care Workers (workers per 1,000 adults ages 65+) + 53 50 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65+) + 58.3 47 71.1 Flu Vaccination (% of adults ages 65+) + 58.3 47 71.1 Pneumonia Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospite Care (% of Medicare decedents) + 91.2 42 96.3 Hospite Care (% of Medicare decedents) + + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) <t< td=""><td></td><td></td><td>1.0</td><td>07</td><td>0.0</td></t<>			1.0	07	0.0
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Avoided Care Due to Cost (% of adults ages 65+) Avoided Care Due to Cost (% of adults ages 65+) HHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHH	•	++	34.0	37	18.3
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Avoided Care Due to Cost (% of adults ages 65+) Avoided Care Due to Cost (% of adults ages 65+) HHHH 29.1 19 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) HHHH 29.1 19 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) With a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Flu Vaccination (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Freventable Hospitalizations (discharges per 100,000 Medicare Flu Vaccination (% of Bults ages 65-74) Freventable Hospitalizations (discharges per 100,000 Medicare Flu Vaccination (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Fruit and Vegetable Con	CLINICAL CAPE*	44	-0.267	36	0.695
Avoided Care Due to Cost (% of adults ages 65+) +++++ 3.7 10 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) +++++ 29.1 19 5.77 home Health Care Workers per 1,000 adults ages 65+ + 5.3 50 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) +++++ 58.3 47 71.1 Flu Vaccination (% of adults ages 65+) + 58.3 47 71.1 Pneumonia Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospice Care (% of Medicare decedents) +++++ 57.9 4 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 57.9 1 12.0 Augustations (discharges per 100,000 Medicare + 2,506 31 1,038 beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) +++++ 27.8 8 30.3 Elep Health 10.1 Start (% of adults ages 65+) +++++ 27.6 33 12.3 Physical Inactivity (% of adults ages 65+) +++++ 27.6 33 12.3 Physical Inactivity (% of adults ages 65+) +++++ 27.6 33 20.9 Tobacco Use Smoking (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Start (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++ 9.0 40 3.8 Sehavioral Health 10.1 Starts (% of adults ages 65+) ++++ 1.5 5.0 1.0 1.0 Mortality 10.0 Starts (% of adults ages 65+) ++++ 1.5 5.0 1.0 1.0 Sehavioral Health 10.1 Starts (% of adults ages 65+) +++++ 1.5 5.0 1.0 1.0 Sehavioral Health 10.1 Star			0.207	00	0.000
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability) Preventive Clinical Services		+++++	3.7	10	3.0
with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75)		++++			
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75)		+	53	50	442
Flu Vaccination (% of adults ages 65+) + 58.3 47 71.1 Pneumonia Vaccination (% of adults ages 65+) + 66.8 46 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospice Care (% of Medicare decedents) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) + 17.0 45 14.0 Nursing Home Quality (% of beds rated four or five stars) + 17.0 45 14.0 Nursing Home Quality (% of beds rated four or five stars) + 17.0 45 14.0 Preventable Hospitalizations (discharges per 100,000 Medicare + 2,506 31 1,038 beneficiaries ages 65-74) **BEHAVIORS*** **PHYORS*** **PHYORS*** **PHYORS**	• • • • • • • • • • • • • • • • • • • •				
Pneumonia Vaccination (% of adults ages 65+)		+++++	78.9	5	81.1
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospice Care (% of Medicare decedents) +++++ 57.9 4 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74) +++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74) +++++ 2,506 31 1,038 BEHAVIORS* +++ 0,098 22 1,188 Nutrition and Physical Activity -++++ 27.8 8 30.3 Freuit and Vegetable Consumption (% of adults ages 65+) +++++ 27.8 8 30.3 Physical Inactivity (% of adults ages 65+) ++++++++++++++++++++++++++++++++++++					
Dedicated Health Care Provider (% of adults ages 65+) + 91.2 42 96.3 Hospice Care (% of Medicare decedents) + +++++ 57.9 4 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) + 17.0 44 14.0 Nursing Home Quality (% of beds rated four or five stars) ++++ 53.5 12 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare ++ 2,506 31 1,038 beneficiaries ages 65-74) **BEHAVIORS*** **Nutrition and Physical Activity** Exercise (% of adults ages 65+) +++++ 27.8 8 30.3 12.3 Physical Inactivity (% of adults ages 65+) +++ 6.1 33 12.3 Physical Inactivity (% of adults ages 65+) +++ 27.6 33 20.9 Tobacco Use Smoking (% of adults ages 65+) +++ 9.2 25 4.0 ** **HEALTH OUTCOMES*** **Behavioral Health** Excessive Drinking (% of adults ages 65+) ++ 9.7 43 4.5 Sucicide (deaths per 100,000 adults ages 65+) ++ 9.7 43 4.5 Sucicide (deaths per 100,000 adults ages 65-74) +++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* **Physical Health** Early Death Racial Disparity (ratio)* Physical Health** Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Physical Health** Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Physical Health** Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Physical Health** Falls (% of adults ages 65+) +++++ 25.4 11 20.0 Physical Health** Falls (% of adults ages 65+) +++++ 25.4 11 20.0 Physical Health** Falls (% of adults ages 65+) +++++ 48.5 50 24.3 Obesity (% of adults ages 65+) ++++++ 48.5 50 24.3 Obesity (% of adults ages 65+) +++++++ 48.5 50 24.3 Obesity (% of adults ages 65+) ++++++++++++++++++++++++++++++++++		+	66.8	46	78.3
Hospice Care (% of Medicare decedents)	•		01.2	40	062
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)					
Nursing Home Quality (% of beds rated four or five stars)					
BEHAVIORS* +++ 0.098 22 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) ++++++ 27.8 8 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) ++ 6.1 33 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) ++++ 29.7 18 21.7 Sleep Health				12	
Nutrition and Physical Activity Exercise (% of adults ages 65+) +++++ 27.8 8 30.3 12.3 12.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 1.3 12.5 18.5 13.5	Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,506	31	1,038
Nutrition and Physical Activity Exercise (% of adults ages 65+) ++++++ 27.8 8 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) ++ 6.1 33 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) ++++ 29.7 18 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.6 33 20.9 Tobacco Use Smoking (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* ++ -0.324 38 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* + 1.2 1.0 Physical Health Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 27.6 10 18.8	beneficiaries ages 65-74)				
Exercise (% of adults ages 65+)	BEHAVIORS*	+++	0.098	22	1.188
Fruit and Vegetable Consumption (% of adults ages 65+) ++ 6.1 33 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 29.7 18 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.6 33 20.9 Tobacco Use Smoking (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* ++ -0.324 38 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)*	Nutrition and Physical Activity				
Physical Inactivity (% of adults ages 65+ in fair or better health) ++++ 29.7 18 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.6 33 20.9 Tobacco Use Smoking (% of adults ages 65+) ++ 9.2 25 4.0 HEALTH OUTCOMES* ++ -0.324 38 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) + 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) + 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Ealls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++	Exercise (% of adults ages 65+)	+++++	27.8	8	30.3
Sleep Health Insufficient Sleep (% of adults ages 65+)					
Insufficient Sleep (% of adults ages 65+)		++++	29.7	18	21.7
Tobacco Use Smoking (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* +++ -0.324 38 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) ++ 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* + 1.2 1.0 Physical Health Frequent Physical Distress (% of adults ages 65+) +++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	•		276	22	200
Smoking (% of adults ages 65+) +++ 9.2 25 4.0 HEALTH OUTCOMES* ++ -0.324 38 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) ++ 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality 1,598 15 1,380 Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,2 1.0 Physical Health 1,2 1.0 Physical Health 1,2 1.0 Physical Health 1,2 1.0 Prequent Physical Distress (% of adults ages 65+) +++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) ++++++ 12.5 10 18.8 Teeth Extractions (% of adults ages 65+)	· · ·		27.0	00	20.5
Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) + 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality ** ** 1.598 15 1,380 Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* ** 1.2 1.0 Physical Health ** 1.2 1.0 Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2		+++	9.2	25	4.0
Behavioral Health Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) + 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality ** ** 1.598 15 1,380 Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health ** 1.2 1.0 Physical Health ** ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	HEALTH OUTCOMES*	44	-0.324	38	0 833
Excessive Drinking (% of adults ages 65+) ++ 9.0 40 3.8 Frequent Mental Distress (% of adults ages 65+) + 9.7 43 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Flalls (% of adults ages 65+) +++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2		•••	0.02-7	- 00	0.002
Suicide (deaths per 100,000 adults ages 65+) ++ 20.7 38 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2		++	9.0	40	3.8
Mortality Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	Frequent Mental Distress (% of adults ages 65+)	+	9.7	43	4.5
Early Death (deaths per 100,000 adults ages 65-74) ++++ 1,598 15 1,380 Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	Suicide (deaths per 100,000 adults ages 65+)	++	20.7	38	9.2
Early Death Racial Disparity (ratio)* 1.2 1.0 Physical Health Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	•				
Physical Health Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2		++++		15	
Falls (% of adults ages 65+) ++++ 25.4 11 20.0 Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2			1.2		1.0
Frequent Physical Distress (% of adults ages 65+) + 19.9 45 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) +++++ 12.5 18 6.2	•	++++	25.4	11	200
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 48.5 50 24.3 Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) ++++ 12.5 18 6.2					
Obesity (% of adults ages 65+) +++++ 27.6 10 18.8 Teeth Extractions (% of adults ages 65+) ++++ 12.5 18 6.2					
Teeth Extractions (% of adults ages 65+) ++++ 12.5 18 6.2					
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Georgia

State Health Department Website: dph.georgia.gov

Measures		2021	2021	No. 1
COCIAL & FOONOMIC FACTORS*	Rating ++	-0.350	Rank 40	State 1.051
SOCIAL & ECONOMIC FACTORS* Community and Family Safety	TT	-0.350	40	1.051
Violent Crime (offenses per 100,000 population)	+++	341	25	115
Economic Resources		0	20	110
Food Insecurity (% of adults ages 60+)	++++	14.3	35	7.3
Poverty (% of adults ages 65+)	++	10.4	40	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	2.2 77.2	20	1.0 100.0
Social Support and Engagement	*****	11.2	20	100.0
Community Support Expenditures (dollars per adult ages 60+)	+	\$20	49	\$265
High-speed Internet (% of households with adults ages 65+)	++	75.9	31	86.0
Low-care Nursing Home Residents (% of residents)	+++	8.4	23	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++	61 19.7	32 49	1 44.6
voidificerism (% of addits ages 00*)	T	15.7	43	44.0
PHYSICAL ENVIRONMENT*	+++	0.270	27	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++	7.9	33	4.1
Drinking Water Violations (% of community water systems) Housing	++++	0.4	20	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	31.0	32	18.3
CLINICAL CARE*	+	-0.531	44	0.695
Access to Care		3.331		0.000
Avoided Care Due to Cost (% of adults ages 65+)	+	6.1	42	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++	27.6	22	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+	79	44	442
with a disability) Preventive Clinical Services				
Cancer Screenings (% of adults ages 65–75)	++++	76.4	11	81.1
Flu Vaccination (% of adults ages 65+)	+	56.9	48	71.1
Pneumonia Vaccination (% of adults ages 65+)	++	69.7	38	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++++	94.5	19	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++++	51.0 16.0	18 21	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+	28.6	49	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,711	37	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++	-0.306	36	1.188
Nutrition and Physical Activity	***	-0.300	30	1.100
Exercise (% of adults ages 65+)	+++	23.4	23	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++	6.0	34	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++	33.1	34	21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)		28.1	39	20.9
Tobacco Use	++	20.1	39	20.9
Smoking (% of adults ages 65+)	+++	9.6	28	4.0
			- 40	
HEALTH OUTCOMES*	+	-0.362	42	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++++	5.9	13	3.8
Frequent Mental Distress (% of adults ages 65+)	++	9.0	35	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++	18.3	27	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	++	2,015	39	1,380
Early Death Racial Disparity (ratio)* Physical Health		1.2		1.0
Falls (% of adults ages 65+)	++	30.1	40	20.0
Frequent Physical Distress (% of adults ages 65+)	++	19.0	37	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++	42.8	35	24.3
Obesity (% of adults ages 65+)	+++	29.6	21	18.8
Teeth Extractions (% of adults ages 65+)	++	16.5	35	6.2
OVERALL		-0.349	_	0.750

Summary

Strengths:

- Low prevalence of excessive drinking
- High prevalence of cancer screenings
- Low prevalence of severe housing problems

Challenges:

- Low flu vaccination coverage
- High poverty rate
- High prevalence of falls

Highlights:

THE NUMBER OF GERIATRIC **PROVIDERS**

▲27%

between 2018 and 2020 from 21.7 to 27.6 per 100,000 adults ages 65+

EXERCISE

▲73%

between 2015 and 2019 from 13.5% to 23.4% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲12%

between 2010 and 2018 from 38.2% to 42.8% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Hawaii

State Health Department Website: health.hawaii.gov

Summary

Strengths:

- Low prevalence of obesity
- Low prevalence of teeth extractions
- Low preventable hospitalization rate

Challenges:

- High prevalence of insufficient sleep
- High prevalence of excessive drinking
- Low pneumonia vaccination coverage

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 75.1% to 82.3% of households with adults ages 65+

EXERCISE

▲29%

between 2015 and 2019 from 20.0% to 25.8% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲8%

between 2010 and 2018 from 33.7% to 36.3% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

awaii.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++++	0.444	16	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	++++	286	17	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++++	10.2 8.7	12 28	7.3 6.1
Poverty (% 01 adults ages 001) Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	1.0 100.0	1	1.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+++	\$43	21	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++++	82.3 3.0	10 3	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++	42 20.5	22 46	1 44.6
PHYSICAL ENVIRONMENT*	++++	0.523	19	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	4.8 0.0	3 1	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	+	37.3	44	18.3
CLINICAL CARE*	++++	0.341	15	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	5.3 40.6	38 8	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++	97	40	442
Preventive Clinical Services			_	
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+++++	78.2 58.8	7 46	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+	66.3	48	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	+++++	96.1 45.4	3 40	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	14.0	1	14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	81.9	1	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++	1,038	1	1,038
BEHAVIORS*	+++	0.018	27	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	++++	25.8	15	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	7.6 27.7	25 10	12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	+	38.9	50	20.9
Tobacco Use Smoking (% of adults ages 65+)	++++	7.8	12	4.0
HEALTH OUTCOMES+		0.022	1	0.932
HEALTH OUTCOMES* Behavioral Health	+++++	0.932	<u>'</u>	0.932
Excessive Drinking (% of adults ages 65+)	+	10.2	48	3.8
Frequent Mental Distress (% of adults ages 65+)	++++	6.9	14	4.5
Suicide (deaths per 100,000 adults ages 65+)	++++	15.2	12	9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74)	+++++	1,380	1	1,380
Early Death (addition per lees, see additional ages see 7) Early Death Racial Disparity (ratio) *		1.6		1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++++	20.0 14.8	1 12	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	14.8 36.3	19	24.3
Obesity (% of adults ages 65+)	+++++	18.8	1	18.8
Teeth Extractions (% of adults ages 65+)	+++++	6.2	1	6.2
OVERALL		0.464	_	0.750



Idaho

State Health Department Website: healthandwelfare.idaho.gov

Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++++	0.508	13	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+++++	224	10	115
Economic Resources		٥٢	0	7.0
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++++	9.5 6.9	8 4	7.3 6.1
Poverty Racial Disparity (ratio)*		3.0	7	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	53.8	39	100.0
Social Support and Engagement		400	4.0	4005
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	+	\$23 81.3	43 12	\$265 86.0
Low-care Nursing Home Residents (% of residents)	++++	8.0	18	2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++++	10	6	1
Volunteerism (% of adults ages 65+)	+++	30.5	28	44.6
PHYSICAL ENVIRONMENT*	+++++	0.657	9	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++++	6.6	12	4.1
Drinking Water Violations (% of community water systems)	++	1.5	36	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++++	27.4	18	10.0
Severe mousing Problems (% or small nouseholds with an addit ages 62+)	++++	27.4	10	18.3
CLINICAL CARE*	++	-0.137	31	0.695
Access to Care			0.4	0.0
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	++	5.1 12.7	34 49	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++++	165	14	442
with a disability)				
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+	68.5	43	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	+	59.2 69.1	44 40	71.1 78.3
Quality of Care		00.1	10	70.0
Dedicated Health Care Provider (% of adults ages 65+)	+	88.8	47	96.3
Hospice Care (% of Medicare decedents)	+++++	53.9	9	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+++++	14.0 61.2	1 6	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	1,259	3	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++++	0.242	18	1.188
Nutrition and Physical Activity		<u> </u>		
Exercise (% of adults ages 65+)	+	19.4	41	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.7	22	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	30.9	23	21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	+++++	23.7	9	20.9
Tobacco Use		20.7		20.0
Smoking (% of adults ages 65+)	++++	7.8	12	4.0
HEALTH OUTCOMES*	++	-0.236	33	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+	9.3	42	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	8.0	27	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	+	27.6	46	9.2
Early Death (deaths per 100,000 adults ages 65-74)	+++++	1,578	10	1,380
Early Death Racial Disparity (ratio)‡		1.1		1.0
Physical Health				
Falls (% of adults ages 65+)	+	33.3	49	20.0
Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	19.4 29.7	40 6	12.9 24.3
Obesity (% of adults ages 65+)	++++	29.1	19	18.8
Teeth Extractions (% of adults ages 65+)	+++	13.0	21	6.2
OVERALL		0.147	_	0.750

Summary

Strengths:

- Low poverty rate
- Low prevalence of multiple chronic conditions
- · Low prevalence of food insecurity

Challenges:

- High prevalence of falls
- High suicide rate
- Low geriatric provider rate

Highlights:

POVERTY

▼31%

between 2016 and 2019 from 10.0% to 6.9% of adults ages 65+

PREVENTABLE HOSPITALIZATIONS

▼12%

between 2016 and 2018 from 1,436 to 1,259 discharges per 100,000 Medicare beneficiaries ages 65-74

EXCESSIVE DRINKING

▲82%

between 2014 and 2019 from 5.1% to 9.3% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.



Illinois

State Health Department Website: dph.illinois.gov

Summary

Strengths:

- High prevalence of exercise
- Low prevalence of frequent mental distress
- · Low prevalence of falls

Challenges:

- High prevalence of obesity
- High prevalence of excessive drinking
- Low pneumonia vaccination coverage

Highlights:

FLU VACCINATION COVERAGE



between 2017 and 2019 from 54.8% to 61.1% of adults ages 65+

FALLS

▼23%

between 2016 and 2018 from 31.6% to 24.4% of adults ages 65+

DRUG DEATHS

▲80%

between 2014-16 and 2017-19 from 5.4 to 9.7 deaths per 100,000 adults 65-74

Rating +++++ ++++ +++	Rank 1-10 11-20 21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

DIS.GOV				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.017	32	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	407	33	115
Economic Resources		10.7	01	70
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	13.7 8.6	31 26	7.3 6.1
Poverty Racial Disparity (ratio)*		2.7	20	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	100.0	1	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++	\$34	29	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	++	75.1	33	86.0
Risk of Social Isolation (percentile, adults ages 65+)	+++	10.0 63	28 33	2.1
Volunteerism (% of adults ages 65+)	++	27.8	34	44.6
-				
PHYSICAL ENVIRONMENT*	+	-0.277	48	1.353
Air and Water Quality		0.5	40	4.1
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+	9.5 0.1	49 12	4.1 0.0
Housing	TTTT	0.1	IZ	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	34.6	38	18.3
CLINICAL CARE*	+	-0.461	42	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++	5.1	34	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++	25.7	28	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	142	21	442
with a disability) Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+	67.3	45	81.1
Flu Vaccination (% of adults ages 65+)	++	61.1	37	71.1
Pneumonia Vaccination (% of adults ages 65+)	+	69.0	42	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++++	94.9	15	96.3
Hospitel Perspections (% of hospitalized Medicara hospitalized Med	+++	50.3	23	60.5 14.0
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+	16.0 33.8	21 44	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,682	36	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++++	0.240	19	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++++	28.3	5	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.7	22	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	31.5	26	21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	+++	27.2	29	20.0
Tobacco Use	TTT	21.2	29	20.9
Smoking (% of adults ages 65+)	+++	9.2	25	4.0
HEALTH OUTCOMES*	+++	0.291	21	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	++	8.8	39	3.8
Frequent Mental Distress (% of adults ages 65+)	+++++	6.4	8	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	12.4	7	9.2
Mortality Early Dooth (dootho per 100,000 adults ages 65,74)		1755	20	1 200
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++	1,755 1.6	30	1,380 1.0
Physical Health		0.1		1.0
Falls (% of adults ages 65+)	+++++	24.4	7	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	15.7	17	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	40.3	25	24.3
Obesity (% of adults ages 65+)	++	32.5	36	18.8
Teeth Extractions (% of adults ages 65+)	++++	11.3	11	6.2
OVERALL		0.020	_	0.750



Indiana

State Health Department Website: in.gov/isdh

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.189	24	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+++	371	27	115
Economic Resources Food Insecurity (% of adults ages 60+)		10 E	20	70
Poverty (% of adults ages 65+)	+++	13.5 7.7	29 16	7.3 6.1
Poverty Racial Disparity (ratio)*		2.0	10	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	51.5	43	100.0
Social Support and Engagement		400	0.5	4005
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	+++	\$36 75.0	25 35	\$265 86.0
Low-care Nursing Home Residents (% of residents)	+++++	5.2	7	2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++	48	25	1
Volunteerism (% of adults ages 65+)	++++	35.2	12	44.6
PHYSICAL ENVIRONMENT*	+++	0.380	25	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+	8.7	46	4.1
Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++++	25.9	11	18.3
CLINICAL CARE*	+++	-0.132	30	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.7	26	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++++	28.6	20	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	119	29	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++	71.0	34	81.1
Flu Vaccination (% of adults ages 65+)	++	63.5	32	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++	72.2	31	78.3
Dedicated Health Care Provider (% of adults ages 65+)	++	93.0	33	96.3
Hospice Care (% of Medicare decedents)	++++	51.2	17	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars)	++	39.3	37	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++	2,806	40	1,038
BEHAVIORS*	++	-0.114	32	1.188
Nutrition and Physical Activity		01.0	07	20.2
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	+++	21.8 8.8	27 7	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++	35.1	37	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+++	25.6	23	20.9
Tobacco Use Smoking (% of adults ages 65+)	++	10.5	36	4.0
HEALTH OUTCOMES*	++	-0.336	40	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++++	6.3	18	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	8.1	29	4.5
Suicide (deaths per 100,000 adults ages 65+)	++++	15.4	14	9.2
Mortality 05.74				
Early Death (deaths per 100,000 adults ages 65-74)	+	2,098	42	1,380
Early Death Racial Disparity (ratio)* Physical Health		1.3		1.0
Falls (% of adults ages 65+)	+++	27.6	29	20.0
Frequent Physical Distress (% of adults ages 65+)	++	17.8	34	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++	42.7	34	24.3
Obesity (% of adults ages 65+)	+	33.6	45	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	+	18.9 -0.058	43	6.2 0.750
		0.000		3.700

Summary

Strengths:

- Low poverty rate
- Low prevalence of severe housing problems
- Low suicide rate

Challenges:

- High prevalence of obesity
- High prevalence of physical inactivity
- High early death rate

Highlights:

HIGH-SPEED INTERNET

▲11%

between 2016 and 2019 from 67.8% to 75.0% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

A20%

between 2018 and 2020 from 23.8 to 28.6 per 100,000 adults ages 65+

OBESITY

▲26%

between 2011 and 2019 from 26.6% to 33.6% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

and lower scores are less healthy.

