



A call to action for individuals and their communities

# Senior Report 2018





*America's Health Rankings*<sup>®</sup> was 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."

Our model reflects that determinants of health directly influence health outcomes, with determinants accounting for three-quarters and outcomes accounting for one-quarter of each state's overall score and ranking. Four categories of determinants are included in our model of health: Behaviors, Community & Environment, Policy and Clinical Care.

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## America's Health Rankings® Senior Report

# Executive Summary

### Overview

According to the United States Census Bureau, adults aged 65 and older now comprise more than 15 percent of the total population. By 2030, that number will climb significantly to 20 percent. The growing number of seniors and the corresponding projected growth in the use of clinical and community services will only deepen their impact on the overall health status of the nation. As community leaders, policymakers and public health professionals prepare to address these population shifts, *America's Health Rankings*® offers a suite of readily available health data to help inform important decisions and community health efforts.

The 2018 *America's Health Rankings Senior Report* provides the latest check-up on the health and well-being of our nation's seniors. Using 34 measures of senior health, the report highlights successes and challenges this population faces on a national and state-by-state basis. This year's report highlights two supplemental measures — the suicide rate among seniors as well as a new measure to identify locations where seniors are at higher risk of social isolation.

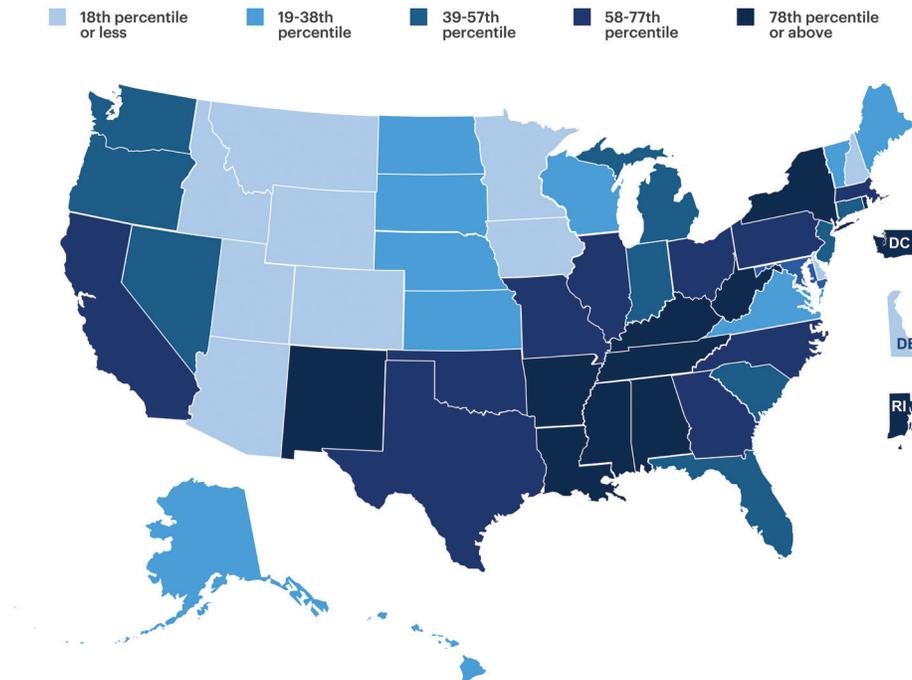
### Senior Report Spotlight Highlights Risk of Social Isolation Associated with Poor Health

With the senior population projected to grow rapidly over the next several decades, the impact of seniors' health and aging on their quality of life is an expanding area of interest. Because of the association between social isolation and increased mortality, poor health status and greater use of health care resources, *America's Health Rankings Senior Report* now includes a measure that evaluates the key risk factors for social isolation as identified by the AARP Foundation Isolation Framework Project.

*America's Health Rankings* developed a new measure comprised of six factors to identify locations where adults aged 65 and older are at higher risk of social isolation. The new measure includes the following risk factors: divorce, separation or widowhood, as well as seniors who never married, are living in poverty, have a disability, have difficulty living independently and live alone.

# Executive Summary

## Risk of Social Isolation for Seniors Varies Across the Nation



### Risk of Social Isolation for Seniors Includes the Following Six Factors

#### Divorced, separated or widowed

Never married

Poverty

Disability

#### Independent living difficulty

Living alone

The analysis found social isolation risk among seniors is highest in Mississippi and Louisiana with a concentrated area of high risk from the mid-Southern region through the Appalachian Mountain states. Seniors have the lowest risk of social isolation in Utah and New Hampshire. Overall, seniors in states that are ranked healthier have a lower risk of social isolation than seniors living in states that face greater health challenges.

While risk of social isolation varies across states, large variation also occurs within states by county. The new measure identifies variation across the six risk factors of social isolation by comparing the top 20 percent of counties with the bottom 20 percent of counties in each state. Colorado has the largest variation, while the smallest variation exists in Iowa and Vermont.

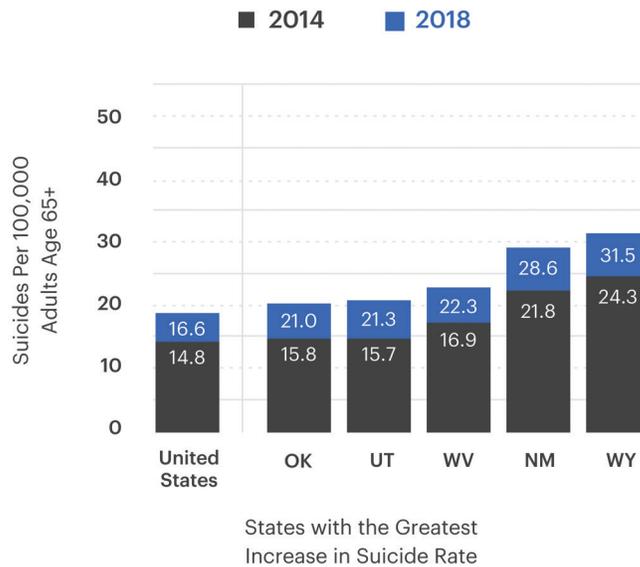
## Suicide Rates Have Increased Nationally Among Seniors

This year's *Senior Report* also highlights an alarming increase in the suicide rate among seniors. Since the 2014 edition of the *Senior Report*, the suicide rate among seniors has increased 12 percent to 16.6 deaths per 100,000 aged 65 and older. The age-adjusted suicide rate for the general U.S. population has also risen over the past four years, increasing 10 percent to

13.7 deaths per 100,000 population. At the state level, Wyoming, New Mexico, Utah, West Virginia and Oklahoma have witnessed the largest suicide rate increases among seniors since 2014. Alaska experienced the greatest decrease in suicide among seniors during this time period.

Also striking is the wide variation in the suicide rate among seniors across states. For example, the rate is 3.9 times higher in Nevada than in Massachusetts (32.3 deaths versus 8.3 deaths per 100,000 adults aged 65 and older).

## Senior Suicide Increases 12% Across the Nation Since 2014



# Executive Summary

## Seniors in Rural Areas Face Significant Health Challenges

The *Senior Report* found that seniors fare differently across key markers of health based on the communities where they live — whether rural, suburban or urban. Seniors who live in rural areas experience health disparities across a wide range of behavior and outcome measures:

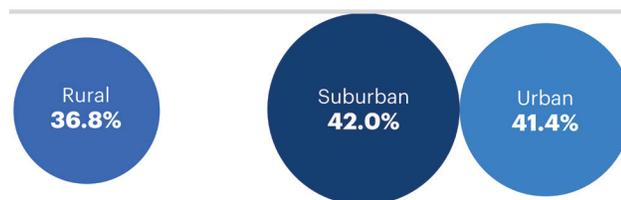
### More Rural Seniors are Physically Inactive

More seniors are physically inactive in rural areas (34.3 percent compared to 30.4 percent in suburban and 30.1 percent in urban areas). This health disparity has persisted over the past five years.



### Fewer Rural Seniors Report 'Very Good' or 'Excellent' Health

High health status — seniors who consider their health status as “very good” or “excellent” — is lower in rural areas (36.8 percent compared to 42.0 percent in suburban areas and 41.4 percent in urban areas).



### More Rural Seniors Report Falling

Significantly more seniors report falls in rural areas (32.4 percent compared to 28.5 percent in suburban areas and 29.5 percent in urban areas).



Receiving important preventive services related to their clinical care is less common among rural seniors than their urban counterparts. This year's report highlights several health disparities, including:

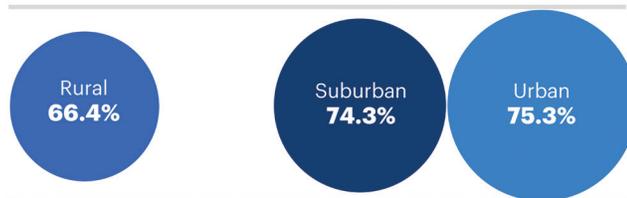
### Fewer Rural Seniors Get Vaccinated for Flu

A significant gap in flu vaccination coverage emerged over the past year, with rural seniors reporting a lower percentage of flu vaccination than urban seniors (57.2 percent versus 61.4 percent, respectively).



### Fewer Rural Seniors Receive Health Screenings

Rural seniors also receive health screenings at a lower rate compared with both suburban and urban seniors (66.4 percent versus 74.3 percent and 75.3 percent, respectively) — a disparity that has persisted for the past four years.



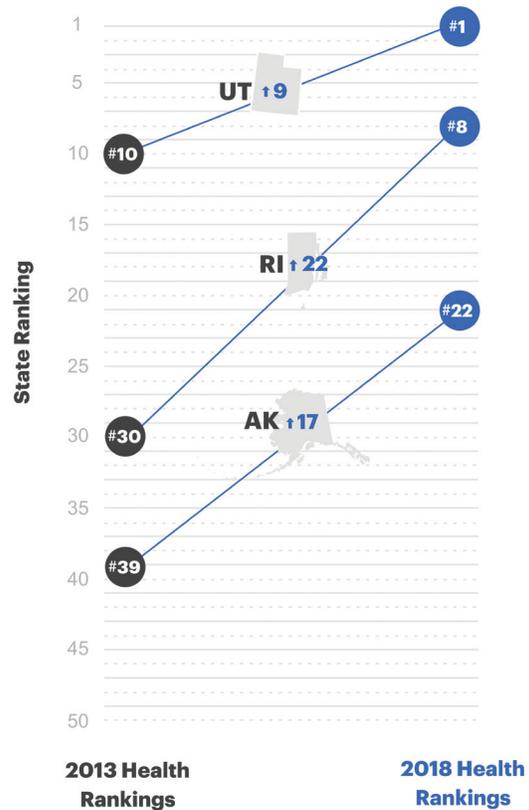


Utah is the new healthiest state for seniors, followed by Hawaii (No. 2), New Hampshire (No. 3), Minnesota (No. 4) and Colorado (No. 5). All these states ranked in the top five in 2017, showing consistency in the healthiest cohort.

Louisiana ranks as the state with the most challenges for seniors, followed by Mississippi (No. 49), Kentucky (No. 48), Arkansas (No. 47) and Oklahoma (No. 46). These states have the greatest opportunities for improving senior health.

The report also recognizes states that have made the greatest movements since the first *Senior Report* was released in 2013. Rhode Island improved 22 ranks from No. 30 to No. 8. Rhode Island is followed by Alaska and Utah, which improved 17 and 9 ranks, respectively. Arizona has experienced the greatest decline, falling 13 ranks from No. 18 to No. 31 over the past five years. Vermont, Kansas and Nebraska have also had large ranking changes, declining 11, 9 and 9 ranks, respectively.

### States with the Greatest Senior Health Ranking Increase Since 2013

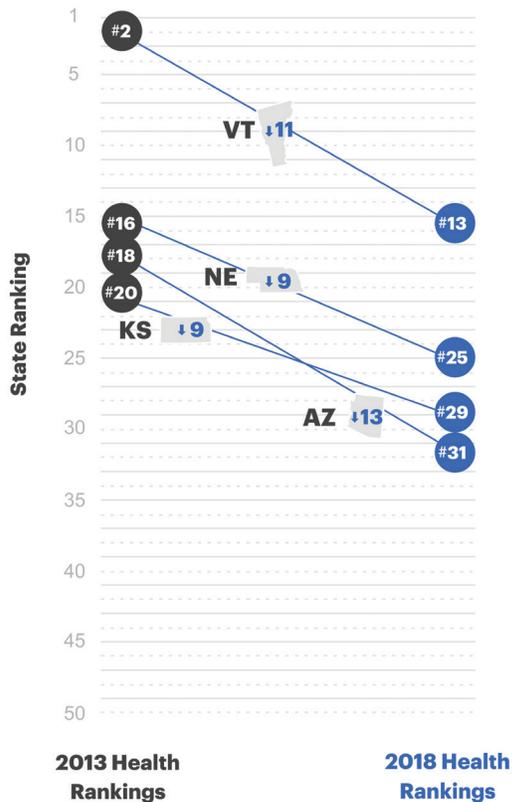


### The Healthiest States for Seniors



# Executive Summary

## States with the Greatest Senior Health Ranking Decline Since 2013



## Continuing a Strong Commitment to Our Nation's Seniors

Findings from this year's *Senior Report* reveal that challenges facing seniors vary widely across and within states and that subpopulations experience disparities that are not always reflected in national averages. United Health Foundation supports efforts that help build healthier communities and address the unique health and wellness challenges present in the senior population. Policymakers, public health officials and community leaders are encouraged to use this report, along with the entire suite of *America's Health Rankings* data, to support decision-making related to initiatives aimed at improving the overall health of the senior population.



## SENIOR REPORT SPOTLIGHT:

# Risk of Social Isolation

### Social Isolation: A Challenge for Seniors and their Health

Meaningful social relationships are essential to good health and well-being, especially during one's senior years. Social isolation, or the lack of these relationships, can have negative consequences for a person's physical health and mental well-being. Life events such as retirement, loss of a spouse and friends, and age-related health conditions may make it difficult for seniors to maintain the same level of social interactions or the breadth of a support network they once had. Without these important connections to friends, family and the community, seniors grappling with loneliness and social isolation are more likely to experience poorer health, including health conditions such as high blood pressure, inflammation and even a greater risk of death.

### Multiple Factors Involved in Seniors' Risk of Social Isolation

Social isolation is measured and defined in a variety of ways, reflecting the complexity of individual, community and societal-level interactions. Despite the vast amount of research and interest related to social

isolation, no single measure encapsulates the contributing factors at the state level. To fill this gap, *America's Health Rankings* created a multifactorial measure that identifies locations where seniors are at higher risk of social isolation. The new measure was informed by the AARP Foundation's report, *A Framework for Isolation in Adults over 50* and a review of existing social isolation literature.

The new *America's Health Rankings* measure, risk of social isolation, includes the following six factors related to seniors' health and well-being. These factors are available across multiple geographic levels (e.g., state, county) among adults aged 65 and older:

- **Divorced, separated or widowed:** Living with a spouse or partner tends to reduce the likelihood of loneliness among seniors.
- **Never married:** Seniors who have never married are less likely to be socially integrated compared to those who married at one point in life.
- **Poverty:** Lower-income seniors and those with less education are not as likely to have robust social networks and more likely to be socially isolated.

- **Disability:** Seniors who experience conditions that limit their physical or mental functions are more likely to have a restricted level of social interaction despite the potentially greater need for social, emotional and physical support.
- **Independent living difficulty:** Seniors who have limited mobility are at further risk of social isolation given challenges such as limited transportation support options.
- **Living alone:** Seniors who live alone are more likely to be poorly socially integrated and experience feelings of loneliness.

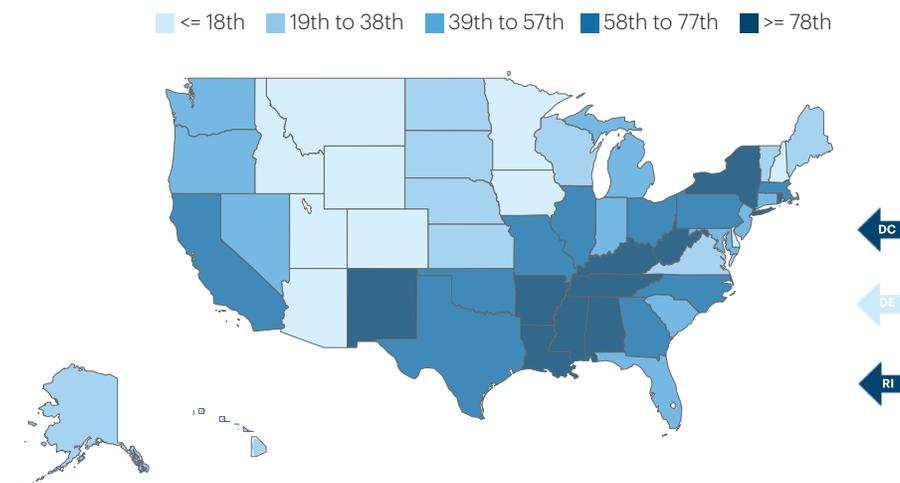
### Seniors’ Risk of Social Isolation Varies by States, Regions

Risk of social isolation among seniors varies widely by state (Figure 1), with a concentrated area of high risk from the mid-Southern region through the Appalachian Mountain states. States with the lowest risk are generally found in the Rocky Mountain region.

Four of the six factors that comprise the risk of social isolation measure are strongly associated with the overall risk (Table 1). While research indicates that seniors who never married or who live alone are at higher risk of social isolation, those factors are not strongly associated with overall risk in this analysis.

Figure 1  
**Risk of social isolation — Seniors**

Percentile of the mean z scores for six risk factors of social isolation in adults aged 65 and older (poverty; living alone; divorced, separated or widowed; never married; disability; independent living difficulty)



# SENIOR REPORT SPOTLIGHT: Risk of Social Isolation

Table 1  
Six risk factors for social isolation by state, 2012 to 2016

	Risk of Social Isolation Ranking	Divorced, Separated or Widowed (%)	Never Married (%)	Poverty (%)	Disability (%)	Independent Living Difficulty (%)	Living Alone (%)
Utah	1	33.1	2.6	6.9	34.9	13.0	22.0
New Hampshire	2	36.9	4.6	5.6	32.3	11.3	25.0
Delaware	3	37.4	5.1	7.0	31.5	12.7	24.2
Minnesota	4	35.9	4.8	7.4	31.7	12.0	28.6
Colorado	5	37.7	4.0	7.4	32.8	12.1	26.4
Iowa	6	37.1	4.2	7.5	32.3	11.3	29.1
Arizona	7	36.9	3.9	8.9	34.5	13.1	23.6
Idaho	8	35.5	2.7	9.1	36.7	13.0	25.2
Wyoming	9	38.3	2.7	7.2	36.5	11.7	27.8
Montana	10	37.4	3.7	8.5	34.9	11.2	28.0
Wisconsin	11	36.7	5.5	7.7	32.0	12.6	29.0
Hawaii	12	38.1	6.9	7.7	34.7	16.7	18.3
Nebraska	13	37.3	4.0	7.9	34.3	12.0	29.4
Alaska	14	38.8	5.1	4.5	39.7	14.7	23.2
Virginia	15	39.0	4.6	7.6	33.3	14.4	25.9
South Dakota	16	36.6	4.9	9.9	34.4	11.8	28.8
Vermont	17	38.4	5.5	7.4	33.0	12.7	29.6
North Dakota	18	37.1	4.5	9.1	34.2	11.1	31.1
Kansas	19	38.7	3.8	7.5	35.7	13.1	28.6
Maine	20	38.4	4.8	8.9	34.3	12.1	28.2
Washington	21	38.7	4.0	7.9	36.2	14.3	26.7
Florida	22	40.0	4.4	10.4	33.5	13.6	24.3
Connecticut	23	39.8	6.9	7.1	31.6	14.1	27.6
Maryland	24	40.7	6.1	7.7	32.1	14.3	26.0
Nevada	25	41.9	4.8	8.4	35.8	13.5	24.4
Oregon	26	39.5	3.9	8.1	37.6	14.6	27.0
Indiana	27	40.1	4.0	7.4	37.2	14.5	27.7
New Jersey	28	40.1	6.9	8.1	32.7	15.0	26.3
Michigan	29	39.4	4.8	8.1	35.7	14.9	28.1
South Carolina	30	39.2	4.1	9.5	37.0	15.7	25.3
Pennsylvania	31	39.7	6.4	8.1	34.5	14.6	28.3
Missouri	32	40.2	4.0	8.9	37.1	14.4	28.0
Ohio	33	40.8	5.0	8.1	35.1	14.7	29.1
North Carolina	34	40.1	4.1	9.7	37.0	15.5	26.8
Massachusetts	35	39.5	8.0	9.0	33.0	14.3	28.9
Illinois	36	40.5	6.2	8.8	34.6	15.3	28.5
California	37	40.3	6.2	10.3	36.0	17.6	23.1
Texas	38	40.4	3.8	10.8	39.1	16.7	23.9
Georgia	39	41.3	4.3	10.4	37.4	16.0	25.1
Oklahoma	40	41.0	2.8	8.9	42.0	15.4	27.5
Tennessee	41	40.4	3.7	9.7	39.4	17.0	26.3
Rhode Island	42	42.3	6.8	9.4	34.1	14.5	29.4
Arkansas	43	40.6	3.4	10.5	42.0	17.0	27.2
New York	44	40.9	9.0	11.4	33.7	15.8	28.5
West Virginia	45	40.3	4.5	9.0	43.6	18.2	28.1
New Mexico	46	40.3	5.7	11.9	40.7	16.8	27.5
Alabama	47	42.2	3.7	10.6	41.6	18.1	27.4
Kentucky	48	41.1	4.0	11.4	42.1	17.7	27.7
Louisiana	49	43.0	5.5	12.9	40.6	17.4	27.8
Mississippi	50	43.0	4.6	13.4	43.5	19.6	27.7
District of Columbia	NR	46.2	17.2	14.4	34.2	17.1	38.1

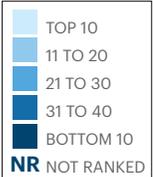


Table 2

**Social isolation risk factors for the nation, highest value, lowest value and ratio, 2012-2016**

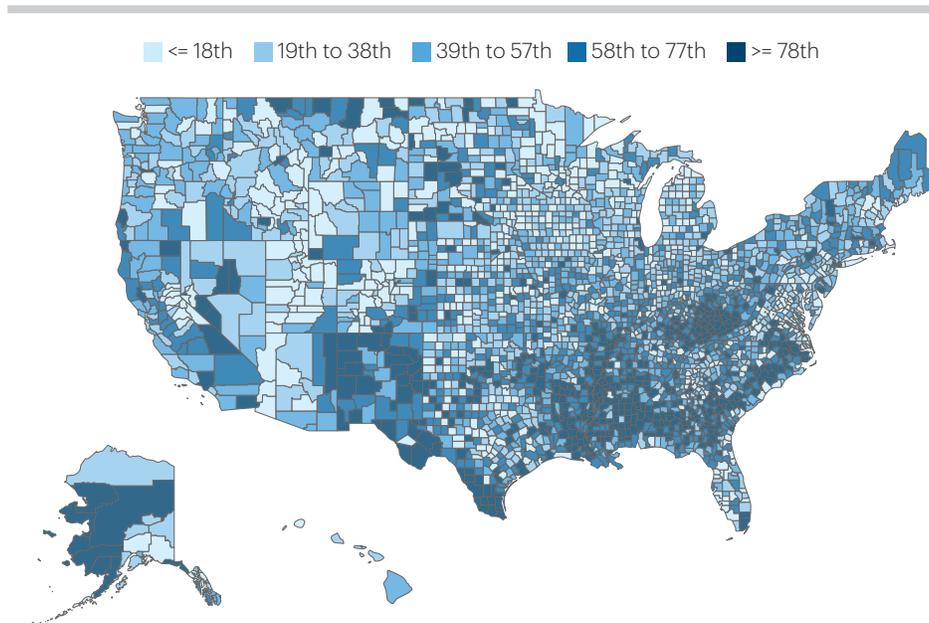
Risk Factor (% of adults aged 65+)	U.S. Value	Highest Value	Lowest Value	Ratio
Divorced, separated or widowed	39.9%	46.2% (District of Columbia)	33.1% (Utah)	1.4
Never married	5.2%	17.2% (District of Columbia)	2.6% (Utah)	6.6
Poverty	9.3%	14.4% (District of Columbia)	4.5% (Alaska)	3.2
Disability	35.7%	43.6% (West Virginia)	31.5% (Delaware)	1.4
Independent living difficulty	15.2%	19.6% (Mississippi)	11.1% (North Dakota)	1.8
Living alone	26.4%	38.1% (District of Columbia)	18.3% (Hawaii)	2.1

Table 2 shows the U.S. value and the highest and lowest values for the six risk factors for social isolation. Never married and living in poverty have the greatest variation across states and the District of Columbia.

**County-Level Variation of Risk of Social Isolation Offers Further Insight on Impact among Seniors**

Figure 2 shows the risk of social isolation for each U.S. county relative to all other U.S. counties. The data show bands of high risk areas in the Central Southern states, along the Southeast Atlantic coast and pockets of Texas and New Mexico.

Figure 2  
**Risk of social isolation by county**



# SENIOR REPORT SPOTLIGHT: Risk of Social Isolation

Large variations exist by county. The difference between the 5 percent of counties with the highest risk of social isolation and the 5 percent with the lowest risk is larger than the difference between the top and bottom states. Figure 3 shows the differences in the six individual risk factors for the top and bottom 5 percent of U.S. counties.

Large variations in the risk of social isolation also exist within states when comparing the top 20 percent and bottom 20 percent of counties.

For example, Colorado has the largest variation between its top 20 percent of counties and its bottom 20 percent of counties in overall risk of social isolation. Figure 4 shows the variation by each individual risk factor for Colorado, highlighting the large gaps between the top and bottom groupings of counties.

Some states experience less variation when comparing the top and bottom 20 percent of counties at risk of social isolation. The states with the least variation are Iowa (Figure 5) and Vermont (Figure 6).

Figure 3  
**Social isolation risk factors for top and bottom 5 percent of counties in the U.S. based on overall risk of social isolation**

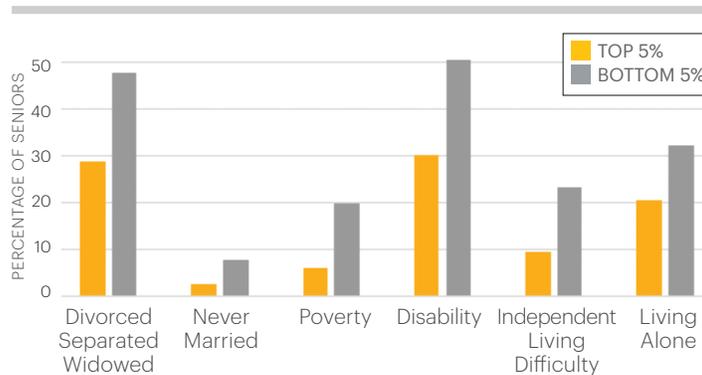
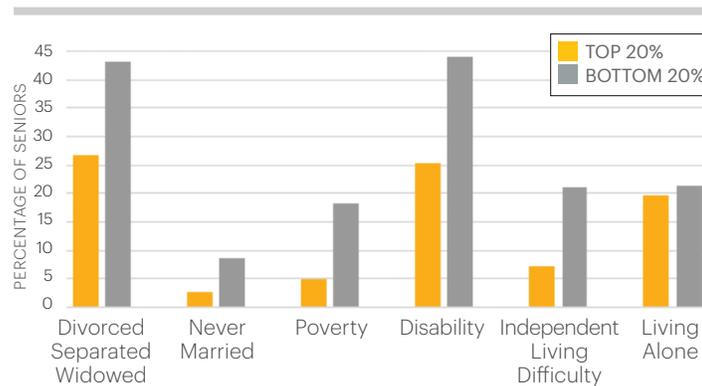


Figure 4  
**Social isolation risk factors for top and bottom 20 percent of counties in Colorado based on overall risk of social isolation**



## Understanding Social Isolation among Seniors is Important for Improving Community Health

As the senior population continues to grow, understanding, identifying and addressing social isolation among seniors will be increasingly important to promoting healthy communities. Recent interventions to target social isolation have used technology, such as the internet and computers, to enhance communication and connectedness among seniors. This may be particularly relevant for seniors living with geographical or mobility barriers, though the research also indicates there is no one-size-fits-all solution. Further exploration is needed to

determine how to harness the power of technology to help alleviate social isolation among seniors. Notably, the AARP Foundation offers resources on social isolation on its website [connect2affect.org](http://connect2affect.org), including tools to help its members find and maintain social connections.

The new risk of social isolation measure developed by *America's Health Rankings* will equip policymakers and community leaders with the data needed to explore the variation in the risk of social isolation among seniors. With this information, they can work to effectively target programs to reduce social isolation and promote healthier communities for the nation's seniors.