‡ Non-ranking measure.

Indicates data missing or suppressed.



lowa

State Health Department Website: idph.iowa.gov

Summary

Strengths:

- · Low poverty rate
- Low prevalence of frequent physical distress
- · Low risk of social isolation

Challenges:

- Low percentage of households with high-speed internet
- · High prevalence of obesity
- Low geriatric provider rate

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 65.6% to 72.3% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▼8%

between 2017 and 2019 from 80.3% to 73.8% of adults ages 65+

FALLS

▼17%

between 2016 and 2018 from 31.7% to 26.2% of adults ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

a.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.157	27	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++++	267	13	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++++	11.1 7.4	19 11	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	++	- 60.0	35	1.0 100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++ + +	\$42 72.3 15.9	22 42 45	\$265 86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++++	12 36.9	7 6	1 44.6
PHYSICAL ENVIRONMENT*	+++++	0.850	6	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+++	7.3 0.0	25 1	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	24.2	5	18.3
CLINICAL CARE*	++++	0.325	16	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++	3.9 17.9 132	13 42 26	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	+++	72.9 65.1 73.8	27 19 21	81.1 71.1 78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++++ ++++ ++++ ++++	94.9 56.2 15.0 50.9 1,844	15 7 6 16 13	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	++++	0.334	14	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++ +++ +++	21.3 6.8 31.2	31 30 25	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	20.9	1	20.9
Smoking (% of adults ages 65+)	++++	8.2	16	4.0
HEALTH OUTCOMES*	++++	0.436	13	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++	7.4 5.9 15.4	25 5 14	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)*	++	1,790 1.6	32	1,380 1.0
Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+++ ++++ ++++ +	26.2 12.9 36.2 33.3 12.2 0.330	21 1 18 42 15 —	20.0 12.9 24.3 18.8 6.2 0.750



Kansas

State Health Department Website: kdheks.gov

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	++	-0.132	35	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	411	34	115
Economic Resources				
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++	15.5 7.2	42 7	7.3 6.1
Poverty (% of adults ages 651) Poverty Racial Disparity (ratio)‡	TTTTT	1.9	/	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	45.0	44	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++	\$36	25	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++	76.5 18.2	28 47	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	34	18	1
Volunteerism (% of adults ages 65+)	+++++	36.0	10	44.6
-		0.500	47	1.050
PHYSICAL ENVIRONMENT*	++++	0.560	17	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	+++	7.4	28	4.1
Drinking Water Violations (% of community water systems)	++	1.2	35	0.0
Housing		1.2	00	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++++	26.5	14	18.3
CLINICAL CARE*	+++	0.120	22	0.695
Access to Care		5.125		0.000
Avoided Care Due to Cost (% of adults ages 65+)	+++++	3.4	3	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++	19.6	39	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++++	162	16	442
with a disability) Preventive Clinical Services				
Cancer Screenings (% of adults ages 65–75)	+++	71.3	30	81.1
Flu Vaccination (% of adults ages 65+)	++++	65.6	16	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	73.6	23	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++	93.0	33	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++++	53.3	12	60.5
Nursing Home Quality (% of beds rated four or five stars)	+++	16.0 47.8	21 26	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++++	2,076	19	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++++	0.246	17	1.188
Nutrition and Physical Activity	••••	0.240		1.100
Exercise (% of adults ages 65+)	+++	21.5	30	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++++	8.1	19	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	32.0	29	21.7
Sleep Health		040	1.1	20.0
Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++	24.2	14	20.9
Smoking (% of adults ages 65+)	++++	8.3	19	4.0
HEALTH OUTCOMES*	+++	0.102	26	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	+++++	5.7	10	3.8
Frequent Mental Distress (% of adults ages 65+)	+++++	6.7	9	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++	18.5	28	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	++	1,922	37	1,380
Early Death Racial Disparity (ratio)‡		1.4		1.0
Physical Health Falls (% of adults ages 65+)	++	28.6	34	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	26.0 15.1	14	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	38.3	22	24.3
Obesity (% of adults ages 65+)	+	32.9	41	18.8
Teeth Extractions (% of adults ages 65+)	+++	14.5	29	6.2
OVERALL		0.087	_	0.750

Summary

Strengths:

- Low poverty rate
- Low prevalence of excessive drinking
- Low prevalence of frequent physical distress

Challenges:

- High prevalence of food insecurity
- High prevalence of obesity
- Low geriatric provider rate

Highlights:

FOOD INSECURITY

▲52%

between 2015-16 and 2017-18 from 10.2% to 15.5% of adults ages 60+

FLU VACCINATION COVERAGE

▲20%

between 2016 and 2019 from 54.8% to 65.6% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲13%

between 2010 and 2018 from 34.0% to 38.3% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Kentucky

State Health Department Website: chfs.ky.gov/agencies/dph

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of severe housing problems
- Low prevalence of avoided care due to cost

Challenges:

- · Low prevalence of exercise
- High poverty rate
- High prevalence of teeth extractions

Highlights:

HIGH-SPEED INTERNET

▲13%

between 2016 and 2019 from 63.3% to 71.8% of households with adults ages 65+

PREVENTABLE HOSPITALIZATIONS

▼14%

between 2016 and 2018 from 4,098 to 3,538 discharges per 100,000 Medicare beneficiaries ages 65-74

MULTIPLE CHRONIC CONDITIONS

▲12%

between 2010 and 2018 from 40.9% to 45.9% of Medicare beneficiaries ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

ov/agencies/dph				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.580	46	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	+++++	217	7	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+) Poverty (% of adults ages 65+)	++	14.4 11.6	36 46	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	++	1.7 60.4	34	1.0 100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++ + +++++ + +	\$26 71.8 5.6 87 18.9	37 43 10 45 50	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	+++	0.433	24	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++	7.9 1.7	33 39	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	25.7	10	18.3
CLINICAL CARE*	+	-0.529	43	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++ +	4.2 17.7 79	17 43 44	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++ ++ +++	71.5 61.1 73.4	29 37 25	81.1 71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++++ + +++ ++ +	94.4 43.5 16.0 35.3 3,538	20 44 21 40 48	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	+	-1.672	50	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+ + + +	10.5 3.5 41.7	50 50 49	30.3 12.3 21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+	29.8	44	20.9
Smoking (% of adults ages 65+)	+	12.1	47	4.0
HEALTH OUTCOMES*	+	-0.786	45	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality	+++++	5.5 8.1 19.8	7 29 34	3.8 4.5 9.2
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+	2,344 1.1	47	1,380 1.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+ + + ++ +	30.7 19.8 45.9 32.6 24.6 -0.789	42 44 45 38 49	20.0 12.9 24.3 18.8 6.2 0.750



Louisiana

State Health Department Website: Idh.la.gov

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+	-1.052	49	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	549	46	115
Economic Resources		.=.		
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+	17.9 13.2	46 48	7.3 6.1
Poverty (% of adults ages 651) Poverty Racial Disparity (ratio)‡	т	2.5	40	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	62.2	31	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	++++	\$51	16	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+	71.1 12.2	46 35	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	+	95	49	1
Volunteerism (% of adults ages 65+)	+	22.0	44	44.6
PHYSICAL ENVIRONMENT*	+++	0.180	30	1.353
Air and Water Quality				11000
Air Pollution (micrograms of fine particles per cubic meter)	++	8.0	35	4.1
Drinking Water Violations (% of community water systems)	+	3.6	45	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	++++	26.0	12	18.3
CLINICAL CARE*	+	-0.817	48	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+	6.8 15.1	46 45	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	13.1	22	442
with a disability)		100		112
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+++	73.4	24	81.1
Flu Vaccination (% of adults ages 65+)	+	60.8	41	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++	69.5	39	78.3
Dedicated Health Care Provider (% of adults ages 65+)	++	92.7	35	96.3
Hospice Care (% of Medicare decedents)	+++	50.0	25	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	+	22.9	50	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+	3,475	46	1,038
BEHAVIORS*	+	-0.960	45	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)		10.0	40	20.2
Fruit and Vegetable Consumption (% of adults ages 65+)	+	18.6 5.3	43 44	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++	35.5	39	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	++	27.9	36	20.9
Tobacco Use Smoking (% of adults ages 65+)	+	12.3	48	4.0
Sitioning (% of addits ages 601)	т	12.3		
HEALTH OUTCOMES*	+	-0.689	44	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++	0.7	27	2.0
Frequent Mental Distress (% of adults ages 65+)	+	8.7 10.3	37 46	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	++++	16.6	19	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+	2,184	43	1,380
Early Death Racial Disparity (ratio)‡		1.4		1.0
Physical Health Falls (% of adults ages 65+)		26.0	25	20.0
Frequent Physical Distress (% of adults ages 65+)	+++	26.9 19.5	25 41	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+	47.0	47	24.3
Obesity (% of adults ages 65+)	+++	30.2	27	18.8
Teeth Extractions (% of adults ages 65+)	++	17.7	40	6.2
OVERALL		-0.835	_	0.750

Summary

Strengths:

- Low prevalence of severe housing problems
- Low prevalence of falls
- · Low suicide rate

Challenges:

- High poverty rate
- · Low percentage of households with high-speed internet
- High prevalence of frequent mental distress

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 62.1% to 71.1% of households with adults ages 65+

THE NUMBER OF GERIATRIC **PROVIDERS**

▲31%

between 2018 and 2020 from 11.5 to 15.1 per 100,000 adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲12%

between 2010 and 2018 from 41.9% to 47.0% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

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- ‡ Non-ranking measure. - Indicates data missing or suppressed.
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Maine

State Health Department Website: maine.gov/dhhs

Summary

Strengths:

- Low prevalence of smoking
- Low prevalence of multiple chronic conditions
- High prevalence of cancer screenings

Challenges:

- High prevalence of food insecurity
- High prevalence of physical inactivity
- High suicide rate

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 69.6% to 76.6% of households with adults ages 65+

PHYSICAL INACTIVITY

▲35%

between 2016 and 2019 from 26.4% to 35.7% of adults ages 65+ in fair or better health

SUICIDE

▲40%

between 2014-16 and 2017-19 from 17.4 to 24.4 deaths per 100,000 adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

ov/dhhs				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++++	0.415	18	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+++++	115	1	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++	14.6 8.5	38 25	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	— 87.9	15	1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	++	\$30 76.6	32 27	\$265 86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	+++++	2.1 51	1 27	2.1
Volunteerism (% of adults ages 65+)	++++	33.7	15	44.6
PHYSICAL ENVIRONMENT*	+++++	0.770	7	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	5.3 1.1	7 34	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++	30.9	31	18.3
CLINICAL CARE*	+++++	0.695	1	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++++	3.6	6	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	26.6 184	25 13	57.7 442
Preventive Clinical Services		70.0		04.4
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+++++	79.0 66.5	4 15	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	74.5	15	78.3
Quality of Care		054	10	000
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	++++	95.1 51.4	12 16	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	65.4	3	81.9
beneficiaries ages 65-74)	++++	2,051	17	1,038
BEHAVIORS*	+++	0.074	23	1.188
Nutrition and Physical Activity	•••	0.01-1	20	1.100
Exercise (% of adults ages 65+)	++	19.5	40	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	8.4 35.7	13 40	12.3 21.7
Sleep Health		33.7	40	21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++	25.1	20	20.9
Smoking (% of adults ages 65+)	+++++	7.6	8	4.0
HEALTH OUTCOMES*	+++	-0.105	30	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+	9.6	44	3.8
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	++++	7.0 24.4	16 43	4.5 9.2
Mortality		21.1	10	0.2
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++	1,716 —	25	1,380 1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++	28.3	32	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	16.1 35.6	18 16	12.9 24.3
Obesity (% of adults ages 65+)	++++	28.6	15	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	+	18.1 0.291	41	6.2 0.750
VI HINGE		0.231	_	0.700



Maryland

State Health Department Website: health.maryland.gov

Measures	D. Min	2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating +++++	Value 0.606	Rank 7	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	454	40	115
Economic Resources Food Insecurity (% of adults ages 60+)		11.0	01	7.0
Poverty (% of adults ages 65+)	++++	11.6 7.8	21 18	7.3 6.1
Poverty Racial Disparity (ratio) [‡]		2.9	10	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	100.0	1	100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+	\$24	41	\$265
High-speed Internet (% of households with adults ages 65+)	++++	φ24 81.3	12	86.0
Low-care Nursing Home Residents (% of residents)	+++++	5.1	6	2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	36	19	1
Volunteerism (% of adults ages 65+)	+++++	38.2	4	44.6
PHYSICAL ENVIRONMENT*	+++	0.253	28	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++	7.2	22 1	4.1
Housing Water Violations (% of confindintly water systems)	+++++	0.0	1	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	34.9	39	18.3
CLINICAL CARE*	+++++	0.454	9	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++	4.5 43.5	23	3.0
Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	43.5 112	5 33	57.7 442
with a disability)				
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	76.4	11	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	+++++	68.7 76.6	5 3	71.1 78.3
Quality of Care		70.0	Ü	70.0
Dedicated Health Care Provider (% of adults ages 65+)	+++++	96.2	2	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	47.6 16.0	34 21	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+++	49.6	21	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,374	29	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++++	0.312	15	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++	24.3	21	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	8.2	17 17	12.3
Sleep Health	++++	29.6	17	21.7
Insufficient Sleep (% of adults ages 65+)	+++	27.1	28	20.9
Tobacco Use Smoking (% of adults ages 65+)	++++	8.2	16	4.0
HEALTH OUTCOMES*	+++++	0.485	9	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	+++++	5.5	7	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.7	23	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	13.6	10	9.2
Mortality Fastly Dooth (dootho pay 100 000 adulta ages 65, 74)		1704	07	1000
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++	1,724 1.3	27	1,380 1.0
Physical Health		1.0		1.0
Falls (% of adults ages 65+)	+++++	23.0	4	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	15.0	13	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	+++	42.5 30.4	32 29	24.3 18.8
Teeth Extractions (% of adults ages 65+)	+++++	10.8	10	6.2
OVERALL		0.469	_	0.750

Summary

Strengths:

- High percentage of households with high-speed internet
- Low prevalence of excessive drinking
- High pneumonia vaccination coverage

Challenges:

- Low home health care worker rate
- High prevalence of multiple chronic conditions
- High prevalence of severe housing problems

Highlights:

PNEUMONIA VACCINATION COVERAGE

▲14%

between 2012 and 2019 from 67.4% to 76.6% of adults ages 65+

FALLS

▼20%

between 2016 and 2018 from 28.6% to 23.0% of adults ages 65+

DRUG DEATHS

▲115%

between 2014-16 and 2017-19 from 8.7 to 18.7 deaths per 100,000 adults ages 65-74

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Massachusetts

State Health Department Website: mass.gov/orgs/department-of-public-health

Summary

Strengths:

- High geriatric provider rate
- Low prevalence of frequent physical distress
- Low early death rate

Challenges:

- Low prevalence of exercise
- High prevalence of excessive drinking
- High prevalence of severe housing problems

Highlights:

FOOD INSECURITY

▼13%

between 2015-16 and 2017-18 from 12.0% to 10.5% of adults ages 60+

THE NUMBER OF GERIATRIC PROVIDERS

▲11%

between 2018 and 2020 from 51.6 to 57.5 per 100,000 adults ages 65+

OBESITY

▲18%

between 2012 and 2019 from 22.6% to 26.7% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

//orgs/department-of-public-health				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.570	9	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+++	328	24	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++++	10.5 9.1	14 33	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++++	4.7 100.0	1	1.0 100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++++ ++++ +++ ++	\$265 79.9 9.1 65 30.1	1 16 24 34 31	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	++	0.173	31	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+++++	6.4 0.0	10 1	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	39.4	46	18.3
CLINICAL CARE*	+++++	0.556	5	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+) with a disability)	++ ++++	4.9 57.5 311	31 2 3	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++++	80.7 67.6 75.0	2 10 13	81.1 71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++ ++ ++++ ++	95.8 47.8 17.0 44.9 2,608	5 32 44 29 33	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	+++	-0.004	29	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++ ++++ +++	19.8 7.8 32.1	38 20 30	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++	27.2	29	20.9
Smoking (% of adults ages 65+)	++++	8.0	14	4.0
HEALTH OUTCOMES*	+++++	0.478	10	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Montality	+ ++++++	9.1 7.8 9.3	41 25 2	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+++++	1,479 1.1	6	1,380 1.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	++++ ++++ +++ ++++ ++++	25.8 14.7 40.3 26.7 12.8 0.410	15 10 25 9 19	20.0 12.9 24.3 18.8 6.2 0.750



Michigan

State Health Department Website: michigan.gov/mdhhs

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	++	0.028	31	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	437	38	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	+++	11.9	23	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	+++	8.4 3.3	24	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	70.9	25	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++	\$36	25	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++	77.0	24	86.0
Risk of Social Isolation (percentile, adults ages 65+)	++++	8.3 55	20 29	2.1 1
Volunteerism (% of adults ages 65+)	++	26.1	38	44.6
PHYSICAL ENVIRONMENT*	++	0.097	37	1.353
Air and Water Quality		0.0	25	4.1
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	++	8.0 2.6	35 42	4.1 0.0
Housing		2.0	72	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	29.4	25	18.3
CLINICAL CARE*	+++	-0.003	27	0.695
Access to Care	***	-0.003	21	0.093
Avoided Care Due to Cost (% of adults ages 65+)	++	5.3	38	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++++	33.9	13	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	120	28	442
with a disability)				
Preventive Clinical Services		70.4	44	044
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	++++	76.4 60.7	11 42	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	72.6	29	78.3
Quality of Care		72.0	20	70.0
Dedicated Health Care Provider (% of adults ages 65+)	+++++	96.0	4	96.3
Hospice Care (% of Medicare decedents)	+++++	53.8	10	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	+++	47.1 2,925	27 43	81.9 1,038
beneficiaries ages 65-74)	т	2,920	43	1,036
BEHAVIORS*	++	-0.242	35	1.188
Nutrition and Physical Activity		00.0	0.5	000
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	+++	23.2 5.8	25 36	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	30.7	22	21.7
Sleep Health		00.7		2.1.7
Insufficient Sleep (% of adults ages 65+)	++	27.7	34	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	+++	9.8	29	4.0
HEALTH OUTCOMES*	+	-0.351	41	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	++	8.2	33	3.8
Frequent Mental Distress (% of adults ages 65+)	++	9.0	35	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	++++	15.8	16	9.2
Early Death (deaths per 100,000 adults ages 65-74)	++	1,898	35	1,380
Early Death Racial Disparity (ratio)*		1.6	00	1.0
Physical Health				
Falls (% of adults ages 65+)	++	29.3	36	20.0
Frequent Physical Distress (% of adults ages 65+)	+++	17.4	29	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	++	43.3 34.4	40 48	24.3 18.8
Teeth Extractions (% of adults ages 65+)	++++	34.4 11.9	40 14	6.2
OVERALL		-0.123	_	0.750

Summary

Strengths:

- High percentage of older adults with a dedicated health care provider
- Low prevalence of food insecurity
- Low prevalence of teeth extractions

Challenges:

- High prevalence of obesity
- High preventable hospitalization rate
- High prevalence of frequent mental distress

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 69.8% to 77.0% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

▲15%

between 2018 and 2020 from 29.4 to 33.9 per 100,000 adults ages 65+

OBESITY

▲15%

between 2015 and 2019 from 30.0% to 34.4% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Minnesota

State Health Department Website: health.state.mn.us

Summary

Strengths:

- Low prevalence of food insecurity
- Low prevalence of physical inactivity
- Low prevalence of multiple chronic conditions

Challenges:

- High preventable hospitalization rate
- High prevalence of excessive drinking
- Low flu vaccination coverage

Highlights:

HIGH-SPEED INTERNET

▲13%

between 2016 and 2019 from 68.7% to 77.4% of households with adults ages 65+

EXERCISE

▲38%

between 2017 and 2019 from 19.3% to 26.7% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲17%

between 2010 and 2018 from 27.1% to 31.6% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

ate.mn.us				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++++	0.510	12	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++++	236	11	115
Food Insecurity (% of adults ages 60+)	+++++	7.3	1	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	++++	7.4 3.3	11	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	53.3	40	100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+	\$23	43	\$265
High-speed Internet (% of households with adults ages 65+)	+++	77.4	23	86.0
Low-care Nursing Home Residents (% of residents)	++	12.8	38	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++++	6 43.3	4 2	1 44.6
PHYSICAL ENVIRONMENT*	++++	0.583	1/1	1.353
Air and Water Quality	****	0.563	14	1.333
Air Pollution (micrograms of fine particles per cubic meter)	++++	6.8	14	4.1
Drinking Water Violations (% of community water systems) Housing	+++	0.5	26	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	29.8	27	18.3
CLINICAL CARE*	+++++	0.453	10	0.695
Access to Care		2.6	6	20
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	3.6 54.4	6 3	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	399	2	442
with a disability) Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+++++	77.1	8	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	++	62.5 71.5	35 35	71.1 78.3
Quality of Care	***	71.5	33	70.5
Dedicated Health Care Provider (% of adults ages 65+)	+	90.6	43	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++++	53.5 16.0	11 21	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	61.5	5	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+	3,125	45	1,038
BEHAVIORS* Nutrition and Physical Activity	+++++	0.956	5	1.188
Exercise (% of adults ages 65+)	++++	26.7	13	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++++	8.3	15	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+++++	23.7	3	21.7
Insufficient Sleep (% of adults ages 65+)	+++++	22.0	3	20.9
Tobacco Use Smoking (% of adults ages 65+)	++++	8.1	15	4.0
HEALTH OUTCOMES*	+++++	0.800	3	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	++	8.4 5.4	36 4	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	12.8	8	9.2
Mortality		1 100	_	1.000
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++++	1,496 2.2	7	1,380
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++	26.1 14.4	19 8	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	31.6	9	24.3
Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+)	+++	29.7	22 4	18.8
OVERALL	+++++	9.3 0.664	4 —	6.2 0.750



Mississippi

State Health Department Website: msdh.ms.gov

Measures	Datin	2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating +	-1.191	Rank 50	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++++	278	14	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	+	18.8	48	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	+	13.2 4.1	48	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	57.9	36	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	++	\$25	39	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+	63.8	50	86.0
Risk of Social Isolation (percentile, adults ages 65+)	++	11.8 97	34 50	2.1
Volunteerism (% of adults ages 65+)	+	20.2	48	44.6
-				
PHYSICAL ENVIRONMENT*	++	0.047	40	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	++	7.8	31	4.1
Drinking Water Violations (% of community water systems)	+	7.6 5.5	49	0.0
Housing		0.0	.0	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	25.5	9	18.3
CLINICAL CARE*	+	-0.946	50	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+	7.0	47	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	+++	26.1 93	27 42	57.7 442
with a disability)	T	90	42	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+	67.3	45	81.1
Flu Vaccination (% of adults ages 65+)	+++	63.8	29	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+	66.6	47	78.3
Dedicated Health Care Provider (% of adults ages 65+)	++	92.2	37	96.3
Hospice Care (% of Medicare decedents)	+	45.2	41	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	+	31.2	47	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+	3,552	49	1,038
BEHAVIORS*	+	-1.256	47	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	+	13.4	49 45	30.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	5.0 46.0	45 50	12.3 21.7
Sleep Health		.0.0	00	
Insufficient Sleep (% of adults ages 65+)	++	28.0	37	20.9
Tobacco Use Smoking (% of adults ages 65+)	++	10.7	40	4.0
anioning (% of addits ages 05*)	***	10.7	40	4.0
HEALTH OUTCOMES*	+	-0.879	48	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	+++++	4.0	2	3.8
Suicide (deaths per 100,000 adults ages 65+)	++++	10.0 17.9	44 25	4.5 9.2
Mortality		17.0	20	0.2
Early Death (deaths per 100,000 adults ages 65-74)	+	2,481	50	1,380
Early Death Racial Disparity (ratio)‡		1.2		1.0
Physical Health Falls (% of adults ages 65+)		20.2	01	20.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++	28.2 21.9	31 48	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+	44.8	44	24.3
Obesity (% of adults ages 65+)	+	36.4	49	18.8
Teeth Extractions (% of adults ages 65+)	+	23.0	48	6.2
OVERALL		-1.015	_	0.750

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of severe housing problems
- High flu vaccination coverage

Challenges:

- High prevalence of physical inactivity
- · Low percentage of households with high-speed internet
- · High early death rate

Highlights:

THE NUMBER OF GERIATRIC PROVIDERS

▲20%

between 2018 and 2020 from 21.7 to 26.1 per 100,000 adults ages 65+

PHYSICAL INACTIVITY

▲34%

between 2016 and 2019 from 34.4% to 46.0% of adults ages 65+ in fair or better health

MULTIPLE CHRONIC CONDITIONS

▲23%

between 2010 and 2018 from 36.4% to 44.8% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- ‡ Non-ranking measure. - Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Missouri

State Health Department Website: health.mo.gov

Summary

Strengths:

- High pneumonia vaccination coverage
- Low prevalence of excessive drinking
- Low prevalence of severe housing problems

Challenges:

- High prevalence of physical inactivity
- High early death rate
- High prevalence of teeth extractions

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 67.8% to 74.7% of households with adults ages 65+

PHYSICAL INACTIVITY

▲21%

between 2018 and 2019 from 30.7% to 37.2% of adults ages 65+ in fair or better health

FALLS

▼16%

between 2014 and 2018 from 32.4% to 27.1% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

10.gov				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.371	43	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	+	495	43	115
Economic Resources		11.0	22	70
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	11.8 8.9	22 30	7.3 6.1
Poverty Racial Disparity (ratio)*		2.1	00	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	61.4	33	100.0
Social Support and Engagement		A 40	10	Φ00Ε
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	++++	\$46 74.7	19 38	\$265 86.0
Low-care Nursing Home Residents (% of residents)	+	24.0	49	2.1
Risk of Social Isolation (percentile, adults ages 65+)	++	69	36	1
Volunteerism (% of adults ages 65+)	++	26.7	37	44.6
PHYSICAL ENVIRONMENT*	++++	0.517	20	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+++	7.6	30	4.1
Drinking Water Violations (% of community water systems)	+++	0.6	29	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++++	27.6	19	18.3
Severe Flodsing Flobierns (% of small flodserlolds with all addit ages 02-7	*****	27.0	15	10.5
CLINICAL CARE*	++++	0.231	19	0.695
Access to Care		4.4	4.0	
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	++++	4.1 29.5	16 18	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	196	10	442
with a disability)				
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+++	73.3	25	81.1
Pneumonia Vaccination (% of adults ages 65+)	+++++	67.9 75.8	8 10	71.1 78.3
Quality of Care		70.0	10	70.0
Dedicated Health Care Provider (% of adults ages 65+)	+++++	95.4	9	96.3
Hospice Care (% of Medicare decedents)	+++	50.2	24	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+++	16.0 38.9	21 38	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,719	38	1,038
beneficiaries ages 65-74)		_,		,,
BEHAVIORS*	+	0.004	42	1100
Nutrition and Physical Activity	•	-0.824	43	1.188
Exercise (% of adults ages 65+)	+	15.9	45	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+	3.8	49	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	37.2	42	21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	+++++	22.6	5	20.9
Tobacco Use	+++++	22.6	5	20.9
Smoking (% of adults ages 65+)	+	10.8	41	4.0
HEALTH OUTCOMES+	++	0.000	20	0.020
HEALTH OUTCOMES* Behavioral Health	**	-0.233	32	0.932
Excessive Drinking (% of adults ages 65+)	++++	6.4	19	3.8
Frequent Mental Distress (% of adults ages 65+)	++++	7.1	19	4.5
Suicide (deaths per 100,000 adults ages 65+)	++	19.2	31	9.2
Mortality Early Dooth (dootho per 100,000 adults ages 65,74)		2026	40	1 200
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	++	2,036 1.4	40	1,380
Physical Health		1.7		
Falls (% of adults ages 65+)	+++	27.1	26	20.0
Frequent Physical Distress (% of adults ages 65+)	++	18.0	36	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	+++	41.4 31.9	30 33	24.3 18.8
Teeth Extractions (% of adults ages 65+)	++	18.8	33 42	6.2
OVERALL		-0.262	_	0.750



Montana

State Health Department Website: dphhs.mt.gov

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.219	23	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++	405	32	115
Economic Resources Food Insecurity (% of adults ages 60+)	+++++	9.1	6	70
Poverty (% of adults ages 65+)	+++	9.1 8.6	26	7.3 6.1
Poverty Racial Disparity (ratio) [‡]		2.9	20	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	53.3	40	100.0
Social Support and Engagement		ФО1	11	фоог
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	++++	\$81 77.0	11 24	\$265 86.0
Low-care Nursing Home Residents (% of residents)	+	14.8	44	2.1
Risk of Social Isolation (percentile, adults ages 65+)	++++	26	14	1
Volunteerism (% of adults ages 65+)	++++	35.1	13	44.6
PHYSICAL ENVIRONMENT*	+++++	0.877	4	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+++++	6.3	9	4.1
Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++++	26.9	16	18.3
Covered frequently frequently (20 of circumfred controlled with an addit ages 62.7)		20.0	10	
CLINICAL CARE*	+++	-0.100	29	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65.1)		26	6	20
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	3.6 14.5	6 47	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++	99	39	442
with a disability)				
Preventive Clinical Services		00.0	40	011
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+	68.8 60.2	42 43	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	72.8	28	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+	89.9	45	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	45.6 14.0	38 1	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	56.0	8	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	1,562	9	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	+++++	0.620	9	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++++	28.3	5	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.1	28	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+++++	26.7	9	21.7
Insufficient Sleep (% of adults ages 65+)	+++++	23.2	8	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	+++	9.0	23	4.0
HEALTH OUTCOMES*	++	-0.317	36	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+	10.0	46	3.8
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+	9.5 29.2	42 48	4.5 9.2
Mortality	T	25.2	40	5.2
Early Death (deaths per 100,000 adults ages 65-74)	++++	1,662	20	1,380
Early Death Racial Disparity (ratio)‡		2.5		1.0
Physical Health		00.5	A -7	20.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+	32.5 17.7	47 33	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	26.2	3	24.3
Obesity (% of adults ages 65+)	++++	29.5	20	18.8
Teeth Extractions (% of adults ages 65+)	+++	14.2	28	6.2
OVERALL		0.134	_	0.750

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- · High prevalence of exercise
- Low preventable hospitalization rate

Challenges:

- High suicide rate
- High prevalence of falls
- Low geriatric provider rate

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 67.8% to 77.0% of households with adults ages 65+

PREVENTABLE HOSPITALIZATIONS

▼9%

between 2016 and 2018 from 1,712 to 1,562 discharges per 100,000 Medicare beneficiaries ages 65-74

FREQUENT MENTAL DISTRESS

▲61%

between 2014 and 2019 from 5.9% to 9.5% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- ‡ Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Nebraska

State Health Department Website: dhhs.ne.gov

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of frequent mental distress
- · Low prevalence of smoking

Challenges:

- High prevalence of obesity
- Low percentage of households with high-speed internet
- Low geriatric provider rate

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 68.1% to 74.9% of households with adults ages 65+

EXERCISE

▲46%

between 2015 and 2019 from 15.6% to 22.7% of adults ages 65+

SUICIDE

▲57%

between 2014-16 and 2017-19 from 9.7 to 15.2 deaths per 100,000 adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

 Indicates data missing or suppressed.
 For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.261	21	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	+++	301	21	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+	10.7 8.1	17 20	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	2.1 54.3	38	1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	++++	\$72 74.9	12 36	\$265 86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++ ++++	12.2 24 35.5	35 13 11	2.1 1 44.6
PHYSICAL ENVIRONMENT*	+++++	0.753	8	1.353
Air and Water Quality		0.755	•	1.333
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	++++	7.0 0.0	17 1	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++++	27.0	17	18.3
CLINICAL CARE*	++++	0.408	13	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	3.5 21.4	5 38	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	135	24	442
Preventive Clinical Services		70.0	00	011
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	++++	70.2 67.5	38 11	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+++++	76.1	7	78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+)		05.5	0	000
Hospice Care (% of Medicare decedents)	+++++	95.5 50.9	8 19	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	++++	51.1 1,817	15 12	81.9 1,038
beneficiaries ages 65-74)		1,017	IZ	1,030
BEHAVIORS*		0.462	13	1.188
Nutrition and Physical Activity	++++	0.462	ıs	1.100
Exercise (% of adults ages 65+)	+++	22.7	26	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.7	22	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	++	32.4	32	21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	21.5	2	20.9
Smoking (% of adults ages 65+)	+++++	7.7	9	4.0
HEALTH OUTCOMES*	++++	0.395	14	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	++++	6.6	20	3.8
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++++	6.2 15.2	6 12	4.5 9.2
Mortality		10.2	12	0.2
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++	1,686 1.9	23	1,380 1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++	27.4	28	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	14.5 35.2	9 15	12.9 24.3
Obesity (% of adults ages 65+)	+	34.0	47	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	++++	12.3 0.389	16	6.2 0.750
VI HINGE		0.003	_	1 0./00



Nevada

State Health Department Website: dhhs.nv.gov

Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	++	-0.323	39	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	494	42	115
Economic Resources Food Insecurity (% of adults ages 60+)	+++	20.9	50	7.3
Poverty (% of adults ages 65+)	++	9.5	36	6.1
Poverty Racial Disparity (ratio)*		2.0		1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	77.9	19	100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+	\$21	47	\$265
High-speed Internet (% of households with adults ages 65+)	++++	80.8	14	86.0
Low-care Nursing Home Residents (% of residents)	+++	9.1	24	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++	50 24.1	26 41	1 44.6
	'			
PHYSICAL ENVIRONMENT*	+	-0.093	46	1.353
Air and Water Quality Air Pollution (migrograms of fine partiales per public motor)		0.0	20	41
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	8.3 0.1	39 12	4.1 0.0
Housing		0.1	12	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	36.2	40	18.3
CLINICAL CARE*	+	-0.866	49	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.7	26	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	+++	27.2 87	23 43	57.7 442
with a disability)		0,	.0	
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+	66.0 61.0	49 39	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+	67.0	45	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+	88.4	48	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++	48.5 17.0	31 44	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+	33.8	44	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,327	26	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	+	-0.526	41	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	++	20.9 5.6	33 39	30.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	28.8	39 16	12.3 21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+	31.4	46	20.9
Tobacco Use Smoking (% of adults ages 65+)	++	10.0	32	4.0
UFALTH OUTCOMES		0.001	0.4	0.000
HEALTH OUTCOMES* Behavioral Health	++	-0.261	34	0.932
Excessive Drinking (% of adults ages 65+)	+++	7.4	25	3.8
Frequent Mental Distress (% of adults ages 65+)	++	9.1	39	4.5
Suicide (deaths per 100,000 adults ages 65+)	+	31.1	50	9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74)	++	1.952	38	1,380
Early Death Racial Disparity (ratio)‡		1.3	00	1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++	26.0	17	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	19.3 37.1	39 21	12.9 24.3
Obesity (% of adults ages 65+)	++++	28.6	15	18.8
Teeth Extractions (% of adults ages 65+)	+++	13.8	27	6.2
OVERALL		-0.445	_	0.750

Summary

Strengths:

- High percentage of households with high-speed internet
- Low prevalence of multiple chronic conditions
- Low prevalence of physical inactivity

Challenges:

- High prevalence of food insecurity
- High suicide rate
- Low percentage of older adults with a dedicated health care provider

Highlights:

THE NUMBER OF GERIATRIC PROVIDERS

▲32%

between 2018 and 2020 from 20.6 to 27.2 per 100,000 adults ages 65+

FLU VACCINATION COVERAGE

▲22%

between 2012 and 2019 from 50.0% to 61.0% of adults ages 65+

OBESITY

▲58%

between 2011 and 2019 from 18.1% to 28.6% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- and lower scores are less healthy.
- ‡ Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



New Hampshire

State Health Department Website: dhhs.nh.gov

Summary

Strengths:

- Low prevalence of frequent mental distress
- · Low prevalence of smoking
- High percentage of households with high-speed internet

Challenges:

- Low home health care worker rate
- · High suicide rate
- High prevalence of severe housing problems

Highlights:

THE NUMBER OF HOME HEALTH CARE WORKERS

▼14%

between 2018 and 2019 from 127 to 109 aides per 1,000 adults ages 65+ with a disability

EXERCISE

▲59%

between 2015 and 2019 from 17.1% to 27.2% of adults ages 65+

EARLY DEATHS

▼9%

between 2011 and 2019 from 1,729 to 1,579 deaths per 100,000 adults ages 65-74

Rating +++++ ++++	Rank 1-10 11-20
+++	21-30 31-40 41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

Measures	Rating	2021 Value	2021 Rank	No. '
SOCIAL & ECONOMIC FACTORS*	+++++	0.816	3	1.05
Community and Family Safety Violent Crime (offenses per 100,000 population)	+++++	153	2	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++++	8.4	3	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡ SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	6.2 — 52.5	2 42	6.1 1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+++++	\$91	8	\$26!
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++++	82.9 11.5	5 33	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++++	2 32.3	2 22	1 44.6
PHYSICAL ENVIRONMENT*	+++	0.513	21	1.35
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	4.1 0.3	1 17	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	+	36.9	42	18.3
CLINICAL CARE*	++++	0.443	11	0.69
Access to Care		0.443		0.03
Avoided Care Due to Cost (% of adults ages 65+)	++++	3.8	12	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	++++	34.7 109	12 35	57.7 442
with a disability) Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	76.2	14	81.1
Flu Vaccination (% of adults ages 65+)	++++	66.6	14	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++++	76.6	3	78.3
Dedicated Health Care Provider (% of adults ages 65+)	+++++	95.6	7	96.
Hospice Care (% of Medicare decedents)	++	47.7	33	60.
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)		16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++	55.3 2,056	9 18	81.9 1,03
				l .
,	****	0.794	7	110
BEHAVIORS*	+++++	0.794	7	1.18
BEHAVIORS* Nutrition and Physical Activity	++++	0.794 27.2	7	
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)		27.2 8.5	11 11	30.i
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	++++ ++++ +++++	27.2 8.5 25.7	11 11 8	30.3 12.3 21.7
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+)	++++	27.2 8.5	11 11	30.3 12.3 21.7
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++ ++++ +++++	27.2 8.5 25.7	11 11 8	30.3 12.3 21.7 20.9
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++ ++++ +++++	27.2 8.5 25.7 26.1	11 11 8	30.3 12.3 21.7 20.9 4.0
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health	+++++ +++++ ++++	27.2 8.5 25.7 26.1 7.1 0.671	11 11 8 27 4	30.3 12.3 21.7 20.9 4.0
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Fobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+)	 	27.2 8.5 25.7 26.1 7.1 0.671	11 11 8 27 4 6	30.3 12.3 21.7 20.9 4.0 0.9 3
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	***** **** **** **** ****	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2	11 11 8 27 4 6 27 3	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	 	27.2 8.5 25.7 26.1 7.1 0.671	11 11 8 27 4 6	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Iobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)*	***** **** **** **** ****	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2	11 11 8 27 4 6 27 3	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	++++ ++++ ++++ ++++ ++++ ++++	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2 19.8 1,579 1.0	11 11 8 27 4 6 27 3 34 11	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,38 1.0
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio) Physical Health Falls (% of adults ages 65+)	++++ ++++ ++++ ++++ ++++	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2 19.8	11 11 8 27 4 6 27 3 34	30.3 12.3 21.7 20.9 4.0 0.93 3.88 4.5 9.2 1,386 1.0
REHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡ Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++ ++++ ++++ ++++ ++++ ++++ ++++ ++++ ++++	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2 19.8 1,579 1.0 26.2 13.1 33.8	11 11 8 27 4 6 27 3 34 11	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,38 1.0 20.0 12.9 24.3
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio) Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++ ++++ ++++ ++++ ++++ ++++ ++++ ++++ ++++	27.2 8.5 25.7 26.1 7.1 0.671 7.6 5.2 19.8 1,579 1.0 26.2 13.1	11 11 8 27 4 6 27 3 34 11	1.18 30.3 21.7, 20.9 4.0 0.93 3.8 4.5 9.2 1,38 1.0 20.0 12.9 24.3 18.6 6.2



New Jersey

State Health Department Website: state.nj.us/health

Measures		2021	2021	No. 1
COCIAL & FOONOMIC FACTORS*	Rating	Value	Rank	State
SOCIAL & ECONOMIC FACTORS* Community and Family Safety	++++	0.281	20	1.051
Violent Crime (offenses per 100,000 population)	+++++	207	5	115
Economic Resources		207		
Food Insecurity (% of adults ages 60+)	+++++	9.5	8	7.3
Poverty (% of adults ages 65+)	+++	8.8	29	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	4.3 99.2	12	1.0 100.0
Social Support and Engagement	11111	33.2	IΖ	100.0
Community Support Expenditures (dollars per adult ages 60+)	++++	\$44	20	\$265
High-speed Internet (% of households with adults ages 65+)	++++	80.4	15	86.0
Low-care Nursing Home Residents (% of residents)	++	10.6	31	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++	46 21.9	24 45	1 44.6
volunteensin (% or addits ages 001)	,	21.5	40	44.0
PHYSICAL ENVIRONMENT*	+	-1.020	49	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++	8.0	35	4.1
Drinking Water Violations (% of community water systems) Housing	+	4.9	47	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	45.1	50	18.3
CLINICAL CARE*	++	-0.192	33	0.695
Access to Care	**	-0.192	33	0.093
Avoided Care Due to Cost (% of adults ages 65+)**	+	8.2	50	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	41.0	6	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	137	23	442
with a disability)				
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75)	+++++	79.2	3	81.1
Flu Vaccination (% of adults ages 65+)**	+++	63.7	30	71.1
Pneumonia Vaccination (% of adults ages 65+)**	+	68.1	44	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)**	+++	94.0	23	96.3
Hospice Care (% of Medicare decedents)	++	45.6	38	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+	17.0 53.5	44 12	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,260	25	1,038
beneficiaries ages 65-74)		_,,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
PELLAVIORO		0.500	40	4400
BEHAVIORS* Nutrition and Physical Activity	++	-0.506	40	1.188
Exercise (% of adults ages 65+) **	+	17.6	44	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)**	++++	8.5	11	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)**	+	37.4	44	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+	32.5	47	20.9
Tobacco Use Smoking (% of adults ages 65+)**	+++++	7.7	9	4.0
erricking (70 or addite agos 50 ·)		7.7		
HEALTH OUTCOMES*	++++	0.457	11	0.932
Behavioral Health		7.0	0.0	0.0
Excessive Drinking (% of adults ages 65+)** Frequent Mental Distress (% of adults ages 65+)**	+++	7.8 11.6	29 50	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	9.3	2	9.2
Mortality		5.0	_	J
Early Death (deaths per 100,000 adults ages 65-74)	+++++	1,562	9	1,380
Early Death Racial Disparity (ratio)*		1.5		1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)**	+++++	21.2	2	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	14.7 46.2	10 46	12.9 24.3
Obesity (% of adults ages 65+)**	+++++	25.8	8	18.8
Teeth Extractions (% of adults ages 65+)	+++++	7.8	3	6.2
OVERALL		0.008	_	0.750

Summary

Strengths:

- · Low suicide rate
- Low prevalence of smoking
- Low prevalence of frequent physical distress

Challenges:

- High prevalence of frequent mental distress
- High prevalence of avoided care due to cost
- High prevalence of physical inactivity

Highlights:

HIGH-SPEED INTERNET

▲9%

between 2016 and 2019 from 73.6% to 80.4% of households with adults ages 65+

PHYSICAL INACTIVITY

▲34%

between 2014 and 2018 from 28.0% to 37.4% of adults ages 65+ in fair or better health

TEETH EXTRACTIONS

▼44%

between 2012 and 2018 from 13.9% to 7.8% of adults ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

**Values are from 2018 Behavioral Risk Factor Surveillance System, 2019 data were not available for New Jersey.

Non-ranking measure.