Figure 5  
**Social isolation risk factors for top and bottom 20 percent of counties in Iowa based on overall risk of social isolation**

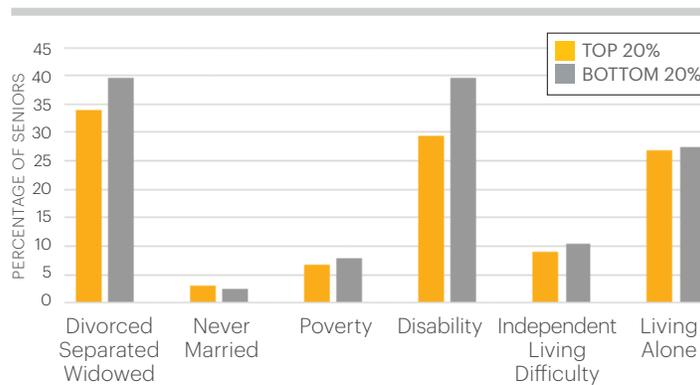
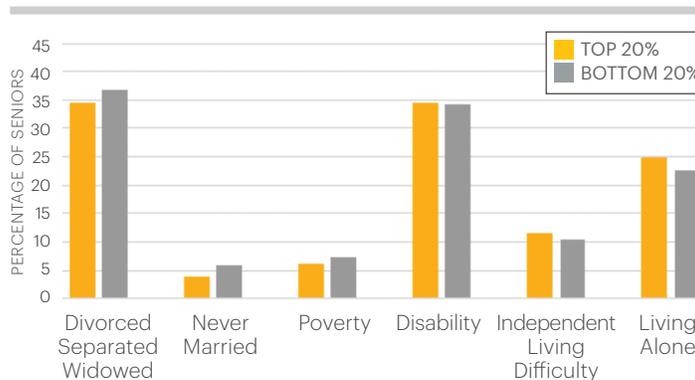


Figure 6  
**Social isolation risk factors for top and bottom 20 percent of counties in Vermont based on overall risk of social isolation**



# Introduction

According to the United States Census Bureau, in 2000 the number of adults aged 65 and older was 35.0 million, or 12.4 percent of the total population. In 2016, there were 49.2 million seniors, which was 15.2 percent of the U.S. population. They estimate one in five residents will be over the age of 65 by 2030, and by 2035, seniors will outnumber children younger than 18. As the nation's baby boomers continue turning 65, it is necessary to monitor trends in senior population health to identify priorities and take action to improve the health and well-being of this growing population.

The 2018 *America's Health Rankings® Senior Report* provides a comprehensive look at the health of seniors across the nation and on a state-by-state basis. The report includes 34 core measures of health that are used to rank states. Supplemental measures are also used to highlight current and emerging issues affecting seniors. The measures are obtained from more than a dozen sources

including the Centers for Disease Control and Prevention's *Behavioral Risk Factor Surveillance System*, the Administration on Aging's *State Program Reports*, the U.S. Census Bureau's *American Community Survey* and the Dartmouth Atlas of Health Care. This report brings special attention to the persistent rural health gaps, or disparities, across numerous health measures. And with many measures, the report drills down to expose differences by gender, race/ethnicity, urbanicity, education and income. This examination often reveals differences among groups that national or state aggregate data mask.

*America's Health Rankings Senior Report* strives to improve senior population health by:

**Providing a benchmark for states.** Each year we present strengths, challenges and highlights of every state. This enables states to zoom in on health issues that have the largest impact on senior population health and on state and national changes. Now with

**As the nation's baby boomers continue turning 65, it is necessary to monitor trends in senior population health to identify priorities and take action to improve the health and well-being of this growing population.**

*America's Health Rankings Senior Report's* six years of data, community leaders, public health officials and policymakers can monitor health trends over time and compare their state with neighboring states and the nation.

**Stimulating action.** The purpose of the report is to promote data-driven discussions among individuals, community leaders, the media, policy makers and public health officials that can drive positive change and improve the health of seniors. States are able to incorporate the report into their annual review of programs, and many organizations use the report as a reference point when assigning goals for health-improvement programs.

**Highlighting disparities.** The state rankings show disparities in health between states and among state and national population groups. The report highlights disparities in race/ethnicity, income, gender, educational attainment and urbanicity.

This year, our report includes a special focus on two supplemental measures of senior disconnectedness and despair: risk of social isolation and suicide.

Social isolation is associated with increased consumption of health care resources, risk of mortality and self-reported fair or poor health status. Because social isolation is difficult to measure directly, we created a multifactorial measure to identify locations where seniors experience a higher risk of social isolation. Our findings are highlighted in the *Senior Report Spotlight* (page 12).

The rate of suicide among seniors has increased since the 2014 edition, with a large variation by state. To draw attention to this important public health issue, trend graphs of suicide rates from 2014 to 2018 are included on each state summary.

# Findings

## Overview

The 2018 *America's Health Rankings Senior Report* finds:

- The risk of social isolation is highest in Mississippi and Louisiana, and lowest in Utah and New Hampshire. This new, multifactorial measure identifies areas where seniors are at higher risk of social isolation.
- An increase in the suicide rate among seniors, with notable differences across states. Since the 2014 *Senior Report*, the suicide rate among seniors increased 12 percent from 14.8 to 16.6 deaths per 100,000 seniors.
- Seniors living in rural areas experience often-persistent health disparities across a wide range of behaviors, clinical care and outcomes measures.
- Utah is the new healthiest state for seniors, followed by Hawaii (No. 2), New Hampshire (No. 3), Minnesota (No. 4) and Colorado (No. 5). These states ranked in the top five in 2017.
- Louisiana ranks as the state with the most challenges for seniors, followed by Mississippi (No. 49), Kentucky (No. 48), Arkansas (No. 47) and Oklahoma (No. 46).
- Rhode Island made the most progress since the first *Senior Report* was released in 2013, improving from No. 30 to No. 8. Alaska and Utah made gains as well, improving 17 and 9 ranks, respectively. Arizona experienced the greatest decline, falling from No. 18 to No. 31 over the past five years. Vermont, Kansas and Nebraska declined 11, 9 and 9 ranks, respectively.

## State Rankings

The U.S. map in Figure 7 displays the 2018 senior health rankings shaded by quintile of rank. The healthiest states are centralized in the Northeast, with a few states in the West and Midwest. The states ranking at the bottom are clustered in the South. State scores (see Methodology, page 160) are used to calculate the senior health state rankings. Figure 8 shows the 2018 senior health state rankings along with each state's score. The difference between the highest and lowest scores is larger today than it was in 2017, potentially indicating wider disparities between the top and bottom states. Table 3 shows the 2018 senior health state rankings.

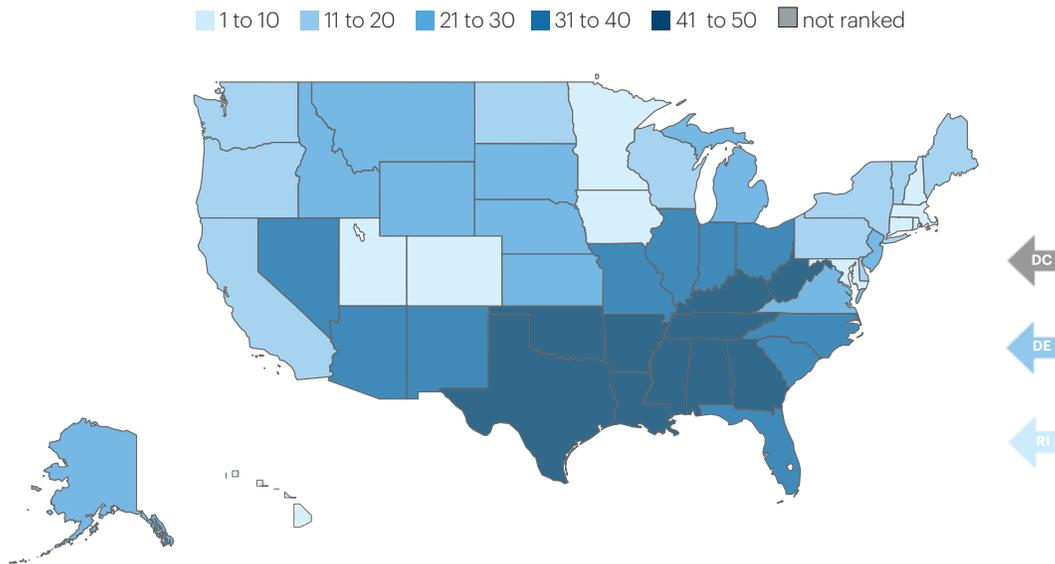
### Healthiest States

Utah is the new healthiest state for U.S. seniors, ousting Minnesota from the top spot and moving up from No. 2 in 2017. The state has improved steadily since ranking No. 10 in the first *America's Health Rankings Senior Report* in 2013.

Utah's strengths include:

- Lowest prevalence of excessive drinking (2.6 percent of adults aged 65 and older)
- Lowest prevalence of smoking (3.7 percent of adults aged 65 and older)
- High percentage of volunteerism (45.9 percent of adults aged 65 and older)
- Low rate of preventable hospitalizations (27.9 discharges per 1,000 Medicare enrollees aged 65 and older)
- Low percentage of hospital readmissions (12.3 percent of Medicare enrollees aged 65 and older)
- Low prevalence of full-mouth teeth extractions (9.9 percent of adults aged 65 and older)

Figure 7  
**2018 ranking U.S. map**



Despite ranking first, Utah seniors face challenges, including:

- High geriatrician shortfall (77.5 percent of geriatricians needed)
- Low SNAP enrollment (46.6 per 100 eligible adults aged 60 and older in poverty)
- Low flu vaccination coverage (54.9 percent of adults aged 65 and older)
- Low percentage of dedicated health care providers (91.9 percent of adults aged 65 and older)
- Low number of home health care workers (82.6 workers per 1,000 adults aged 75 and older)

Other states in the top five are Hawaii (No. 2), New Hampshire (No. 3), Minnesota (No. 4) and Colorado (No. 5). These states ranked in the top five in 2017.

### Most Challenged States

Louisiana ranks No. 50 this year, a three-rank drop from 2017.

Louisiana's challenges include:

- High prevalence of obesity (35.3 percent of adults aged 65 and older)
- Highest percentage of seniors living in poverty (13.0 percent)
- High prevalence of food insecurity (23.4 percent of adults aged 60 and older)
- Lowest nursing home quality (31.6 percent of four- and five-star beds)
- High percentage of frequent mental distress (10.0 percent of adults aged 65 and older)

# Findings

Figure 8  
2018 scores\* sorted by rank

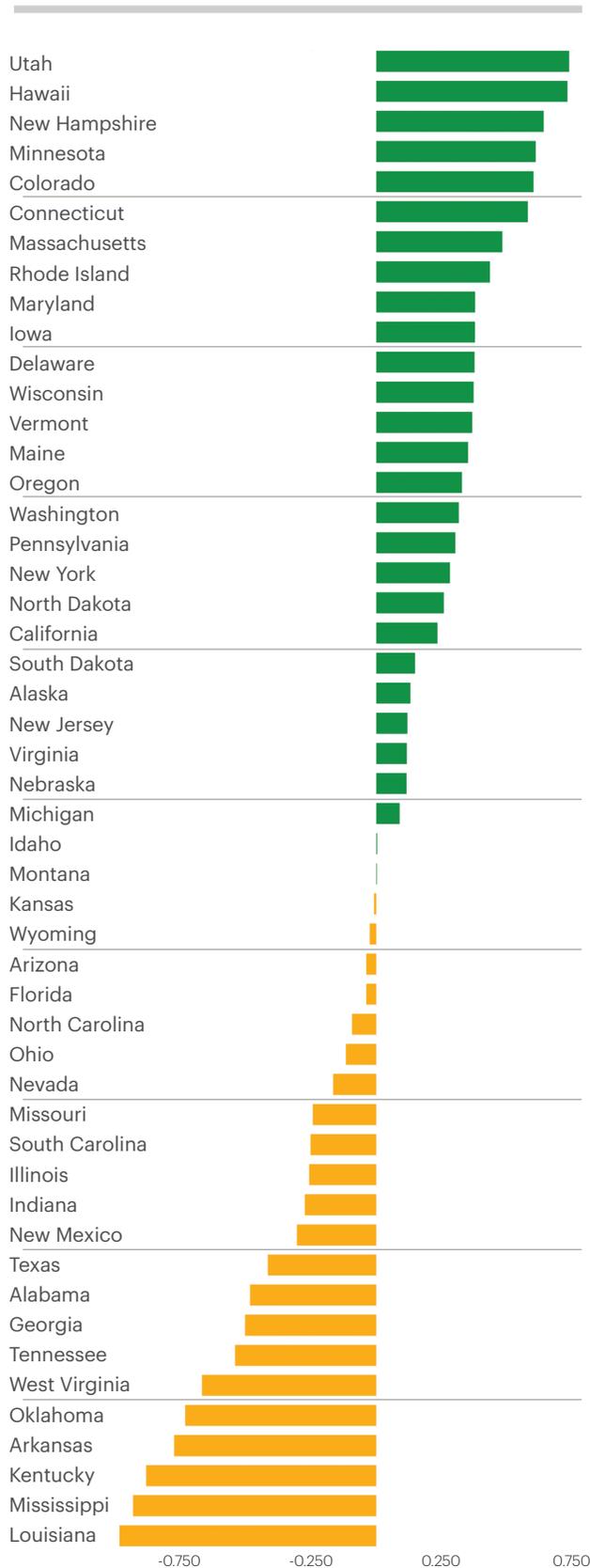


Table 3  
2018 alphabetical rank with scores\*

2018 Rank	State	Score*
42	Alabama	-0.484
22	Alaska	0.130
31	Arizona	-0.039
47	Arkansas	-0.774
20	California	0.234
5	Colorado	0.600
6	Connecticut	0.579
11	Delaware	0.375
31	Florida	-0.039
43	Georgia	-0.502
2	Hawaii	0.731
27	Idaho	0.003
38	Illinois	-0.258
39	Indiana	-0.274
10	Iowa	0.377
29	Kansas	-0.009
48	Kentucky	-0.881
50	Louisiana	-0.983
14	Maine	0.350
9	Maryland	0.378
7	Massachusetts	0.481
26	Michigan	0.089
4	Minnesota	0.609
49	Mississippi	-0.931
36	Missouri	-0.243
28	Montana	0.001
25	Nebraska	0.115
35	Nevada	-0.166
3	New Hampshire	0.640
23	New Jersey	0.119
40	New Mexico	-0.304
18	New York	0.281
33	North Carolina	-0.094
19	North Dakota	0.258
34	Ohio	-0.117
46	Oklahoma	-0.731
15	Oregon	0.327
17	Pennsylvania	0.302
8	Rhode Island	0.434
37	South Carolina	-0.252
21	South Dakota	0.148
44	Tennessee	-0.541
41	Texas	-0.415
1	Utah	0.737
13	Vermont	0.366
24	Virginia	0.116
16	Washington	0.315
45	West Virginia	-0.668
12	Wisconsin	0.372
30	Wyoming	-0.026

\* Weighted standard deviation relative to U.S. value. A score of 0 is equal to the U.S. value.

Louisiana’s successes include:

- High number of home health care workers (154.3 workers per 1,000 adults aged 75 and older)
- Low prevalence of excessive drinking (6.8 percent of adults aged 65 and older)

Oklahoma (No. 46), Arkansas (No. 47), Kentucky (No. 48) and Mississippi (No. 49) round out the bottom five.

### Largest Ranking Changes

#### Since 2017

Several states moved up or down five or more ranks this year (Table 4). Iowa and Pennsylvania made the most progress, improving nine spots. Arizona and Washington experienced the largest declines, dropping eight and seven ranks, respectively.

Iowa made progress in both behaviors and outcomes measures. The state’s behaviors rank improved from No. 38 to No. 20 and it’s outcomes rank went from No. 17 to No. 11.

Pennsylvania’s change was driven by improvements in behaviors and clinical care measures. The state’s behaviors rank went from No. 50 last year to No. 21 this year, and its clinical care rank improved from No. 15 to No. 8.

Arizona dropped from No. 23 to No. 31 this year, with large declines in behaviors (from No. 8 to No. 27) and outcomes (from No. 22 to No. 30).

Washington fell seven spots in the rankings. Its behaviors rank changed from No. 5 to No. 15. It also lost ground in clinical care, dropping from No. 18 to No. 20.

Table 4  
**Largest Ranking Changes since 2017**

<b>Improving States</b>	<b>2017 Ranking</b>	<b>2018 Ranking</b>	<b>Change</b>
Iowa	19	10	9
Pennsylvania	26	17	9
Alaska	29	22	7
Wyoming	37	30	7
Delaware	17	11	6
Missouri	42	36	6
Maryland	14	9	5
Nevada	40	35	5
Rhode Island	13	8	5
<b>Declining States</b>	<b>2017 Ranking</b>	<b>2018 Ranking</b>	<b>Change</b>
Arizona	23	31	-8
Washington	9	16	-7
New Mexico	34	40	-6
South Dakota	15	21	-6
Idaho	22	27	-5
Vermont	8	13	-5

# Findings

## Since 2013

Since the first edition of *America's Health Rankings Senior Report* in 2013, some states have made major strides in senior health while others have made little progress or have declined (Table 5). Rhode Island made the biggest improvement, from No. 33 in 2013 to No. 8 this year, while Arizona and Vermont's ranks dropped the most since 2013.

Rhode Island made progress in behaviors (from No. 21 to No. 7), community & environment (from No. 37 to No. 30) and policy (from No. 16 to No. 10) measures.

Alaska improved from No. 39 in 2013 to No. 22 this year. The state moved from No. 50 to No. 35 in behaviors, No. 18 to No. 2 in community & environment, No. 43 to No. 25 in policy and No. 32 to No. 22 in health outcomes.

Utah, the No. 1 state for senior health, ranked No. 10 in the first edition. Wisconsin and Montana made long-term improvements despite short-term setbacks. Wisconsin progressed from No. 19 in 2013 to No. 12 this year, and Montana improved from No. 35 to No. 28. Nevada climbed six ranks since 2013.

Arizona and Vermont dropped by more than 10 ranks since 2013. Arizona's behaviors rank changed from No. 12 to No. 27, policy went from No. 20 to No. 39 and outcomes dropped from No. 20 to No. 30. Vermont fell from No. 6 to No. 19 in behaviors, No. 8 to No. 20 in policy, and No. 1 to No. 34 in clinical care.

Kansas and Nebraska dropped nine ranks since 2013, although Kansas has improved in the short-term. Idaho and Indiana each declined six ranks since 2013.

Table 5

### Largest Ranking Changes since 2013

<b>Improving States</b>	<b>2013 Ranking</b>	<b>2018 Ranking</b>	<b>Change</b>
Rhode Island	30	8	22
Alaska	39	22	17
Utah	10	1	9
Montana	35	28	7
New York	25	18	7
Wisconsin	19	12	7
Nevada	41	35	6

<b>Declining States</b>	<b>2013 Ranking</b>	<b>2018 Ranking</b>	<b>Change</b>
Arizona	18	31	-13
Vermont	2	13	-11
Kansas	20	29	-9
Nebraska	16	25	-9
Idaho	21	27	-6
Indiana	33	39	-6

## Model of Health Category Rankings

*America's Health Rankings* is built on the World Health Organization's definition of health: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." The model of health (Figure 9) used in this and the other *America's Health Rankings* reports has four categories of health determinants. The behaviors, community & environment, policy and clinical care categories reflect the personal, social and environmental

factors that influence the fifth category, health outcomes. Table 6 shows that states don't always perform equally across these five categories. For example, Utah, the healthiest-ranking state for seniors, ranks among the top 10 states in all categories except policy, where it ranks No. 23. Illinois and Mississippi are the only states to rank in the same quintile across all five model categories.

Figure 9  
**America's Health Rankings model of health**



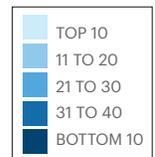
**"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."**

—World Health Organization

# Findings

Table 6  
2018 model category rankings sorted by overall ranking

	Overall Ranking	Behaviors	Community & Environment	Policy	Clinical Care	Health Outcomes
Utah	1	1	4	23	3	8
Hawaii	2	2	26	4	13	2
New Hampshire	3	5	3	34	12	3
Minnesota	4	14	8	18	10	1
Colorado	5	3	17	24	1	5
Connecticut	6	9	18	2	18	4
Massachusetts	7	16	9	5	16	15
Rhode Island	8	7	30	10	4	6
Maryland	9	6	28	8	21	12
Iowa	10	20	9	35	5	11
Delaware	11	29	7	13	2	19
Wisconsin	12	30	12	26	6	7
Vermont	13	19	6	20	34	10
Maine	14	22	22	7	7	17
Oregon	15	23	19	6	15	17
Washington	16	15	15	15	20	16
Pennsylvania	17	21	25	3	8	32
New York	18	13	41	1	32	14
North Dakota	19	37	1	31	44	9
California	20	4	34	16	26	24
South Dakota	21	18	14	43	37	13
Alaska	22	35	2	25	47	22
New Jersey	23	24	24	12	35	27
Virginia	24	8	29	42	16	21
Nebraska	25	26	11	44	30	20
Michigan	26	31	20	14	25	30
Idaho	27	17	21	46	28	25
Montana	28	12	13	49	40	26
Kansas	29	28	16	47	33	28
Wyoming	30	10	5	50	50	29
Arizona	31	27	34	39	14	30
Florida	31	33	32	28	24	22
North Carolina	33	32	45	9	9	36
Ohio	34	36	27	29	22	35
Nevada	35	25	36	37	49	33
Missouri	36	34	23	45	23	38
South Carolina	37	40	37	16	11	39
Illinois	38	39	38	32	36	34
Indiana	39	38	33	27	38	37
New Mexico	40	11	44	40	31	42
Texas	41	41	46	21	19	41
Alabama	42	43	31	30	29	45
Georgia	43	46	47	22	27	40
Tennessee	44	44	40	11	45	46
West Virginia	45	45	43	19	39	49
Oklahoma	46	42	39	48	41	44
Arkansas	47	47	42	36	46	50
Kentucky	48	49	48	33	43	48
Mississippi	49	48	49	41	48	47
Louisiana	50	50	50	38	42	43



## Successes

### Food Insecurity Decreasing

In the past year, the percentage of adults aged 60 and older who faced the threat of hunger in the past 12 months decreased 7 percent from 15.8 percent to 14.7 percent. Until this year, food insecurity had increased steadily since the first *America's Health Rankings Senior Report* in 2013.

In the past year, four states decreased by three percentage points or more (Figure 10):

- Arkansas from 24.9 to 19.6 percent
- Missouri from 16.6 to 12.9 percent
- Colorado from 13.7 to 10.2 percent
- Vermont from 15.4 to 12.3 percent

Three states increased by three percentage points or more:

- New Mexico from 10.8 to 18.0 percent
- Alaska from 9.7 to 13.5 percent
- West Virginia from 15.2 to 18.5 percent

The percentage of older adults facing the threat of hunger varies widely depending on where they live in (Figure 11). Food insecurity is fourfold higher in Mississippi (24.3 percent)

### Success

IN THE PAST YEAR,  
**FOOD INSECURITY DECREASED**

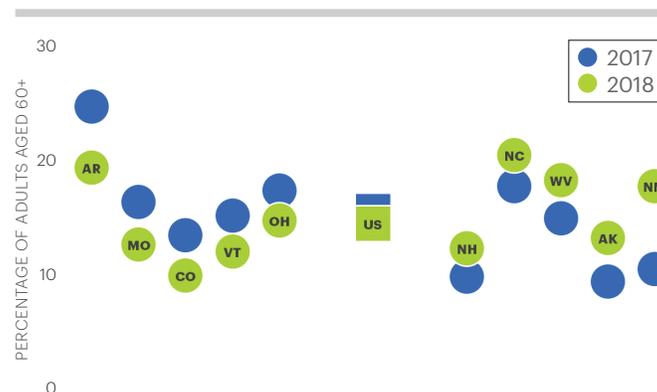
**▼ 7%**

FROM **15.8%** TO **14.7%** OF ADULTS AGED 60+

than in North Dakota (6.1 percent), and North Dakota's food insecurity is 1.5 times lower than the No. 2 ranked state, Wyoming (9.1 percent). Along with Mississippi, food insecurity among adults aged 60 and older is greater than 20 percent in Louisiana (23.4 percent) and North Carolina (20.7 percent).

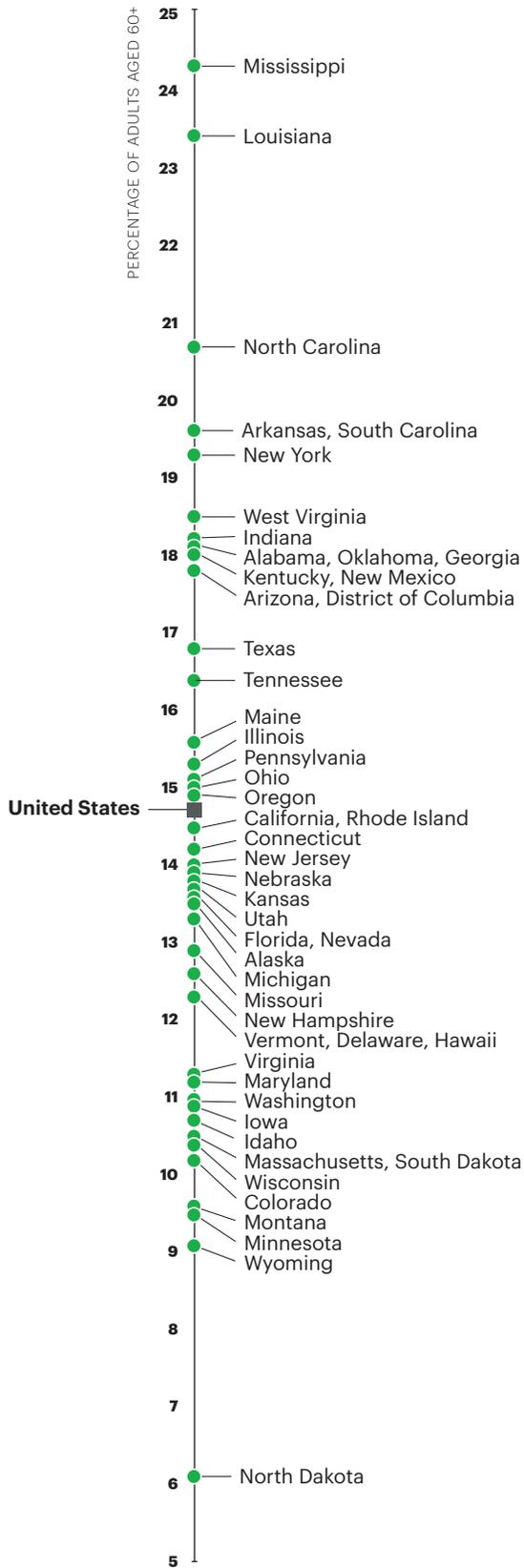
Figure 10  
**Changes in food insecurity between 2017 and 2018**

Shown are states with the largest percentage point decreases and increases relative to the United States



# Findings

Figure 11  
**Percentage of food insecurity among adults aged 60 and older by state, including the District of Columbia**



### Oral Health Improving, Large Disparities Exist

Data show national improvements in dental visits and teeth extractions, but wide gaps exist depending on location, socioeconomic factors and race/ethnicity.

Since the 2016 edition, the percentage of adults aged 65 and older who reported visiting a dental health professional in the previous 12 months significantly increased 2 percent from 65.7 percent to 66.9 percent.

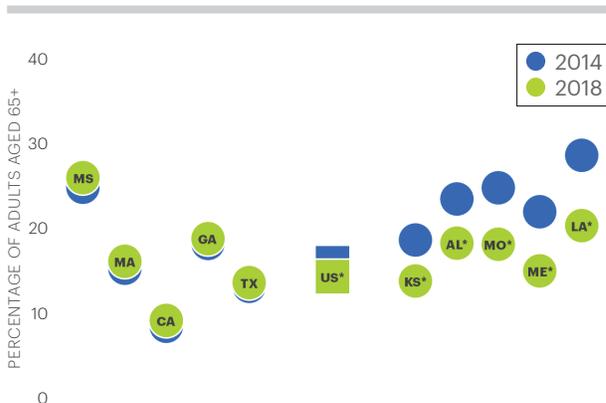
Since the 2014 edition, the percentage of adults aged 65 and older who reported having had all teeth removed due to decay or gum disease decreased 10 percent from 16.1 percent to 14.5 percent. In the past year, the prevalence of teeth extractions decreased 3 percent.

Teeth extractions have decreased significantly since the 2014 edition in nine states, with four states decreasing by five percentage points or more (Figure 12):

- Louisiana from 28.7 to 20.5 percent
- Maine from 22.1 to 15.2 percent
- Missouri from 24.9 to 18.3 percent
- Alabama from 23.6 to 18.4 percent

Figure 12  
**Changes in teeth extractions between 2014 and 2018**

Shown are states with the largest percentage point increases and decreases relative to the United States



\*Statistically significant differences between 2014 and 2018 estimates based on non-overlapping 95 percent confidence intervals.

### Success

SINCE THE 2016 EDITION,  
**DENTAL VISITS INCREASED**

▲ **2%**

FROM **65.7%** TO **66.9%** OF  
ADULTS AGED 65+

### Success

SINCE THE 2014 EDITION,  
**TEETH EXTRactions  
DECREASED**

▼ **10%**

FROM **16.1%** TO **14.5%** OF  
ADULTS AGED 65+

# Findings

## Disparities in Dental Visit

Whether seniors reported a dental visit in the past year varied by race/ethnicity, urbanicity, education and income. The percentage of seniors who reported a dental visit in the past year is significantly higher among:

- Asian (74.1 percent) and white seniors (69.6 percent) compared with black (54.1 percent), Hispanic (54.6 percent), American Indian/Alaskan Native (54.1 percent) and multiracial (52.9 percent) seniors
- Seniors living in suburban (69.5 percent) and urban (69.3 percent) communities compared with seniors living in rural (60.6 percent) communities (see Disparities in Rural Health, page 44)
- Seniors with a college degree (84.8 percent) and seniors with \$75,000 or more in annual household income (87.4 percent) than seniors with less than a high school education (41.5 percent) and seniors with less than \$25,000/year in household income (47.0 percent)

## Disparities in Teeth Extractions

Whether seniors reported having had all of their teeth removed depends largely on where they live as well as their education and income. In West Virginia, 30.4 percent of seniors have had all of their teeth removed — 5.4 times higher than the 5.6 percent of seniors in Hawaii (Figure 13). Along with West Virginia, full-mouth teeth extractions are greater than 20 percent in Mississippi (26.1 percent), Arkansas (22.9 percent), Kentucky (22.0 percent), Tennessee (21.6 percent), Oklahoma (21.4 percent) and Louisiana (20.5 percent). Teeth extractions among seniors in Hawaii are 1.7 times lower than California, the state with the second-lowest prevalence, at 9.4 percent.