Indicates data missing or suppressed.



New Mexico

State Health Department Website: nmhealth.org

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of excessive drinking
- Low preventable hospitalization rate

Challenges:

- · High poverty rate
- · High suicide rate
- High prevalence of avoided care due to cost

Highlights:

POVERTY

▲22%

between 2015 and 2019 from 11.1% to 13.5% of adults ages 65+

PREVENTABLE HOSPITALIZATIONS

▼11%

between 2016 and 2018 from 1,773 to 1,570 discharges per 100,000 Medicare beneficiaries ages 65-74

EXERCISE

▲31%

between 2017 and 2019 from 19.3% to 25.2% of adults ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

h.org				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+	-0.916	48	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	+	832	49	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+ +	18.8 13.5	48 50	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++	3.2 76.1	21	1.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++++ + ++ + +++	\$65 70.8 13.0 91 30.5	14 47 40 47 28	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	++++	0.593	13	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+++++	5.9 3.3	8 43	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++++	27.8	20	18.3
CLINICAL CARE*	++	-0.306	38	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+	7.6	49	3.0
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++	22.5 217	36 9	57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	+	68.1	44	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++	64.4 71.6	21 34	71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+ ++++	90.2 49.6 15.0	44 26 6	96.3 60.5 14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+	34.3 1,570	42 10	81.9 1,038
BEHAVIORS*	+++	0.058	24	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	25.2 5.6 29.8	16 39 20	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++	25.8	25	20.9
Smoking (% of adults ages 65+)	+++	9.0	23	4.0
HEALTH OUTCOMES*	+++	-0.098	29	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++++	61	14	20
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+	6.1 10.0 28.5	44 47	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)*	+++	1,694 1.3	24	1,380 1.0
Physical Health Falls (% of adults ages 65+)	++	29.4	37	20.0
Frequent Physical Distress (% of adults ages 65+)	+	19.7	43	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	++++	32.5 24.9	12 5	24.3 18.8
Teeth Extractions (% of adults ages 65+) OVERALL	++	15.1 -0.319	31 —	6.2 0.750



New York

State Health Department Website: health.ny.gov

Measures		2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating ++	-0.128	Rank 34	State 1.051
SOCIAL & ECONOMIC FACTORS* Community and Family Safety	**	-0.128	34	1.051
Violent Crime (offenses per 100,000 population)	+++	359	26	115
Economic Resources		000		
Food Insecurity (% of adults ages 60+)	++	13.7	31	7.3
Poverty (% of adults ages 65+)	+	12.0	47	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	3.7 100.0	1	1.0 100.0
Social Support and Engagement		100.0	1	100.0
Community Support Expenditures (dollars per adult ages 60+)	+++++	\$112	5	\$265
High-speed Internet (% of households with adults ages 65+)	+++	76.2	30	86.0
Low-care Nursing Home Residents (% of residents)	++++	6.8	13	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+	83 22.2	43 43	1 44.6
volunteensin (% or addits ages 001)	T	22.2	40	44.0
PHYSICAL ENVIRONMENT*	+	0.007	43	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+++++	6.4	10	4.1
Drinking Water Violations (% of community water systems) Housing	++++	0.3	17	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	41.7	48	18.3
CLINICAL CARE*	++	-0.322	39	0.695
Access to Care		-0.522	33	0.033
Avoided Care Due to Cost (% of adults ages 65+)	+	5.7	41	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++++	35.7	11	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	442	1	442
with a disability)				
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	+++	72.6	28	81.1
Flu Vaccination (% of adults ages 65+)	++	61.3	36	71.1
Pneumonia Vaccination (% of adults ages 65+)	+	65.0	49	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+++	93.8	27	96.3
Hospice Care (% of Medicare decedents)	+	30.0	49	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+	17.0 49.9	44 19	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,230	24	1,038
beneficiaries ages 65-74)		_,		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
PELLAVIORO		0400	01	4400
BEHAVIORS* Nutrition and Physical Activity	+++	0.120	21	1.188
Exercise (% of adults ages 65+)	++++	24.5	20	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++++	10.0	4	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	++	32.5	33	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+	34.1	49	20.9
Tobacco Use Smoking (% of adults ages 65+)	+++++	7.0	3	4.0
		7.0	3	4.0
HEALTH OUTCOMES*	++++	0.453	12	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	++	8.0	32	3.8
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	++++	6.8 9.2	13 1	4.5 9.2
Mortality		0.2	'	0.2
Early Death (deaths per 100,000 adults ages 65-74)	+++++	1,528	8	1,380
Early Death Racial Disparity (ratio)‡		1.3		1.0
Physical Health		0==		00.5
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++	25.7	13	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	17.1 44.2	26 42	12.9 24.3
Obesity (% of adults ages 65+)	+++++	24.5	4	18.8
Teeth Extractions (% of adults ages 65+)	+++	13.6	25	6.2
OVERALL		0.035	_	0.750

Summary

Strengths:

- Low prevalence of smoking
- Low suicide rate
- High home health care worker rate

Challenges:

- High poverty rate
- Low pneumonia vaccination coverage
- High prevalence of severe housing problems

Highlights:

THE NUMBER OF HOME HEALTH CARE WORKERS

▲29%

between 2016 and 2019 from 342 to 442 aides per 1,000 adults ages 65+ with a disability

PHYSICAL INACTIVITY

▲16%

between 2018 and 2019 from 28.0% to 32.5% of adults ages 65+ in fair or better health

FREQUENT MENTAL DISTRESS

▼28%

between 2015 and 2019 from 9.5% to 6.8% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



North Carolina

State Health Department Website: ncdhhs.gov

Summary

Strengths:

- High flu vaccination coverage
- Low prevalence of falls
- Low prevalence of physical inactivity

Challenges:

- Low prevalence of exercise
- High prevalence of food insecurity
- High prevalence of avoided care due to cost

Highlights:

HIGH-SPEED INTERNET

▲12%

between 2016 and 2019 from 68.0% to 76.3% of households with adults ages 65+

FLU VACCINATION COVERAGE

▲10%

between 2016 and 2019 from 64.7% to 71.1% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲16%

between 2010 and 2018 from 35.3% to 41.1% of Medicare beneficiaries ages 65+

Rating	Rank 1-10
++++	11-20
+++	21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.000	33	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+++	372	28	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	17.2 9.1	43 33	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++	2.8 72.4	23	1.0 100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	++ +++ ++++	\$30 76.3 4.7	32 29 4	\$265 86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++	53 32.7	28 20	1 44.6
PHYSICAL ENVIRONMENT*	++++	0.610	12	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++++	7.0 0.0	17 1	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	29.5	26	18.3
CLINICAL CARE*	+++	0.159	21	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+ +++ ++	6.3 28.2 108	43 21 36	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	+++++	77.1 71.1 75.9	8 1 9	81.1 71.1 78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++++ +++ +++++ +	94.6 49.2 15.0 34.6 2,659	18 28 6 41 35	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	++	-0.220	34	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+ ++ ++++	19.1 6.5 28.3	42 32 14	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++	25.6	23	20.9
Smoking (% of adults ages 65+)	++	10.6	37	4.0
HEALTH OUTCOMES*	++	-0.129	31	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++	6.8 9.0 16.8	22 35 22	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	++	1,886 1.3	34	1,380 1.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	+++++ ++ +++ ++	24.8 17.5 41.1 31.6 17.4 -0.014	8 31 28 32 39 —	20.0 12.9 24.3 18.8 6.2 0.750



North Dakota

State Health Department Website: health.nd.gov

Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++++	0.244	22	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++++	285	16	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	+++++	8.8	5	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	++++	8.0	19	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	33.5	49	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++++	\$83	10	\$265
High-speed Internet (% of households with adults ages 65+)	+	71.6	45	86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	+	13.1 20	41 11	2.1
Volunteerism (% of adults ages 65+)	+++++	38.7	3	44.6
PHYSICAL ENVIRONMENT*	+++++	1.353	1	1.353
Air and Water Quality		F.O.	_	4.1
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	++++	5.0 0.1	5 12	4.1 0.0
Housing		0.1	12	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	22.8	2	18.3
CLINICAL CARE*	+++	-0.054	28	0.695
Access to Care		0.004	20	3.030
Avoided Care Due to Cost (% of adults ages 65+)	+++++	3.0	1	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+	10.8	50	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++++	163	15	442
with a disability)				
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	+++	71.3	30	81.1
Flu Vaccination (% of adults ages 65+)	++++	66.8	13	71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	74.1	20	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	+	89.2	46	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	31.0 15.0	48 6	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+++++	57.0	7	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,144	22	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++	-0.176	33	1.188
Nutrition and Physical Activity	••	-0.170	33	1.100
Exercise (% of adults ages 65+)	++	20.3	37	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++	5.7	37	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	31.6	27	21.7
Sleep Health		001	7	000
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	23.1	7	20.9
Smoking (% of adults ages 65+)	++	10.1	33	4.0
HEALTH OUTCOMES:		0.507	-	0.000
HEALTH OUTCOMES* Behavioral Health	+++++	0.527	7	0.932
Excessive Drinking (% of adults ages 65+)	+++	7.3	23	3.8
Frequent Mental Distress (% of adults ages 65+)	+++++	5.0	2	4.5
Suicide (deaths per 100,000 adults ages 65+)	+++++	12.0	6	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+++	1,724	27	1,380
Early Death Racial Disparity (ratio)‡ Physical Health		2.3		1.0
Falls (% of adults ages 65+)	+++	26.2	21	20.0
Frequent Physical Distress (% of adults ages 65+)	+++++	14.2	7	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	35.6	16	24.3
Obesity (% of adults ages 65+)	+	33.4	44	18.8
Teeth Extractions (% of adults ages 65+)	+++	13.0	21	6.2
OVERALL		0.227	_	0.750

Summary

Strengths:

- Low prevalence of frequent mental distress
- Low prevalence of food insecurity
- Low prevalence of frequent physical distress

Challenges:

- Low percentage of households with high-speed internet
- Low percentage of hospice care use
- Low geriatric provider rate

Highlights:

HIGH-SPEED INTERNET

▲11%

between 2016 and 2019 from 64.6% to 71.6% of households with adults ages 65+

FLU VACCINATION COVERAGE

▲16%

between 2018 and 2019 from 57.5% to 66.8% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲13%

between 2010 and 2018 from 31.4% to 35.6% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Ohio

State Health Department Website: odh.ohio.gov

Summary

Strengths:

- Low poverty rate
- Low prevalence of excessive drinking
- High pneumonia vaccination coverage

Challenges:

- High prevalence of smoking
- High prevalence of obesity
- · High early death rate

Highlights:

HIGH-SPEED INTERNET



between 2016 and 2019 from 68.6% to 75.7% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

▲20%

between 2018 and 2020 from 27.8 to 33.4 per 100,000 adults ages 65+

FREQUENT MENTAL DISTRESS

▲39%

between 2016 and 2019 from 6.2% to 8.6% of adults ages 65+

Rating +++++ ++++ +++	Rank 1-10 11-20 21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

o.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++	0.104	28	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++++	293	18	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+	13.6 8.3	30 22	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	2.6 75.0	22	1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	++ ++ +++	\$30 75.7 7.3 67	32 32 16 35	\$265 86.0 2.1
Volunteerism (% of adults ages 65+)	+++	30.3	30	44.6
PHYSICAL ENVIRONMENT*	++	0.120	34	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+	8.7 1.0	46 33	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	+++	29.2	24	18.3
CLINICAL CARE*	+++	0.017	24	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++ ++++ ++++	4.4 33.4 145	21 14 19	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	+++ ++ ++++	71.3 62.6 74.7	30 34 14	81.1 71.1 78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++ ++++ +++ ++	93.9 56.7 16.0 41.3 2,813	25 6 21 35 41	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	+	-0.844	44	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	++ ++	20.5 5.4 33.7	35 43 35	30.3 12.3 21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+	29.2	43	20.9
Smoking (% of adults ages 65+)	+	12.0	46	4.0
HEALTH OUTCOMES*	++	-0.290	35	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	++++ ++ ++++	6.1 8.6 16.3	14 34 17	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+	2,043 1.4	41	1,380 1.0
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	++++ ++ ++ +	25.6 19.0 42.8 33.6 17.0 -0.201	12 37 35 45 37	20.0 12.9 24.3 18.8 6.2 0.750



Oklahoma

State Health Department Website: ok.gov/health

SOCIAL & ECONOMIC FACTORS'
Violent Crime (offenses per 100,000 population)
Food Insecurity (% of adults ages 60+)
Food Insecurity (% of adults ages 60+) + 17,4 44 73 Poverty (% of adults ages 65+) + 19,7 37 61 Poverty (% of adults ages 65+) + 19,7 37 61 SNAP Reach (participants per 100 adults ages 60+ in poverty) +++ 70,5 26 Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) ++ \$25 39 \$265 High-speed Internet (% of households with adults ages 65+) ++ 74,1 40 86,0 Low-care Nursing Home Residents (% of residents) + 20,7 48 21 Risk of Social Isolation (percentile, adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 44 1 PHYSICAL ENVIRONMENT* ++ 0,130 32 1,353 Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) + 8,4 43 4.1 Dirinking Water Violations (% of community water systems) + 4,0 46 0.0 Phousing Severe Housing Problems (% of small households with an adult ages 62+) ++++ 24,5 6 18.3 CLINICAL CARE* ++ 0,212 34 0,695 Access to Care Access to Care Access to Care Valudity of Care Due to Cost (% of adults ages 65+) + 15,3 44 5,77 Home Health Care Workers (workers per 1,000 adults ages 65+) + 72 47 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65+) ++ 69,6 41 811 Flu Vaccination (% of adults ages 65+) ++ 9,8 8 27 96,3 Hospice Care (% of Medicare decedents) +++ 69,5 4 711 Pheumonia Vaccination (% of adults ages 65+) ++ 9,8 8 27 96,3 Hospice Care (% of Medicare decedents) +++ 50,4 22 60,5 Hospice Care (% of Medicare decedents) +++ 50,4 23 81,9 Preventable Hospitalized Medicare beneficiaries ages 65-74) + 14,9 47 30,3 BEHAVIORS* + 1,318 48 1,188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14,9 47 12,3 Tobacco Use Smoking (% of adults ages 65+) +
Poverty (% of adults ages 65+)
Poverty Racial Disparity (ratio)
SNAP Reach (participants per 100 adults ages 60+ in poverty) +++ 70.5 26 100.0 Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) ++ 74.1 40 86.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) ++
Community Support Expenditures (dollars per adult ages 60+) ++ \$25 39 \$265 High-speed Internet (% of households with adults ages 65+) ++ 741 40 86.0 Cervacre Nursing Home Residents (% of residents) + 20.7 48 2.1 Risk of Social Isolation (percentile, adults ages 65+) + 79 41 1 Volunteerism (% of adults ages 65+) ++ 79 41 1 1 Volunteerism (% of adults ages 65+) ++ 1030 32 1.353 Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) + 84 43 41 Drinking Water Violations (% of community water systems) + 4.0 46 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) +++++ 24.5 6 18.3 CLINICAL CARE* +- 0.212 34 0.695 Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++++ 4.6 24 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) + 15.3 44 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) + 15.3 44 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+) + 72 47 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65+) ++++ 69.5 4 71.1 Flu Vaccination (% of adults ages 65+) ++++ 76.5 5 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) ++++ 76.5 5 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) ++++ 50.4 22 60.5 40.4 Nursing Home Quality (% of beds rated four or five stars) + 34.0 43 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare + 3,003 44 10.38 beneficiaries ages 65-74) + 44.4 47 12.3 Physical Inachity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) + 4 4.4 47 12.3 Physical Inachity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) + 11.6 44 4.0 4.0 Behavioral Health
Low-care Nursing Home Residents (% of residents)
Risk of Social Isolation (percentile, adults ages 65+) + 79 41 1 Volunteerism (% of adults ages 65+) +++++ 33.0 18 44.6 PHYSICAL ENVIRONMENT* ++ 0.130 32 1.353 Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) + 8.4 43 4.1 Dirinking Water Violations (% of community water systems) + 4.0 46 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) +++++ 24.5 6 18.3 CLINICAL CARE* ++ -0.212 34 0.695 Access to Care 18.3 CLINICAL CARE* ++ -0.212 34 0.695 Access to Care 4 4.2 3.0 Geriatric Providers (workers per 100,000 adults ages 65+) ++++++++++++++++++++++++++++++++++++
Volunteerism (% of adults ages 65+)
PHYSICAL ENVIRONMENT* ++ 0.130 32 1.353 Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) + 8.4 43 4.1 Drinking Water Violations (% of community water systems) + 4.0 46 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) ++++++ 24.5 6 18.3 CLINICAL CARE* ++ -0.212 34 0.695 Access to Care Access to Care -++++ 4.6 24 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) +++ 4.6 24 5.7 Home Health Care Workers (workers per 1,000 adults ages 65+) + 72 47 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65+) + 72 47 442 With a disability Preventive Clinical Services Cancer Screenings (% of adults ages 65+) + 69.6 41 81.1 Plu Vaccination (% of adults ages 65+) + 69.5 4 <t< td=""></t<>
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Air Pollution (micrograms of fine particles per cubic meter)
Drinking Water Violations (% of community water systems)
Housing Severe Housing Problems (% of small households with an adult ages 62+) +++++ 24.5 6 18.3
Severe Housing Problems (% of small households with an adult ages 62+)
Access to Care
Access to Care Avoided Care Due to Cost (% of adults ages 65+) + +++
Avoided Care Due to Cost (% of adults ages 65+) + +++ + 4.6
Seriatric Providers (providers per 100,000 adults ages 65+)
Home Health Care Workers (workers per 1,000 adults ages 65+
with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) + 69.6 41 81.1 Flu Vaccination (% of adults ages 65+) ++++++ 69.5 4 71.1 Pneumonia Vaccination (% of adults ages 65+) ++++++ 76.5 5 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) +++ 93.8 27 96.3 Hospice Care (% of Medicare decedents) +++ 50.4 22 60.5 Hospice Care (% of Medicare decedents) +++ 50.4 22 60.5 Hospice Care (% of Medicare decedents) +++ 50.4 22 60.5 Hospice Care (% of Medicare decedents) +++ 16.0 21 14.0 Nursing Home Quality (% of beds rated four or five stars) + 34.0 43 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare + 3,003 44 1,038 BEHAVIORS* + -1.318 48 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 </td
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) + 69.6 41 81.1 Flu Vaccination (% of adults ages 65+) ++++++ 69.5 4 71.1 Pneumonia Vaccination (% of adults ages 65+) ++++++ 76.5 5 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) +++ 93.8 27 96.3 Hospica Care (% of Medicare decedents) +++ 50.4 22 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) +++ 16.0 21 14.0 Nursing Home Quality (% of beds rated four or five stars) + 34.0 43 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74) + 3,003 44 1,038 BEHAVIORS* + -1.318 48 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+) +
Cancer Screenings (% of adults ages 65-75)
Pneumonia Vaccination (% of adults ages 65+)
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) +++ 93.8 27 96.3 Hospice Care (% of Medicare decedents) +++ 50.4 22 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) ++++ 16.0 21 14.0 Nursing Home Quality (% of beds rated four or five stars) + 34.0 43 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74) + 3,003 44 1,038 BEHAVIORS* + -1.318 48 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 4.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932
Dedicated Health Care Provider (% of adults ages 65+)
Hospice Care (% of Medicare decedents)
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)
Nursing Home Quality (% of beds rated four or five stars)
BEHAVIORS* + -1.318 48 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.3 31 20.9 Tobacco Use Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
BEHAVIORS* + -1.318 48 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.3 31 20.9 Tobacco Use Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health + 27.3 31 20.9 Tobacco Use + 27.3 44 4.0 Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Nutrition and Physical Activity Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health + 27.3 31 20.9 Tobacco Use + 27.3 44 4.0 Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Exercise (% of adults ages 65+) + 14.9 47 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) + 4.4 47 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) + 12.3 31 20.9 Tobacco Use Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Physical Inactivity (% of adults ages 65+ in fair or better health) + 41.1 48 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.3 31 20.9 Tobacco Use Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Sleep Health Insufficient Sleep (% of adults ages 65+) ++ 27.3 31 20.9 Tobacco Use + 11.6 44 4.0 MEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Insufficient Sleep (% of adults ages 65+)
Tobacco Use Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Smoking (% of adults ages 65+) + 11.6 44 4.0 HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health -
HEALTH OUTCOMES* + -0.681 43 0.932 Behavioral Health
Behavioral Health
Excessive Drinking (% or adults ages 65+) +++++ 4.4 4 3.8
Frequent Mental Distress (% of adults ages 65+) ++ 9.0 35 4.5
Suicide (deaths per 100,000 adults ages 65+) ++ 20.5 37 9.2
Mortality
Early Death (deaths per 100,000 adults ages 65-74) + 2,379 49 1,380
Early Death Racial Disparity (ratio)* 1.2 1.0
Physical Health
Falls (% of adults ages 65+) + 31.2 45 20.0
Frequent Physical Distress (% of adults ages 65+) + 19.6 42 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) + 44.7 43 24.3
a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a.a

Summary

Strengths:

- Low prevalence of excessive drinking
- High flu vaccination coverage
- Low prevalence of severe housing problems

Challenges:

- High prevalence of physical inactivity
- High prevalence of food insecurity
- High early death rate

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 64.9% to 74.1% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

▲30%

between 2018 and 2020 from 11.8 to 15.3 per 100,000 adults ages 65+

PHYSICAL INACTIVITY

▲22%

between 2018 and 2019 from 33.6% to 41.1% of adults ages 65+ in fair or better health

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Oregon

State Health Department Website: oregon.gov/oha/ph

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- High percentage of households with high-speed internet
- High prevalence of exercise

Challenges:

- · High suicide rate
- Low geriatric provider rate
- High prevalence of severe housing problems

Highlights:

HIGH-SPEED INTERNET



between 2016 and 2019 from 76.0% to 82.7% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▼8%

between 2017 and 2019 from 80.9% to 74.2% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲9%

between 2010 and 2018 from 27.4% to 29.9% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10 11-20
+++	21-30
++	31-40 41-50
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

gov/ona/pn				
Measures	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.708	5	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	++++	284	15	115
Economic Resources Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	10.2 8.1	12 20	7.3 6.1
Poverty, Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	2.8 100.0	1	1.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+++	\$33	30	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	+++++	82.7 5.5 44	7 9 23	86.0 2.1 1
Volunteerism (% of adults ages 65+)	+++++	36.5	9	44.6
PHYSICAL ENVIRONMENT*	+	-0.137	47	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	++	8.3 0.5	39 26	4.1 0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	++	36.2	40	18.3
CLINICAL CARE*	++++	0.289	17	0.695
Access to Care		0.200		
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.4	21	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++	23.5	32	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	116	30	442
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	++++	75.5	17	81.1
Flu Vaccination (% of adults ages 65+)	+++	64.4	21	71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	74.2	19	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	++	92.7 53.2	35 13	96.3
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++++	15.0	6	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	++++	49.8	20	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	1,488	7	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	+++++	0.576	10	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	++++	26.3	14	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	8.8 27.9	7 11	12.3 21.7
Sleep Health	++++	27.9	- 11	21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++	24.1	12	20.9
Smoking (% of adults ages 65+)	+++	9.3	27	4.0
HEALTH OUTCOMES*	+++	-0.034	28	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+	9.6	44	3.8
Frequent Mental Distress (% of adults ages 65+)	++++	7.2	20	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	+	26.5	45	9.2
Early Death (deaths per 100,000 adults ages 65-74)	++++	1,649	18	1,380
Early Death Racial Disparity (ratio)‡		2.0		1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++	31.6 16.0	46 25	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	16.9 29.9	25 7	12.9 24.3
Obesity (% of adults ages 65+)	++++	28.4	14	18.8
Teeth Extractions (% of adults ages 65+)	+++	13.5	24	6.2
OVERALL		0.370	_	0.750



Pennsylvania

State Health Department Website: health.pa.gov

Measures	Davis s	2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating ++++	Value 0.446	Rank 15	State 1.051
Community and Family Safety		0.1.0		
Violent Crime (offenses per 100,000 population)	+++	306	22	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++	12.3	25	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	+++	8.3 5.8	22	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	100.0	1	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++++	\$96	7	\$265
High-speed Internet (% of households with adults ages 65+)	++	74.3	39	86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	++++	5.9 71	11 37	2.1
Volunteerism (% of adults ages 65+)	++++	32.8	19	44.6
		0.007		4.050
PHYSICAL ENVIRONMENT*	+	-0.007	44	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	+	8.8	48	4.1
Drinking Water Violations (% of community water systems)	++++	0.4	20	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	++	32.1	33	18.3
CLINICAL CARE*	+++++	0.456	8	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++++	4.0	14	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	+++++	39.6 247	9 5	57.7 442
with a disability)	******	247	5	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+++	74.4	21	81.1
Flu Vaccination (% of adults ages 65+)	+++++	69.6	3	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++++	74.4	17	78.3
Dedicated Health Care Provider (% of adults ages 65+)	+++++	95.3	10	96.3
Hospice Care (% of Medicare decedents)	+++	49.3	27	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	+++	42.9	32 30	81.9
beneficiaries ages 65-74)	TTT	2,473	30	1,038
BEHAVIORS*	++	-0.504	39	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)		01.7	00	20.2
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	21.7 5.6	29 39	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	32.1	30	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+	28.3	41	20.9
Tobacco Use Smoking (% of adults ages 65+)	++	10.6	37	4.0
anioning (% of addits ages 65*)	TT	10.0	3/	4.0
HEALTH OUTCOMES*	+++	0.171	23	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	++++	6.2	17	3.8
Suicide (deaths per 100,000 adults ages 65+)	+++++	6.7 17.1	9 24	4.5 9.2
Mortality		17.1	21	0.2
Early Death (deaths per 100,000 adults ages 65-74)	++	1,775	31	1,380
Early Death Racial Disparity (ratio)‡		1.6		1.0
Physical Health Falls (% of adults ages 65+)	11111	24.0	6	20.0
Fraguent Physical Distress (% of adults ages 65+)	+++++	24.2 15.5	6 16	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++	42.8	35	24.3
Obesity (% of adults ages 65+)	++	31.9	33	18.8
Teeth Extractions (% of adults ages 65+)	++	16.5	35	6.2
OVERALL		0.167	_	0.750

Summary

Strengths:

- · Low prevalence of falls
- High flu vaccination coverage
- Low prevalence of frequent mental distress

Challenges:

- High prevalence of smoking
- · High prevalence of obesity
- · Low percentage of households with high-speed internet

Highlights:

HIGH-SPEED INTERNET

▲11%

between 2016 and 2019 from 66.7% to 74.3% of households with adults ages 65+

SMOKING

▲47%

between 2016 and 2019 from 7.2% to 10.6% of adults ages 65+

EARLY DEATHS

▼8%

between 2011 and 2019 from 1,933 to 1,775 deaths per 100,000 adults ages 65-74

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Rhode Island

State Health Department Website: health.ri.gov

Summary

Strengths:

- · High geriatric provider rate
- · Low suicide rate
- High flu vaccination coverage

Challenges:

- High risk of social isolation
- High prevalence of frequent mental distress
- High prevalence of severe housing problems

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 68.2% to 78.0% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▼9%

between 2017 and 2019 from 81.7% to 74.4% of adults ages 65+

FREQUENT MENTAL DISTRESS

▲48%

between 2014 and 2019 from 6.2% to 9.2% of adults ages 65+

Rating +++++ ++++ +++	Rank 1-10 11-20 21-30 31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

Measures				
TIONSHI CO	Rating	2021 Value	2021 Rank	No.1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.166	26	1.05
Community and Family Safety Violent Crime (offenses per 100,000 population)	+++++	221	9	115
Economic Resources Food Insecurity (% of adults ages 60+)	++	10.5	14	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)*	+++	8.9 6.5	30	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++++	100.0	1	100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+)	+	\$22	45	\$26
Low-care Nursing Home Residents (% of residents)	+++	78.0 10.5	20 30	86.0
Risk of Social Isolation (percentile, adults ages 65+)	+	81	42	1
Volunteerism (% of adults ages 65+)	++	28.4	33	44.6
PHYSICAL ENVIRONMENT*	++	0.080	38	1.35
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	++++	7.0	17	4.1
Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	+	38.6	45	18.3
CLINICAL CARE*	+++++	0.565	4	0.69
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.8	29	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	57.7	1	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	135	24	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+++++	81.1 68.3	1 7	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	74.4	17	78.3
Quality of Care		,	.,	70.0
Dedicated Health Care Provider (% of adults ages 65+)	+++++	96.3	1	96.3
Hospice Care (% of Medicare decedents)	+++++	57.5	5	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+++	17.0 43.9	44	14.C 81.9
		43.9		
reventable Hospitalizations (discharges per 100 000 Medicare	+++	2170	31 23	
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	2,170	23	1,038
	+++	2,170 0.292		
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity		0.292	23	1,03
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+)	++++	0.292 24.7	23 16 19	1,03 1.18
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	++++ ++++	0.292 24.7 10.4	23 16 19 3	1,03 1.18 30.3 12.3
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++++	0.292 24.7	23 16 19	1,03 1.18 30.3 12.3
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+)	++++ ++++	0.292 24.7 10.4	23 16 19 3	1,03 1.18 30.3 12.3 21.7
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	**** **** **** ***	0.292 24.7 10.4 30.9	23 16 19 3 23	1,03 1.18 30.3 12.3 21.7 20.9
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	++++ ++++ ++++ +	24.7 10.4 30.9 30.4	23 16 19 3 23 45	1,03 1.18 30.3 12.3 21.7 20.9
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health	**** **** **** ****	24.7 10.4 30.9 30.4 8.4	23 16 19 3 23 45 21	1,03 1.18 30.3 12.3 21.7 20.9
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+)	++++ ++++ +++ +++	24.7 10.4 30.9 30.4 8.4 0.130	23 16 19 3 23 45 21 25	1,03 1.18 30.3 12.3 21.7 20.9 4.0 0.93
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	++++ ++++ +++ +++ +++	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2	23 16 19 3 23 45 21 25 34 40	1,03i 1.18i 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	++++ ++++ +++ +++	24.7 10.4 30.9 30.4 8.4 0.130	23 16 19 3 23 45 21 25	1,03 1.18 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality	++++ +++ +++ +++ +++ +++ +++ +++ +++ +	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0	23 16 19 3 23 45 21 25 34 40 5	1,03: 1.183 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	++++ ++++ +++ +++ +++	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2	23 16 19 3 23 45 21 25 34 40	1,03: 1.183 30.3. 21.7. 20.9. 4.0 0.93 3.8 4.5 9.2
beneficiaries ages 65-74) BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74)	++++ +++ +++ +++ +++ +++ +++ +++ +++ +	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0 1,661	23 16 19 3 23 45 21 25 34 40 5	1,03 1.18 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,380
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+)	++++ ++++ +++ +++ +++ ++++ ++++ ++++	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0 1,661 1.0 25.2	23 16 19 3 23 45 21 25 34 40 5 19	1,03 1.18 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,38 1.0
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++ +++ ++ ++ ++ ++ ++ ++ ++ ++ ++ ++++	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0 1,661 1.0 25.2 16.7	23 16 19 3 23 45 21 25 34 40 5 19	1,03 1.18 30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,386 1.0 20.6 12.8
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	**** **** ** **	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0 1,661 1.0 25.2 16.7 42.6	23 16 19 3 23 45 21 25 34 40 5 19 9 24 33	1,03 1.18 30.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,38 1.0 20.0 12.9 24.3
BEHAVIORS* Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++ +++ ++ ++ ++ ++ ++ ++ ++ ++ ++ ++++	0.292 24.7 10.4 30.9 30.4 8.4 0.130 8.3 9.2 11.0 1,661 1.0 25.2 16.7	23 16 19 3 23 45 21 25 34 40 5 19	1,03



South Carolina

State Health Department Website: scdhec.gov

Community and Family Safety Community and Family Safety Volent Crime (offenese per 100,000 population) + 511 44 115	Measures	Rating	2021 Value	2021 Rank	No.1 State
Valent Crime (offenses per 100,000 population)	SOCIAL & ECONOMIC FACTORS*				
Food Insecurity (% of adults ages 60+)					
Food insecurity (% of adults ages 60+)		+	511	44	115
Powerty Reaf adults ages 65+7					
Powerty Racial Disparity (ratio)	· · · · · · · · · · · · · · · · · · ·				
SNAP Reach (participants per 100 adults ages 60+ in poverty)		++		39	
Social Support and Engagement				30	
Community Support Expenditures (collars per adult ages 60+)		777	00.0	30	100.0
Low-care Nursing Home Residents (% of residents ++++		+	\$24	41	\$265
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+) Volunteerism (% of adults ages 65+) PHYSICAL ENVIRONMENT* Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Prinking Water Violations (% of community water systems) Element Housing Severe Housing Problems (% of small households with an adult ages 62+) CLINICAL CARE* Access to Care Avoided Care Due to Cost (% of adults ages 65+) Access to Care Avoided Care Due to Cost (% of adults ages 65+) Fine Health Care Workers (workers per 10.000 adults ages 65+) Fine Health Care Workers (workers per 1.000 adults ages 65+) Flu Vaccination (% of adults ages 65+) Hospital Readmissions (% of adults ages 65+) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Preventuable Hospitalizations (discharges per 100,000 Medicare Deneficiaries ages 65-74) Preventuable Hospitalizations (discharges per 100,000 Medicare Behaviors Nutrition and Physical Activity Exercise (% of adults ages 65+) Flu Vaccination (% of adults ages 65+) Preventable Hospitalizations (discharges per 100,000 Medicare Deneficiaries ages 65-74) Preventable Hospitalizations (discharges per 100,000 Medicare Deneficiaries ages 65-75) Flu Vaccination (% of adults ages 65+) Flu Tip	High-speed Internet (% of households with adults ages 65+)	+++	76.8	26	86.0
Volunteerism (% of adults ages 65+)	, , ,				
PHYSICAL ENVIRONMENT*					
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) +++ 7.2 22 4.1 Drinking Water Violations (% of community water systems) ++++ 0.0 1 0.0 Housing Severe Housing Problems (% of small households with an adult ages 62+) ++++ 28.2 21 18.3 CLINICAL CARE* +++ 0.007 26 0.665 Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++ 5.0 32 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++ 5.0 32 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++ 24.3 31 577 Home Health Care Workers (workers per 10,000 adults ages 65+) ++ 95 41 442 with a disability) Preventive Clinical Services ++ 75.7 16 81.1 Flu Vascination (% of adults ages 65+) +++ 75.7 16 81.1 71.1 Prevental Vascination (% of adults ages 65+) +++ 95.1 4 78.3 <td>volunteerism (% or adults ages 65+)</td> <td>+++</td> <td>31.9</td> <td>24</td> <td>44.6</td>	volunteerism (% or adults ages 65+)	+++	31.9	24	44.6
Air Pollution (micrograms of fine particles per cubic meter)	PHYSICAL ENVIRONMENT*	+++++	0.640	10	1.353
Drinking Water Violations (% of community water systems)	Air and Water Quality				
Rousing Severe Housing Problems (% of small households with an adult ages 62+) +++ 28.2 21 18.3		+++			
Severe Housing Problems (% of small households with an adult ages 62+) +++		+++++	0.0	1	0.0
CLINICAL CARE* +++ 0.007 26 0.695 Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++ 5.0 32 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++ 24.3 31 577 Home Health Care Workers (workers per 1,000 adults ages 65+) ++ 24.3 31 577 Home Health Care Workers (workers per 1,000 adults ages 65+) ++ 29.5 41 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) +++ 75.7 16 81.1 Flu Vaccination (% of adults ages 65+) +++ 65.4 18 71.1 Pneumonia Vaccination (% of adults ages 65+) +++ 73.8 21 78.3 Quality of Care Declicated Health Care Provider (% of adults ages 65+) +++ 95.1 12 96.3 Hospice Care (% of Medicare decedents) +++ 50.8 21 60.3 140 Nursing Home Quality (% of beds rated four or five stars) +++ 50.2 21 140	· ·	1.1.1	20.2	21	10.0
Access to Care Avoided Care Due to Cost (% of adults ages 65+) ++ 5.0 32 3.0 Geriatric Providers (providers per 100,000 adults ages 65+) ++ 24.3 31 57.7 Home Health Care Workers (workers per 1,000 adults ages 65+ + 95 41 442 with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) ++++ 65.4 18 71.1 Plu Vaccination (% of adults ages 65+) ++++ 65.4 18 71.1 Pneumonia Vaccination (% of adults ages 65+) ++++ 65.4 18 71.1 Pneumonia Vaccination (% of adults ages 65+) ++++ 95.1 12 96.3 Quality of Care Declicated Health Care Provider (% of adults ages 65+) ++++ 150.8 21 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) +++ 16.0 21 14.0 Nursing Home Quality (% of beds rated four or five stars) ++ 40.7 36 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare +++ 2,341 28 1,038 Deneficiaries ages 65-74) BEHAVIORS Nutrition and Physical Activity Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) +++ 30.5 21 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) +++ 9.8 29 4.0 HEALTH OUTCOMES* ++ 0.326 39 0.932 Behavioral Health Excessive Drinking (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 7.8 34 12.9 Mortality Early Death (deaths per 100,000 adults ages 65+) +++ 7.8 34 12.9 Mortality Early Death (deaths per 100,000 adults ages 65+) +++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) +++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) +++ 32.5 36 18.8	Severe Flousing Floblettis (% of striair flouseriolds with an addit ages 021)	TTT	20.2	21	10.3
Avoided Care Due to Cost (% of adults ages 65+)	CLINICAL CARE*	+++	0.007	26	0.695
Geriatric Providers (providers per 100,000 adults ages 65+)					
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75)	, , ,				
with a disability) Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) ++++ 75.7 16 81.1 Flu Vaccination (% of adults ages 65+) ++++ 65.4 18 71.1 Pneumonia Vaccination (% of adults ages 65+) ++++ 73.8 21 78.3 Quality of Care Dedicated Health Care Provider (% of adults ages 65+) ++++ 95.1 12 96.3 Hospice Care (% of Medicare decedents) +++ 50.8 21 60.5 Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) +++ 16.0 21 14.0 Nursing Home Quality (% of beds rated four or five stars) ++ 40.7 36 81.9 Preventable Hospitalizations (discharges per 100,000 Medicare +++ 2,341 28 1,038 BEHAVIORS* +++ 0,030 25 1,188 Nutrition and Physical Activity 21 23 1,23 Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of ad					
Preventive Clinical Services		+	95	41	442
Cancer Screenings (% of adults ages 65-75)					
Pneumonia Vaccination (% of adults ages 65+)		++++	75.7	16	81.1
Declicated Health Care Provider (% of adults ages 65+)	Flu Vaccination (% of adults ages 65+)	++++	65.4	18	71.1
Dedicated Health Care Provider (% of adults ages 65+)	The state of the s	+++	73.8	21	78.3
Hospice Care (% of Medicare decedents)	·		054	10	000
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)					
Nursing Home Quality (% of beds rated four or five stars)	·				
BEHAVIORS* +++ 0.030 25 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) +++ 7.3 27 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 30.5 21 21.7 Sleep Health +++ 26.0 26 20.9 Tobacco Use +++ 9.8 29 4.0 EALTH OUTCOMES* ++ 9.8 29 4.0 HEALTH OUTCOMES* ++ 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) ++ 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 1,3 1.0 Mortality 1.3 1.0 Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)*					
BEHAVIORS* +++ 0.030 25 1.188 Nutrition and Physical Activity Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) +++ 7.3 27 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 30.5 21 21.7 Sleep Health	Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,341	28	1,038
Nutrition and Physical Activity Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) +++ 7.3 27 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 30.5 21 21.7 Sleep Health +++ 26.0 26 20.9 Tobacco Use 20 4.0 Tobacco Use <t< td=""><td>beneficiaries ages 65-74)</td><td></td><td></td><td></td><td></td></t<>	beneficiaries ages 65-74)				
Nutrition and Physical Activity Exercise (% of adults ages 65+) +++ 23.4 23 30.3 Fruit and Vegetable Consumption (% of adults ages 65+) +++ 7.3 27 12.3 Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 30.5 21 21.7 Sleep Health +++ 26.0 26 20.9 Tobacco Use 20 4.0 Tobacco Use <t< th=""><th>BEHAVIORS*</th><th>+++</th><th>0.030</th><th>25</th><th>1.188</th></t<>	BEHAVIORS*	+++	0.030	25	1.188
Exercise (% of adults ages 65+)					
Physical Inactivity (% of adults ages 65+ in fair or better health) +++ 30.5 21 21.7 Sleep Health Insufficient Sleep (% of adults ages 65+) +++ 26.0 26 20.9 Tobacco Use		+++	23.4	23	30.3
Sleep Health Insufficient Sleep (% of adults ages 65+)	Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.3	27	12.3
Tobacco Use Smoking (% of adults ages 65+) +++ 26.0 26 20.9	, , , , , , , , , , , , , , , , , , , ,	+++	30.5	21	21.7
Tobacco Use Smoking (% of adults ages 65+) +++ 9.8 29 4.0 HEALTH OUTCOMES* ++ -0.326 39 0.932 Behavioral Health 3.8 Excessive Drinking (% of adults ages 65+) + 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 17.0 23 9.2 Mortality 1.3 1.0 Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* 1.3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults	·		00.0	00	00.0
Behavioral Health +++ -0.326 39 0.932 Behavioral Health +++ -0.326 39 0.932 Behavioral Health		+++	26.0	26	20.9
HEALTH OUTCOMES* ++ -0.326 39 0.932 Behavioral Health 5 5 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) ++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) ++ 17.0 23 9.2 Mortality 2 4 5 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.380 1.00 <		+++	9.8	29	40
Behavioral Health Excessive Drinking (% of adults ages 65+) + 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 17.0 23 9.2 Mortality ++ 1,916 36 1,380 Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* 1.3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2					
Excessive Drinking (% of adults ages 65+) + 10.1 47 3.8 Frequent Mental Distress (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 17.0 23 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* + 1,3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2		++	-0.326	39	0.932
Frequent Mental Distress (% of adults ages 65+) +++ 7.6 22 4.5 Suicide (deaths per 100,000 adults ages 65+) +++ 17.0 23 9.2 Mortality Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* ++ 1.3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2			404	47	
Suicide (deaths per 100,000 adults ages 65+) +++ 17.0 23 9.2 Mortality 2 1,380 1,380 1,380 1,380 1,00 Physical Disparity (ratio)* ++ 1,916 36 1,380 1,00 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2					
Mortality Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* 1.3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2	,				
Early Death (deaths per 100,000 adults ages 65-74) ++ 1,916 36 1,380 Early Death Racial Disparity (ratio)* 1.3 1.0 Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) ++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2			17.0	20	0.2
Physical Health Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2	•	++	1,916	36	1,380
Falls (% of adults ages 65+) +++ 26.8 24 20.0 Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2			1.3		1.0
Frequent Physical Distress (% of adults ages 65+) ++ 17.8 34 12.9 Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2	·				
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) +++ 40.5 27 24.3 Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2					
Obesity (% of adults ages 65+) ++ 32.5 36 18.8 Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2	, , , , , , , , , , , , , , , , , , , ,				
Teeth Extractions (% of adults ages 65+) ++ 17.0 37 6.2	· · · · · · · · · · · · · · · · · · ·				
				_	