Teeth extraction prevalence is significantly higher among:

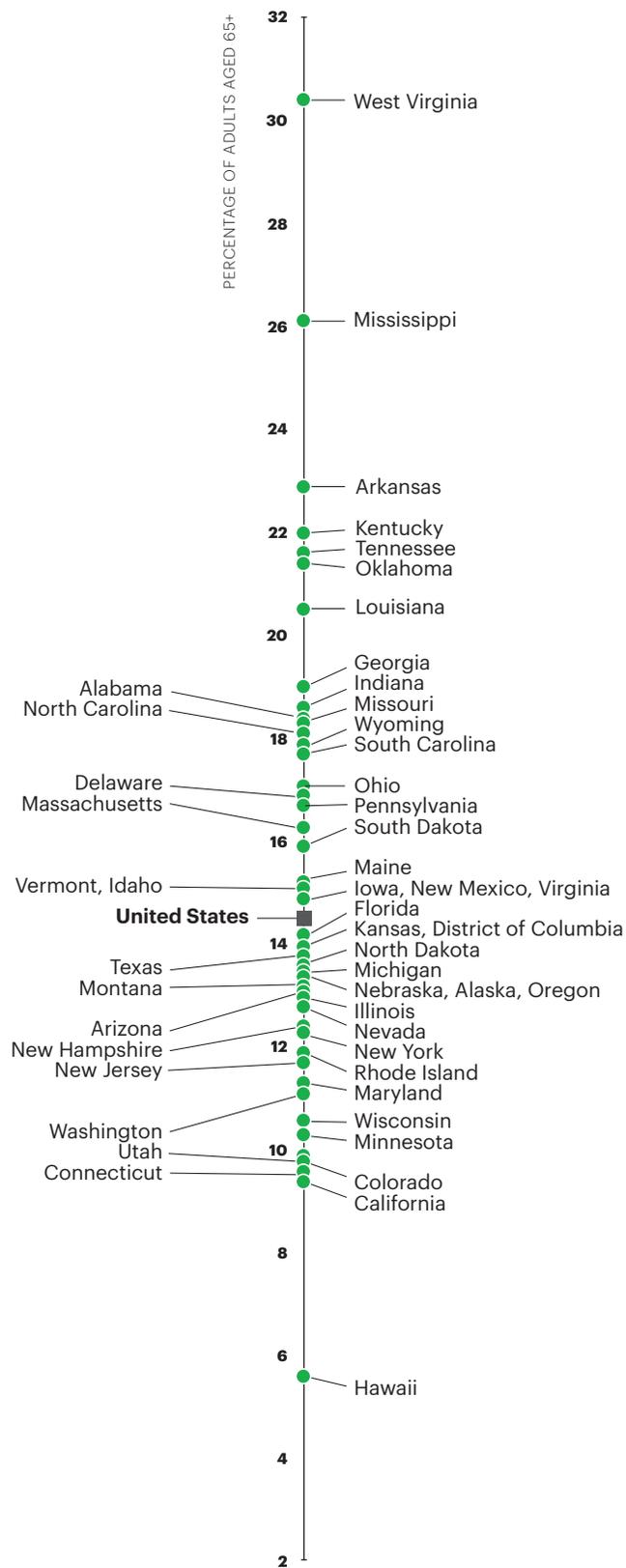
- Rural (19.9 percent) seniors compared with suburban (13.7 percent) and urban (13.6 percent) seniors (see Disparities in Rural Health, page 42)
- Seniors with less than a high school education (31.4 percent) and seniors with less than \$25,000/year in annual household income (25.2 percent) than seniors with a college degree (3.7 percent) and seniors with \$75,000 or more in household annual income (3.8 percent)



**The lowest education and income groups among seniors have a prevalence of teeth extractions more than sixfold higher than in the highest education and income groups.**

Figure 13

**Prevalence of teeth extractions among adults aged 65 and older by state including the District of Columbia**



# Findings

## Number of Home Health Care Workers Rising

Since the 2013 edition, the number of personal care and home health workers per 1,000 adults aged 75 and older increased 20 percent from 93.8 to 112.3 workers.

In Massachusetts, home health care workers increased by 65.3 workers per 1,000 adults aged 75 and older since the 2013 edition (Figure 14). In New York and North Dakota, the rate increased by more than 50 workers per 1,000 during this same period. Since the 2013 edition, home health care workers decreased by 25 or more workers per 1,000 in North Carolina and Alaska.

In the past year, home health care workers increased by 10 or more workers per 1,000 adults aged 75 and older in six states (Figure 15):

- Massachusetts from 120.6 to 150.0
- North Dakota from 105.7 to 124.9
- New Mexico from 211.2 to 229.7
- New Hampshire from 84.2 to 94.7
- Missouri from 116.9 to 127.2
- Pennsylvania from 127.4 to 137.4

Four states decreased by 10 or more workers per 1,000 adults aged 75 and older since the 2017 edition:

- West Virginia from 122.5 to 104.3
- Alaska from 278.8 to 264.2
- Vermont from 172.3 to 161.8
- Minnesota from 268.3 to 257.9

The number of home health care workers differs widely by state (Figure 16). This number is 9.5 times higher in Alaska (264.2 workers per 1,000 adults aged 75 and older) than in Florida (27.9 workers per 1,000). The District of Columbia has the highest rate at 308.8. Along with Alaska and the District of Columbia, Minnesota (257.9 workers per 1,000), New York (251.3 workers per 1,000) and New Mexico (229.7 workers per 1,000) have more than 200 workers per 1,000 adults aged 75 and older. Florida (27.9 workers per 1,000) has slightly more than half the number of home health care workers than the state with the second lowest rate, South Dakota (54.5 workers per 1,000).

Figure 14  
**Changes in home health care workers between 2013 and 2018**

Shown are states with the largest rate increases and decreases relative to the United States

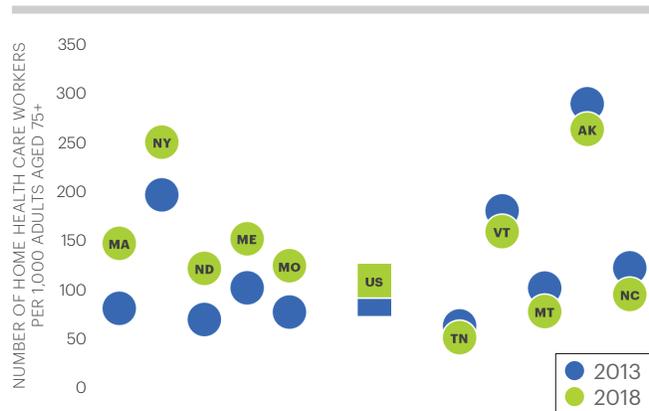


Figure 15  
**Changes in home health care workers between 2017 and 2018**

Shown are states with the largest rate increases and decreases relative to the United States

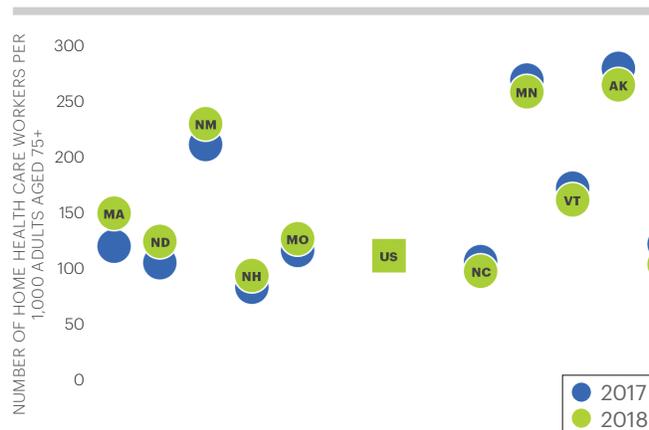


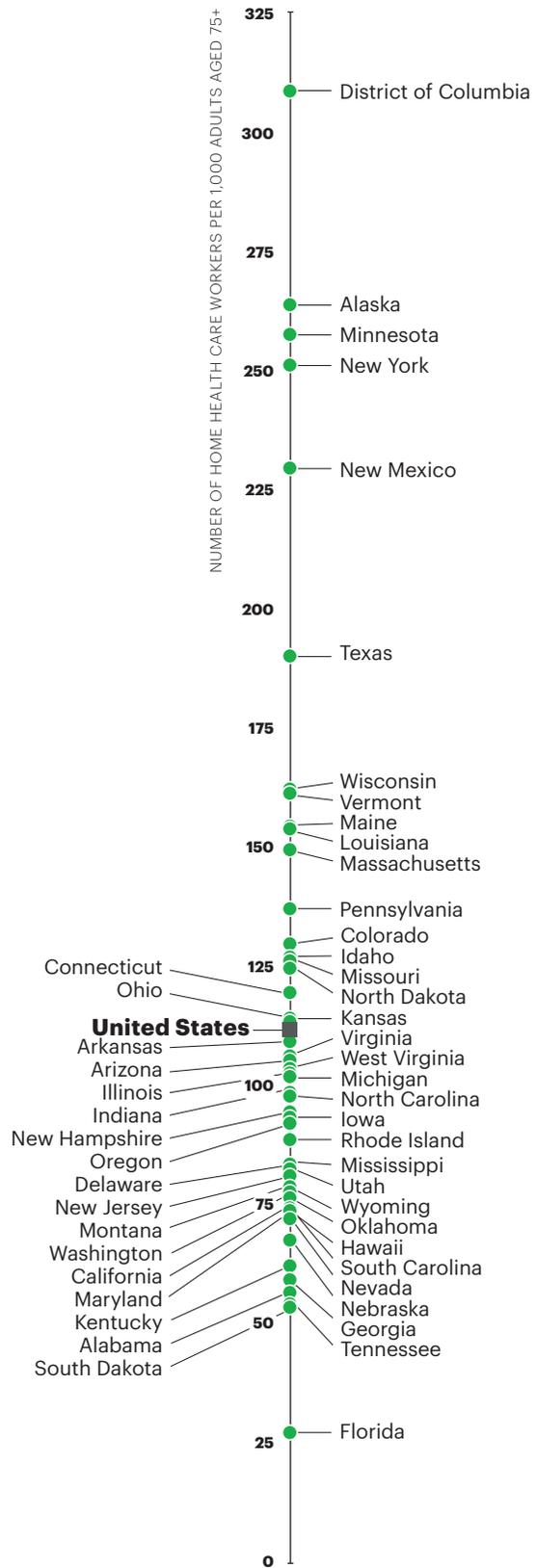
Figure 16  
**Number of home health care workers per 1,000 adults aged 75 and older by state including the District of Columbia**

**Success**

SINCE THE 2013 EDITION,  
**THE NUMBER OF HOME  
 HEALTH CARE WORKERS  
 PER 1,000 ADULTS AGED 75+  
 INCREASED**

**▲19.7%**

FROM **93.8** TO **112.3**  
 WORKERS PER 1,000



# Findings

## Nursing Home Quality & Hip Fracture Hospitalizations Improving

### Nursing Home Quality

In the past year, the percentage of certified nursing home beds rated four- or five-stars over a three-month period increased 12 percent from 42.4 percent to 47.4 percent of certified nursing home beds. Alaska (from 43.9 percent to 64.8 percent), North Dakota (from 50.5 percent to 63.8 percent), West Virginia (from 25.8 percent to 37.2 percent) and Rhode Island (from 54.0 percent to 65.2 percent) all improved by 10 percentage points or more since the 2017 edition (Figure 17).

### Hip Fracture Hospitalizations

The number of hospitalizations for hip fracture per 1,000 Medicare enrollees aged 65 and older continues to improve. In the past year, hip fractures decreased 2 percent from 5.8 to 5.7 hospitalizations per 1,000 Medicare enrollees.

### Success

IN THE PAST YEAR,  
**FOUR- OR FIVE-STAR RATED  
NURSING HOME BEDS INCREASED**

**▲ 12%**

FROM **42.4%** TO **47.4%** OF CERTIFIED  
NURSING HOME BEDS

### Success

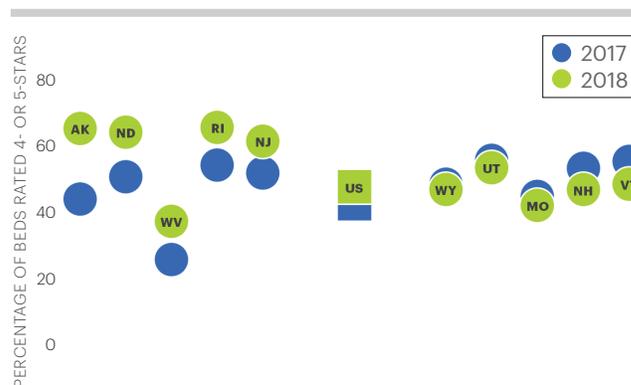
IN THE PAST YEAR,  
**HIP FRACTURES DECREASED**

**▼ 2%**

FROM **5.8** TO **5.7** HOSPITALIZATIONS  
PER 1,000 MEDICARE ENROLLEES

Figure 17  
**Changes in nursing home quality between 2017 and 2018**

Shown are states with the largest percentage point increases and decreases relative to the United States.



## Challenges

### Suicide Increasing, Varies by State

Since the 2014 edition, the number of deaths due to intentional self-harm per 100,000 adults aged 65 and older increased 12 percent from 14.8 to 16.6 deaths per 100,000 adults. The largest decrease in suicide since 2014 occurred in Alaska, from 22.8 to 14.1 deaths per 100,000 (Figure 18). In this same period, the suicide rate among seniors increased by five or more deaths per 100,000 adults aged 65 and older in:

- Wyoming from 24.3 to 31.5
- New Mexico from 21.8 to 28.6
- Utah from 15.7 to 21.3
- West Virginia from 16.9 to 22.3
- Oklahoma from 15.8 to 21.0

The differences in suicide incidence between states are striking (Figure 19). Suicide among seniors is 3.9 times higher in Nevada (32.3 deaths per 100,000 adults aged 65 and older) than in Massachusetts (8.3 deaths per 100,000). Wyoming (31.5 deaths per 100,000),

### Challenge

SINCE THE 2014 EDITION,  
**SUICIDE AMONG ADULTS AGED 65+ INCREASED**

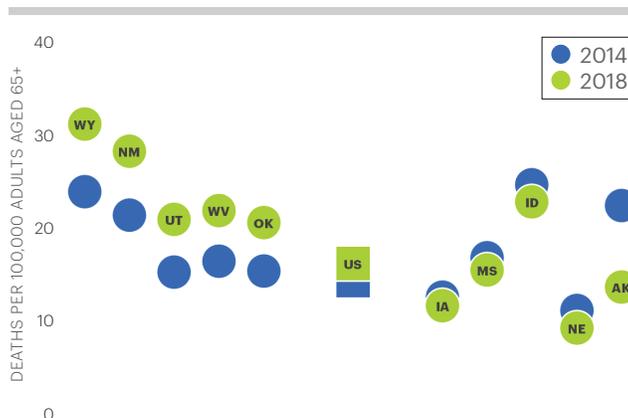
**▲ 12%**

FROM **14.8** TO **16.6** DEATHS PER 100,000

New Mexico (28.6 deaths per 100,000), Montana (25.5 deaths per 100,000) and Oregon (25.1 deaths per 100,000) have suicide rates greater than 25.0 deaths per 100,000 adults aged 65 and older.

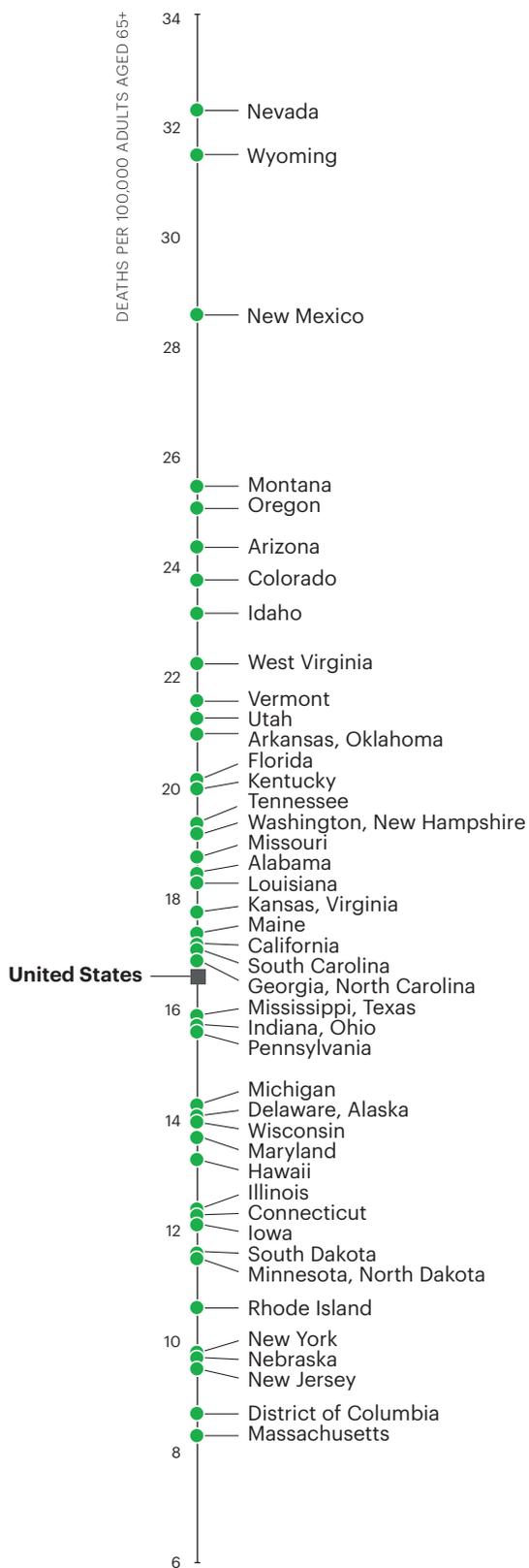
Figure 18  
**Changes in suicide between 2014 and 2018**

Shown are states with the largest rate increases and decreases relative to the United States



# Findings

Figure 19  
**Number of deaths due to intentional self-harm per 100,000 adults aged 65 and older by state including the District of Columbia**



### Falls Rising, Prevalence Differs

Since the 2014 edition, the percentage of adults aged 65 and older who reported having fallen in the previous 12 months increased 9 percent from 27.1 percent to 29.5 percent. No states had notable decreases in the past four years (Figure 20), but falls increased significantly in:

- Colorado from 27.4 to 31.0 percent
- Louisiana from 24.1 to 31.0 percent
- Maryland from 23.4 to 28.6 percent
- Michigan from 16.2 to 28.9 percent
- Oregon from 18.4 to 32.4 percent
- Wisconsin from 14.5 to 28.0 percent

The prevalence of falls differs by gender, race/ethnicity, urbanicity and income.

Falls are more prevalent among:

- Women (31.5 percent) aged 65 and older than men (27.1 percent)
- American Indian/Alaskan Native (34.7 percent) and white (30.6 percent) seniors compared with Asian (20.3 percent), black (23.6 percent) and Hispanic (26.9 percent) seniors
- Rural (32.4 percent) seniors compared with suburban (28.5 percent) and urban (29.5 percent) seniors (See Disparities in Rural Health, page 41)
- Seniors in the lowest income level (less than \$25,000/year) at 32.9 percent compared with seniors in all other income levels

**Challenge**

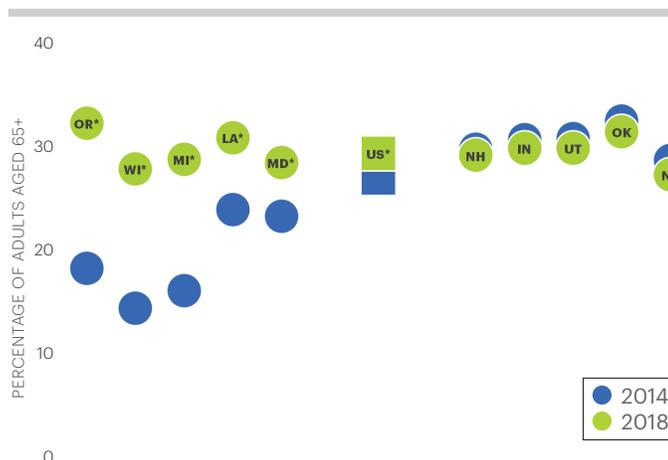
SINCE THE 2014 EDITION,  
**FALLS INCREASED**

**▲ 4%**

FROM **28.4%** TO **29.5%** OF ADULTS AGED 65+

Figure 20  
**Changes in falls between 2014 and 2018**

Shown are states with the largest percentage point increases and decreases relative to the United States



\*Statistically significant differences between 2014 and 2018 estimates based on non-overlapping 95 percent confidence intervals.

# Findings

## Obesity Continues Rising, Large Disparities Exist

Since the 2013 edition, the percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight increased 11 percent from 25.3 percent to 28.0 percent. In the past five years, the prevalence of seniors with obesity increased significantly in nine states (Figure 21), notably:

- North Dakota from 24.4 to 32.1 percent
- Wisconsin from 26.9 to 34.6 percent
- Nevada from 18.1 to 25.7 percent
- Louisiana from 28.7 to 35.3 percent

No states had remarkable decreases in the past five years.

Differences in obesity prevalence exist by race/ethnicity, urbanicity, education and income. Obesity prevalence is significantly higher among:

- American Indian/Alaskan Native (35.3 percent), black (36.5 percent) and Hispanic (32.8 percent) seniors than among white (27.2 percent) seniors; Asian seniors have the lowest obesity prevalence at 11.8 percent, significantly lower than white seniors.
- Rural seniors (29.2 percent) have a higher prevalence than suburban (27.2 percent) and

## Challenge

SINCE THE 2013 EDITION,  
**OBESITY INCREASED**

**▲ 11%**

FROM **25.3%** TO **28.0%** OF  
ADULTS AGED 65+

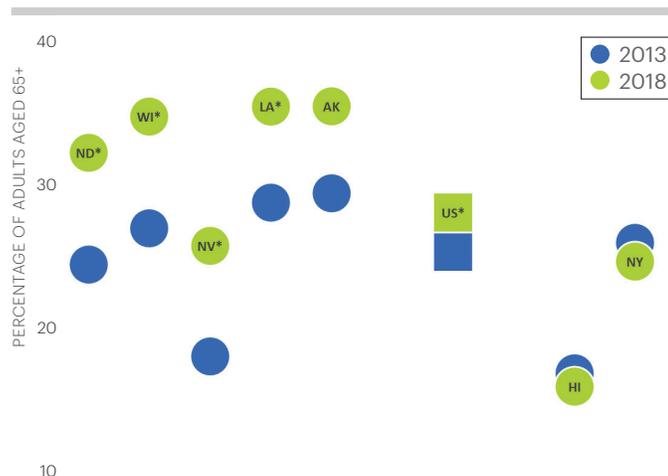
urban (26.6 percent) seniors (see Disparities in Rural Health, page 41)

- Seniors with less than a high school education (33.3 percent), high school graduates (29.9 percent) or some college (29.1 percent) have a higher prevalence than college graduates (21.9 percent)
- Seniors with annual incomes less than \$25,000 (32.3 percent), \$25,000 to \$49,999 (29.2 percent) or \$50,000 to \$74,999 (29.1 percent) have a higher prevalence than those with an annual household income of \$75,000 or more (23.6 percent)

Figure 21

### Changes in obesity between 2013 and 2018

Shown are states with the largest percentage point increases and decreases relative to the United States



\*Statistically significant differences between 2013 and 2018 estimates based on non-overlapping 95 percent confidence intervals.

### Flu Vaccination Coverage Declining

Since the 2017 edition, the percentage of adults aged 65 and older who reported receiving a flu vaccine in the past year decreased 3 percent from 60.7 percent to 58.8 percent. In this same period, flu vaccination coverage increased significantly only in Florida (Figure 22) from 51.4 percent to 57.6 percent of adults aged 65 and older, and decreased significantly in eight states, notably in:

- Kansas from 61.7 to 54.8 percent
- Louisiana from 59.1 to 51.6 percent
- Kentucky from 67.3 to 59.4 percent
- Texas from 66.3 to 57.3 percent

The percentage of seniors who reported receiving a flu vaccine in the past year varies by race/ethnicity, urbanicity and education. Flu vaccination coverage is lower among:

- Black seniors at 49.4 percent compared with Asian (61.2 percent), Hawaiian/Pacific Islander (68.1 percent), Hispanic (56.0 percent) and white (60.3 percent) seniors
- Rural seniors (57.2 percent) versus urban (61.4 percent), but not suburban (59.1 percent) seniors (see Disparities in Rural Health, page 44)
- Seniors with less than a high school education (56.5 percent), high school graduates (56.8 percent) or some college (58.1 percent) compared with college graduates (63.7 percent)

### Challenge

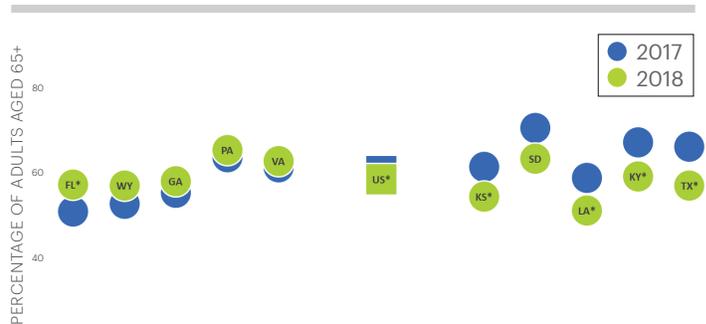
IN THE PAST YEAR,  
**FLU VACCINATION COVERAGE  
SIGNIFICANTLY DECREASED**

▼ **3%**

FROM **60.7%** TO **58.8%** OF  
ADULTS AGED 65+

Figure 22  
**Changes in flu vaccination between 2017 and 2018**

Shown are states with the largest increases and decreases relative to the United States



\*Statistically significant differences between 2017 and 2018 estimates based on non-overlapping 95 percent confidence intervals.

# Findings

## Disparities in Rural Health

In nearly all measures examined by urbanicity, seniors in rural areas experienced greater health challenges than those living in urban and suburban areas. We examined measures with urbanicity data from the *Behavioral Risk Factor Surveillance System*. Of the measures examined, excessive drinking is the only measure in which

rural seniors fare better than suburban and urban seniors. The prevalence of excessive drinking among rural seniors is 5.5 percent compared with suburban (6.8 percent) and urban (6.5 percent) seniors. The disparities in rural health are evident across a wide range of behaviors, clinical care and outcomes measures.

## Rural Health Challenges Include a Higher Prevalence of:

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**Falls**

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**Obesity**

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**Physical Inactivity**

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**Smoking**

---

**Teeth Extractions**

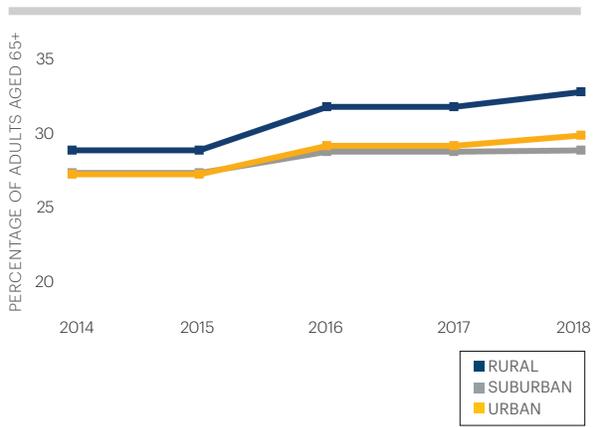
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### Falls

Nationally, the prevalence of falls among seniors is 29.5 percent. Falls are significantly higher among rural (32.4 percent) seniors than suburban (28.5 percent) and urban (29.5 percent) seniors. A gap has persisted over the past four years, widening in the past year (Figure 23).

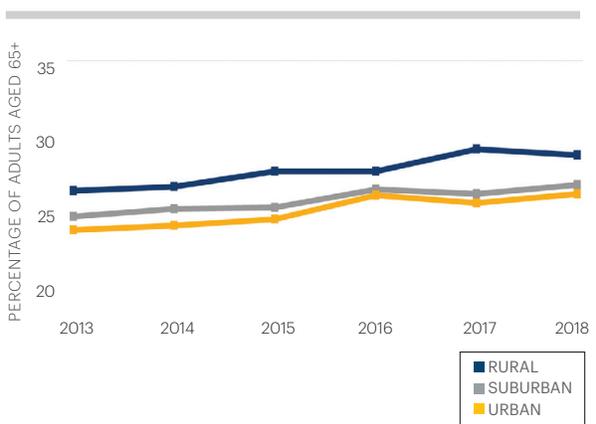
Figure 23  
Falls by urbanicity, 2014 to 2018



### Obesity

In the U.S., 28.0 percent of seniors have obesity. Obesity prevalence is significantly higher among rural seniors (29.2 percent) than suburban (27.2 percent) and urban (26.6 percent) seniors. This has been the trend over the past five years (Figure 24).

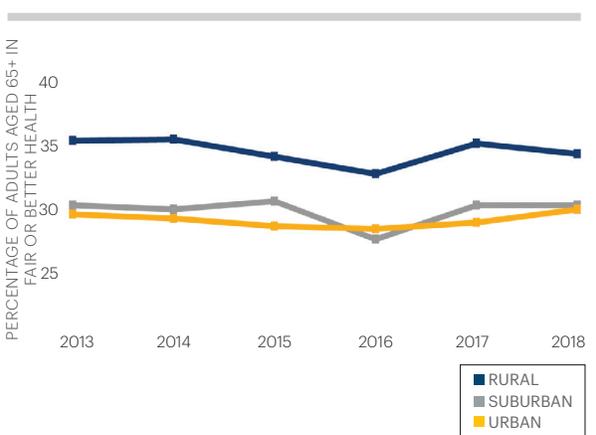
Figure 24  
Obesity by urbanicity, 2013 to 2018



### Physical Inactivity

Physical inactivity is defined as the percentage of adults aged 65 and older with fair or better health status who reported doing no physical activity or exercise other than their regular job in the past 30 days. It is significantly higher among rural (34.3 percent) seniors than suburban (30.4 percent) and urban (30.1 percent) seniors. This gap has persisted over the past five years (Figure 25).

Figure 25  
Physical inactivity by urbanicity, 2013 to 2018

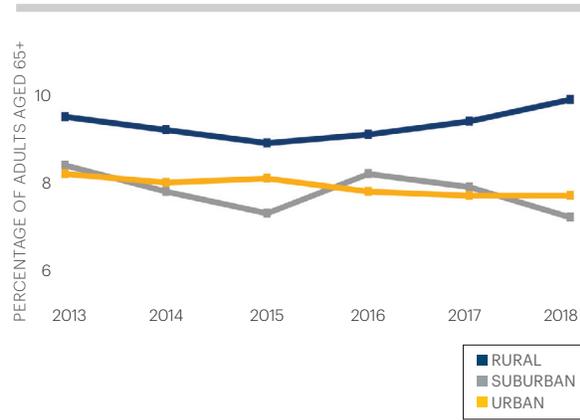


# Findings

## Smoking

Across the nation, 8.7 percent of adults aged 65 and older reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days. The prevalence of smoking among rural (9.9 percent) seniors is significantly higher than among suburban (7.2 percent) and urban (7.7 percent) seniors. The gap between rural and suburban/urban seniors has widened over the past year (Figure 26).

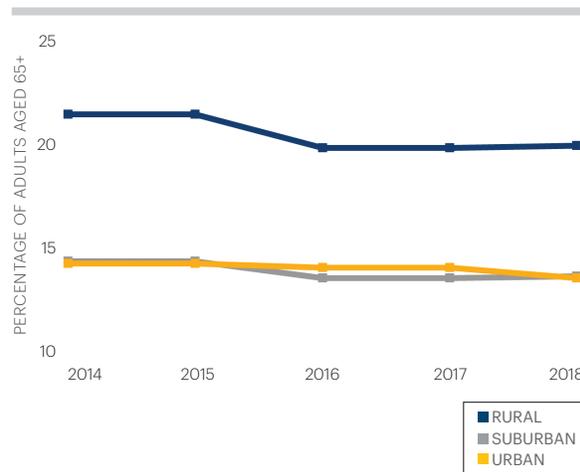
Figure 26  
**Smoking by urbanicity, 2013 to 2018**



## Teeth Extractions

Nationally, 14.5 percent of seniors reported having full-mouth teeth extractions. The prevalence is significantly higher among rural (19.9 percent) seniors compared with suburban (13.7 percent) and urban (13.6 percent) seniors. This large gap has been the trend over the past four years (Figure 27).

Figure 27  
**Teeth extractions by urbanicity, 2014 to 2018**



## Rural Health Challenges Include a Lower Prevalence of:

### Dedicated Health Care Provider

### Dental Visit

### Flu Vaccine (rural vs. urban only)

### Health Screenings

### High Health Status

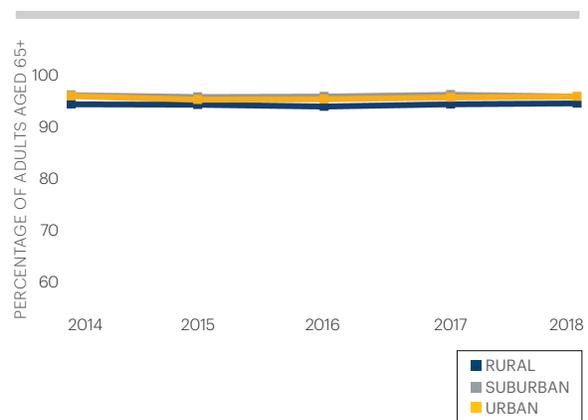
### Pain Management



#### Dedicated Health Care Provider

Nearly all U.S. seniors (94.5 percent) reported having one or more people whom they consider as their personal doctor or health care provider. Having a dedicated health care provider, however, is significantly lower among rural (94.4 percent) seniors than suburban (95.7 percent) and urban (95.7 percent) seniors. The gap is small but has persisted over the past four years (Figure 28).

Figure 28  
**Dedicated health care provider by urbanicity,  
2014 to 2018**

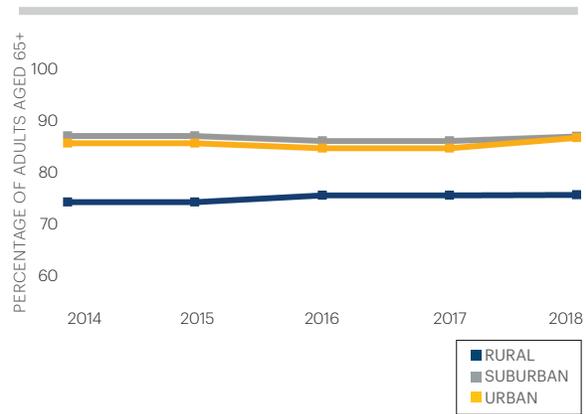


# Findings

## Dental Visit

Two-thirds (66.9 percent) of U.S. seniors reported visiting a dentist or dental clinic in the past year. This percentage is significantly lower among rural (60.6 percent) seniors than suburban (69.5 percent) and urban (69.3 percent) seniors. The gap between rural and urban/suburban senior dental visits has persisted over the past four years (Figure 29).

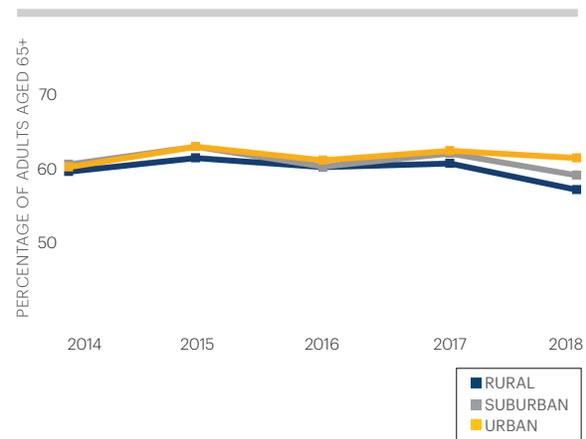
Figure 29  
Dental visit by urbanicity, 2014 to 2018



## Flu Vaccine

Nationally, flu vaccination coverage among seniors is 58.8 percent. It is significantly lower among rural (57.2 percent) seniors compared with urban (61.4 percent) seniors, but not suburban (59.1 percent) seniors. The gap between rural and urban seniors has emerged over the past year (Figure 30).

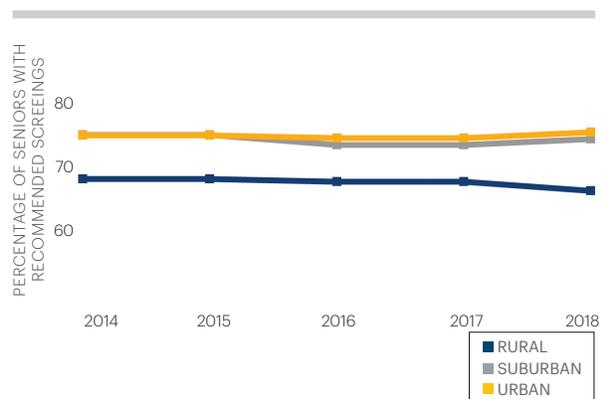
Figure 30  
Flu vaccine by urbanicity, 2014 to 2018



## Health Screenings

Each year nearly three-quarters (73.0 percent) of seniors report receiving recommended health screenings. Health screenings is defined as the percentage of women aged 65 to 74 years who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 years who reported receiving colorectal cancer screening within the recommended time period. Among rural seniors, however, 66.4 percent reported receiving recommended health screenings, a significantly lower prevalence compared with suburban (74.3 percent) and urban (75.3 percent) seniors. This trend has persisted over the past four years (Figure 31).

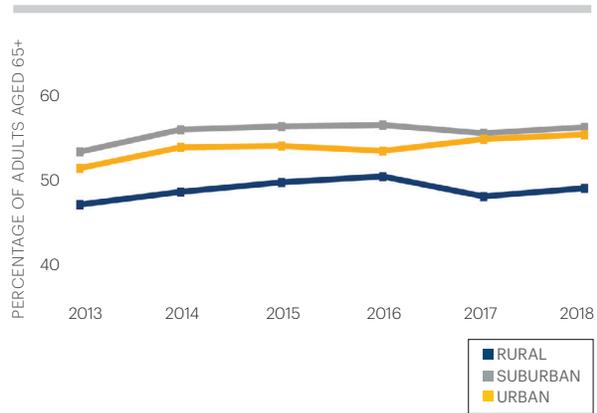
Figure 31  
Health screenings by urbanicity, 2014 to 2018



### High Health Status

Less than half (41.9 percent) of U.S. adults aged 65 and older reported their health is very good or excellent. Rural (36.8 percent) seniors, however, have a significantly lower prevalence of high health status compared with suburban (42.0 percent) and urban (41.4 percent) seniors, a consistent trend over the past five years (Figure 32).

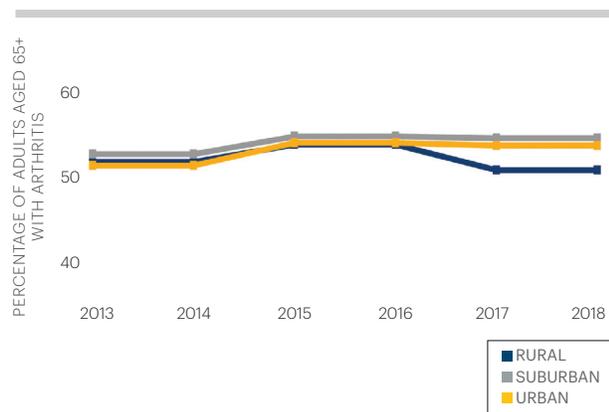
Figure 32  
High health status by urbanicity, 2013 to 2018



### Pain Management

Nationally, 53.5 percent of adults aged 65 and older with arthritis reported that arthritis or joint pain does not limit their usual activities. Pain management is significantly lower among rural (50.8 percent) seniors compared with suburban (54.4 percent) and urban (53.6 percent) seniors. There was a slight increase in pain management in all three populations between 2014 and 2016. Suburban and urban seniors sustained progress in recent years, while pain management among seniors in rural areas declined since 2016 (Figure 33).

Figure 33  
Pain management by urbanicity, 2013 to 2018



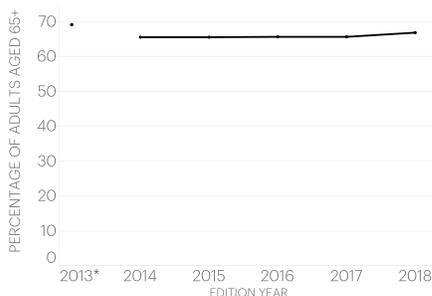


# Core Measures

# Dental Visit

Oral health naturally declines with age, and problems arise if routine care is not maintained. Poor oral health can have a large impact on quality of life by negatively affecting the ability to chew, speak and interact socially, in addition to increasing the risk for certain diseases such as diabetes and oral cancer. Most individuals lose dental insurance coverage when they retire, and Medicare generally does not cover dental care. This means the majority of seniors pay out-of-pocket for most or all dental expenses, which impacts dental care use. Older adults who use preventive dental care may reduce their dental bills and out-of-pocket payments.

Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/DentalVisits](http://www.AmericasHealthRankings.org/SR18/DentalVisits)

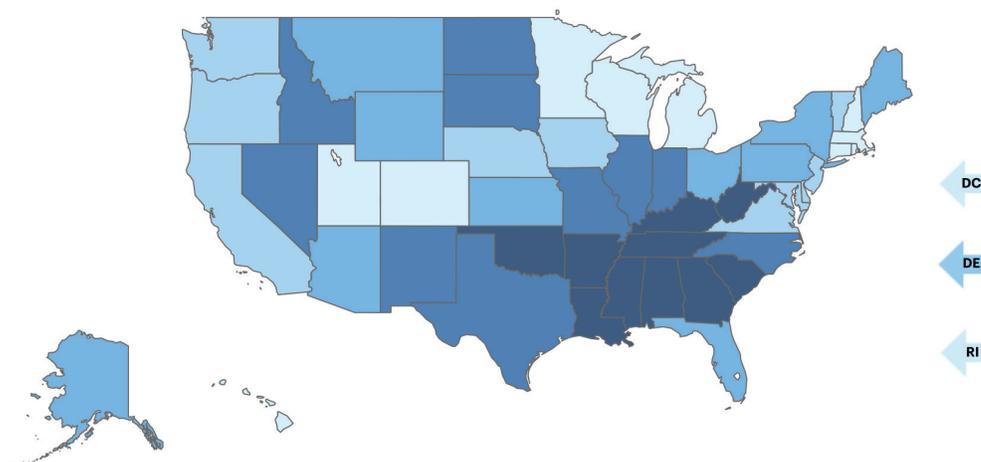


\*Not comparable to later years due to methodology change

## Dental Visit by State

Percentage of adults aged 65 and older who reported visiting a dental health professional within the past 12 months

■ >= 71.2%  
 ■ 69.1% to 71.1%  
 ■ 66.0% to 69.0%  
 ■ 61.5% to 65.9%  
 ■ <= 61.4%



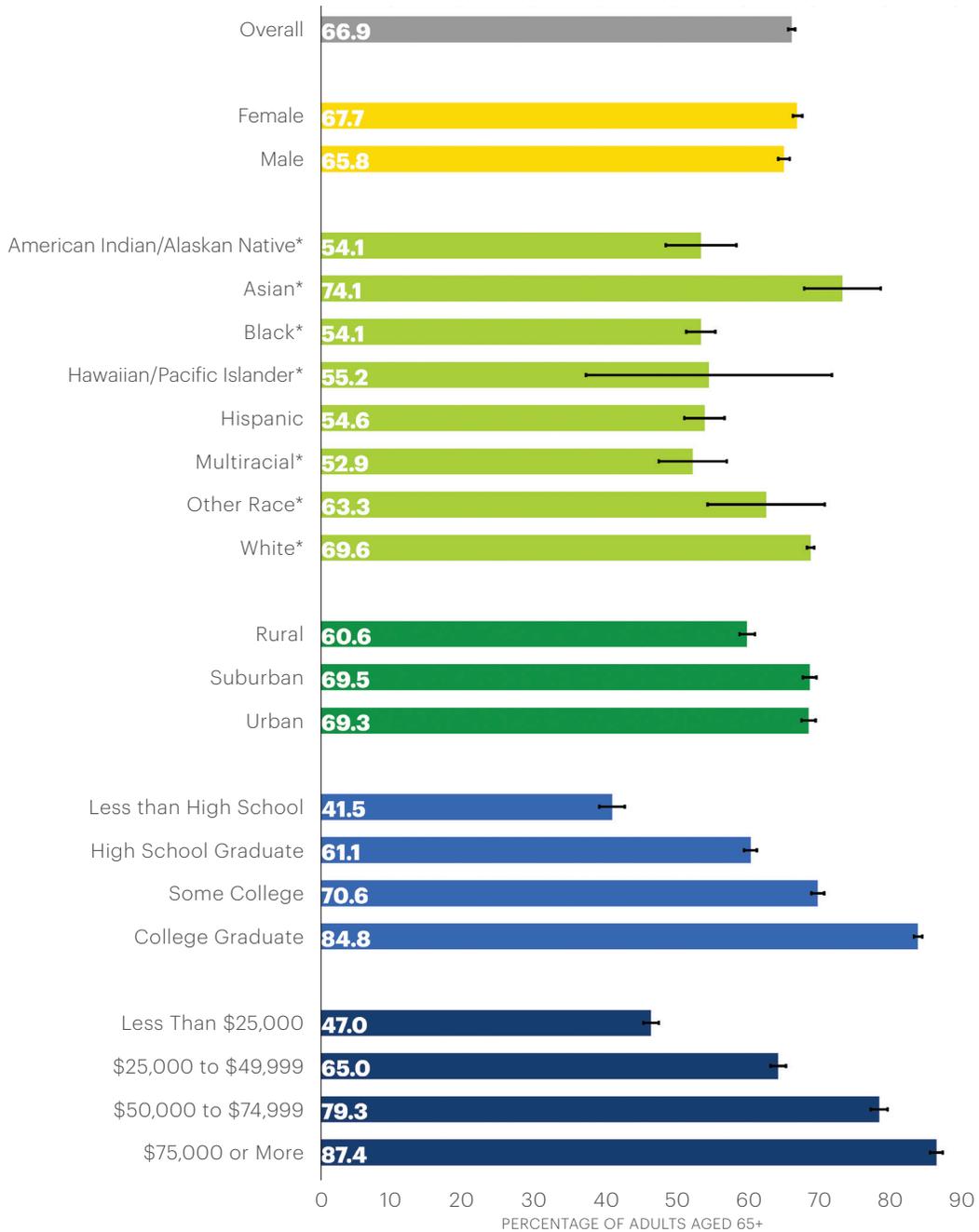
## Ranking

by Dental Visit

Rank	State	Value (%)
1	Hawaii	77.9
2	Minnesota	76.1
3	Wisconsin	75.9
4	Connecticut	75.5
5	Rhode Island	74.6
6	New Hampshire	74.4
7	Michigan	72.8
7	Utah	72.8
9	Colorado	71.3
10	Massachusetts	71.2
11	Washington	71.1
12	Vermont	71.0
13	California	70.9
14	New Jersey	70.8
15	Oregon	70.4
16	Iowa	70.3
16	Maryland	70.3
16	Virginia	70.3
19	Delaware	70.1
20	Nebraska	69.1
21	New York	68.9
22	Florida	68.4
22	Kansas	68.4
24	Wyoming	67.9
25	Arizona	67.6
26	Maine	67.4
26	Montana	67.4
28	Alaska	67.0
29	Ohio	66.1
30	Pennsylvania	66.0
31	South Dakota	65.0
32	North Dakota	64.9
33	Idaho	64.3
34	Illinois	64.0
35	Nevada	63.7
35	New Mexico	63.7
37	North Carolina	63.1
37	Texas	63.1
39	Missouri	62.5
40	Indiana	61.5
41	Georgia	61.1
42	Alabama	60.9
43	South Carolina	60.1
44	Kentucky	58.6
45	Oklahoma	57.6
46	Tennessee	56.8
47	Arkansas	56.0
48	Louisiana	55.3
49	Mississippi	53.0
50	West Virginia	52.5
	United States	66.9
	District of Columbia	72.4

## Dental Visit by Subpopulations

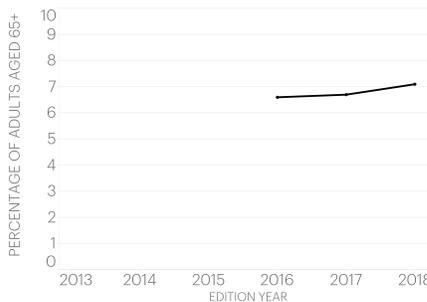
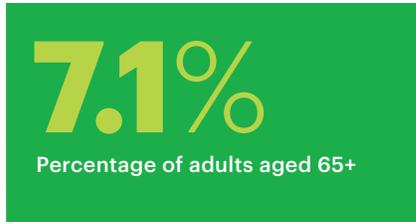
with 95 percent confidence intervals



\* Non-Hispanic

# Excessive Drinking

Seniors experience the highest alcohol-attributed death rate at 60.3 per 100,000, compared with 28.5 per 100,000 in the general population. Between 2006 and 2010, an average of 23,748 people aged 65 and older died from excessive alcohol use each year. Widowers over the age of 75 have the highest rate of alcoholism in the United States. Excessive alcohol consumption is associated with many negative health outcomes, including injury, chronic disease, dementia and mood disorders. Alcohol also causes negative interactions with many prescription drugs, which are commonly used in senior populations.



Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/ExcessiveDrinking](http://www.AmericasHealthRankings.org/SR18/ExcessiveDrinking)

## Ranking

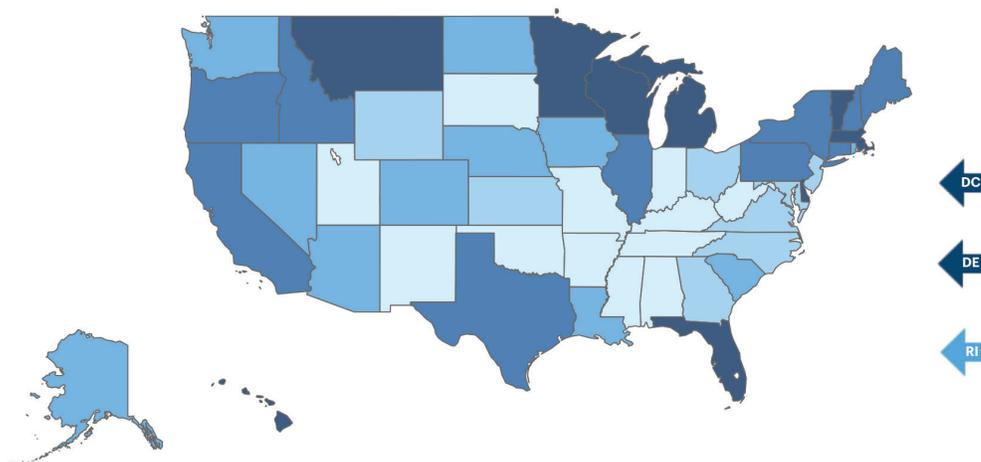
by Excessive Drinking

Rank	State	Value (%)
1	Utah	2.6
2	West Virginia	3.1
3	Oklahoma	3.6
4	Mississippi	3.7
5	Arkansas	4.3
6	Tennessee	4.4
7	Kentucky	4.5
8	South Dakota	5.1
9	Missouri	5.4
10	Alabama	5.5
10	Indiana	5.5
10	New Mexico	5.5
13	Georgia	5.6
13	North Carolina	5.6
15	Kansas	5.7
15	New Jersey	5.7
17	Wyoming	5.8
18	Virginia	5.9
19	Ohio	6.0
20	Maryland	6.1
21	Rhode Island	6.6
22	Louisiana	6.8
23	Nebraska	7.0
24	Nevada	7.2
25	Colorado	7.3
26	Iowa	7.4
26	North Dakota	7.4
26	South Carolina	7.4
29	Alaska	7.6
29	Arizona	7.6
29	Washington	7.6
32	New York	7.7
33	California	7.8
33	Illinois	7.8
33	Maine	7.8
33	Texas	7.8
37	Connecticut	7.9
37	New Hampshire	7.9
39	Idaho	8.1
39	Oregon	8.1
39	Pennsylvania	8.1
42	Massachusetts	8.3
43	Michigan	8.6
44	Delaware	8.7
44	Florida	8.7
46	Montana	8.8
46	Vermont	8.8
48	Hawaii	9.2
48	Minnesota	9.2
50	Wisconsin	11.3
	United States	7.1
	District of Columbia	12.3

## Excessive Drinking by State

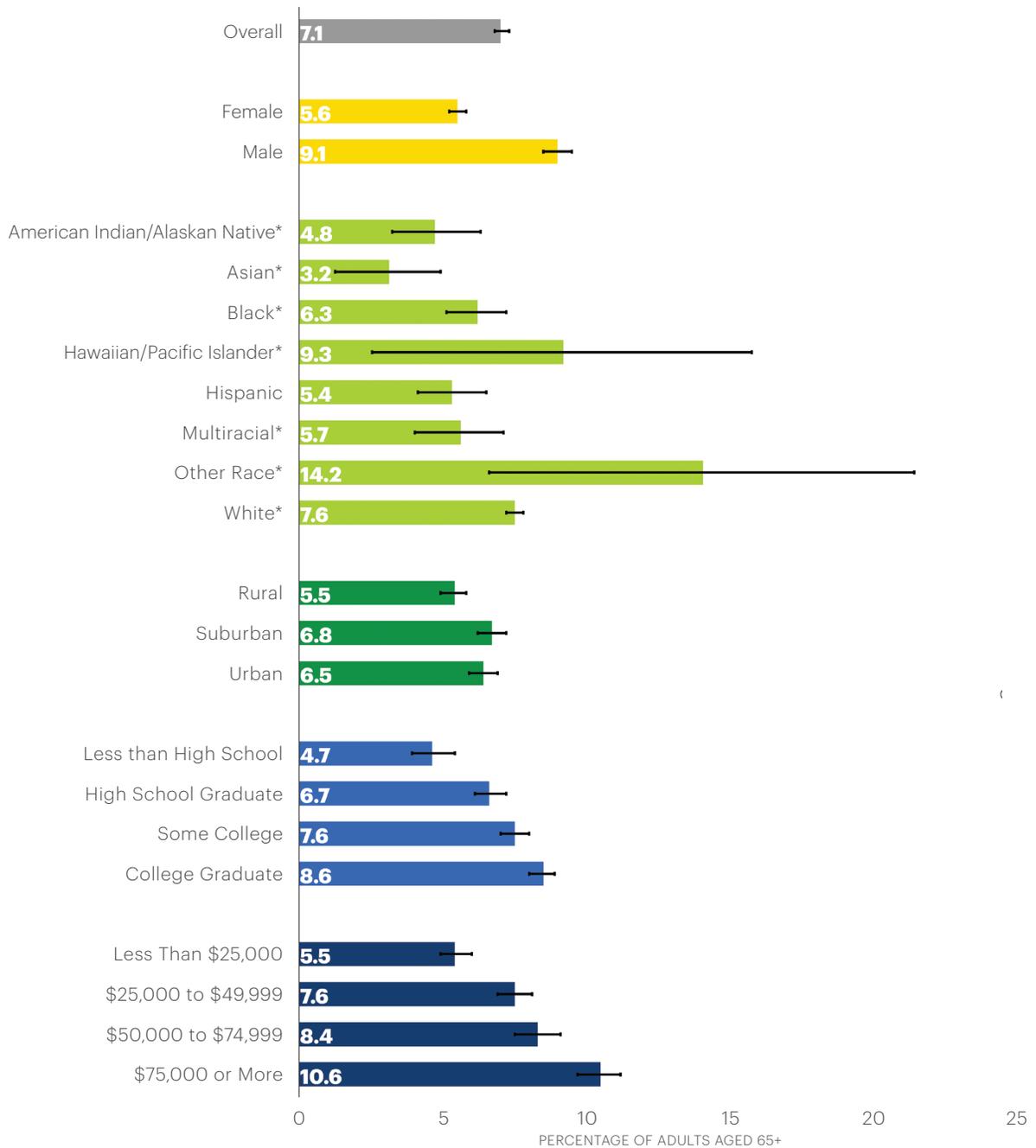
Percentage of adults aged 65 and older who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past 30 days) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)

■ <= 5.5%  
 ■ 5.6% to 6.0%  
 ■ 6.1% to 7.6%  
 ■ 7.7% to 8.1%  
 ■ >= 8.2%



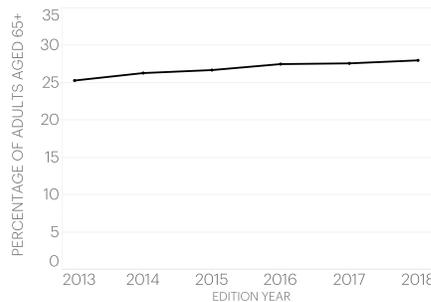
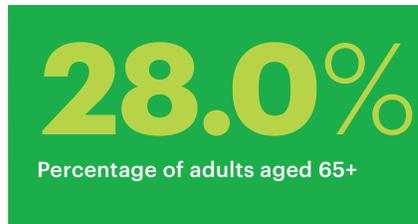
## Excessive Drinking by Subpopulations

with 95 percent confidence intervals



# Obesity

Obesity is the leading cause of preventable life-years lost among Americans — surpassing tobacco use, high blood pressure and high cholesterol. There is a stronger relationship between obesity and mortality risk among older age groups. Adults with obesity, compared with adults at a healthy weight, are at a higher risk of developing serious health conditions including cognitive decline, chronic conditions and certain cancers. Contributing factors for obesity include behaviors such as poor diet and physical inactivity, social and physical environments, genetics and medical history. Growing evidence illustrates the importance of the built environment and community design in promoting a healthy lifestyle.