Summary

Strengths:

- Low prevalence of severe housing problems
- High pneumonia vaccination coverage
- Low prevalence of frequent mental distress

Challenges:

- High prevalence of excessive drinking
- High prevalence of obesity
- Low home health care worker rate

Highlights:

POVERTY

▲17%

between 2016 and 2019 from 8.6% to 10.1% of adults ages 65+

THE NUMBER OF HOME HEALTH CARE WORKERS

▲16%

between 2016 and 2019 from 82 to 95 aides per 1,000 adults ages 65+ with a disability

OBESITY

▲20%

between 2014 and 2019 from 27.1% to 32.5% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- ‡ Non-ranking measure. - Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



South Dakota

State Health Department Website: doh.sd.gov

Summary

Strengths:

- Low prevalence of frequent mental distress
- Low prevalence of multiple chronic conditions
- Low prevalence of avoided care due to cost

Challenges:

- High prevalence of physical inactivity
- Low geriatric provider rate
- Low percentage of hospice care use

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 65.8% to 74.9% of households with adults ages 65+

PHYSICAL INACTIVITY

▲59%

between 2016 and 2019 from 24.6% to 39.0% of adults ages 65+ in fair or better health

TEETH EXTRACTIONS

▼34%

between 2012 and 2018 from 19.4% to 12.8% of adults ages 65+

10
-20
-30
-40 -50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

OV				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++	0.089	29	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++	399	31	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++++	12.2 7.7	24 16	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	2.4 44.3	45	1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	++++	\$72 74.9 16.2	12 36 46	\$265 86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++++	22 36.8	12 7	1 44.6
PHYSICAL ENVIRONMENT*	+++++	1.030	3	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+++++	5.2 1.9	6 41	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	24.9	7	18.3
CLINICAL CARE*	++	-0.145	32	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++++ +	3.3 13.8 74	2 48 46	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75)	++	71.2	33	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++	64.0 73.1	24 26	71.1 78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+ + + + + + + + + + + + + + + + + + + +	91.4 43.2 15.0	41 45 6	96.3 60.5 14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	49.0 2,127	24 21	81.9 1,038
BEHAVIORS*	++	-0.376	37	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	++ ++ +	20.5 6.0 39.0	35 34 46	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	22.7	6	20.9
Smoking (% of adults ages 65+)	++	9.9	31	4.0
HEALTH OUTCOMES*	+++++	0.677	4	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+)	++++	6.6	20	3.8
Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++++	4.5 17.9	1 25	4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)*	++++	1,619 2.0	17	1,380 1.0
Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++	27.3 13.6	27 5	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	++++ +++ ++++	32.3 29.8 12.8 0.143	11 24 19	24.3 18.8 6.2 0.750



ennessee

State Health Department Website: tn.gov/health

Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++	-0.235	37	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	+	595	48	115
Economic Resources				
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++	13.1 9.7	28 37	7.3 6.1
Poverty Racial Disparity (ratio)‡	++	2.2	3/	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	70.3	27	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+	\$22	45	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+	73.7 4.7	41 4	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	++	77	40	1
Volunteerism (% of adults ages 65+)	++	27.6	35	44.6
PHYSICAL ENVIRONMENT*	++++	0.580	15	1.353
Air and Water Quality		0.380	13	1.333
Air Pollution (micrograms of fine particles per cubic meter)	+++	7.2	22	4.1
Drinking Water Violations (% of community water systems)	++	1.7	39	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	++++	26.0	12	18.3
CLINICAL CARE*	++	-0.343	40	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++	5.0	32	3.0
Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+	++	22.9 65	35 48	57.7 442
with a disability)	+	65	40	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	75.3	19	81.1
Flu Vaccination (% of adults ages 65+)	+++	63.7	30	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	+++	73.0	27	78.3
Dedicated Health Care Provider (% of adults ages 65+)	++	91.9	39	96.3
Hospice Care (% of Medicare decedents)	+	44.9	42	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	++	41.8	34	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++	2,770	39	1,038
BEHAVIORS*	+	-0.554	42	1.188
Nutrition and Physical Activity		00.0	00	000
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)	++	20.9 8.7	33 9	30.3 12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	37.3	43	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	++	27.3	31	20.9
Tobacco Use Smoking (% of adults ages 65+)	+	12.4	49	4.0
anioning (% of addits ages 65*)	т	12.4	49	4.0
HEALTH OUTCOMES*	+	-0.883	49	0.932
Behavioral Health			7	0.0
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	+++++	5.5 10.3	7 46	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	++	20.9	39	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	+	2,241	44	1,380
Early Death Racial Disparity (ratio)‡		1.2		1.0
Physical Health Falls (% of adults ages 65+)	++	30.0	39	20.0
Frequent Physical Distress (% of adults ages 65+)	+	21.3	47	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++	43.0	38	24.3
Obesity (% of adults ages 65+)	++	32.7	40	18.8
Teeth Extractions (% of adults ages 65+)	+	22.0	47	6.2
OVERALL		-0.442	_	0.750

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of severe housing problems
- High prevalence of cancer screenings

Challenges:

- · High prevalence of smoking
- High early death rate
- High prevalence of frequent physical distress

Highlights:

HIGH-SPEED INTERNET

▲14%

between 2016 and 2019 from 64.5% to 73.7% of households with adults ages 65+

EXERCISE

▲51%

between 2017 and 2019 from 13.8% to 20.9% of adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲12%

between 2010 and 2018 from 38.5% to 43.0% of Medicare beneficiaries ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.



Texas

State Health Department Website: dshs.state.tx.us

Summary

Strengths:

- Low prevalence of insufficient sleep
- High home health care worker rate
- High percentage of households with high-speed internet

Challenges:

- High prevalence of food insecurity
- High prevalence of smoking
- High prevalence of avoided care due to cost

Highlights:

FOOD INSECURITY

▲10%

between 2015-16 and 2017-18 from 16.5% to 18.1% of adults ages 60+

EXERCISE

▲51%

between 2017 and 2019 from 15.6% to 23.6% of adults ages 65+

SMOKING

▲63%

between 2017 and 2019 from 6.7% to 10.9% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	++	-0.360	41	1.05
Community and Family Safety Violent Crime (offenses per 100,000 population)	++	419	35	115
Economic Resources		10.1	47	70
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++	18.1 10.6	47 44	7.3
Poverty Racial Disparity (ratio)‡		5.4		1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++	71.6	24	100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+)	+	\$21	47	\$26!
High-speed Internet (% of households with adults ages 65+)	+++	77.8	21	86.0
Low-care Nursing Home Residents (% of residents)	++++	8.3	20	2.1
Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	++	59 27.5	31 36	1 44.6
volunteensiii (% or addits ages 001)	77	27.5	30	44.0
PHYSICAL ENVIRONMENT*	++	0.070	39	1.35
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter)	+	8.4	43	4.1
Drinking Water Violations (% of community water systems)	++	1.6	37	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++	30.1	29	18.3
CLINICAL CARE*	+	-0.417	41	0.69
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+	6.7 32.4	45	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	++++	230	15 7	442
with a disability)		200	•	
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+	66.2 64.0	47 24	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	++	71.1	37	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++	91.7	40	96.3
Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	++++	52.8 16.0	15 21	60.5 14.0
Nursing Home Quality (% of beds rated four or five stars)	+	30.1	48	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	++	2,565	32	1,03
beneficiaries ages 65-74)				
BEHAVIORS*	+++	0.022	26	1.18
Nutrition and Physical Activity				
Nutrition and Physical Activity Exercise (% of adults ages 65+)	+++	23.6	22	30.3
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+)				30.3 12.3
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+++ ++++ ++	23.6 8.4 33.8	22 13 36	30.3 12.3 21.7
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+)	+++	23.6 8.4	22 13	30.3 12.3 21.7
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++ ++++ ++	23.6 8.4 33.8	22 13 36	30.3 12.3 21.7 20.9
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+)	+++ ++++ ++ +	23.6 8.4 33.8 24.0	22 13 36 10 43	30.3 12.3 21.7 20.9
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES*	+++ ++++ ++	23.6 8.4 33.8 24.0	22 13 36 10	30.3 12.3 21.7 20.9
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health	+++ ++++ ++ +	23.6 8.4 33.8 24.0 10.9	22 13 36 10 43	30.3 12.3 21.7 20.9 4.0
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+)	+++ +++ ++ +	23.6 8.4 33.8 24.0	22 13 36 10 43	30.3 12.3 21.7 20.9 4.0 0.93
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++ +++ ++ +++	23.6 8.4 33.8 24.0 10.9 -0.319	22 13 36 10 43 37 27	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality	+++ ++ ++ ++ ++ ++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7	22 13 36 10 43 37 27 31 20	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++ +++ ++ + + ++	23.6 8.4 33.8 24.0 10.9 -0.319	22 13 36 10 43 37 27 31	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio) Physical Health	+++ ++ ++ ++ ++ ++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7 1,857	22 13 36 10 43 37 27 31 20	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+)	+++ +++ ++ ++ ++ ++ ++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7 1.857 1.3	22 13 36 10 43 37 27 31 20 33	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,380 1.0
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++ +++ ++ ++ ++ ++ ++ ++ ++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7 1.857 1.3 33.6 17.4	22 13 36 10 43 37 27 31 20 33	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,386 1.0
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74)	+++ +++ ++ ++ ++ ++ ++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7 1,857 1.3 33.6 17.4 43.2	22 13 36 10 43 37 27 31 20 33	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,38(1.0 20.0 12.9 24.3
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health Insufficient Sleep (% of adults ages 65+) Tobacco Use Smoking (% of adults ages 65+) HEALTH OUTCOMES* Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+) Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio) Physical Health Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++ +++ ++ ++ +++ +++ +++ +++	23.6 8.4 33.8 24.0 10.9 -0.319 7.6 8.3 16.7 1.857 1.3 33.6 17.4	22 13 36 10 43 37 27 31 20 33 50 29 39	30.3 12.3 21.7 20.9 4.0 0.93 3.8 4.5 9.2 1,380 1.0 20.0 12.9 24.3 18.8 6.2



State Health Department Website: health.utah.gov

Measures	Dating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	Rating +++++	1.051	1	1.051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++++	236	11	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++++	10.7	17	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)*	+++++	6.2 4.2	2	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	+	42.8	46	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	++++	\$49	17	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	+++++	86.0	1	86.0
Risk of Social Isolation (percentile, adults ages 65+)	+++++	2.9 1	2 1	2.1
Volunteerism (% of adults ages 65+)	+++++	44.6	1	44.6
-				
PHYSICAL ENVIRONMENT*	++++	0.577	16	1.353
Air and Water Quality		7.0	01	4.1
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	+++++	7.8 0.1	31 12	4.1 0.0
Housing		0.1	12	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++++	26.7	15	18.3
CLINICAL CARE*	+++++	0.478	7	0.695
Access to Care		0.470	•	0.000
Avoided Care Due to Cost (% of adults ages 65+)	+++	4.7	26	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	++	19.1	40	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	125	27	442
with a disability)				
Preventive Clinical Services		72.0	26	011
Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	+++	73.0 63.9	26 26	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+)	+++++	76.1	7	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++++	94.4	20	96.3
Hospice Care (% of Medicare decedents)	+++++	60.5	1	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	14.0	1	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	++++	49.6 1,260	21 4	81.9 1,038
beneficiaries ages 65-74)		1,200	-	1,000
				4400
BEHAVIORS*	+++++	0.904	6	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)	++++	27.0	12	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	++	6.7	31	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	24.3	4	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	++++	24.9	17	20.9
Tobacco Use		4.0	1	4.0
Smoking (% of adults ages 65+)	+++++	4.0	1	4.0
HEALTH OUTCOMES*	+++++	0.518	8	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+++++	4.0	2	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.8	25	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	++	19.4	32	9.2
Early Death (deaths per 100,000 adults ages 65-74)	+++++	1,466	4	1,380
Early Death Racial Disparity (ratio)‡		2.1		1.0
Physical Health				
Falls (% of adults ages 65+)	++	28.7	35	20.0
Frequent Physical Distress (% of adults ages 65+)	+++	17.2	27	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	31.8	10	24.3
Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+)	++++	30.1 10.4	26 8	18.8 6.2
OVERALL		0.750	_	0.750
		0.700		. 5.750

Summary

Strengths:

- · High percentage of households with high-speed
- Low prevalence of excessive drinking
- Low prevalence of physical inactivity

Challenges:

- Low geriatric provider rate
- High prevalence of falls High suicide rate

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 78.2% to 86.0% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▲10%

between 2014 and 2019 from 69.3% to 76.1% of adults ages 65+

OBESITY

▲22%

between 2011 and 2019 from 24.6% to 30.1% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- ‡ Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Vermont

State Health Department Website: healthvermont.gov

Summary

Strengths:

- Low poverty rate
- Low prevalence of multiple chronic conditions
- High prevalence of exercise

Challenges:

- High prevalence of falls
- Low percentage of hospice care use
- High prevalence of severe housing problems

Highlights:

HIGH-SPEED INTERNET

▲11%

between 2016 and 2019 from 71.1% to 78.7% of households with adults ages 65+

PNEUMONIA VACCINATION COVERAGE

▼11%

between 2017 and 2019 from 80.6% to 71.7% of adults ages 65+

EXERCISE

▲60%

between 2015 and 2019 from 18.3% to 29.3% of adults ages 65+

	Rating	Rank
1	+++++	1-10
1	++++	11-20
1	+++	21-30
1	++	31-40
1	+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

rmont.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.909	2	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	+++++	202	4	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++++	9.4 6.1	7 1	7.3 6.1
Poverty Racial Disparity (ratio) [‡] SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	— 98.6	13	1.0 100.0
Social Support and Engagement Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	+++++ ++++ ++++	\$105 78.7 8.2 38	6 19 19 20	\$265 86.0 2.1
Volunteerism (% of adults ages 65+)	++++	33.6	16	44.6
PHYSICAL ENVIRONMENT*	+++	0.493	22	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	+++++	4.8 0.4	3 20	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+	37.0	43	18.3
CLINICAL CARE*	++++	0.185	20	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++++	3.4 29.6 187	3 17 12	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+)	++	70.6 64.2	36 23	81.1 71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	++	71.7	33	78.3
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	++++	94.7 42.9	17 46	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	46.2 1,844	28 13	81.9 1,038
BEHAVIORS*	+++++	1.146	2	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	29.3 12.3 25.5	3 1 7	30.3 12.3 21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	++++	24.2	14	20.9
Tobacco Use Smoking (% of adults ages 65+)	++++	8.3	19	4.0
HEALTH OUTCOMES*	++++	0.349	17	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+++ ++++	7.3 7.0 18.7	23 16 29	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)*	++++	1,608	16	1,380
Physical Health		00.0	40	
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++++	32.9 16.4	48 21	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	+++++	27.8 25.2	4 6	24.3 18.8
Teeth Extractions (% of adults ages 65+) OVERALL	++	15.4 0.651	32 —	6.2



Virginia

State Health Department Website: www.vdh.virginia.gov

Measures	Datin	2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating ++++	Value 0.514	Rank 11	1.051
Community and Family Safety		0.01-1	•	
Violent Crime (offenses per 100,000 population)	+++++	208	6	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	++++	8.5	4	7.3
Poverty (% of adults ages 65+)	+++++	7.1 2.4	6	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	62.0	32	1.0 100.0
Social Support and Engagement		02.0	02	100.0
Community Support Expenditures (dollars per adult ages 60+)	++	\$26	37	\$265
High-speed Internet (% of households with adults ages 65+)	+++	77.8	21	86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	++++	7.6 30	17 16	2.1
Volunteerism (% of adults ages 65+)	++++	33.5	17	44.6
Total Resolution (% of dudate ages 55)		00.0	.,	11.0
PHYSICAL ENVIRONMENT*	++++	0.617	11	1.353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems)	++++	6.9 0.0	15 1	4.1 0.0
Housing	+++++	0.0	1	0.0
Severe Housing Problems (% of small households with an adult ages 62+)	+++	29.8	27	18.3
CLINICAL CARE*	+++	0.017	24	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++++	4.2	17	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+++	25.5	29	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++	114	32	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++++	74.9	20	81.1
Flu Vaccination (% of adults ages 65+)	++++	65.5	17	71.1
Pneumonia Vaccination (% of adults ages 65+)	++++	75.6	11	78.3
Quality of Care		000	07	
Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents)	+++	93.8 46.7	27 35	96.3 60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++	16.0	21	14.0
Nursing Home Quality (% of beds rated four or five stars)	++	38.0	39	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+++	2,340	27	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	+++	0.010	28	1.188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	+++	21.8	27	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	7.5	26	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+++	31.8	28	21.7
Insufficient Sleep (% of adults ages 65+)	++	27.7	34	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	++++	8.2	16	4.0
HEALTH OUTCOMES*	++++	0.352	16	0.932
Behavioral Health		0.002		0.002
Excessive Drinking (% of adults ages 65+)	++++	5.8	11	3.8
Frequent Mental Distress (% of adults ages 65+)	+++	7.4	21	4.5
Suicide (deaths per 100,000 adults ages 65+)	++++	16.7	20	9.2
Mortality		1700	00	1000
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	+++	1,736	29	1,380
Physical Health		1.4		1.0
Falls (% of adults ages 65+)	+++++	25.3	10	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	16.2	19	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++	39.8	24	24.3
Obesity (% of adults ages 65+)	+++	29.7	22	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	++++	11.8	13	6.2
OAELWIF		0.279	_	0.750

Summary

Strengths:

- Low poverty rate
- Low prevalence of excessive drinking
- High pneumonia vaccination coverage

Challenges:

- Low home health care worker rate
- Low prevalence of exercise
- Low percentage of hospice care use

Highlights:

HIGH-SPEED INTERNET

▲8%

between 2016 and 2019 from 72.3% to 77.8% of households with adults ages 65+

MULTIPLE CHRONIC CONDITIONS

▲12%

between 2010 and 2018 from 35.5% to 39.8% of Medicare beneficiaries ages 65+

TEETH EXTRACTIONS

▼22%

between 2014 and 2018 from 15.1% to 11.8% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.