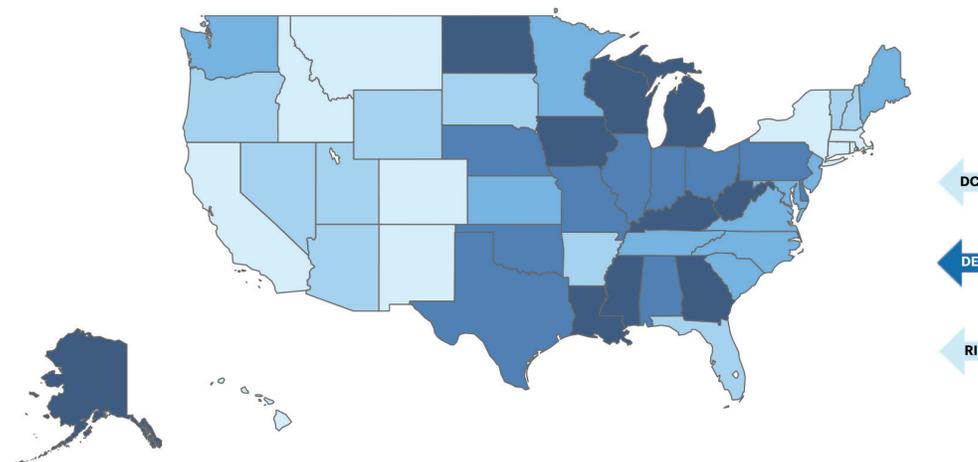


Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/Obesity](http://www.AmericasHealthRankings.org/SR18/Obesity)

## Obesity by State

Percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight

■ <= 25.2%  
 ■ 25.3% to 27.7%  
 ■ 27.8% to 29.2%  
 ■ 29.3% to 30.8%  
 ■ >= 30.9%



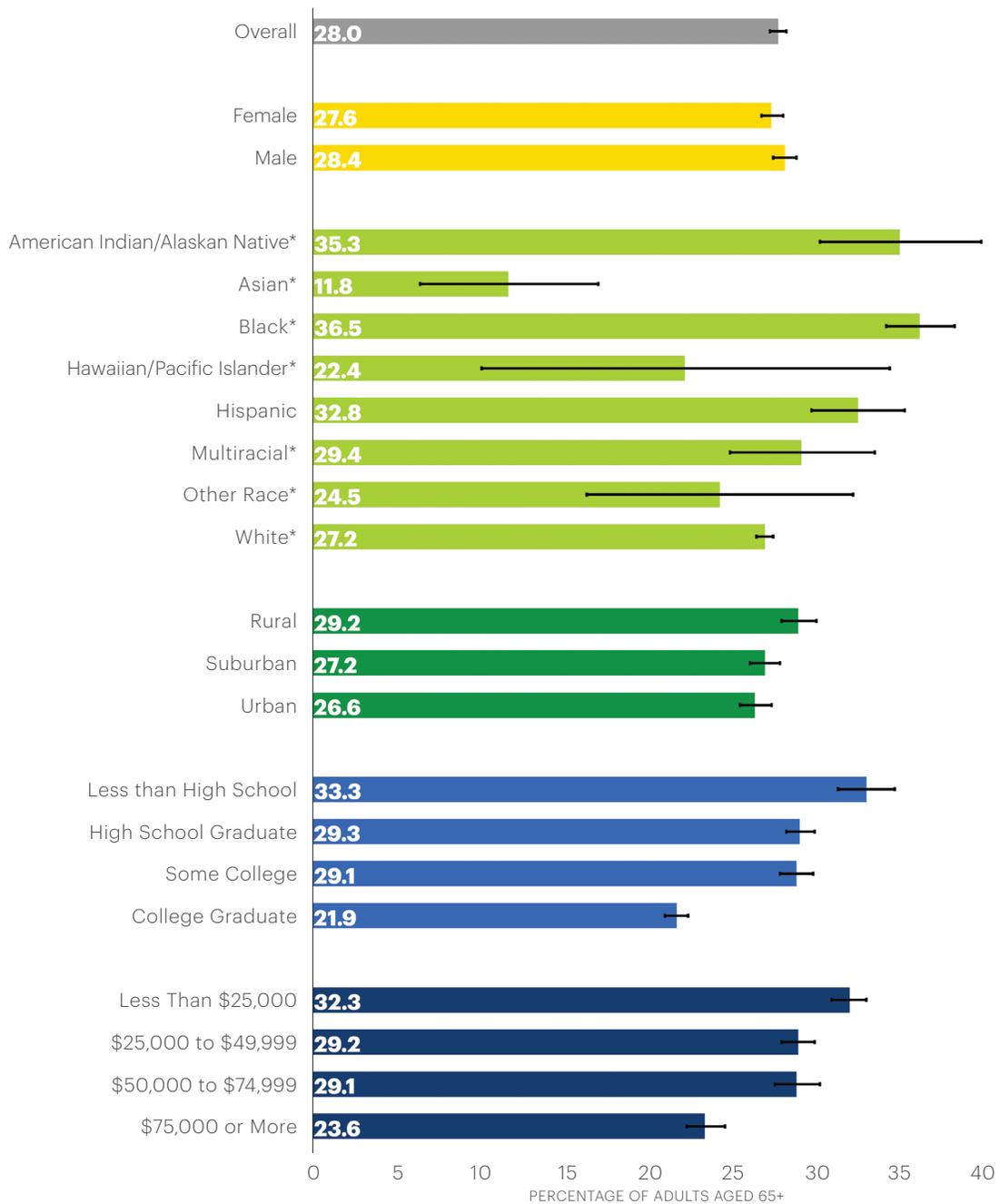
## Ranking

by Obesity

Rank	State	Value (%)
1	Hawaii	16.0
2	Colorado	21.0
3	California	23.5
4	New Mexico	24.0
5	Montana	24.3
6	New York	24.6
7	Connecticut	24.9
8	Massachusetts	25.1
9	Idaho	25.2
9	Rhode Island	25.2
11	Nevada	25.7
12	Florida	25.8
12	Wyoming	25.8
14	Arizona	25.9
14	Vermont	25.9
16	New Hampshire	26.5
17	Utah	26.8
18	South Dakota	27.3
19	Arkansas	27.6
20	Oregon	27.7
21	Virginia	27.8
22	New Jersey	27.9
23	Washington	28.3
24	Minnesota	28.6
24	North Carolina	28.6
24	Tennessee	28.6
27	Maine	28.7
27	South Carolina	28.7
29	Kansas	28.9
30	Maryland	29.2
31	Alabama	29.6
32	Ohio	29.7
33	Nebraska	29.9
34	Missouri	30.0
34	Texas	30.0
36	Delaware	30.4
36	Oklahoma	30.4
38	Pennsylvania	30.5
39	Indiana	30.6
40	Illinois	30.8
41	Iowa	30.9
42	Georgia	31.0
42	Kentucky	31.0
42	Mississippi	31.0
45	North Dakota	32.1
46	Michigan	32.2
47	West Virginia	32.4
48	Wisconsin	34.6
49	Alaska	35.3
49	Louisiana	35.3
	United States	28.0
	District of Columbia	24.0

## Obesity by Subpopulations

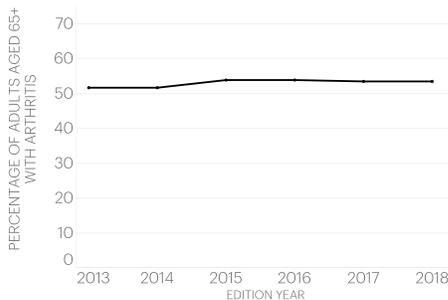
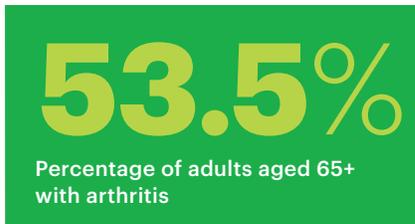
with 95 percent confidence intervals



\* Non-Hispanic

# Pain Management

Arthritis is a major cause of persistent pain and is the leading cause of disability among older adults in the United States. Arthritis reduces functionality, limits mobility and often interferes with activities of daily living. Engaging in aerobic and muscle-strengthening exercise can reduce pain, increase function and mobility, improve quality of life and delay disability among people with arthritis. Medication can be a valuable tool to relieve arthritis pain when used appropriately. Non-medication pain management strategies include topical pain relief agents, massage, acupuncture, chiropractic care, physical therapy and physical activity. Surgery may also be an option.

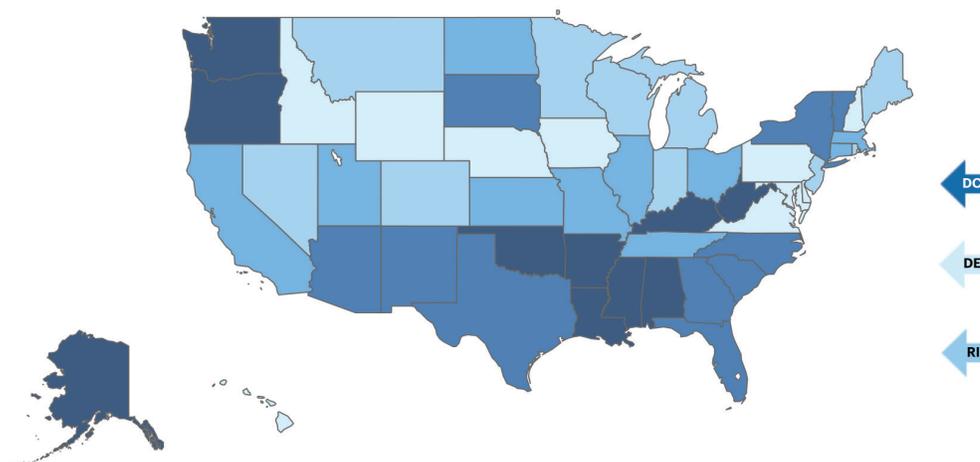


Data source: CDC, Behavioral Risk Factor Surveillance System, 2015  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/PainManagement](http://www.AmericasHealthRankings.org/SR18/PainManagement)

## Pain Management by State

Percentage of adults aged 65 and older with arthritis who reported that arthritis or joint pain does not limit their usual activities

■ >= 57.7%  
 ■ 55.6% to 57.6%  
 ■ 52.5% to 55.5%  
 ■ 49.9% to 52.4%  
 ■ <= 49.8%



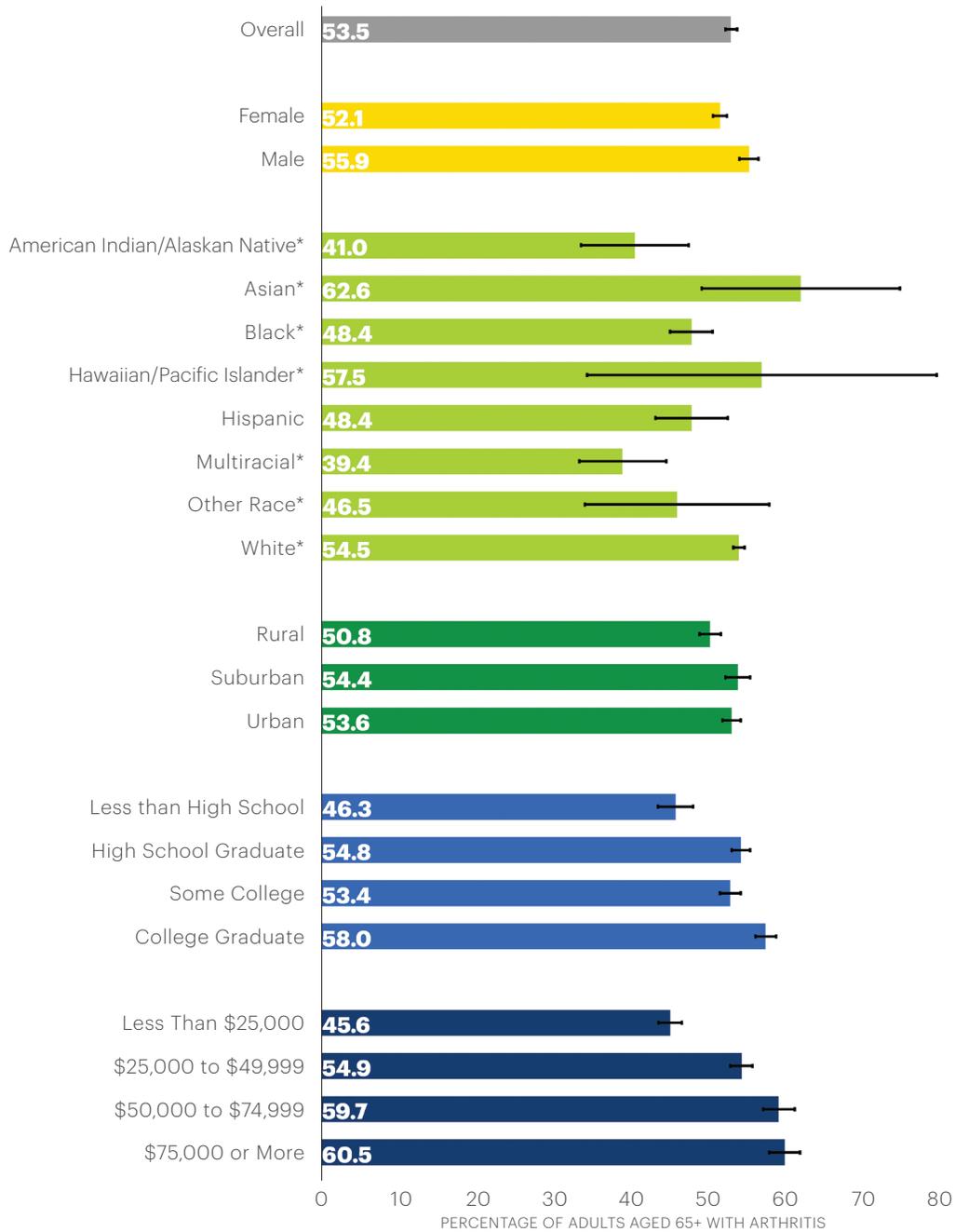
## Ranking

by Pain Management

Rank	State	Value (%)
1	Pennsylvania	62.8
2	Maryland	60.8
3	Hawaii	60.5
4	Iowa	60.0
5	New Hampshire	59.1
6	Wyoming	59.0
7	Delaware	58.6
8	Idaho	58.2
9	Virginia	57.8
10	Nebraska	57.7
11	Indiana	57.2
12	Maine	56.6
12	Montana	56.6
14	Nevada	56.4
15	Colorado	56.0
15	Minnesota	56.0
17	New Jersey	55.9
18	Michigan	55.8
18	Rhode Island	55.8
20	Wisconsin	55.6
21	Utah	55.1
22	California	54.9
23	Ohio	54.8
24	North Dakota	54.5
25	Illinois	53.5
26	Tennessee	53.3
27	Connecticut	52.8
27	Kansas	52.8
29	Missouri	52.6
30	Massachusetts	52.5
31	New Mexico	52.2
32	Texas	52.0
33	New York	51.9
34	Florida	51.8
35	Vermont	51.7
36	South Dakota	51.6
37	Georgia	51.5
38	Arizona	51.3
39	South Carolina	50.4
40	North Carolina	49.9
41	Washington	49.6
42	Mississippi	49.4
43	Oklahoma	48.8
44	West Virginia	48.2
45	Alaska	47.0
46	Arkansas	46.9
47	Alabama	46.6
47	Kentucky	46.6
49	Oregon	45.2
50	Louisiana	45.1
	United States	53.5
	District of Columbia	51.8

## Pain Management by Subpopulations

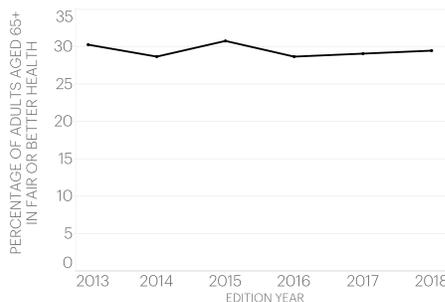
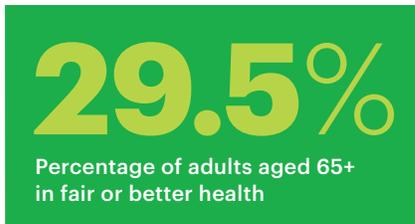
with 95 percent confidence intervals



\* Non-Hispanic

# Physical Inactivity

Physical activity is an integral part of healthy aging. The Centers for Disease Control and Prevention estimate that only 16 percent of adults aged 65 and older met aerobic and muscle-strengthening guidelines in 2011 — the lowest of any age group. Physical inactivity increases the risk of cardiovascular disease, cancer, diabetes, hypertension, obesity and premature death. Increasing physical activity, especially from an absence, prevents and helps manage numerous chronic diseases. Even moderate increases in physical activity can greatly reduce risk of adverse health outcomes. Growing evidence illustrates the importance of the built environment and community design to promote physical activity for seniors.

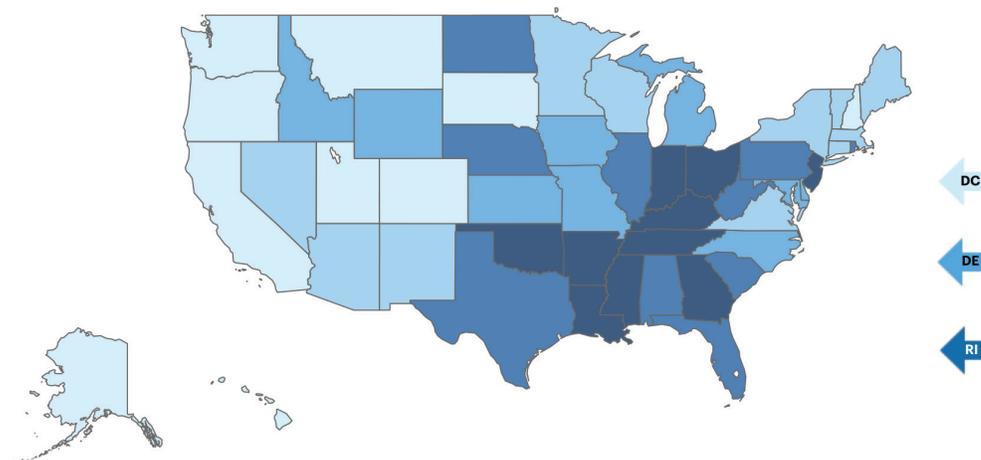


Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/PhysicalInactivity](http://www.AmericasHealthRankings.org/SR18/PhysicalInactivity)

## Physical Inactivity by State

Percentage of adults aged 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

■ <= 24.7%  
 ■ 24.8% to 28.0%  
 ■ 28.1% to 30.3%  
 ■ 30.4% to 33.4%  
 ■ >= 33.5%



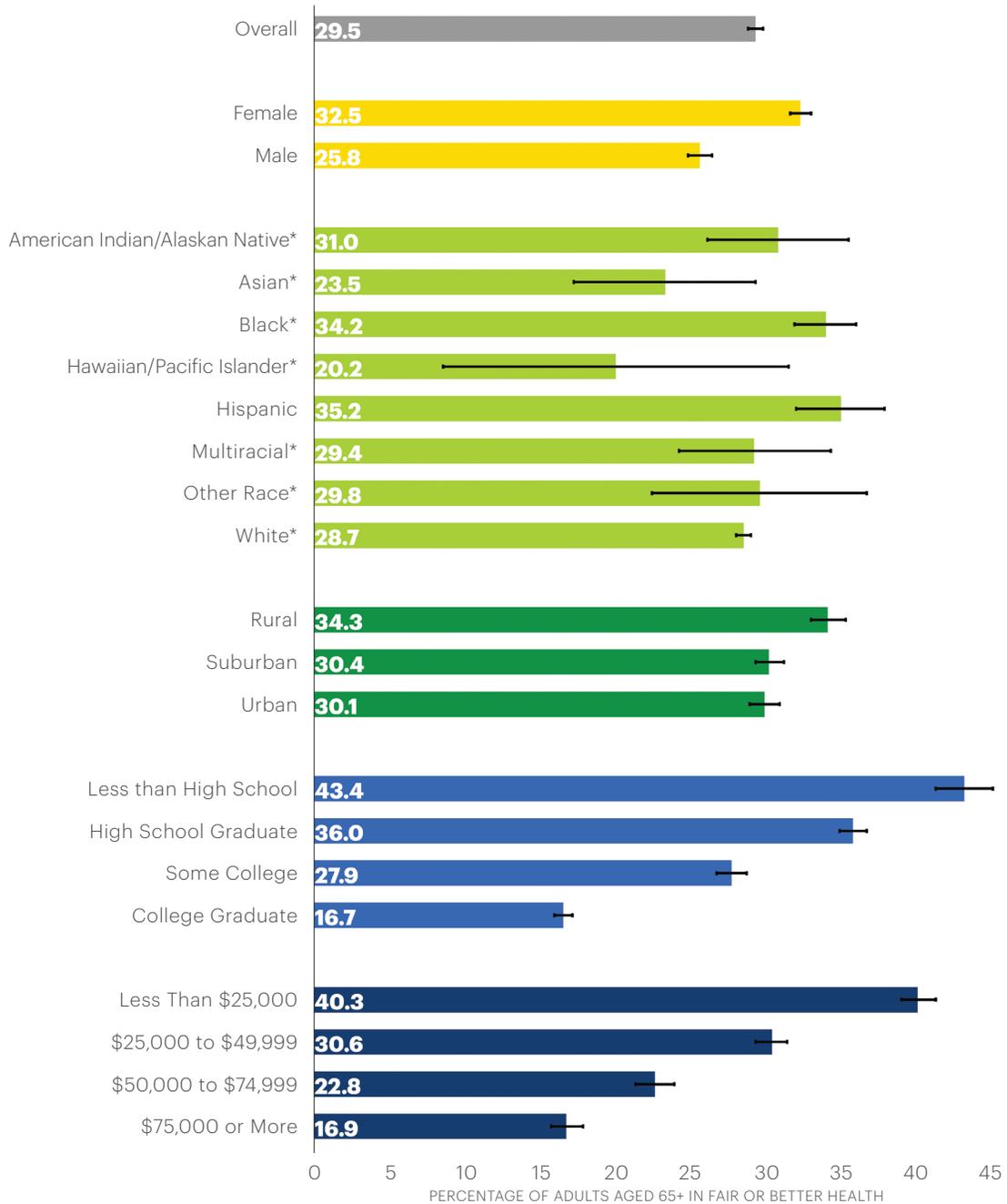
## Ranking

by Physical Inactivity

Rank	State	Value (%)
1	Oregon	19.1
2	Colorado	19.5
3	Washington	20.7
4	Alaska	21.8
5	Utah	22.7
6	California	23.0
7	Hawaii	23.6
8	Montana	23.9
9	South Dakota	24.6
10	New Hampshire	24.7
11	Minnesota	24.9
12	New Mexico	25.1
13	Wisconsin	25.9
14	Maine	26.4
15	Massachusetts	26.7
16	Connecticut	26.8
17	Nevada	27.0
18	Virginia	27.4
19	Arizona	27.7
20	New York	28.0
20	Vermont	28.0
22	Idaho	28.2
23	Michigan	28.3
24	Kansas	28.9
25	Wyoming	29.2
26	Maryland	29.6
27	Delaware	29.8
28	North Carolina	30.0
29	Iowa	30.1
30	Missouri	30.3
31	Nebraska	30.5
31	West Virginia	30.5
33	Pennsylvania	31.0
34	South Carolina	31.1
35	Rhode Island	31.2
36	Illinois	31.5
37	North Dakota	31.7
38	Texas	31.9
39	Alabama	32.5
40	Florida	33.4
41	Indiana	33.9
42	Mississippi	34.4
43	Ohio	34.8
44	Louisiana	35.2
45	Tennessee	35.3
46	New Jersey	35.8
47	Arkansas	36.0
47	Kentucky	36.0
49	Georgia	37.2
50	Oklahoma	38.1
	United States	29.5
	District of Columbia	22.0

## Physical Inactivity by Subpopulations

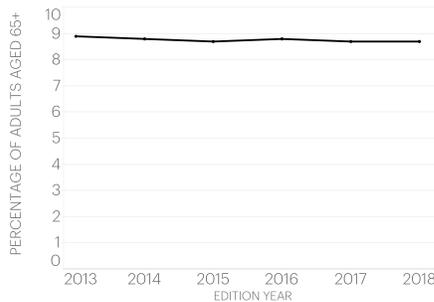
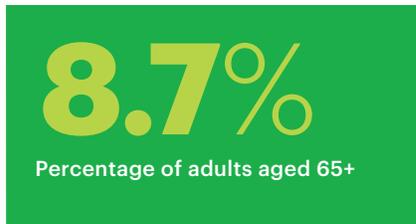
with 95 percent confidence intervals



# Smoking

Smoking is the leading cause of preventable death in the United States. It is estimated that there are 4.2 million smokers aged 65 and older in the nation. Smoking damages nearly every organ in the body and causes diseases such as cataracts, respiratory disease, heart disease, stroke and cancer. It is also associated with accelerated cognitive decline, dementia and early cognitive impairment. Cessation, even in senior smokers, can have profound benefits on current health and long-term outcomes. For example, the risk of dying of lung cancer drops by half 10 years after cessation.

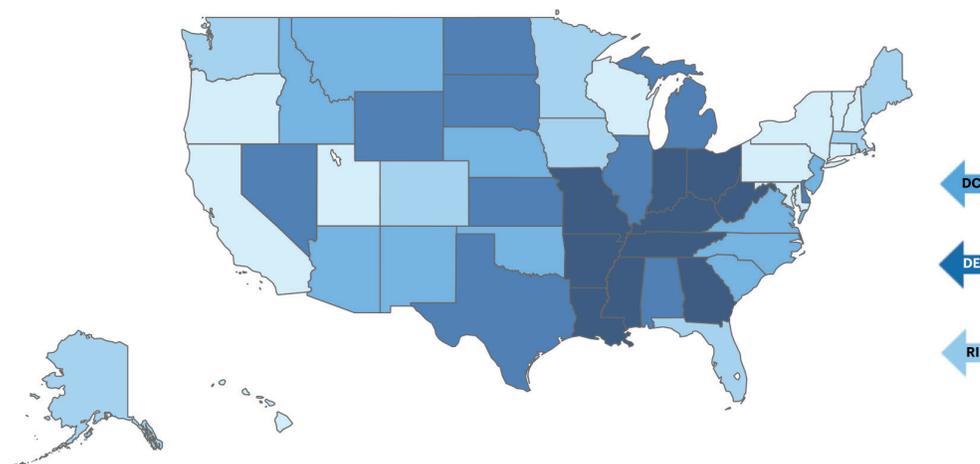
Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/Smoking](http://www.AmericasHealthRankings.org/SR18/Smoking)



## Smoking by State

Percentage of adults aged 65 and older who are smokers (reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days)

■ <= 7.8%  
 ■ 7.9% to 8.4%  
 ■ 8.5% to 9.3%  
 ■ 9.4% to 10.2%  
 ■ >= 10.3%



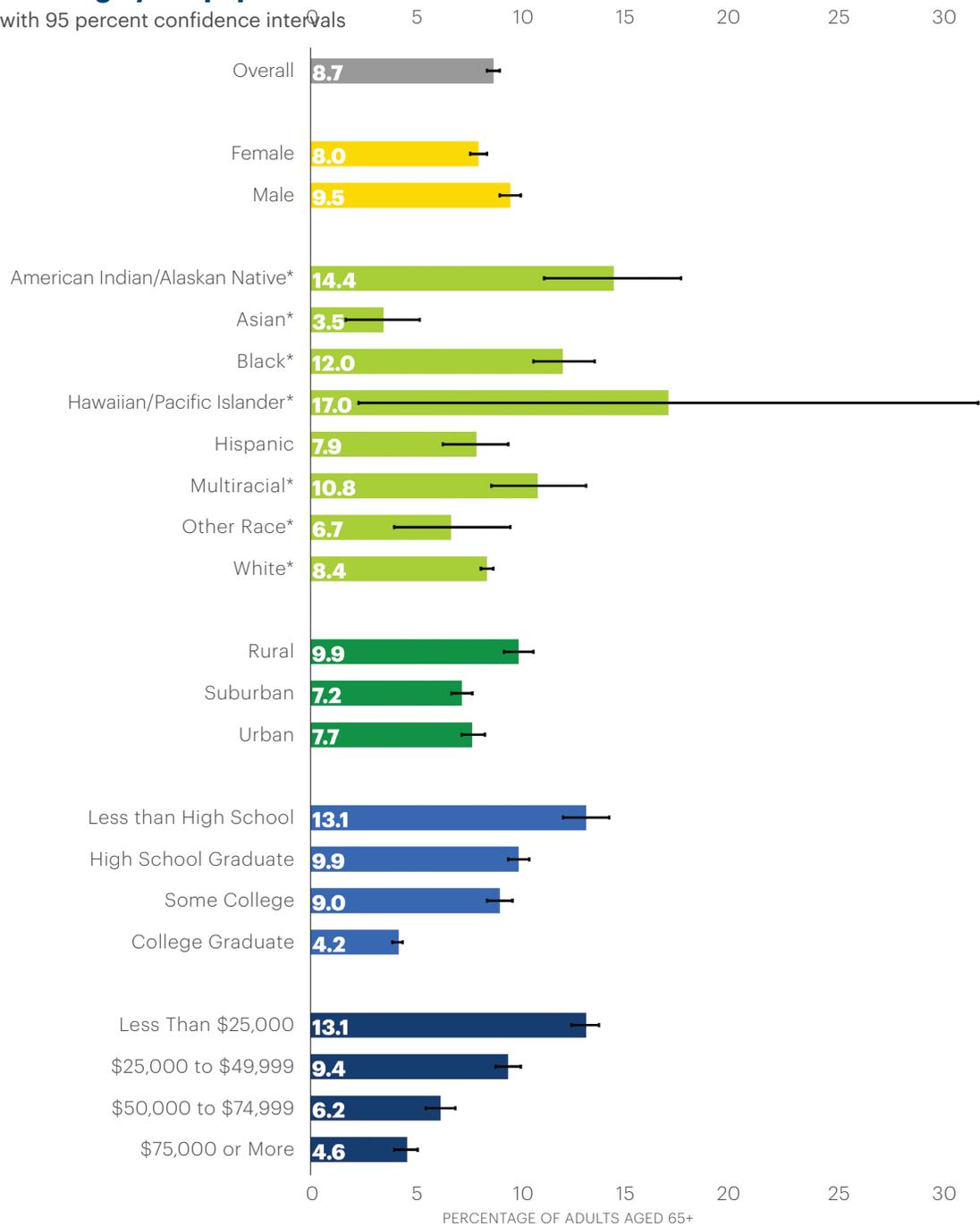
## Ranking

by Smoking

Rank	State	Value (%)
1	Utah	3.7
2	California	5.6
3	New Hampshire	6.2
4	Hawaii	6.3
5	New York	6.5
6	Vermont	7.0
7	Maryland	7.2
7	Pennsylvania	7.2
9	Wisconsin	7.3
10	Connecticut	7.8
10	Oregon	7.8
12	Washington	7.9
13	Colorado	8.0
13	Massachusetts	8.0
13	Rhode Island	8.0
16	Alaska	8.1
16	Minnesota	8.1
18	Florida	8.4
18	Iowa	8.4
18	Maine	8.4
21	New Mexico	8.5
22	Montana	8.6
22	Virginia	8.6
24	Arizona	8.7
24	Idaho	8.7
26	New Jersey	8.8
26	North Carolina	8.8
28	Nebraska	9.2
28	Oklahoma	9.2
30	South Carolina	9.3
31	Delaware	9.4
31	Illinois	9.4
31	Michigan	9.4
34	North Dakota	9.5
34	South Dakota	9.5
34	Wyoming	9.5
37	Kansas	9.8
38	Alabama	10.0
38	Texas	10.0
40	Nevada	10.2
41	Missouri	10.6
41	Ohio	10.6
43	Georgia	10.8
43	West Virginia	10.8
45	Arkansas	11.3
46	Louisiana	11.5
47	Indiana	11.6
48	Mississippi	12.1
49	Kentucky	12.4
50	Tennessee	13.2
	United States	8.7
	District of Columbia	9.0

## Smoking by Subpopulations

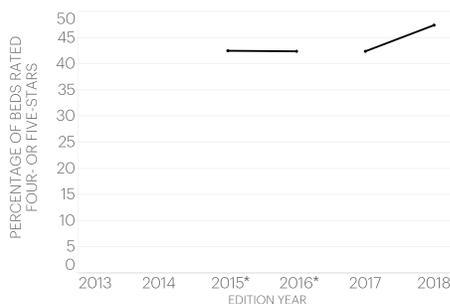
with 95 percent confidence intervals



\* Non-Hispanic

# Nursing Home Quality

Poor nursing home quality is a recurring problem in the United States. Low staffing and inadequate training contribute to poor health outcomes. Billions of dollars are spent yearly on the medical treatment and hospitalization of nursing home residents due to falls, pressure ulcers, urinary incontinence, malnutrition, dehydration and ambulatory care-sensitive diagnoses. Quality nursing home practices can largely prevent negative health outcomes, and nursing homes nationwide are making efforts toward quality improvement. The Centers for Medicare & Medicaid Services created a five-star quality rating system for nursing homes to assist older adults and families in finding a quality facility.



Data source: U.S. HHS, Centers for Medicare & Medicaid Services, *Nursing Home Compare*, Dec 2017-Feb 2018  
For details: [www.AmericasHealthRankings.org/SR18/NursingHomeQuality](http://www.AmericasHealthRankings.org/SR18/NursingHomeQuality)

\* Not comparable to later years due to methodology change

## Ranking

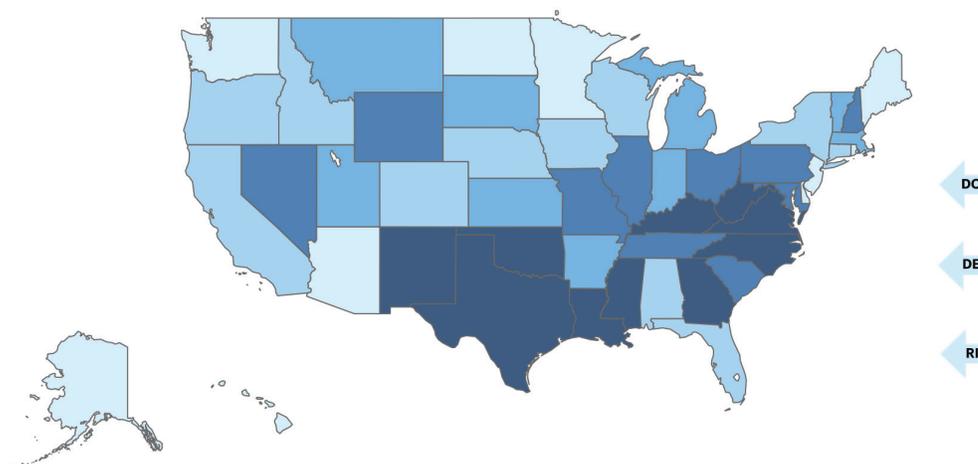
by Nursing Home Quality

Rank	State	Value (%)
1	Rhode Island	65.2
2	Alaska	64.8
3	North Dakota	63.8
4	Washington	62.4
5	New Jersey	61.0
6	Delaware	60.9
7	Maine	59.8
8	Minnesota	59.5
9	Hawaii	59.3
10	Arizona	58.8
11	California	58.2
12	Colorado	58.1
12	Florida	58.1
12	Oregon	58.1
15	Connecticut	57.0
16	Alabama	56.1
17	Idaho	55.3
18	Nebraska	55.2
19	Wisconsin	54.3
20	Iowa	53.5
20	New York	53.5
22	Utah	53.1
23	South Dakota	52.5
24	Michigan	51.2
25	Montana	50.9
26	Indiana	49.8
27	Massachusetts	49.5
28	Kansas	49.4
29	Vermont	48.3
30	Arkansas	48.0
31	Ohio	47.8
31	South Carolina	47.8
33	Nevada	47.5
34	Wyoming	46.7
35	New Hampshire	46.6
36	Maryland	46.4
37	Tennessee	44.8
38	Missouri	42.0
39	Pennsylvania	40.5
40	Illinois	38.1
41	Virginia	37.6
42	Mississippi	37.4
43	West Virginia	37.2
44	Oklahoma	36.7
45	Kentucky	35.6
46	New Mexico	34.4
47	Georgia	32.9
48	North Carolina	32.2
48	Texas	32.2
50	Louisiana	31.6
	United States	47.4
	District of Columbia	75.7

## Nursing Home Quality by State

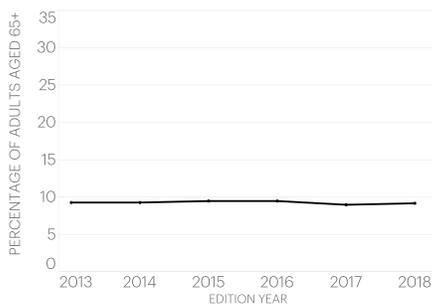
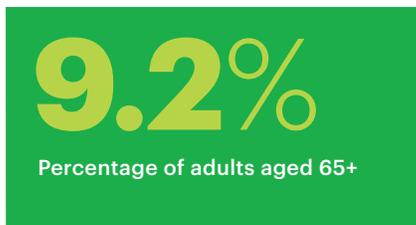
Percentage of certified nursing home beds rated four- or five-stars over a three-month period

■ >= 58.8%  
 ■ 53.5% to 58.7%  
 ■ 48.0% to 53.4%  
 ■ 38.1% to 47.9%  
 ■ <= 38.0%



# Poverty

Poverty is associated with poor health outcomes. It influences environmental exposures and health-related behaviors and is linked to an increased risk of mortality and chronic disease. Coronary heart disease, stroke, diabetes, kidney disease, arthritis and poor mental health outcomes are more prevalent among people with lower incomes. Poverty rates are higher for seniors aged 80 and older than those aged 70-79 and 65-69, for women than men, for Hispanics and blacks than whites and for seniors in relatively poor health versus those in relatively good health. Many federal, state and local government programs as well as community interventions exist to help reduce the number of seniors in poverty.

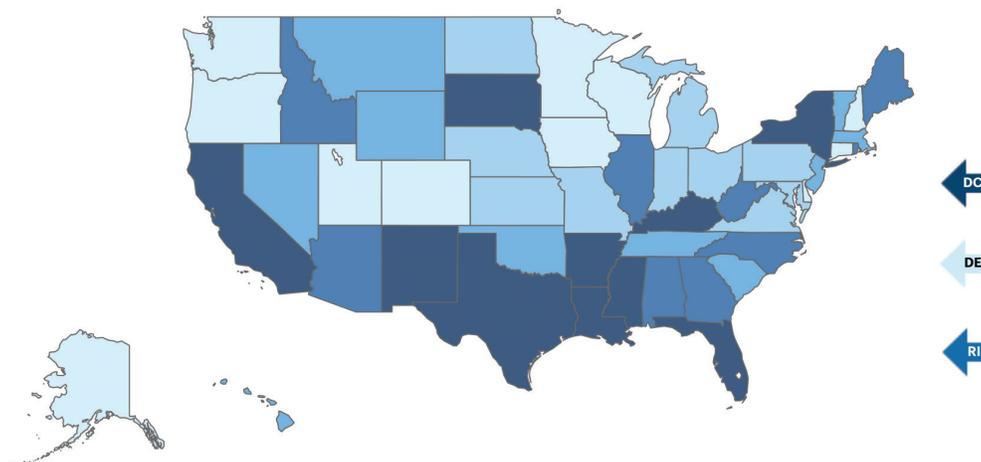


Data source: U.S. Census Bureau, *American Community Survey*, 2016  
For details: [www.AmericasHealthRankings.org/SR18/Poverty](http://www.AmericasHealthRankings.org/SR18/Poverty)

## Poverty by State

Percentage of adults aged 65 and older who live in households at or below 100 percent of the poverty threshold

■ <= 7.6%  
 ■ 7.7% to 8.2%  
 ■ 8.3% to 8.9%  
 ■ 9.0% to 10.1%  
 ■ >= 10.2%

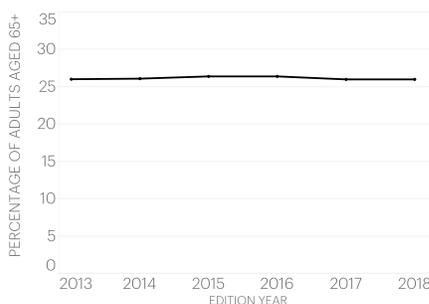


## Ranking by Poverty

Rank	State	Value (%)
1	Alaska	4.2
2	New Hampshire	4.6
3	Connecticut	6.5
4	Utah	6.7
5	Delaware	6.9
5	Iowa	6.9
7	Minnesota	7.2
8	Oregon	7.5
9	Colorado	7.6
9	Washington	7.6
9	Wisconsin	7.6
12	Indiana	7.7
13	Nebraska	7.8
13	Pennsylvania	7.8
13	Virginia	7.8
16	North Dakota	7.9
17	Kansas	8.0
18	Michigan	8.1
18	Ohio	8.1
20	Maryland	8.2
20	Missouri	8.2
22	New Jersey	8.3
23	Massachusetts	8.5
23	Wyoming	8.5
25	Oklahoma	8.6
25	South Carolina	8.6
27	Nevada	8.7
27	Vermont	8.7
29	Hawaii	8.9
29	Montana	8.9
29	Tennessee	8.9
32	Arizona	9.0
33	Maine	9.1
33	Rhode Island	9.1
35	Illinois	9.2
36	North Carolina	9.4
37	West Virginia	9.5
38	Alabama	10.0
38	Idaho	10.0
40	Georgia	10.1
42	Florida	10.4
43	Arkansas	10.5
43	Texas	10.5
45	South Dakota	10.9
46	Kentucky	11.1
47	New York	11.4
48	New Mexico	11.5
49	Mississippi	12.3
50	Louisiana	13.0
	United States	9.2
	District of Columbia	13.4

# Volunteerism

Volunteering provides a service for communities and organizations, and it may provide seniors with positive social interactions, a greater level of social support and often a sense of meaning and purpose. Additionally, volunteering gives retired older adults a constructive way to spend their time and learn new things, which promotes cognitive function. Benefits of volunteering may extend beyond mental health. Studies show older adults who volunteer report lower levels of disability, have better cognitive performance, fewer depressive symptoms, higher activity levels and better mental well-being than seniors who do not volunteer.

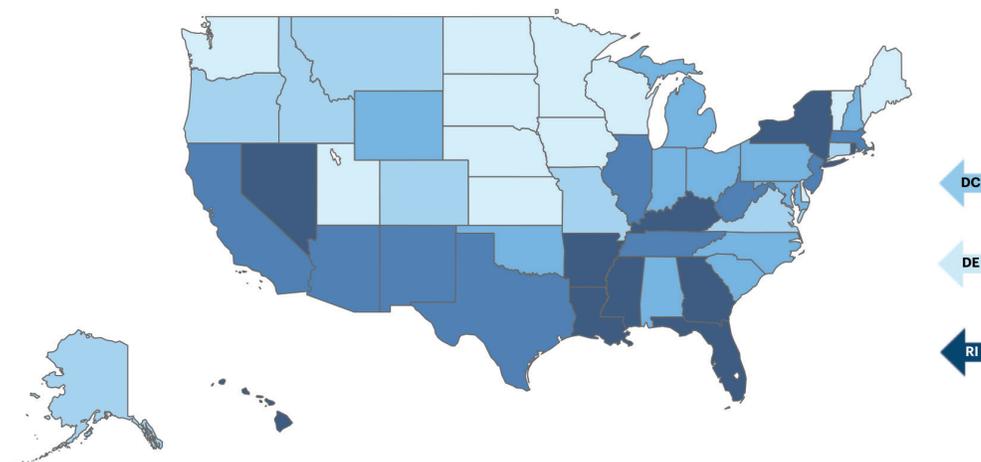


Data source: Corporation for National & Community Service, 2013-2015  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/Volunteerism](http://www.AmericasHealthRankings.org/SR18/Volunteerism)

## Volunteerism by State

Percentage of adults aged 65 and older who reported volunteering in the past 12 months

■ >= 29.9%  
 ■ 26.4% to 29.8%  
 ■ 23.3% to 26.3%  
 ■ 21.0% to 23.2%  
 ■ <= 20.9%



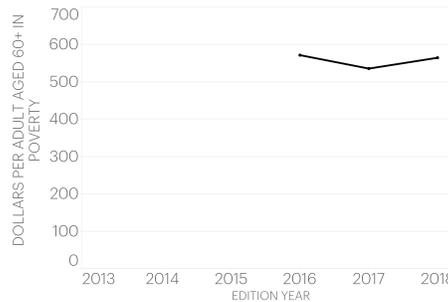
## Ranking

by Volunteerism

Rank	State	Value (%)
1	Utah	45.9
2	Minnesota	36.8
3	South Dakota	36.3
4	North Dakota	36.1
5	Nebraska	35.4
6	Kansas	34.6
7	Wisconsin	34.5
8	Vermont	34.2
9	Iowa	33.4
10	Delaware	29.9
10	Maine	29.9
10	Washington	29.9
13	Idaho	29.2
14	Oregon	28.8
15	Connecticut	28.6
16	Virginia	28.1
17	Alaska	27.9
18	Colorado	26.6
18	Missouri	26.6
20	Montana	26.4
21	New Hampshire	26.2
21	Wyoming	26.2
23	Ohio	26.1
23	Pennsylvania	26.1
25	South Carolina	26.0
26	Maryland	25.4
26	North Carolina	25.4
28	Indiana	24.4
29	Oklahoma	24.2
30	Alabama	23.3
30	Michigan	23.3
32	Illinois	22.2
33	Arizona	22.1
33	Massachusetts	22.1
35	California	21.8
36	Tennessee	21.6
37	Texas	21.5
38	New Jersey	21.4
39	New Mexico	21.0
39	West Virginia	21.0
41	Georgia	20.3
41	Mississippi	20.3
43	Rhode Island	20.1
44	Arkansas	19.6
45	Hawaii	19.2
46	Kentucky	18.9
47	Florida	18.7
48	New York	17.6
49	Louisiana	17.4
50	Nevada	16.8
	United States	26.0
	District of Columbia	28.4

# Community Support

Seniors value living in their own home safely and independently. Several federal and state programs offer support to seniors allowing them to remain independent at home. The Older Americans Act (OAA), administered by the Administration on Aging, has provided funding to states for community social and nutritional services to assist adults aged 60 and older and their caregivers since 1965. OAA dollars are used by states to fund personal care, congregate meals, transportation and nutrition-education programs for seniors. Increased spending in community health services is associated with a reduction in preventable causes of mortality and fewer low-care nursing home residents.



Data source: U.S. HHS, Administration on Aging, *State Program Reports*; U.S. Census Bureau, *American Community Survey, 2015*  
For details: [www.AmericasHealthRankings.org/SR18/CommunitySupport](http://www.AmericasHealthRankings.org/SR18/CommunitySupport)

## Ranking

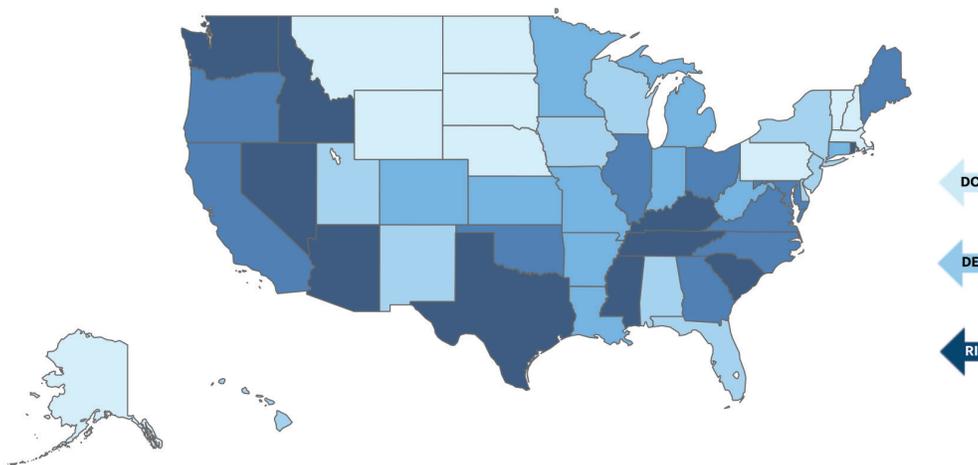
by Community Support

Rank	State	Value (\$)
1	Alaska	3,675
2	Massachusetts	2,796
3	New Hampshire	1,965
4	Wyoming	1,915
5	Vermont	1,527
6	Pennsylvania	1,315
7	North Dakota	1,106
8	Nebraska	1,048
9	Montana	997
10	South Dakota	940
11	New York	922
12	Utah	885
13	Florida	881
14	Delaware	800
15	Alabama	753
16	Iowa	702
17	New Jersey	628
18	Wisconsin	594
19	Hawaii	592
20	New Mexico	575
21	Connecticut	558
22	Kansas	526
23	Indiana	519
24	Missouri	473
25	West Virginia	459
26	Arkansas	457
27	Michigan	435
28	Minnesota	434
29	Louisiana	425
30	Colorado	404
31	Ohio	402
32	Illinois	388
33	Oregon	372
34	Virginia	362
35	North Carolina	342
36	Maine	339
37	Oklahoma	312
38	California	289
39	Georgia	282
40	Maryland	280
41	Idaho	278
42	Washington	263
43	Kentucky	255
44	Arizona	245
44	South Carolina	245
44	Tennessee	245
47	Texas	229
48	Nevada	215
49	Mississippi	207
49	Rhode Island	207
	United States	565
	District of Columbia	1,756

## Community Support by State

Expenditures captured by the Administration on Aging per adult aged 60 and older living in poverty

■ >= \$940   
 ■ \$575 to \$939   
 ■ \$404 to \$574   
 ■ \$280 to \$403   
 ■ <= \$279

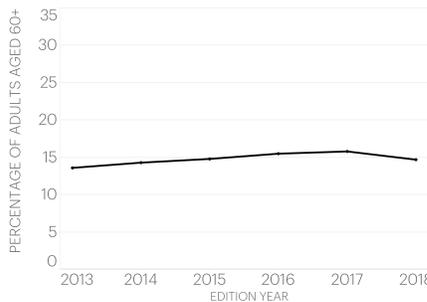
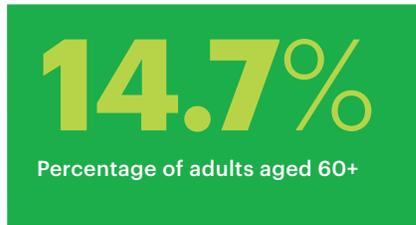


# Food Insecurity

An estimated 9.8 million (15 percent) seniors in 2015 were considered food insecure — meaning food intake was reduced and/or eating patterns were disrupted at times during the year due to lack of resources for food. Compared with younger adults, seniors living at home are at an increased risk of hunger due to factors that impact their ability to obtain or prepare food.

Research indicates that food insecurity is a strong predictor of health problems such as heart attack, coronary heart disease, congestive heart failure, chest pain, diabetes, high blood pressure, asthma, depression and may limit activities of daily living.

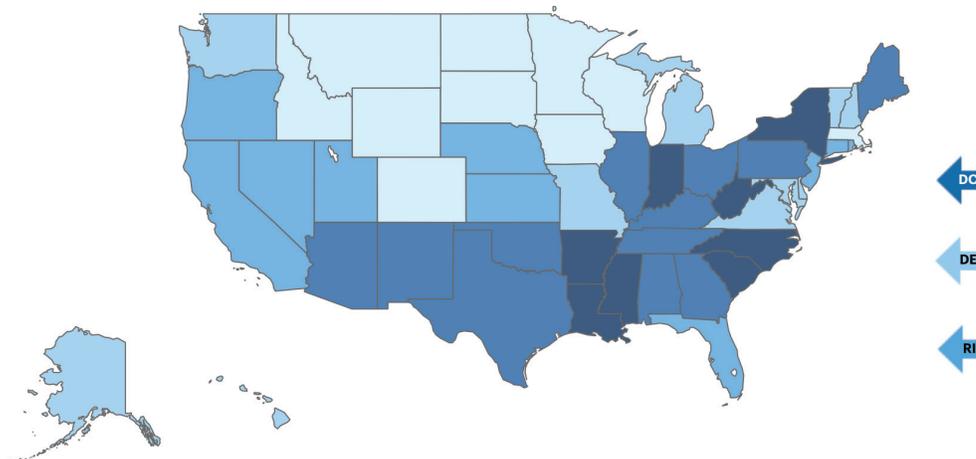
Data source: National Foundation to End Senior Hunger, *The State of Senior Hunger in America in 2015*, 2015  
For details: [www.AmericasHealthRankings.org/SR18/FoodInsecurity](http://www.AmericasHealthRankings.org/SR18/FoodInsecurity)



## Food Insecurity by State

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

■ <= 10.9%  
 ■ 11.0% to 13.5%  
 ■ 13.6% to 14.9%  
 ■ 15.0% to 18.1%  
 ■ >= 18.2%



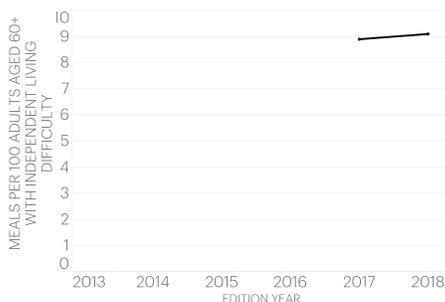
## Ranking

by Food Insecurity

Rank	State	Value (%)
1	North Dakota	6.1
2	Wyoming	9.1
3	Minnesota	9.5
4	Montana	9.6
5	Colorado	10.2
6	Wisconsin	10.4
7	Massachusetts	10.5
7	South Dakota	10.5
9	Idaho	10.7
10	Iowa	10.9
11	Washington	11.0
12	Maryland	11.2
13	Virginia	11.3
14	Delaware	12.3
14	Hawaii	12.3
14	Vermont	12.3
17	New Hampshire	12.6
18	Missouri	12.9
19	Michigan	13.3
20	Alaska	13.5
21	Florida	13.6
21	Nevada	13.6
23	Utah	13.7
24	Kansas	13.8
25	Nebraska	13.9
26	New Jersey	14.0
27	Connecticut	14.2
28	California	14.5
28	Rhode Island	14.5
30	Oregon	14.9
31	Ohio	15.0
32	Pennsylvania	15.1
33	Illinois	15.3
34	Maine	15.6
35	Tennessee	16.4
36	Texas	16.8
37	Arizona	17.8
38	Kentucky	18.0
38	New Mexico	18.0
40	Alabama	18.1
40	Georgia	18.1
40	Oklahoma	18.1
43	Indiana	18.2
44	West Virginia	18.5
45	New York	19.3
46	Arkansas	19.6
46	South Carolina	19.6
48	North Carolina	20.7
49	Louisiana	23.4
50	Mississippi	24.3
	United States	14.7
	District of Columbia	17.8

# Home-delivered Meals

One in six seniors struggles with hunger. Adequate nutrition is critical to health, physical ability and quality of life. The Older Americans Act (OAA) Nutrition Program aims to reduce hunger and food insecurity, promote socialization and delay the onset of adverse health conditions. Home-delivered meals are usually the first home-based service that seniors receive and opens the door to additional home- and community-based services. The program provides a minimum of one meal daily for seniors at risk due to illness, disability, isolation or poverty. In a recent survey of OAA home-delivered meal participants, 91 percent said the program helps them to stay in their home.



Data source: U.S. HHS, Administration on Aging, *State Program Reports*; U.S. Census Bureau, *American Community Survey, 2015*. For details: [www.AmericasHealthRankings.org/SR18/HomeDeliveredMeals](http://www.AmericasHealthRankings.org/SR18/HomeDeliveredMeals)

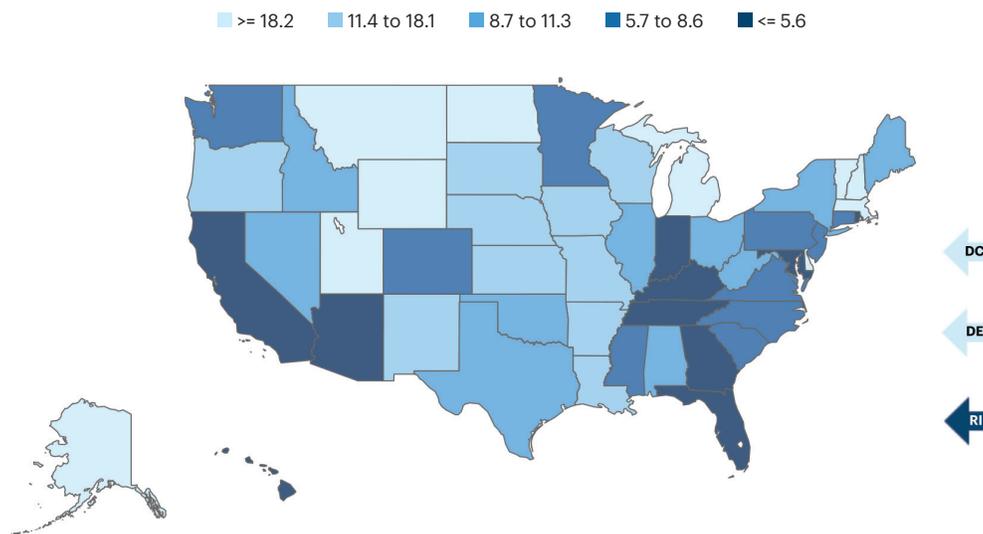
## Ranking

by Home-delivered Meals

Rank	State	Value
1	Wyoming	42.0
2	New Hampshire	33.7
3	North Dakota	26.5
4	Vermont	25.2
5	Massachusetts	24.6
6	Montana	23.6
7	Alaska	19.4
8	Utah	19.1
9	Delaware	18.2
9	Michigan	18.2
11	Missouri	17.2
12	Nebraska	16.8
13	Kansas	15.1
14	New Mexico	14.9
15	Iowa	14.5
16	Wisconsin	13.6
17	Arkansas	13.4
18	Louisiana	13.3
19	South Dakota	13.2
20	Oregon	11.4
21	Alabama	10.7
21	Nevada	10.7
23	New York	10.5
24	West Virginia	10.3
25	Maine	10.0
25	Ohio	10.0
27	Idaho	9.8
28	Texas	9.2
29	Illinois	9.0
30	Oklahoma	8.7
31	Minnesota	8.6
32	Mississippi	8.5
32	New Jersey	8.5
34	Colorado	8.3
35	Pennsylvania	7.6
36	South Carolina	7.1
37	Washington	6.5
38	Connecticut	6.1
38	North Carolina	6.1
40	Virginia	5.7
41	Arizona	5.6
41	Hawaii	5.6
43	Rhode Island	5.4
44	Florida	5.1
44	Georgia	5.1
46	California	5.0
47	Maryland	4.7
48	Indiana	4.5
49	Kentucky	3.8
50	Tennessee	3.5
	United States	9.1
	District of Columbia	21.3

## Home-delivered Meals by State

Number of meals served per 100 adults aged 60 and older with independent living difficulty

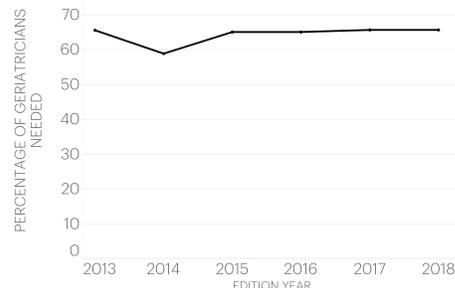
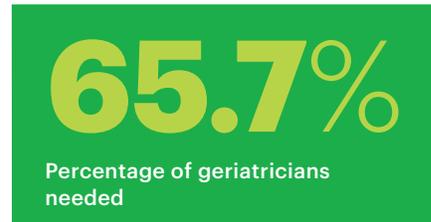
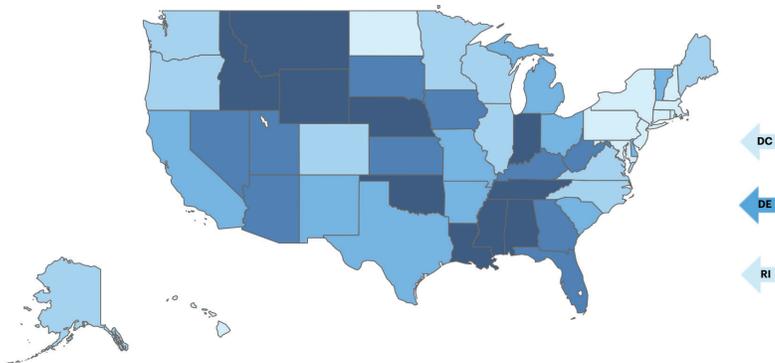


# Geriatrician Shortfall

Geriatricians are physicians who are specially trained to meet the unique health needs and treatment preferences of older adults. Seniors receiving care in special geriatric units have better function at the time of discharge, and inpatient rehabilitative services involving geriatricians result in lower nursing home admissions and improved function at follow-up compared with standard care. Geriatricians tend to provide better medication management than other clinicians in outpatient settings. There were 7,293 U.S. geriatricians in 2016, well below the estimated need of 20,053. With a growing senior population, the number of geriatricians necessary to meet the need will continue to rise.