Washington

State Health Department Website: doh.wa.gov

Summary

Strengths:

- Low prevalence of physical inactivity
- Low prevalence of multiple chronic conditions
- High percentage of households with high-speed internet

Challenges:

- High suicide rate
- Low percentage of hospice care use
- High prevalence of frequent mental distress

Highlights:

THE NUMBER OF GERIATRIC PROVIDERS

▲8%

between 2018 and 2020 from 24.8 to 26.9 per 100,000 adults ages 65+

FREQUENT MENTAL DISTRESS

▲35%

between 2018 and 2019 from 6.2% to 8.4% of adults ages 65+

FALLS

▼17%

between 2016 and 2018 from 33.2% to 27.6% of adults ages 65+

Rating	Rank
+++++	1-10 11-20
+++	21-30
++	31-40 41-50
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

don				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.753	4	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++++	294	20	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	++++	11.1 7.5	19 15	7.3 6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	+++++	2.7 100.0	1	1.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+ +++++ ++++ ++++	\$19 84.5 6.2 28 36.8	50 2 12 15 7	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	+	0.013	42	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++	8.3 0.4	39 20	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	33.8	36	18.3
CLINICAL CARE*	++++	0.428	12	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	+++	4.6 26.9	24 24	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++	153	18	442
Preventive Clinical Services Cancer Screenings (% of adults ages 65–75)	+++	74.4	21	81.1
Flu Vaccination (% of adults ages 65+)	+++++	67.8	9	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++++	76.5	5	78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+)	++	93.1	32	96.3
Hospice Care (% of Medicare decedents)	++	46.0	37	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	+++++	54.0 1,442	10 6	81.9 1,038
beneficiaries ages 65-74)		1,442	O	1,000
BEHAVIORS*	+++++	1.130	3	1.188
Nutrition and Physical Activity		1.150		1.100
Exercise (% of adults ages 65+)	+++++	27.9	7	30.3
Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	9.8	5 2	12.3
Sleep Health	+++++	22.7	2	21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++++	24.0	10	20.9
Smoking (% of adults ages 65+)	+++++	7.7	9	4.0
HEALTH OUTCOMES*	++++	0.307	19	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	+++	7.9	30	3.8
Suicide (deaths per 100,000 adults ages 65+)	++	8.4 22.0	32 40	4.5 9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	++++	1,592 1.7	14	1,380
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	+++	27.6 17.3	29 28	20.0 12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+++++	30.9	8	24.3
Obesity (% of adults ages 65+)	++++	27.9	11	18.8
Teeth Extractions (% of adults ages 65+) OVERALL	+++++	9.3 0.615	4	6.2 0.750
		0.010		. 000



West Virginia

State Health Department Website: dhhr.wv.gov

Measures		2021	2021	No. 1
SOCIAL & ECONOMIC FACTORS*	Rating +	-0.366	Rank 42	1.051
Community and Family Safety	•	-0.500	74	1.001
Violent Crime (offenses per 100,000 population)	+++	317	23	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	+	17.7	45	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)‡	++	9.3 1.6	35	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++++	84.2	16	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++	\$39	23	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	++++	69.3	49	86.0
Risk of Social Isolation (percentile, adults ages 65+)	+	9.3 93	26 48	2.1 1
Volunteerism (% of adults ages 65+)	+++	31.0	26	44.6
PHYSICAL ENVIRONMENT*		0.010	00	1.050
PHYSICAL ENVIRONMENT* Air and Water Quality	+++	0.210	29	1.353
Air Pollution (micrograms of fine particles per cubic meter)	+++	7.4	28	4.1
Drinking Water Violations (% of community water systems)	+	19.6	50	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	18.3	1	18.3
CLINICAL CARE*	+	-0.616	46	0.695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	++	5.6 18.5	40 41	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	+++	101	37	442
with a disability)			0,	
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	++	69.8	39	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	++++	64.8 73.6	20 23	71.1 78.3
Quality of Care	****	73.0	23	70.5
Dedicated Health Care Provider (% of adults ages 65+)	+++	93.8	27	96.3
Hospice Care (% of Medicare decedents)	+	43.6	43	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars)	+++	16.0 31.3	21 46	14.0 81.9
Preventable Hospitalizations (discharges per 100,000 Medicare	+	3,882	50	1,038
beneficiaries ages 65-74)		0,002	00	.,000
BEHAVIORS*	+	-1.628	49	1.188
Nutrition and Physical Activity	*	-1.020	49	1.100
Exercise (% of adults ages 65+)	+	13.5	48	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+	4.2	48	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	39.1	47	21.7
Sleep Health Insufficient Sleep (% of adults ages 65+)	+	32.8	48	20.9
Tobacco Use		02.0	10	20.0
Smoking (% of adults ages 65+)	+	11.6	44	4.0
HEALTH OUTCOMES*	+	-1.043	50	0.932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+++++	3.8	1	3.8
Frequent Mental Distress (% of adults ages 65+)	+	10.9	49	4.5
Suicide (deaths per 100,000 adults ages 65+) Mortality	++	20.0	36	9.2
Early Death (deaths per 100,000 adults ages 65-74)	+	2,307	45	1,380
Early Death Racial Disparity (ratio)‡		1.3		1.0
Physical Health				
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+)	++	28.4	33	20.0
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	+	22.2 47.4	49 48	12.9 24.3
Obesity (% of adults ages 65+)	+	36.4	49	18.8
Teeth Extractions (% of adults ages 65+)	+	26.3	50	6.2
OVERALL		-0.809	_	0.750

Summary

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of severe housing problems
- High pneumonia vaccination coverage

Challenges:

- Low prevalence of exercise
- High prevalence of frequent physical distress
- · Low percentage of households with high-speed internet

Highlights:

HIGH-SPEED INTERNET

▲15%

between 2016 and 2019 from 60.4% to 69.3% of households of adults ages 65+

FLU VACCINATION COVERAGE

▼7%

between 2014 and 2019 from 69.8% to 64.8% of adults ages 65+

TEETH EXTRACTIONS

▼22%

between 2014 and 2018 from 33.6% to 26.3% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

- *Value indicates a score. Higher scores are healthier and lower scores are less healthy.
- ‡ Non-ranking measure.
- Indicates data missing or suppressed.
- For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.



Wisconsin

State Health Department Website: dhs.wisconsin.gov

Summary

Strengths:

- High prevalence of exercise
- Low prevalence of food insecurity
- Low prevalence of frequent physical distress

Challenges:

- High prevalence of excessive drinking
- High prevalence of obesity
- Low percentage of households with high-speed internet

Highlights:

HIGH-SPEED INTERNET

▲12%

between 2016 and 2019 from 67.2% to 75.1% of households with adults ages 65+

EXERCISE

▲47%

between 2017 and 2019 from 20.6% to 30.3% of adults ages 65+

OBESITY

▲24%

between 2011 and 2019 from 26.9% to 33.3% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

Non-ranking measure.

— Indicates data missing or suppressed.

onsin.gov				
Measures	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*	+++++	0.576	8	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population) Economic Resources	++++	293	18	115
Food Insecurity (% of adults ages 60+) Poverty (% of adults ages 65+)	+++++	8.3 7.4 2.6	2 11	7.3 6.1 1.0
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty) Social Support and Engagement	++++	80.2	18	100.0
Community Support Expenditures (dollars per adult ages 60+) High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+) Volunteerism (% of adults ages 65+)	+++ ++ ++++ +++++	\$39 75.1 8.3 18 37.1	23 33 20 10 5	\$265 86.0 2.1 1 44.6
PHYSICAL ENVIRONMENT*	++	0.047	40	1.353
Air and Water Quality Air Pollution (micrograms of fine particles per cubic meter) Drinking Water Violations (% of community water systems) Housing	++++	7.0 3.3	17 43	4.1 0.0
Severe Housing Problems (% of small households with an adult ages 62+)	++	32.8	35	18.3
CLINICAL CARE*	+++++	0.614	2	0.695
Access to Care Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+) Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++++ +++ ++++	4.2 25.3 241	17 30 6	3.0 57.7 442
Preventive Clinical Services Cancer Screenings (% of adults ages 65-75) Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+) Outlies of Care	+++++ +++ +++++	76.9 63.9 77.2	10 26 2	81.1 71.1 78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+) Hospice Care (% of Medicare decedents) Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74) Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++++ +++++ +++++ ++++	95.7 55.1 15.0 49.1 1,972	6 8 6 23 16	96.3 60.5 14.0 81.9 1,038
BEHAVIORS*	++++	0.554	11	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+) Fruit and Vegetable Consumption (% of adults ages 65+) Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	+++++	30.3 5.5 28.2	1 42 13	30.3 12.3 21.7
Insufficient Sleep (% of adults ages 65+) Tobacco Use	+++	25.3	22	20.9
Smoking (% of adults ages 65+)	+++++	7.2	5	4.0
HEALTH OUTCOMES*	++++	0.296	20	0.932
Behavioral Health Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+) Suicide (deaths per 100,000 adults ages 65+)	+ +++++	12.1 6.2 15.0	50 6 11	3.8 4.5 9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)* Physical Health	+++	1,672 1.9	22	1,380
Falls (% of adults ages 65+) Frequent Physical Distress (% of adults ages 65+) Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+) OVERALL	++++ ++++ ++++ +	25.7 13.6 34.9 33.3 10.5 0.483	13 5 14 42 9 —	20.0 12.9 24.3 18.8 6.2 0.750



Wyoming

State Health Department Website: health.wyo.gov

Measures		2021	2021	No. 1
	Rating	Value 0.484	Rank 14	State 1.051
Community and Family Safety	***	0.404	14	1.051
101 - 11 (6)	++++	217	7	115
Economic Resources				
, , , , , , , , , , , , , , , , , , , ,	++++	9.9	10	7.3
, , , , , , , , , , , , , , , , , , , ,	++++	7.4	11	6.1
Poverty Racial Disparity (ratio)* SNAP Reach (participants per 100 adults ages 60+ in poverty)	L.	— 28.4	50	1.0 100.0
Social Support and Engagement		20.1	00	100.0
, , , , , , , , , , , , , , , , , , , ,	++++	\$137	4	\$265
9 4	++++	79.2	18	86.0
	++ ++++	12.8 14	38 8	2.1 1
	+++	32.6	21	44.6
	++++	1.303	2	1.353
Air and Water Quality		4 -	0	4.1
	++++ +++	4.5 0.5	2 26	4.1 0.0
Housing		0.5	20	0.0
	++++	22.9	3	18.3
CLINICAL CARE*		-0.701	47	0.695
Access to Care				
	++++	4.0	14	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)		15.1	45	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	++	110	34	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	F	62.8	50	81.1
Flu Vaccination (% of adults ages 65+)	F	56.6	49	71.1
,	++	69.1	40	78.3
Quality of Care Dedicated Health Care Provider (% of adults ages 65+)	L	87.1	49	96.3
Hospice Care (% of Medicare decedents)		33.4	47	60.5
the first and the first section of the first section in the first section of the first sectio	++++	15.0	6	14.0
	++++	50.5	18	81.9
	++++	1,873	15	1,038
beneficiaries ages 65-74)				
BEHAVIORS*	++	-0.022	31	1.188
Nutrition and Physical Activity				
,	++++	25.0	17	30.3
	++ ++++	5.7 29.7	37 18	12.3 21.7
Sleep Health		29.7	10	∠1./
	++++	25.0	18	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	++	10.2	34	4.0
HEALTH OUTCOMES*	++++	0.354	15	0.932
Behavioral Health				
9 ,	++++	5.8	11	3.8
, , ,	++++	6.7	9	4.5
	F	30.1	49	9.2
Mortality Early Death (deaths per 100,000 adults ages 65-74)	+++	1,720	26	1,380
Early Death Racial Disparity (ratio)‡		2.0	20	1.0
Physical Health				
	++++	26.0	17	20.0
Frequent Physical Distress (% of adults ages 65+)	++++	16.3	20	12.9
Multiple Chronic Conditions At (9) of Madisara baneficiarias a === CE:)		240		
	++++	24.8 28.7	2 17	24.3 18.8
Obesity (% of adults ages 65+)	+++++ ++++ ++	24.8 28.7 16.1	2 17 34	24.3 18.8 6.2

Summary

Strengths:

- Low prevalence of multiple chronic conditions
- Low prevalence of severe housing problems
- Low prevalence of frequent mental distress

Challenges:

- High suicide rate
- Low flu vaccination coverage
- Low percentage of hospice care use

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 72.3% to 79.2% of households with adults ages 65+

EXERCISE

▲26%

between 2017 and 2019 from 19.9% to 25.0% of adults ages 65+

OBESITY

▲41%

between 2011 and 2019 from 20.4% to 28.7% of adults ages 65+

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

- Indicates data missing or suppressed.



District of Columbia

State Health Department Website: dchealth.dc.gov

Summary

Strengths:

- High geriatric provider rate
- Low suicide rate
- Low prevalence of teeth extractions

Challenges:

- High prevalence of food insecurity
- High prevalence of severe housing problems
- Low prevalence of exercise

Highlights:

HIGH-SPEED INTERNET

▲19%

between 2016 and 2019 from 64.6% to 76.9% of households with adults ages 65+

PREVENTABLE HOSPITALIZATIONS

▼13%

between 2016 and 2018 from 3,705 to 3,217 discharges per 100,000 Medicare beneficiaries ages 65-74

FALLS

▲15%

between 2012 and 2018 from 27.5% to 31.7% of adults ages 65+

*Value indicates a score. Higher scores are healthier and lower scores are less healthy.

‡ Non-ranking measure.

 Indicates data missing or suppressed.
 For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

n.ac.gov		
Measures	2021 Value	No. 1 State
SOCIAL & ECONOMIC FACTORS*	_	1.051
Community and Family Safety Violent Crime (offenses per 100,000 population)	1,049	115
Economic Resources	1,043	113
Food Insecurity (% of adults ages 60+)	21.3	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)*	13.3 2.6	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	74.8	100.0
Social Support and Engagement		
Community Support Expenditures (dollars per adult ages 60+)	\$250	\$265
High-speed Internet (% of households with adults ages 65+) Low-care Nursing Home Residents (% of residents)	76.9 —	86.0 2.1
Risk of Social Isolation (percentile, adults ages 65+)	99	1
Volunteerism (% of adults ages 65+)	30.4	44.6
PHYSICAL ENVIRONMENT*	_	1.353
Air and Water Quality		
Air Pollution (micrograms of fine particles per cubic meter)	9.5	4.1
Drinking Water Violations (% of community water systems)	_	0.0
Housing Severe Housing Problems (% of small households with an adult ages 62+)	39.3	18.3
CLINICAL CARE* Access to Care	_	0.695
Avoided Care Due to Cost (% of adults ages 65+)	4.9	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	74.4	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	385	442
with a disability) Preventive Clinical Services		
Cancer Screenings (% of adults ages 65-75)	74.5	81.1
Flu Vaccination (% of adults ages 65+)	64.4	71.1
Pneumonia Vaccination (% of adults ages 65+) Quality of Care	70.5	78.3
Dedicated Health Care Provider (% of adults ages 65+)	91.4	96.3
Hospice Care (% of Medicare decedents)	33.2	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	17.0	14.0
Nursing Home Quality (% of beds rated four or five stars) Preventable Hospitalizations (discharges per 100,000 Medicare	65.9 3,217	81.9 1,038
beneficiaries ages 65-74)	0,217	1,030
BEHAVIORS*		1.188
Nutrition and Physical Activity	_	1.100
Exercise (% of adults ages 65+)	29.8	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	11.7	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health) Sleep Health	25.1	21.7
Insufficient Sleep (% of adults ages 65+)	27.0	20.9
Tobacco Use		
Smoking (% of adults ages 65+)	10.0	4.0
HEALTH OUTCOMES*	_	0.932
Behavioral Health		
Excessive Drinking (% of adults ages 65+) Frequent Mental Distress (% of adults ages 65+)	10.0 8.4	3.8 4.5
Suicide (deaths per 100,000 adults ages 65+)	9.4	9.2
Mortality		
Early Death (deaths per 100,000 adults ages 65-74)	1,932	1,380
Early Death Racial Disparity (ratio)* Physical Health	3.5	1.0
Falls (% of adults ages 65+)	31.7	20.0
Frequent Physical Distress (% of adults ages 65+)	16.2	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+) Obesity (% of adults ages 65+)	37.3 25.9	24.3 18.8
Teeth Extractions (% of adults ages 65+)	10.9	6.2
OVERALL	_	0.750



United States

State Health Department Website: hhs.gov

Measures	2021 Value	No. 1 State
SOCIAL & ECONOMIC FACTORS*	_	1.051
Community and Family Safety		
Violent Crime (offenses per 100,000 population)	379	115
Economic Resources		
Food Insecurity (% of adults ages 60+)	13.3	7.3
Poverty (% of adults ages 65+) Poverty Racial Disparity (ratio)*	9.4 2.7	6.1 1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	79.1	100.0
Social Support and Engagement		
Community Support Expenditures (dollars per adult ages 60+)	\$55	\$265
High-speed Internet (% of households with adults ages 65+)	78.0	86.0
Low-care Nursing Home Residents (% of residents) Risk of Social Isolation (percentile, adults ages 65+)	9.8	2.1
Volunteerism (% of adults ages 65+)	28.0	44.6
PHYSICAL ENVIRONMENT*	_	1.353
Air and Water Quality		
Air Pollution (micrograms of fine particles per cubic meter)	8.3	4.1
Drinking Water Violations (% of community water systems)	1.1	0.0
Housing		
Severe Housing Problems (% of small households with an adult ages 62+)	32.7	18.3
CLINICAL CARE*	_	0.695
Access to Care	4.0	
Avoided Care Due to Cost (% of adults ages 65+) Geriatric Providers (providers per 100,000 adults ages 65+)	4.8 30.1	3.0 57.7
Home Health Care Workers (workers per 1,000 adults ages 65+	179	442
with a disability)	., 0	
Preventive Clinical Services		
Cancer Screenings (% of adults ages 65–75)	74.1	81.1
Flu Vaccination (% of adults ages 65+) Pneumonia Vaccination (% of adults ages 65+)	63.8 71.7	71.1 78.3
Quality of Care	/ 1./	/0.3
Dedicated Health Care Provider (% of adults ages 65+)	93.6	96.3
Hospice Care (% of Medicare decedents)	50.7	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	16.0	14.0
Nursing Home Quality (% of beds rated four or five stars)	43.3	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	2,358	1,038
BEHAVIORS*	_	1.188
Nutrition and Physical Activity Exercise (% of adults ages 65+)	23.1	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	7.3	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	31.0	21.7
Sleep Health		
Insufficient Sleep (% of adults ages 65+)	27.3	20.9
Tobacco Use Smoking (% of adults ages 65+)	9.1	4.0
HEALTH OUTCOMES*	_	0.932
Behavioral Health		0.932
Excessive Drinking (% of adults ages 65+)	7.7	3.8
Frequent Mental Distress (% of adults ages 65+)	8.1	4.5
Suicide (deaths per 100,000 adults ages 65+)	17.1	9.2
Mortality Forly Dooth (dootho per 100,000 adults ages 65,74)	1765	1200
Early Death (deaths per 100,000 adults ages 65-74) Early Death Racial Disparity (ratio)‡	1,765 1.4	1,380 1.0
Physical Health	1. 7	"
Falls (% of adults ages 65+)	27.4	20.0
Frequent Physical Distress (% of adults ages 65+)	17.4	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	40.9	24.3
Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+)	29.3 13.5	18.8 6.2
OVERALL	_	0.750

Summary

Highlights:

FOOD INSECURITY

▼16%

between 2014 and 2018 from 15.8% to 13.3% of adults ages 60+

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019 from 71.1% to 78.0% of households with adults ages 65+

THE NUMBER OF GERIATRIC PROVIDERS

▲13%

between 2018 and 2020 from 26.7 to 30.1 per 100,000 adults ages 65+

FLU VACCINATION COVERAGE

▲6%

between 2017 and 2019 from 60.4% to 63.8% of adults ages 65+

EXERCISE

▲31%

between 2017 and 2019 from 17.6% to 23.1% of adults ages 65+

FREQUENT MENTAL DISTRESS

▲ 11%

between 2016 and 2019 from 7.3% to 8.1% of adults ages 65+

SUICIDE

A 3%

between 2014-16 and 2017-19 from 16.6 to 17.1 deaths per 100,000 adults ages 65+

^{*}Value indicates a score. Higher scores are healthier and lower scores are less healthy.

[‡] Non-ranking measure.

Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

Appendix

Measures

Mossuro	Decarintian	Source	Data Vac:
Measure Community and Family Safety	Description Sum of weighted z-scores of ranked community and family safety measures	Source America's Health Rankings composite measure	Data Year(s
Violent Crime	Number of murders, rapes, robberies and aggravated assaults per 100,000 population	U.S. Department of Justice, Federal Bureau of Investigation	2019
Economic Resources	Sum of weighted z-scores of ranked economic resources measures	America's Health Rankings composite measure	2021
Food Insecurity	Percentage of adults ages 60 and older who faced the threat of hunger in the past 12 months	Feeding America, The State of Senior Hunger in America	2018
Poverty	Percentage of adults ages 65 and older who live below the poverty level	U.S. Census Bureau, American Community Survey	2019
Poverty Racial Disparity*	Ratio of the racial or ethnic group with the highest poverty rate to the non-Hispanic white rate among adults ages 65 and older	U.S. Census Bureau, American Community Survey	2019
SNAP Reach**	Number of adults ages 60 and older who participate in the Supplemental Nutrition Assistance Program (SNAP) per 100 adults ages 60 and older living in poverty	U.S. Department of Agriculture, Characteristics of Supplemental Nutrition Assistance Program Households	2018
Education*			
College Graduate*	Percentage of adults ages 65 and older who reported having a college degree	U.S. Census Bureau, American Community Survey	2019
Social Support and Engagement	Sum of weighted z-scores of ranked social support and engagement measures	America's Health Rankings composite measure	2021
Community Support Expenditures**	Dollars captured by the Administration on Aging per adult ages 60 and older	U.S. Department of Health and Human Services (HHS), Administration for Community Living, State Program Reports	2018
High-speed Internet	Percentage of households with adults ages 65 and older that have a broadband internet subscription and a computer, smartphone or tablet	U.S. Census Bureau, American Community Survey	2019
Low-care Nursing Home Residents**	Percentage of nursing home residents who do not require physical assistance for bed mobility, transferring, using the toilet and eating	Brown University, Shaping Long-Term Care in America Project	2017

^{*}Measure is not included in a state's overall score.
**Data appearing in this edition are the same that appeared in the Senior Data 2020 Update.