Percentage of geriatricians required to meet estimated need

■ <= 54.8%   
 ■ 54.9% to 65.6%   
 ■ 65.7% to 72.2%   
 ■ 72.3% to 79.5%   
 ■ >= 79.6%



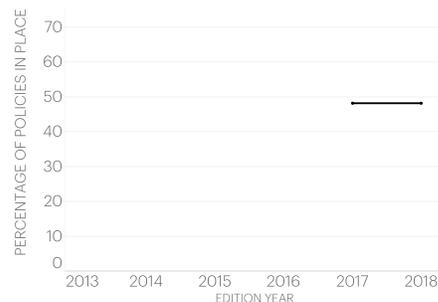
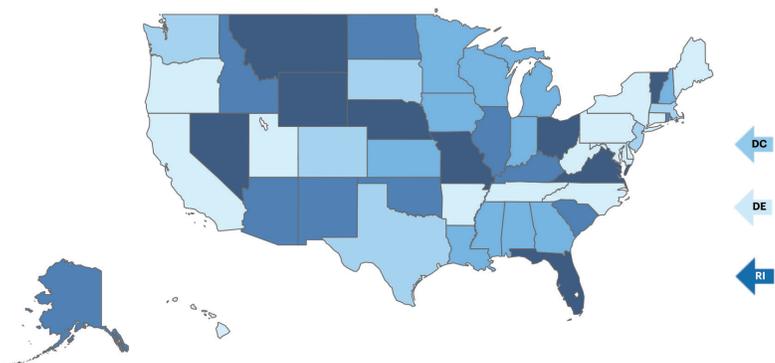
Data source: American Geriatrics Society, 2016  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/GeriatricianShortfall](http://www.AmericasHealthRankings.org/SR18/GeriatricianShortfall)

# Health Care Associated Infection (HAI) Policies

Health Care Associated Infections (HAIs) are a significant but often preventable issue for patients receiving care in hospitals and other health care settings. HAIs among seniors are concerning because they are frequent users of health care services and often have comorbidities that can increase the risk of HAIs. Approximately one out of 25 hospitalized patients have at least one HAI. An estimated 722,000 HAIs were reported in U.S. hospitals in 2011, and about 75,000 patients with HAIs died from the infection. Annual costs associated with five major HAIs were \$9.8 billion. Early identification of HAIs in patients can reduce these costs.

Percentage of 24 reporting and validation policies implemented in the state to monitor health care associated infections (HAI) in hospitals

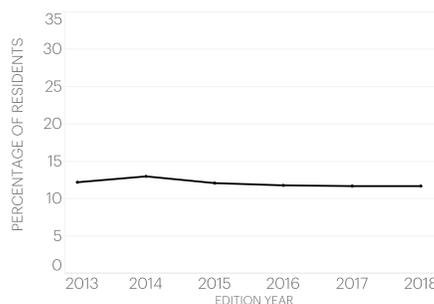
■ >= 75.0%   
 ■ 58.3% to 74.9%   
 ■ 50.0% to 58.2%   
 ■ 25.0% to 49.9%   
 ■ <= 24.9%



Data source: CDC, 2016 *National and State Healthcare Associated Infections Progress Report*, 2014  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/HAIPolicy](http://www.AmericasHealthRankings.org/SR18/HAIPolicy)

# Low-care Nursing Home Residents

Low-care nursing home residents do not require physical assistance in any of the four late-loss activities of daily living: bed mobility, transferring, using the toilet and eating. Providing nursing home services to low-care residents is expensive. Research suggests the rate of low-care nursing home residents is associated with funding from the Older Americans Act and Medicaid home- and community-based services such as Meals on Wheels, visiting home health aides, transportation programs and technology-delivered health care programs. Aging at home has been shown to have benefits that result in more positive outcomes in areas of cognition, depression and activities of daily living compared with nursing home care.

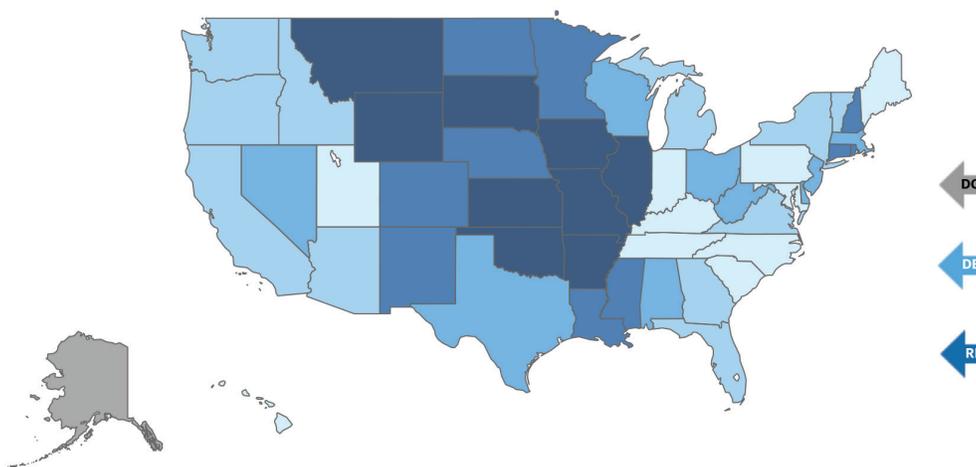


Data source: Brown University, *Shaping Long Term Care in America Project*, 2015  
The data appearing in this edition are the same that appeared in the 2017 edition  
For details: [www.AmericasHealthRankings.org/SR18/LowCareNHRResidents](http://www.AmericasHealthRankings.org/SR18/LowCareNHRResidents)

## Low-care Nursing Home Residents by State

Percentage of nursing home residents who do not require physical assistance for late-loss activities of daily living

■ <= 7.6%  
 ■ 7.7% to 10.5%  
 ■ 10.6% to 12.6%  
 ■ 12.7% to 15.2%  
 ■ >= 15.3%  
 ■ Data Unavailable



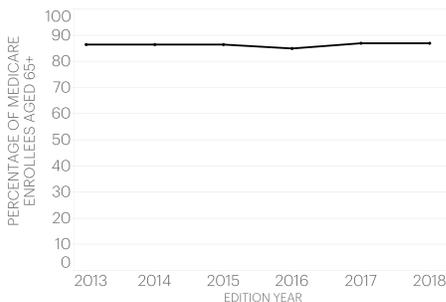
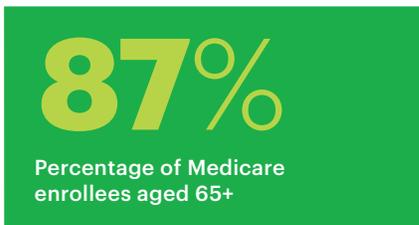
## Ranking

by Low-care Nursing Home Residents

Rank	State	Value (%)
1	Maine	3.8
2	Hawaii	4.0
3	Utah	4.5
4	South Carolina	5.7
5	Tennessee	5.8
6	Maryland	6.4
7	North Carolina	6.7
8	Kentucky	6.9
9	Pennsylvania	7.4
10	Indiana	7.6
11	Florida	8.5
11	New York	8.5
11	Oregon	8.5
14	Washington	8.6
15	Vermont	9.0
16	Virginia	9.2
17	Georgia	9.7
17	Michigan	9.7
19	Arizona	10.4
20	California	10.5
20	Idaho	10.5
22	Massachusetts	10.9
23	Nevada	11.1
24	New Jersey	11.3
24	Wisconsin	11.3
26	Texas	11.4
27	Ohio	11.7
27	West Virginia	11.7
29	Alabama	12.2
30	Delaware	12.6
31	Mississippi	13.1
32	New Hampshire	13.4
33	Rhode Island	13.5
34	New Mexico	13.7
35	Connecticut	13.9
36	Louisiana	14.2
37	Colorado	14.4
38	Nebraska	14.5
39	North Dakota	14.7
40	Minnesota	15.2
41	Arkansas	15.5
42	Wyoming	15.9
43	South Dakota	16.9
44	Illinois	17.0
44	Iowa	17.0
46	Montana	18.3
47	Kansas	20.0
48	Oklahoma	23.0
49	Missouri	24.3
	United States	11.7
	Alaska	NA
	District of Columbia	NA

# Prescription Drug Coverage

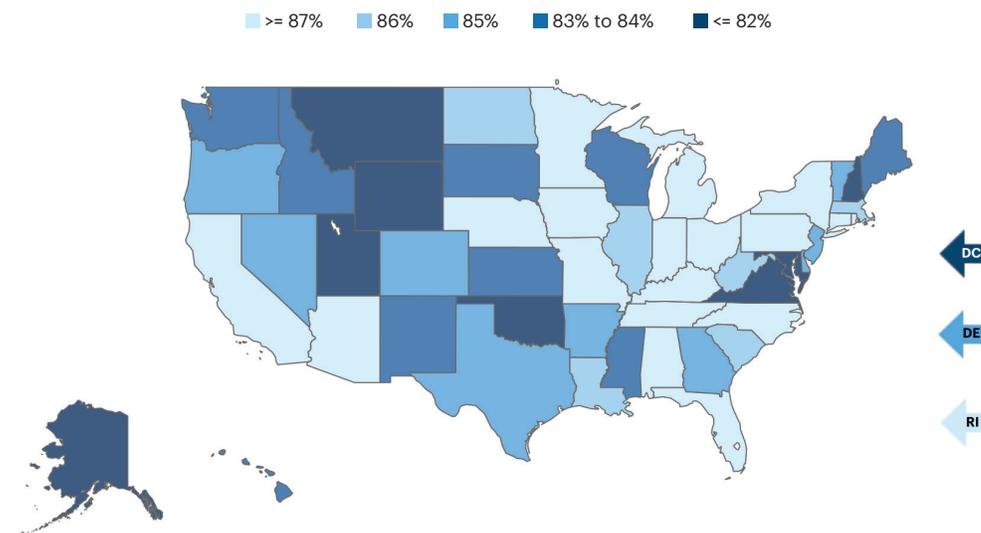
Coverage of prescription drug costs impacts the overall health of seniors by increasing medication adherence and decreasing financial strain, yet standard Medicare insurance (Parts A and B) do not cover outpatient prescription drug costs. Medicare Part D was implemented to address this gap in coverage and involves additional enrollment in a prescription drug plan. Broader coverage of prescription drugs is associated with better patient outcomes and medication adherence and reduced hospitalization and emergency department use. Although prescription drug coverage is generally high among older adults, rising costs of prescription drugs, changes in drug pricing practices and gaps in plan coverage make prescription drug coverage among older adults a challenging public health and policy issue.



Data source: The Henry J. Kaiser Family Foundation, *State Health Facts*, 2014  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/PrescriptionDrugCoverage](http://www.AmericasHealthRankings.org/SR18/PrescriptionDrugCoverage)

## Prescription Drug Coverage by State

Percentage of Medicare enrollees aged 65 and older who have a creditable prescription drug plan



## Ranking

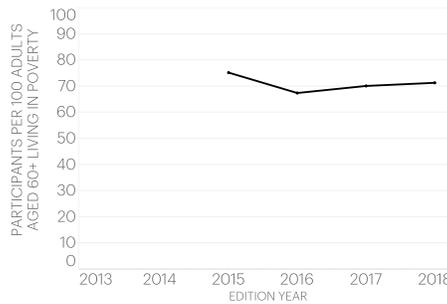
by Prescription Drug Coverage

Rank	State	Value (%)
1	California	89
1	Iowa	89
1	Minnesota	89
1	Ohio	89
5	Connecticut	88
5	New York	88
5	Rhode Island	88
8	Alabama	87
8	Arizona	87
8	Florida	87
8	Indiana	87
8	Kentucky	87
8	Michigan	87
8	Missouri	87
8	Nebraska	87
8	North Carolina	87
8	Pennsylvania	87
8	Tennessee	87
19	Illinois	86
19	Louisiana	86
19	Massachusetts	86
19	North Dakota	86
19	South Carolina	86
19	West Virginia	86
25	Arkansas	85
25	Colorado	85
25	Delaware	85
25	Georgia	85
25	Nevada	85
25	New Jersey	85
25	Oregon	85
25	Texas	85
25	Vermont	85
34	Hawaii	84
34	Maine	84
34	Mississippi	84
34	South Dakota	84
38	Idaho	83
38	Kansas	83
38	New Mexico	83
38	Washington	83
38	Wisconsin	83
43	Utah	82
44	Oklahoma	81
44	Virginia	81
46	Montana	80
46	Wyoming	80
48	Alaska	79
48	New Hampshire	79
50	Maryland	76
	United States	87
	District of Columbia	68

# SNAP Reach

The Supplemental Nutrition Assistance Program (SNAP), administered by the Food and Nutrition Service, is the largest federal nutrition program, helping millions of low-income Americans access food and improve economic security and health outcomes. More than 4.8 million low-income adults aged 60 and older rely on SNAP to stretch their monthly food; they receive on average \$108 per month to help put food on the table. Only 42 percent of eligible seniors participate in SNAP, compared with 83 percent of all eligible adults. Barriers to enrollment include lack of knowledge about the program and how it works, stigma associated with receiving social services, cultural beliefs and difficulty completing an application.

Data source: U.S. Department of Agriculture, Food and Nutrition Service; U.S. Census Bureau, *American Community Survey*, 2016  
For details: [www.AmericasHealthRankings.org/SR18/SNAPReach](http://www.AmericasHealthRankings.org/SR18/SNAPReach)



## Ranking

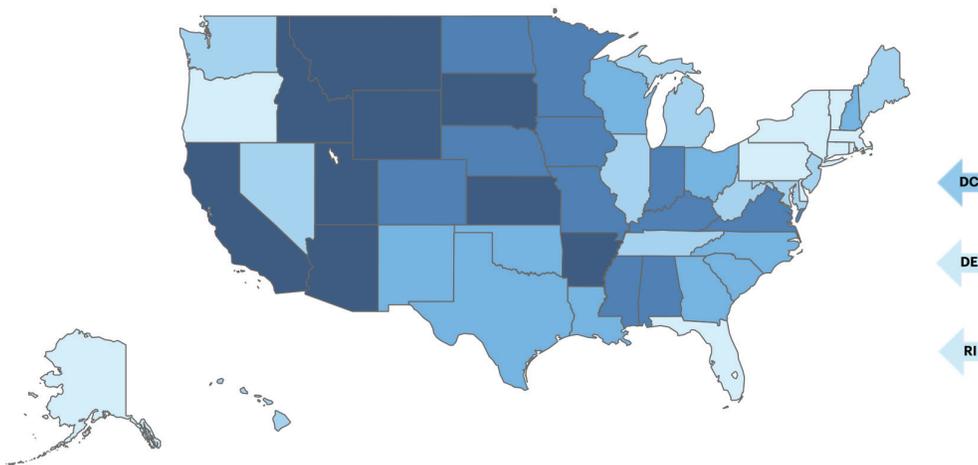
by SNAP Reach

Rank	State	Value
1	Oregon	126.2
2	Alaska	122.1
3	Connecticut	118.7
4	New York	116.7
5	Rhode Island	112.2
6	Massachusetts	111.6
7	Pennsylvania	99.2
8	Vermont	95.2
9	Florida	93.1
10	Delaware	90.0
11	Washington	87.0
12	Maine	83.8
13	Maryland	82.1
14	Hawaii	78.9
15	Michigan	78.5
16	Nevada	78.0
17	New Jersey	77.5
18	Illinois	74.5
19	West Virginia	73.5
20	Tennessee	73.4
21	Wisconsin	73.0
22	New Mexico	72.3
23	Oklahoma	71.8
24	Georgia	70.5
25	South Carolina	70.4
26	North Carolina	69.5
27	Ohio	65.9
28	New Hampshire	64.7
29	Texas	63.5
30	Louisiana	62.6
31	Alabama	61.4
32	Colorado	61.1
33	Virginia	59.9
34	Iowa	59.3
35	Mississippi	58.2
36	Minnesota	56.3
37	Missouri	52.5
38	North Dakota	51.5
39	Kentucky	49.1
40	Indiana	47.9
40	Nebraska	47.9
42	Utah	46.6
43	Idaho	45.2
44	Kansas	45.1
45	Arizona	44.1
45	Montana	44.1
47	Arkansas	41.6
48	South Dakota	41.4
49	California	31.9
50	Wyoming	16.8
	United States	71.3
	District of Columbia	87.1

## SNAP Reach by State

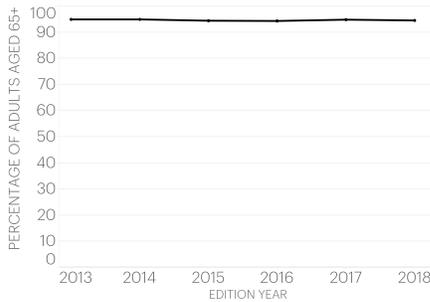
Number of adults aged 60 and older who participate in the Supplemental Nutrition Assistance Program (SNAP) per 100 adults aged 60 and older living in poverty

■ >= 90.0   
 ■ 73.4 to 89.9   
 ■ 62.6 to 73.3   
 ■ 47.9 to 62.5   
 ■ <= 47.8



# Dedicated Health Care Provider

Seniors with a dedicated health care provider are better positioned to receive care that can prevent, detect and manage health conditions. Having a regular health care provider is associated with lower health care costs, and improvements in overall health status and chronic care management. Adults without a dedicated health care provider are more likely to visit the emergency department for non-urgent or avoidable problems. An estimated \$13.7 million was spent on emergency department services for adults aged 65 and older in 2013. Barriers to obtaining a dedicated health care provider include limited access, financial constraints, limited transportation and a lack of knowledge of available services and providers.



Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/DedicatedHCPProvider](http://www.AmericasHealthRankings.org/SR18/DedicatedHCPProvider)

## Ranking

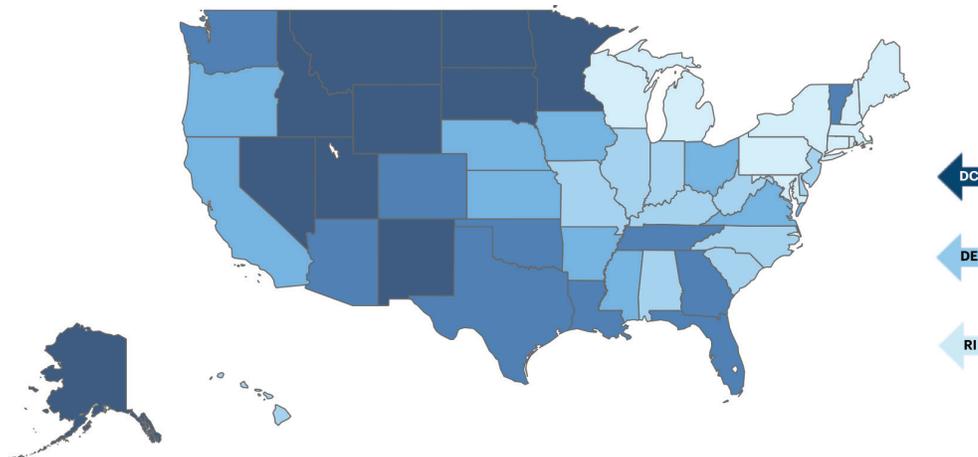
by Dedicated Health Care Provider

Rank	State	Value (%)
1	Rhode Island	97.1
2	Massachusetts	96.9
3	Maine	96.6
4	Pennsylvania	96.5
5	Maryland	96.1
5	Wisconsin	96.1
7	Connecticut	96.0
7	New Hampshire	96.0
9	Michigan	95.9
9	New York	95.9
11	North Carolina	95.8
12	Alabama	95.7
12	Illinois	95.7
14	Indiana	95.5
14	South Carolina	95.5
14	West Virginia	95.5
17	Hawaii	95.4
18	Missouri	95.3
19	Delaware	95.2
19	Kentucky	95.2
19	New Jersey	95.2
22	Nebraska	95.1
23	Ohio	95.0
23	Virginia	95.0
25	Mississippi	94.9
26	Kansas	94.7
27	California	94.5
27	Iowa	94.5
27	Oregon	94.5
30	Arkansas	94.4
31	Vermont	94.3
32	Colorado	94.1
33	Tennessee	94.0
34	Washington	93.7
35	Louisiana	93.6
36	Georgia	93.3
37	Florida	93.2
38	Oklahoma	93.1
39	Texas	92.9
40	Arizona	92.7
41	Idaho	92.5
42	North Dakota	92.0
43	Utah	91.9
44	South Dakota	91.7
45	Nevada	91.1
46	Minnesota	90.3
46	New Mexico	90.3
48	Montana	89.7
49	Wyoming	88.3
50	Alaska	85.8
	United States	94.5
	District of Columbia	90.9

## Dedicated Health Care Provider by State

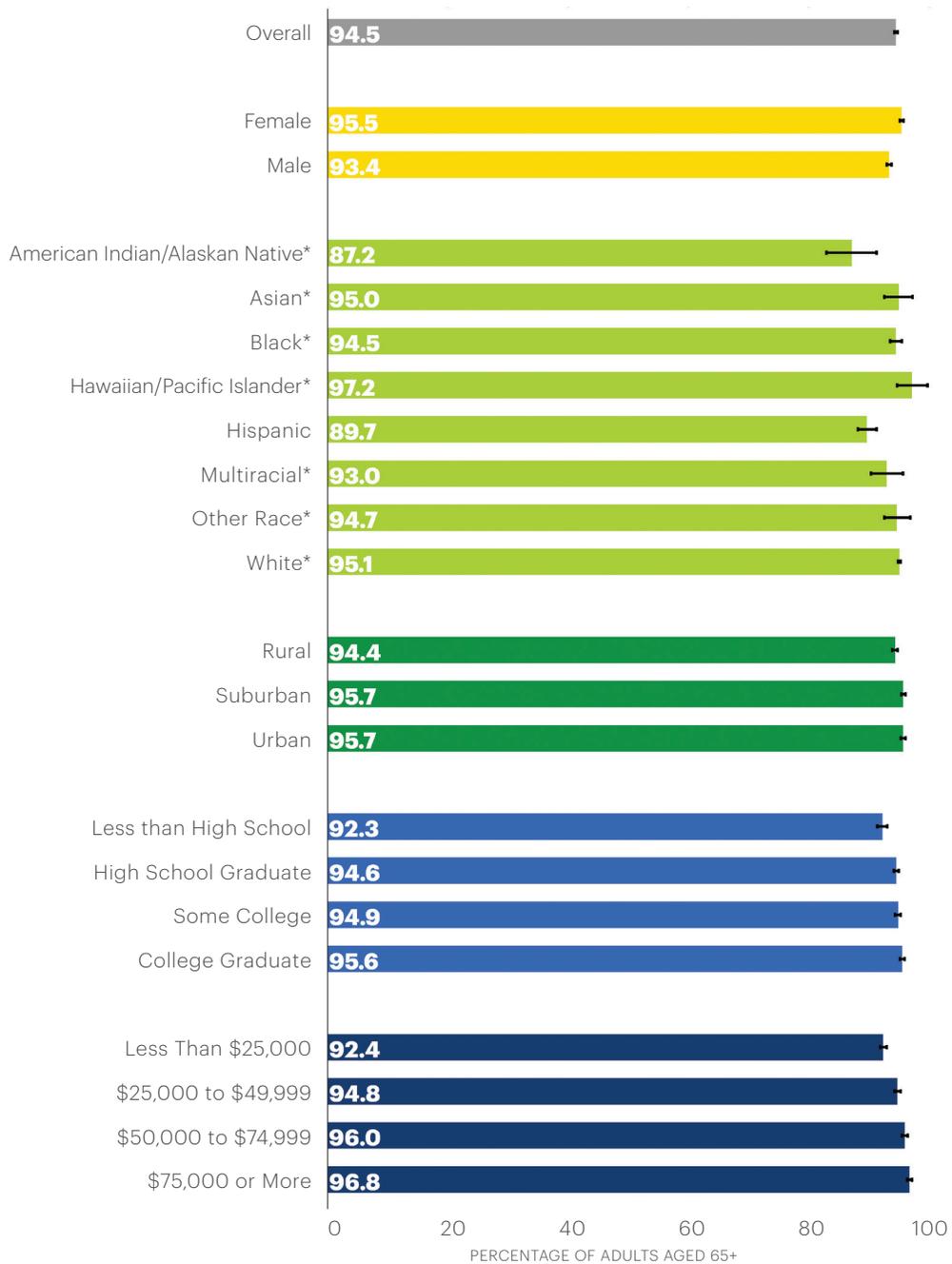
Percentage of adults aged 65 and older who reported having one or more people they think of as their personal doctor or health care provider

■ >= 95.9%  
 ■ 95.2% to 95.8%  
 ■ 94.4% to 95.1%  
 ■ 92.7% to 94.3%  
 ■ <= 92.6%



## Dedicated Health Care Provider by Subpopulations

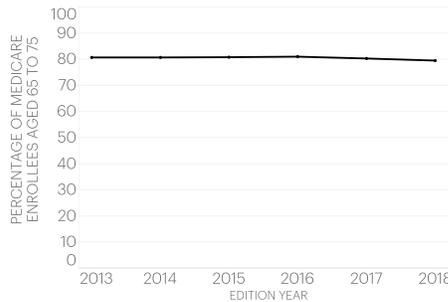
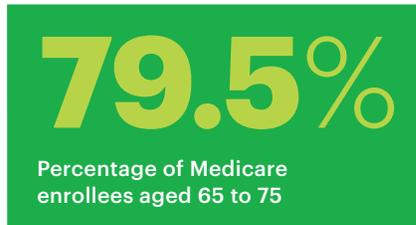
with 95 percent confidence intervals



\* Non-Hispanic

# Diabetes Management

Seniors with diabetes have higher rates of premature death, disability, heart disease, stroke, infection, eye disease, kidney disease and nerve disease than seniors without diabetes. Proper management of diabetes among seniors is critical to detect and address complications and prevent premature death. A lipid test can be used to monitor for dyslipidemia, an abnormal level of lipids in the blood. Diabetes is a secondary cause of dyslipidemia, which is a risk factor for coronary artery disease and stroke. Management of diabetes among seniors also includes treatment of glycemia and blood pressure control, and assessment of mental, functional and social domains. Educating seniors on diabetes management and implementing physician guidelines tailored for seniors can minimize health impacts of diabetes.