Social and Economic Factors, continued

Measure	Description	Source	Data Year(s)
Risk of Social Isolation	Percentile of the mean z-scores for the following risk factors in adults ages 65 and older: poverty; living alone; divorced, separated or widowed; never married; disability; and independent living difficulty	U.S. Census Bureau, American Community Survey	2015-2019
Volunteerism**	Percentage of adults ages 65 and older who reported volunteering in the past 12 months	Corporation for National & Community Service	2017
Voter Participation (Congressional)*, **	Percentage of U.S. citizens ages 65 and older who voted in the last congressional election	U.S. Census Bureau, Current Population Survey, Voting and Registration Supplement	2018

Physical Environment Description Measure Data Year(s) Source **Air and Water Quality** Sum of weighted z-scores of ranked air and America's Health Rankings 2021 water quality measures composite measure Air Pollution Average exposure of the general public to 2017-2019 U.S. Environmental Protection particulate matter of 2.5 microns or less Agency measured in micrograms per cubic meter Drinking Water Violations Percentage of population served by community 2020 **Environmental Protection** water systems with a serious drinking water Agency, Enforcement violation during the year and Compliance History Online, Safe Drinking Water Information System Non-smoking Percentage of population covered by 100% American Nonsmokers' 2021 Regulation* smokefree laws for restaurants, bars and non-**Rights Foundation** hospitality workplaces Sum of weighted z-scores of ranked housing America's Health Rankings **Housing and Transit** 2021 and transit measures composite measure Severe Housing Problems Percentage of one- to two-person households 2013-2017 U.S. Department of Housing with an adult ages 62 and older with at least and Urban Development, one of the following problems: lack of complete Comprehensive Housing kitchen facilities, lack of plumbing facilities, Affordability Strategy overcrowding or cost-burdened occupants

^{*}Measure is not included in a state's overall score.

^{**}Data appearing in this edition are the same that appeared in the Senior Data 2020 Update.

easure		Description	Source	Data Year(s)
Access to Care		Sum of weighted z-scores of ranked access to care measures	America's Health Rankings composite measure	2021
Avoided Care Due to Cost		Percentage of adults ages 65 and older who reported a time in the past 12 months when they needed to visit a doctor but could not because of cost	Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System	2019
Geriatric Provide	rs	Number of family medicine and internal medicine geriatricians and geriatric nurse practitioners per 100,000 adults ages 65 and older	U.S. HHS, Centers for Medicare & Medicaid Services (CMS), National Plan and Provider Enumeration System	Sept. 202
Home Health Car Workers	re	Number of personal care and home health aides per 1,000 adults ages 65 and older with a disability	U.S. Department of Labor, Bureau of Labor Statistics	2019
eventive Clinical Services		Sum of weighted z-scores of ranked preventive clinical services measures	America's Health Rankings composite measure	2021
Cancer Screening	gs**	Percentage of women ages 65-74 who reported receiving a mammogram in the past two years and the percentage of adults ages 65-75 who reported receiving colorectal cancer screening within the recommended time period	CDC, Behavioral Risk Factor Surveillance System	2018
Immunizations		Sum of weighted z-scores of ranked immunizations measures	America's Health Rankings composite measure	2021
Flu Vaccina	ation	Percentage of adults ages 65 and older who reported receiving a seasonal flu vaccine in the past 12 months	CDC, Behavioral Risk Factor Surveillance System	2019
Pneumonia Vaccinatio		Percentage of adults ages 65 and older who reported ever receiving a pneumonia vaccine	CDC, Behavioral Risk Factor Surveillance System	2019
uality of Care		Sum of weighted z-scores of ranked quality of care measures	America's Health Rankings composite measure	2021
Dedicated Health Care Provider	1	Percentage of adults ages 65 and older who reported having a personal doctor or health care provider	CDC, Behavioral Risk Factor Surveillance System	2019
Hospice Care		Percentage of Medicare decedents who were in hospice at time of death	National Hospice and Palliative Care Organization, NHPCO Facts and Figures	2018
Hospital Readmis	ssions	Percentage of Medicare beneficiaries ages 65-74 enrolled in the fee-for-service program readmitted within 30 days of hospital discharge	U.S. HHS, CMS, Office of Minority Health's Mapping Medicare Disparities Tool	2018

^{*}Measure is not included in a state's overall score.

**Data appearing in this edition are the same that appeared in the Senior Data 2020 Update.

Note: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Clinical Care, continued

Measure		Description	Source	Data Year(s)	
	Nursing Home Quality	Percentage of certified nursing home beds rated four or five stars over a three-month period	U.S. HHS, CMS, Nursing Home Compare	Sept. 2020 - Nov. 2020	
	Preventable Hospitalizations	Discharges following hospitalization for diabetes with short- or long-term complications, uncontrolled diabetes without complications, diabetes with lower extremity amputation, chronic obstructive pulmonary disease, angina without a procedure, asthma, hypertension, heart failure, dehydration, bacterial pneumonia or urinary tract infection per 100,000 Medicare beneficiaries ages 65-74 enrolled in the fee-for-service program	U.S. HHS, CMS, Office of Minority Health's Mapping Medicare Disparities Tool	2018	

Behaviors			
Measure	Description	Source	Data Year(s) 2021
Nutrition and Physical Activity	Sum of weighted z-scores of ranked nutrition and physical activity measures	America's Health Rankings composite measure	
Exercise	Percentage of adults ages 65 and older who met the federal physical activity guidelines (150 minutes of moderate or 75 minutes of vigorous aerobic activity and two days of muscle strengthening per week) in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
Fruit and Vegetable Consumption	Percentage of adults ages 65 and older who reported consuming two or more fruits and three or more vegetables daily	CDC, Behavioral Risk Factor Surveillance System	2019
Physical Inactivity	Percentage of adults ages 65 and older in fair or better health who reported doing no physical activity or exercise other than their regular job in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
Sleep Health	Sum of weighted z-scores of ranked sleep health measures	America's Health Rankings composite measure	2021
Insufficient Sleep**	Percentage of adults ages 65 and older who reported sleeping, on average, fewer than seven hours in a 24-hour period	CDC, Behavioral Risk Factor Surveillance System	2018
Tobacco Use	Sum of weighted z-scores of ranked tobacco use measures	America's Health Rankings composite measure	2021
Smoking	Percentage of adults ages 65 and older who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days	CDC, Behavioral Risk Factor Surveillance System	2019

^{*}Measure is not included in a state's overall score.

**Data appearing in this edition are the same that appeared in the Senior Data 2020 Update.

Note: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

Health Outcomes Measure Description Source Data Year(s) **Behavioral Health** Sum of weighted z-scores of ranked behavioral America's Health Rankings 2021 health measures composite measure Cognitive Difficulty* Percentage of adults ages 65 and older 2019 U.S. Census Bureau, who reported having physical, mental or American Community Survey emotional problems or difficulty remembering, concentrating or making decisions CDC, Behavioral Risk Factor Depression* Percentage of adults ages 65 and older who 2019 reported being told by a health professional Surveillance System that they have a depressive disorder including depression, major depression, minor depression or dysthymia **Excessive Drinking** Percentage of adults ages 65 and older who CDC, Behavioral Risk Factor 2019 reported binge drinking (four or more [females] Surveillance System or five or more [males] drinks on one occasion in the past 30 days) or heavy drinking (eight or more [females] or 15 or more [males] drinks per week) Frequent Mental Distress Percentage of adults ages 65 and older who CDC. Behavioral Risk Factor 2019 reported their mental health was not good 14 or Surveillance System more days in the past 30 days Suicide Deaths due to intentional self-harm per 100,000 CDC WONDER Online 2017-2019 adults ages 65 and older Database, Underlying Cause of Death, Multiple Cause of Death files Mortality Sum of weighted z-scores of ranked mortality 2021 America's Health Rankings measures composite measure Drug Deaths* Deaths due to drug injury (unintentional, CDC WONDER Online Database, 2017-2019 suicide, homicide or undetermined) per Underlying Cause of Death, 100,000 adults ages 65-74 Multiple Cause of Death files Early Death Deaths per 100,000 adults ages 65-74 CDC WONDER Online Database, 2019 Underlying Cause of Death, Multiple Cause of Death files Early Death Racial Ratio of the racial or ethnic group with the 2019 CDC WONDER Online Database, Disparity* highest early death rate to the non-Hispanic Underlying Cause of Death, white rate among adults ages 65-74 Multiple Cause of Death files

^{*}Measure is not included in a state's overall score.

^{**}Data appearing in this edition are the same that appeared in the Senior Data 2020 Update. Note: All Behavioral Risk Factor Surveillance System data for New Jersey are from 2018.

APPENDIX

Health Outcomes, continued

Measure	Description	Source	Data Year(s)
Physical Health	Sum of weighted z-scores of ranked physical health measures	America's Health Rankings composite measure	2021
Able-bodied*	Percentage of adults ages 65 and older with no cognitive, visual, auditory, ambulatory, self-care and/or independent living difficulty disabilities	U.S. Census Bureau, American Community Survey	2019
Falls**	Percentage of adults ages 65 and older who reported falling in the past 12 months	CDC, Behavioral Risk Factor Surveillance System	2018
Frequent Physical Distress	Percentage of adults ages 65 and older who reported their physical health was not good 14 or more days in the past 30 days	CDC, Behavioral Risk Factor Surveillance System	2019
High Health Status*	Percentage of adults ages 65 and older who reported their health is very good or excellent	CDC, Behavioral Risk Factor Surveillance System	2019
Multiple Chronic Conditions	Percentage of Medicare beneficiaries ages 65 and older enrolled in the fee-for-service program with four or more of 21 chronic conditions	U.S. HHS, CMS, Research, Statistics, Data & Systems	2018
Obesity	Percentage of adults ages 65 and older with a body mass index of 30.0 or higher based on reported height and weight	CDC, Behavioral Risk Factor Surveillance System	2019
Teeth Extractions**	Percentage of adults ages 65 and older who reported having all teeth removed due to decay or gum disease	CDC, Behavioral Risk Factor Surveillance System	2018

Demographics			
Measure	Description	Source	Data Year(s)
Population Ages 65+*	Percentage of population ages 65 and older	CDC WONDER Online Database, Single-Race Population Estimates	2019
Rural Population*	Percentage of a state's total population estimated to live in a rural area	U.S. Census Bureau and U.S. Department of Agriculture, Economic Research Service	2019

^{*}Measure is not included in a state's overall score.
**Data appearing in this edition are the same that appeared in the Senior Data 2020 Update.

Data Source Descriptions

America's Health Rankings composite measures

Composite measures are calculated to provide summary information for multiple measures within a topic or model category. These measures are presented as the sum of weighted z-scores of the ranked measures.

American Nonsmokers' Rights Foundation

This nonprofit organization creates programs to educate the public about the adverse health effects of smoking and secondhand smoke exposure as well as the benefits of smokefree environments. The foundation produces lists and maps covering laws regarding clean air, e-cigarettes, marijuana and tobacco sales in pharmacies.

Brown University, Shaping Long-Term Care in America Project

This project is conducted at the Brown University Center for Gerontology and Healthcare Research and is supported, in part, by the National Institute on Aging. The project website provides data on facility, resident and market characteristics as well as state long-term care policies by state, county or facility.

Corporation for National & Community Service

This agency engages more than 5 million Americans in service through its core programs — Senior Corps, AmeriCorps and the Social Innovation Fund. As the nation's largest grantmaker for service and volunteering, the agency plays a critical role in strengthening America's nonprofit sector and addressing the nation's challenges through service.

Feeding America

The State of Senior Hunger in America

This annual report documents the prevalence of food insecurity — ranging from marginal insecurity to very low security — among older adults in the United States. It identifies the geographic socio-demographic variation in food insecurity based on data from the December Supplement to the Current Population Survey. Data for this year's report was provided via a special request to the authors.

National Hospice and Palliative Care Organization (NHPCO)

NHPCO Facts and Figures

This is the nation's largest membership organization for providers and professionals who care for people affected

by serious and life-limiting illnesses. The annual NHPCO Facts and Figures report leverages Centers for Medicare & Medicaid hospice claims data. Information provided includes hospice patient characteristics, location and care level.

U.S. Census Bureau

American Community Survey

This ongoing survey provides information yearly about population demographics and housing in the nation. Data collected in the survey help determine how federal and state funds are distributed each year.

Current Population Survey

Voting and Registration Supplement

This ongoing survey, sponsored jointly by the U.S. Census Bureau and the U.S. Bureau of Labor Statistics, provides information monthly about employment, earnings and education in the nation. The Voting and Registration Supplement collects data on how many Americans register and vote, in addition to other characteristics such as age, gender and race/ethnicity.

U.S. Department of Agriculture

Food and Nutrition Services

Characteristics of Supplemental Nutrition Assistance Program Households

This annual report series, dating from 1976, provides information about the demographic and economic circumstances of Supplemental Nutrition Assistance Program households each fiscal year.

Economic Research Service

This agency provides economic research, data and analysis on topics such as agriculture, nutrition and rural America. Each year, the agency presents its research through briefings, special studies for policymakers and staff, market analysis updates and major reports.

U.S. Department of Health and Human Services Administration for Community Living (ACL)

State Program Reports

This administration advocates for older adults, people with disabilities and families as well as caregivers. The ACL funds services and support efforts provided primarily by states and networks of community-based programs, and

it invests in training, education, research and innovation. The State Program Reports is one of several administrative data sets of the Administration on Aging. It provides data annually on Older Americans Act services.

Centers for Disease Control and Prevention (CDC)

Behavioral Risk Factor Surveillance System
This is the nation's largest phone-based population survey.
The survey provides self-reported information about U.S.

residents' health-related risk behaviors, chronic health conditions and use of preventive services.

CDC WONDER Mortality and Single-Race Population Estimates

The CDC Wide-ranging Online Data for Epidemiologic Research is a query system for analyzing public-use data. Multiple Cause of Death files contain counts, rates and causes of death, as well as demographic information for U.S. residents based on death certificates. Data are produced by the National Center for Health Statistics.

The single-race population estimates are based on Census Bureau data released annually on the resident population of the U.S., with six categories of race as defined by the 1997 Office of Management and Budget's standards.

Centers for Medicare & Medicaid Services

This agency administers the nation's major health care programs such as Medicare, Medicaid, and the Children's Health Insurance Program. The Centers' many projects collect and analyze data as well as produce statistics, trends and research reports on various health and health care topics.

Office of Minority Health's Mapping Medicare Disparities (MMD) Tool

This office is a comprehensive source of information, offering data on eliminating health disparities and improving the health of minority populations.

National Plan and Provider Enumeration System

This is a system used to assign unique identifiers to health care providers and health plans as required by the Health Insurance Portability and Accountability Act of 1996.

Nursing Home Compare

This website has detailed information about every

Medicare- and Medicaid-certified nursing home in the country. Users can find detailed information for various quality measures, health inspections and staffing.

U.S. Department of Housing and Urban Development (HUD)

Office of Policy Development and Research

Comprehensive Housing Affordability Strategy (CHAS) This office manages data on housing markets, needs and programs to support HUD and inform policy. CHAS data are custom tabulations of data from the U.S. Census Bureau's American Community Survey. These data demonstrate the extent of housing problems and needs, particularly for low-income households.

U.S. Department of Justice Federal Bureau of Investigation (FBI)

The FBI manages the Uniform Crime Reporting Program, a nationwide effort of nearly 18,000 city, university and college, county, state, tribal and federal law enforcement agencies voluntarily submitting data on reported crimes. The program's annual *Crime in the United States* report includes the number and rate of violent and property crime offenses in the nation and by state.

U.S. Department of Labor Bureau of Labor Statistics

The Bureau's Occupational Employment Statistics Query System produces data — obtained from the annual Employment and Wages from Occupational Employment Statistics survey — at the national, state and metropolitan level.

U.S. Environmental Protection Agency

This agency performs various federal research, monitoring, standard-setting and enforcement activities to ensure environmental protection. State-level air pollution data are obtained via a special request to the agency.

Enforcement and Compliance History Online (ECHO)

The ECHO tool provides data detailing compliance, assurance and enforcement activities related to federal environmental laws. National Safe Drinking Water Act data, compiled from the Safe Drinking Water Information System database for public water systems, are available as a publicuse data set.

Methodology

Measure and Overall Score

For each measure, state-level data as of February 12, 2021, are presented as the value. The ranking of each measure is the ordering of states according to their values. Ties in value are assigned equal ranks. The state value is then normalized into a z-score, using the following formula:

The z-score indicates the number of standard deviations a state value is above or below the U.S. value. A z-score with the value of zero indicates a state has the same value as the nation. For measures positively associated with health, states with healthier values than the U.S. have a positive z-score, while states that perform below the U.S. have a negative z-score — and vice versa for measures negatively associated with health. To prevent an extreme value from exerting excessive influence on the overall state score, the maximum z-score for a measure is capped at +/- 2.00. If a U.S. value is not available from the original data source for a measure, the mean of all states and the District of Columbia is used.

A state's model category and overall score is calculated by adding the products of the z-score for each ranked measure multiplied by its assigned weight and association (positive or negative) with health. A positive score is considered healthier and a negative score less healthy. If a state value is not available for a measure, its value from the last edition is used. If no previous value exists for a missing measure, the state's score for that measure is set to zero. The weight and direction for each measure are available at AmericasHealthRankings.org/about. The rankings are a relative measure of health. Not all changes in rank translate into actual declines or improvements in health. For additional methodology, please see AmericasHealthRankings.org/about/methodology.

Data Considerations

Ranking measures are selected if they:

1. Represent a broad range of health topics that affect the health of the population.

- 2. Are available at the state level.
- 3. Use common measurement criteria across the 50 states.
- 4. Are current and updated periodically.
- 5. Are amenable to change.

Data presented in this report are aggregated at the state level and cannot be used to make inferences at the individual level. The most recent data available are used for each measure. As a result, the data years vary by measure. For some measures, multiple years of data are combined to have a sufficient sample size. Measure definitions, sources and data years are available in the Measures table (Page 91). Values and ranks from prior years are updated on our website to reflect errors or updates from the reporting source.

The race and ethnicity classification labels reflect those used by the data source and are known to vary between measures. For example, birth and death records use Asian/Pacific Islander and the Behavioral Risk Factor Surveillance System uses Hawaiian/Pacific Islander. We acknowledge that race and ethnicity categories are broad and have great variation within groups. For example, the category Asian refers to a wide range of ethnicities as one group. Broad race and ethnicity categorization is limiting as it assumes ethnic homogeneity and, as a result, differences that exist within groups are often missed. Additionally, while data by race and ethnicity provide crucial information in identifying and tracking progress toward eliminating health disparities, we recognize that these differences are not rooted in biological differences but are often the result of unjust systems and policies.

America's Health Rankings chose not to include overall state rankings in the Senior Report due to the unprecedented health challenges presented by the COVID-19 pandemic. Substantial model changes revealed in 2020 mean that model category and overall state scores in the 2021 edition are not comparable to prior editions. Model changes, however, did not affect the comparability at the measure level to prior data years.

Model Revisions

2021 Model

In 2020 America's Health Rankings introduced a new rankings model (Page 7) that expanded the influence of social determinants of health. The community and environment category became two categories: social and economic factors and the physical environment. The policy category was removed, and policy measures were dropped or reassigned to the other categories. Many of the prior model measures were retained and reassigned to a new model category.

The new model includes 49 measures developed from 22 data sources. Data for nine measures are the same as appeared in the *Senior Data 2020 Update*. For a list of current measures, definitions and source details, see the Measures table (Page 91). The measures are grouped by model category and topic areas such as economic resources, preventive clinical services and physical health. To explore the data, visit www.AmericasHealthRankings.org.

New Measures

- · College graduate
- Depression
- Early death racial disparity
- Fruit and vegetable consumption
- · High-speed internet
- · Poverty racial disparity
- Rural population

Retired Measures

- · Fruit consumption
- · Shingles vaccination
- Vegetable consumption

Measure Methodology or Name Changes

- **Geriatric providers.** The definition was expanded to include nurse practitioners.
- Severe housing problems. The new measure is limited to adults in one- or two-person households with an adult ages 62 and older.
- **Suicide.** The definition is now calculated as a crude rate rather than an age-adjusted rate.
- Voter participation (congressional). The name was changed from voter turnout — ages 65+.

Model Topic and Measure Assignment Changes

Behaviors

- Sleep health. This is a new topic.
- Substance use. This is a retired topic. Measures were relocated to tobacco use or behavioral health topics.
- Tobacco use. This is a new topic.

Health Outcomes

- Behavioral health. This is a new topic.
- Health status. This topic was retired; measures were relocated to behavioral health or physical health topics.
- Injury and illness. This topic was retired; measures were relocated to behavioral health or physical health topics.
- Physical health. This is a new topic.

Social and Economic Factors

- Community and family safety. This new topic contains a single measure — violent crime.
- Economic resources. Previously referred to as household economics.
- Education. This new topic includes a single measure
 college graduate among adults ages 65 and older.

Advisory Committee

The Senior Report Advisory Committee provided expertise and guidance in the selection of measures and the design of the 2021 America's Health Rankings Senior Report model. The advisory committee includes representatives from state health departments, professional associations as well as experts from academic disciplines such as dementia, geriatrics and aging.

Each year, the advisory committee reviews the model and measures to improve existing measures, to address emerging public health concerns and to make adjustments for changing availability of data.

The advisory committee is always monitoring for new survey and surveillance data sources for use in future reports. In particular, the advisory committee is attentive to state-level data for health topics such as social support, caregiving, elder abuse and measures that relate to transportation and the built environment.

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