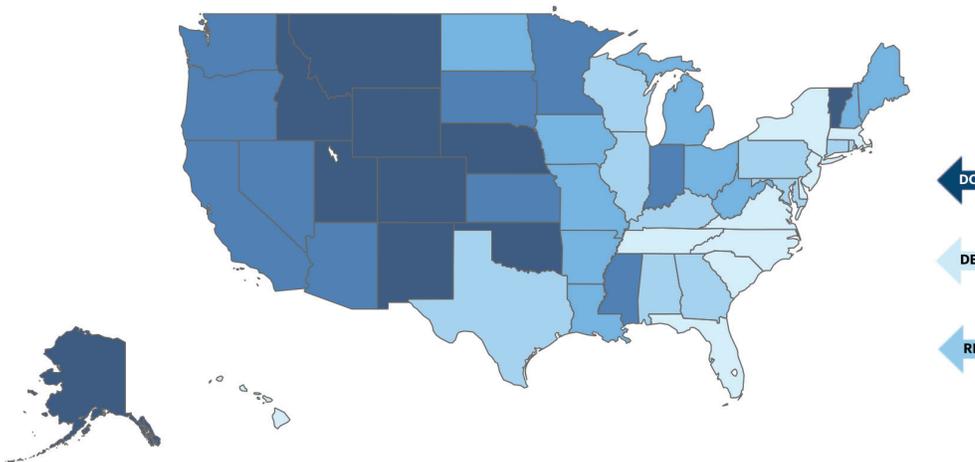


Data source: *The Dartmouth Atlas of Health Care, 2015*  
 For details: [www.AmericasHealthRankings.org/SR18/DiabetesManagement](http://www.AmericasHealthRankings.org/SR18/DiabetesManagement)

## Diabetes Management by State

Percentage of Medicare enrollees aged 65 to 75 with diabetes receiving a blood lipid test

■ >= 81.7%  
 ■ 79.8% to 81.6%  
 ■ 77.3% to 79.7%  
 ■ 73.0% to 77.2%  
 ■ <= 72.9%



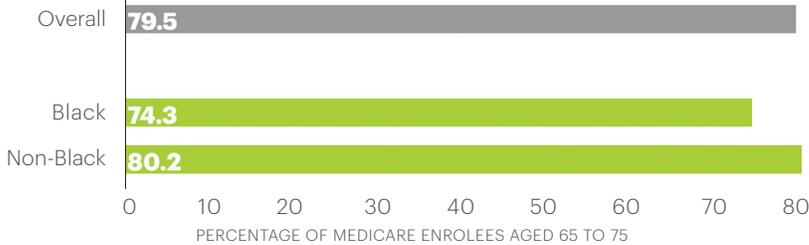
## Ranking

by Diabetes Management

Rank	State	Value (%)
1	Florida	84.8
2	New Jersey	84.4
3	Hawaii	83.7
4	Massachusetts	83.0
5	Delaware	82.8
6	New York	82.7
7	Tennessee	82.4
8	North Carolina	82.0
8	Virginia	82.0
10	South Carolina	81.7
11	Kentucky	81.6
11	Wisconsin	81.6
13	Pennsylvania	81.1
13	Rhode Island	81.1
15	Alabama	81.0
16	Connecticut	80.7
16	Texas	80.7
18	Georgia	80.3
19	Maryland	79.9
20	Illinois	79.8
21	Iowa	79.4
22	New Hampshire	79.1
23	West Virginia	78.2
24	Louisiana	78.1
24	Missouri	78.1
26	Michigan	77.9
27	Arkansas	77.8
28	Maine	77.6
29	North Dakota	77.5
30	Ohio	77.3
31	California	77.2
32	Indiana	76.7
33	Mississippi	76.6
34	Washington	76.3
35	Nevada	75.7
36	Minnesota	75.2
37	Arizona	75.1
38	Oregon	74.9
39	Kansas	74.2
40	South Dakota	73.0
41	Nebraska	72.7
42	Utah	72.5
43	Idaho	71.2
44	Colorado	71.1
44	Oklahoma	71.1
46	Vermont	69.6
47	Montana	67.1
48	New Mexico	65.2
49	Alaska	62.7
50	Wyoming	59.5
	United States	79.5
	District of Columbia	71.6

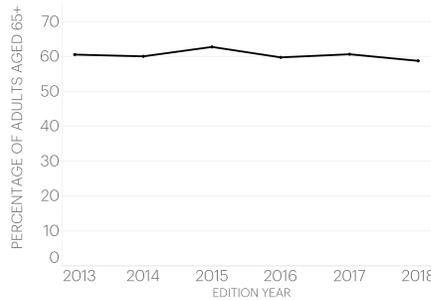
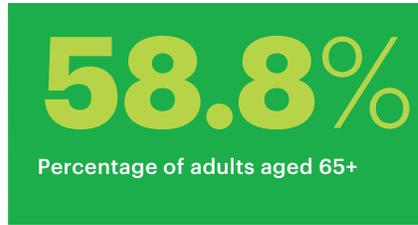
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### Diabetes Management by Subpopulations



# Flu Vaccine

The influenza (flu) vaccine helps protect individuals against seasonal flu viruses, which can pose a serious threat to the health of seniors. As immune defense systems weaken with age, seniors are at increased risk of contracting the virus and of severe symptoms and complications from the flu, particularly among those with chronic health conditions. Around 71 to 85 percent of flu-related deaths occur in individuals aged 65 and older, and half of all flu-related hospitalizations were among older adults in 2015-2016. Flu vaccination is cost-effective, with direct cost savings estimated at more than \$100 for every older adult receiving the vaccine.



Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/FluVaccine](http://www.AmericasHealthRankings.org/SR18/FluVaccine)

## Ranking

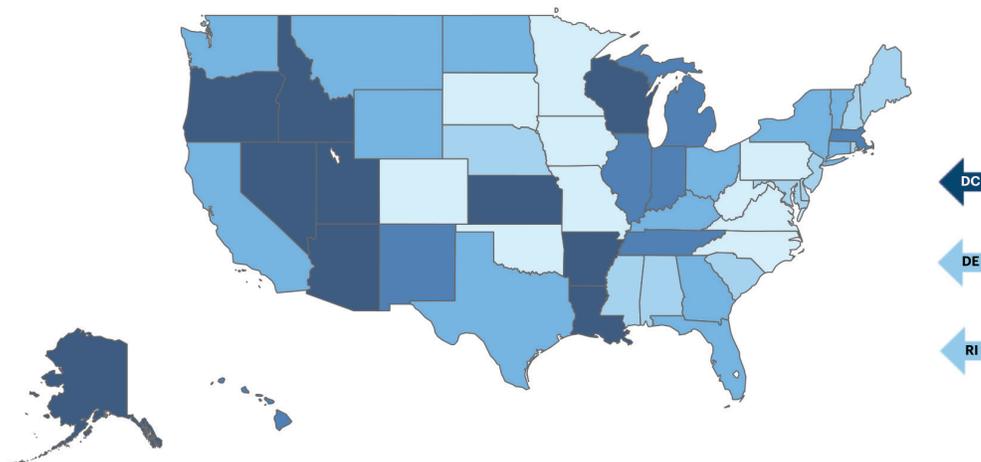
by Flu Vaccine

Rank	State	Value (%)
1	West Virginia	67.5
2	Iowa	67.0
3	Pennsylvania	65.5
4	Missouri	64.9
5	Colorado	64.7
5	North Carolina	64.7
7	Oklahoma	64.3
8	South Dakota	63.5
9	Virginia	63.0
10	Minnesota	62.9
11	Nebraska	62.7
12	New Hampshire	62.1
13	South Carolina	62.0
14	Delaware	61.7
14	Maine	61.7
16	Mississippi	61.5
17	Maryland	61.2
18	New Jersey	60.9
19	Rhode Island	60.4
20	Alabama	59.8
21	New York	59.5
22	Kentucky	59.4
23	Connecticut	59.2
23	Washington	59.2
25	Vermont	59.0
26	North Dakota	58.6
27	Georgia	58.3
28	California	58.0
29	Florida	57.6
30	Montana	57.3
30	Ohio	57.3
30	Texas	57.3
30	Wyoming	57.3
34	Massachusetts	57.1
35	Hawaii	56.9
35	Tennessee	56.9
37	New Mexico	56.8
38	Illinois	56.4
39	Michigan	56.1
40	Indiana	55.2
41	Utah	54.9
42	Kansas	54.8
43	Nevada	54.1
44	Alaska	53.9
44	Arkansas	53.9
46	Idaho	53.6
47	Arizona	53.4
48	Louisiana	51.6
49	Oregon	51.5
50	Wisconsin	49.5
	United States	58.8
	District of Columbia	51.7

## Flu Vaccine by State

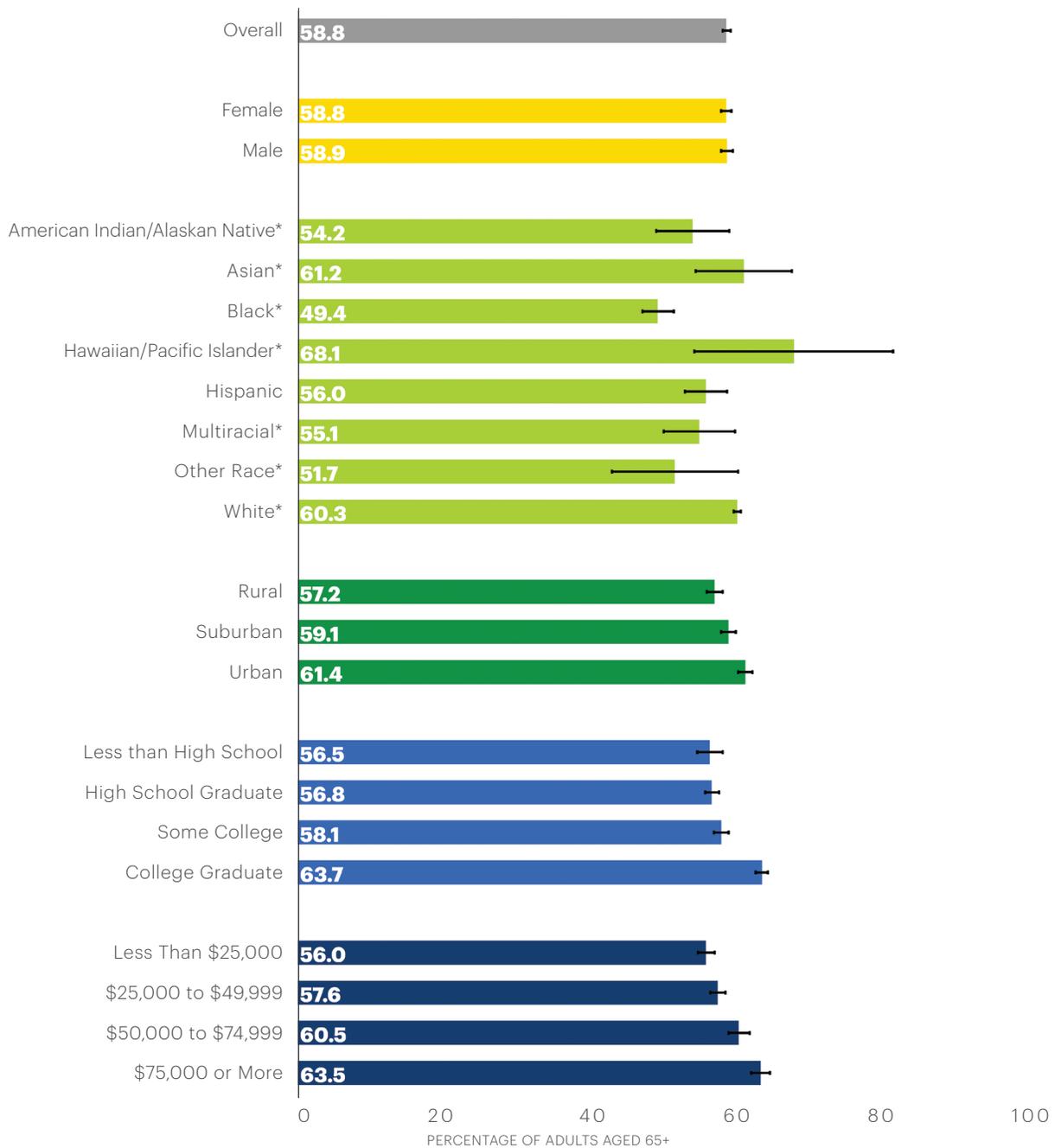
Percentage of adults aged 65 and older who reported receiving a flu vaccine in the past year

■ >= 62.9%  
 ■ 59.8% to 62.8%  
 ■ 57.3% to 59.7%  
 ■ 55.2% to 57.2%  
 ■ <= 55.1%



## Flu Vaccine by Subpopulations

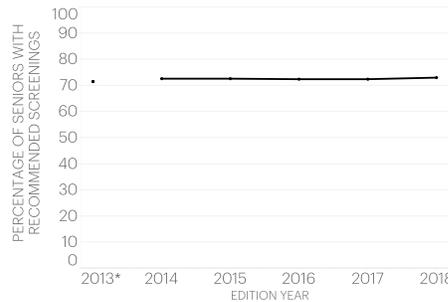
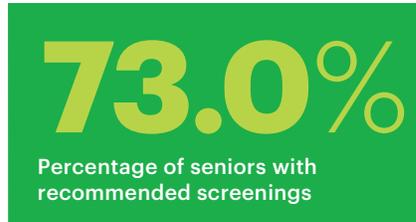
with 95 percent confidence intervals



\* Non-Hispanic

# Health Screenings

Health screenings may help detect disease early, when treatment is easiest and most effective. Receiving recommended screenings is also indicative of whether or not routine visits to a health professional are taking place. This measure combines two types of cancer screening — mammography and colorectal cancer screening. The U.S. Preventive Services Task Force recommends screening older adults up to ages 74 and 75 for mammography and colon cancer, respectively. Health screenings, however, go beyond cancer and include routine procedures such as blood pressure, diabetes and cholesterol checks.



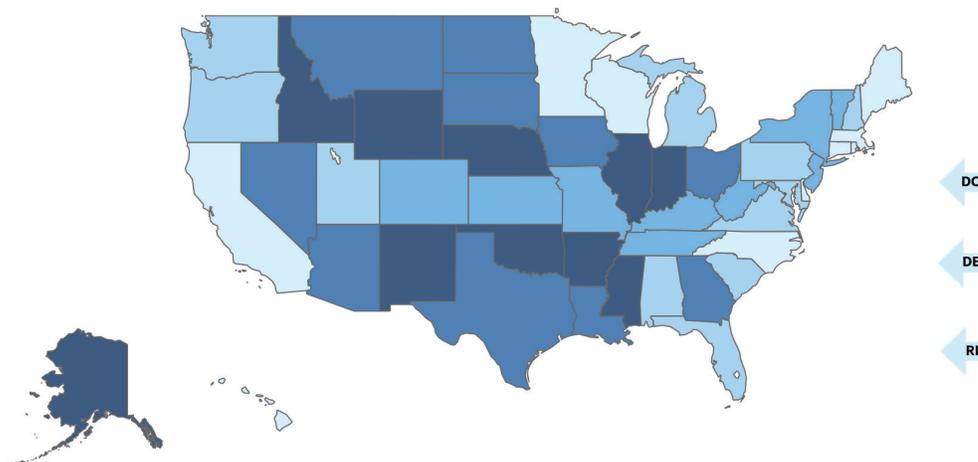
\* Not comparable to later years due to methodology change

Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/HealthScreenings](http://www.AmericasHealthRankings.org/SR18/HealthScreenings)

## Health Screenings by State

Percentage of women aged 65 to 74 who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 who reported receiving colorectal cancer screening within the recommended time period

■ >= 77.3%  
 ■ 73.8% to 77.2%  
 ■ 70.1% to 73.7%  
 ■ 68.3% to 70.0%  
 ■ <= 68.2%



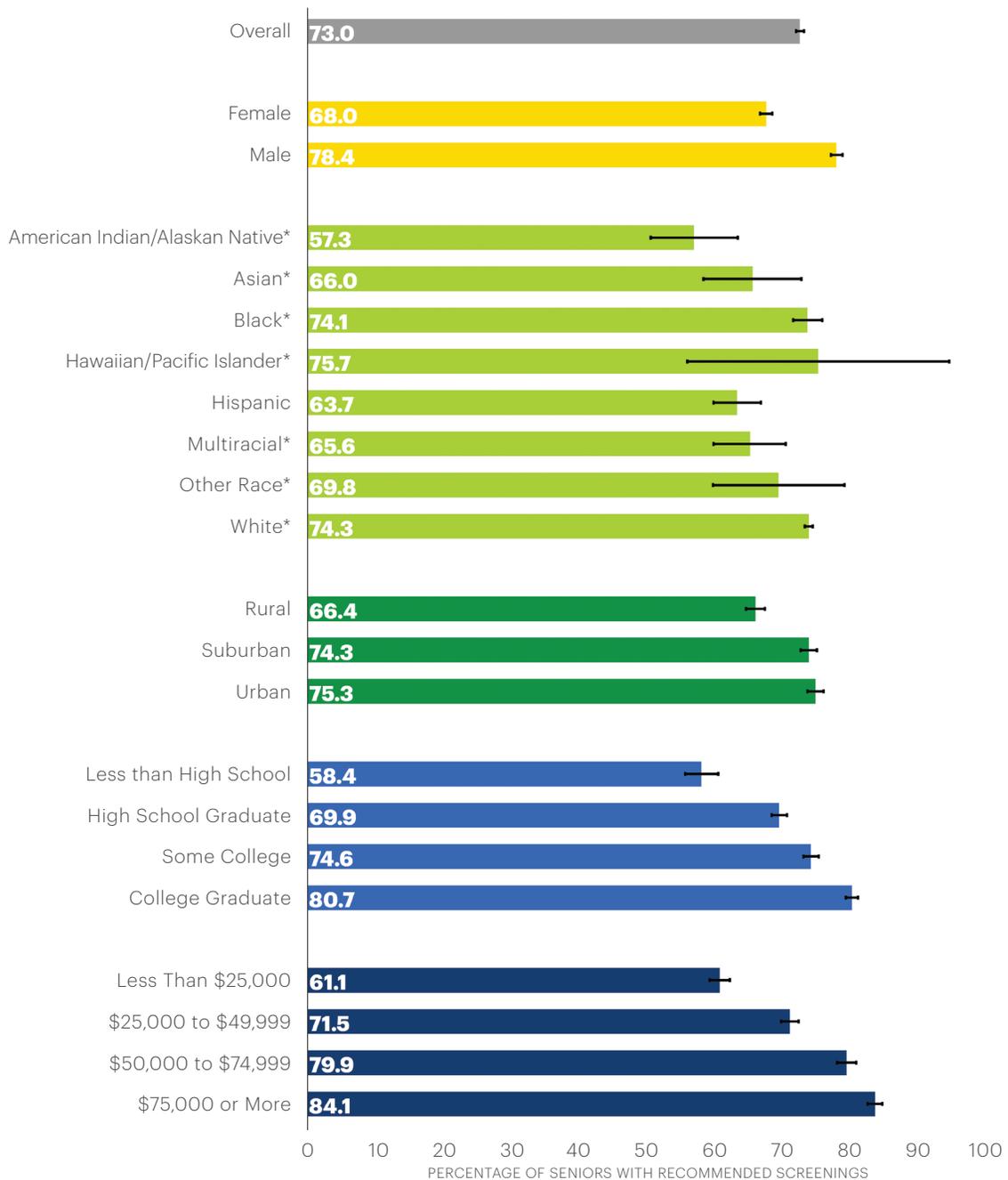
## Ranking

by Health Screenings

Rank	State	Value (%)
1	California	80.0
2	Massachusetts	79.6
3	Rhode Island	79.0
4	Wisconsin	78.8
5	Minnesota	78.2
6	Connecticut	77.9
7	Delaware	77.8
8	Hawaii	77.7
9	Maine	77.6
10	North Carolina	77.3
11	New Hampshire	77.2
12	Utah	76.8
13	Florida	76.5
14	Alabama	75.6
15	Washington	74.6
16	Maryland	74.5
17	South Carolina	74.3
18	Virginia	73.9
19	Michigan	73.8
19	Oregon	73.8
19	Pennsylvania	73.8
22	Kentucky	73.0
23	Vermont	72.9
24	West Virginia	72.4
25	New York	72.1
26	Missouri	71.9
27	Colorado	71.4
28	New Jersey	70.7
29	Tennessee	70.3
30	Kansas	70.1
31	Georgia	69.9
31	Iowa	69.9
33	Ohio	69.8
34	South Dakota	69.4
35	Montana	69.1
36	Arizona	68.9
37	Texas	68.5
38	Nevada	68.4
38	North Dakota	68.4
40	Louisiana	68.3
41	Nebraska	68.1
42	Alaska	67.3
43	Indiana	67.1
44	Illinois	66.9
45	Mississippi	65.5
46	Oklahoma	64.5
47	Idaho	64.4
48	Arkansas	63.7
48	Wyoming	63.7
50	New Mexico	60.6
	United States	73.0
	District of Columbia	77.4

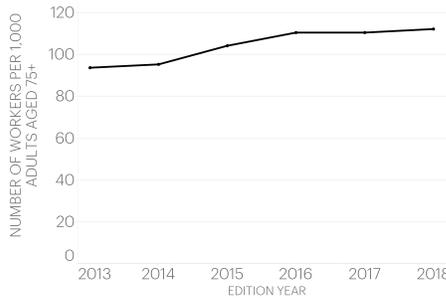
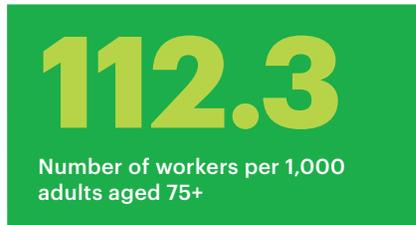
## Health Screenings by Subpopulations

with 95 percent confidence intervals



# Home Health Care

More than 75 percent of older adults want to stay in their home as they age, but functional losses may make it difficult to remain independent. Home health and personal care aides help enable seniors to remain in their homes by providing short-term, skilled nursing services, such as aiding in recovery from surgery, or for longer periods to care for those with functional decline or chronic illness. Home- and community-based services are less expensive than institutional costs and using these services may lead to savings in the long-term care sector. National annual spending on long-term care services was estimated to be between \$211 billion and \$317 billion in 2011.



Data source: U.S. Department of Labor, *Bureau of Labor Statistics*; U.S. Census Bureau; *American Community Survey*, 2016  
For details: [www.AmericasHealthRankings.org/SR18/HomeHealthCare](http://www.AmericasHealthRankings.org/SR18/HomeHealthCare)

## Ranking

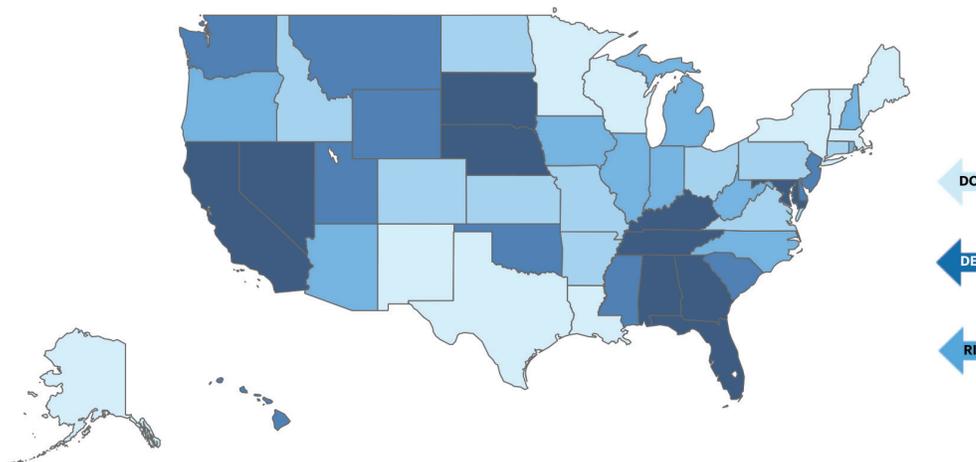
by Home Health Care

Rank	State	Value
1	Alaska	264.2
2	Minnesota	257.9
3	New York	251.3
4	New Mexico	229.7
5	Texas	190.9
6	Wisconsin	162.4
7	Vermont	161.8
8	Maine	154.8
9	Louisiana	154.3
10	Massachusetts	150.0
11	Pennsylvania	137.4
12	Colorado	130.4
13	Idaho	127.6
14	Missouri	127.2
15	North Dakota	124.9
16	Connecticut	120.2
17	Ohio	114.7
18	Kansas	113.5
19	Arkansas	110.4
20	Virginia	107.1
21	Arizona	106.3
22	West Virginia	104.3
23	Illinois	102.5
24	Michigan	102.1
25	Indiana	98.6
26	North Carolina	98.5
27	New Hampshire	94.7
28	Iowa	93.9
29	Oregon	92.7
30	Rhode Island	89.1
31	Mississippi	84.1
32	Delaware	83.9
33	New Jersey	82.9
34	Utah	82.6
35	Montana	81.8
36	Wyoming	81.6
37	Oklahoma	81.4
38	Washington	79.2
39	Hawaii	77.8
40	South Carolina	76.6
41	California	75.4
42	Nevada	75.1
43	Maryland	72.8
44	Nebraska	68.5
45	Kentucky	62.6
46	Georgia	60.1
47	Alabama	57.5
48	Tennessee	55.4
49	South Dakota	54.5
50	Florida	27.9
	United States	112.3
	District of Columbia	308.8

## Home Health Care by State

Number of personal care and home health aides per 1,000 adults aged 75 and older

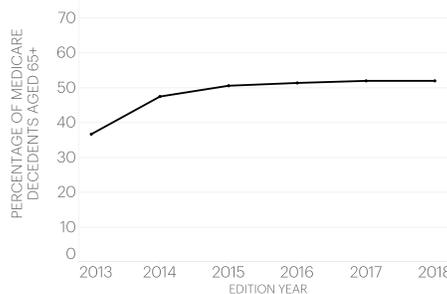
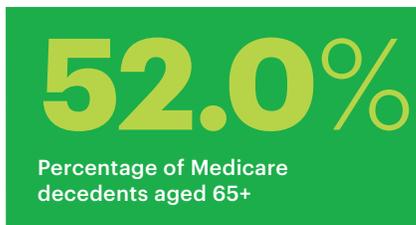
■ >= 150.0  
 ■ 107.1 to 149.9  
 ■ 89.1 to 107.0  
 ■ 76.6 to 89.0  
 ■ <= 76.5



# Hospice Care

Hospice care is intended for terminally ill patients and emphasizes pain control and emotional support for patients and families, as opposed to focusing on a cure. Hospice care can be provided in a patient's home, where most seniors prefer to die, or in a freestanding hospice facility. Medicare Part A covers certified hospice services for any patient with a life expectancy of six months or less, and Medicare hospice use has nearly doubled over the past decade.

Data source: *The Dartmouth Atlas of Health Care, 2014*  
 The data appearing in this edition are the same that appeared in the 2017 edition  
 For details: [www.AmericasHealthRankings.org/SR18/HospiceCare](http://www.AmericasHealthRankings.org/SR18/HospiceCare)



## Ranking

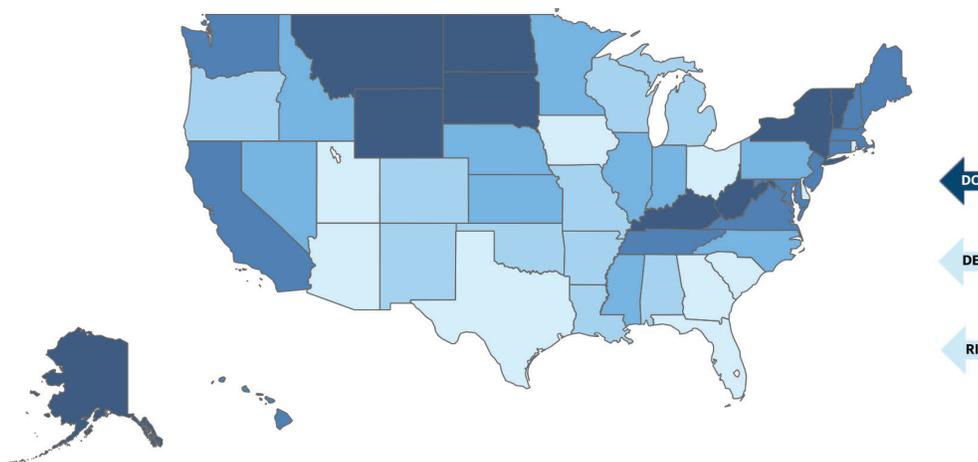
by Hospice Care

Rank	State	Value (%)
1	Arizona	65.8
2	Utah	65.5
3	Delaware	61.6
4	Florida	61.2
5	Georgia	60.1
6	Ohio	59.5
7	Rhode Island	59.2
8	South Carolina	58.5
8	Texas	58.5
10	Iowa	58.3
11	Michigan	57.2
12	Oregon	57.0
13	Oklahoma	56.1
14	Louisiana	55.4
15	Colorado	55.2
16	Alabama	54.8
17	Wisconsin	54.7
18	New Mexico	53.9
19	Arkansas	53.7
20	Missouri	53.6
21	Kansas	53.2
22	North Carolina	53.1
23	Idaho	52.5
24	Illinois	52.0
25	Pennsylvania	50.8
26	Indiana	50.6
26	Minnesota	50.6
28	Nebraska	50.5
29	Mississippi	50.3
30	Nevada	50.1
31	Maine	50.0
32	Maryland	49.3
33	Virginia	48.8
34	Connecticut	48.1
34	New Hampshire	48.1
36	New Jersey	47.8
37	California	47.4
38	Massachusetts	47.1
39	Washington	47.0
40	Hawaii	45.7
40	Tennessee	45.7
42	West Virginia	45.1
43	Montana	44.1
44	Kentucky	43.4
45	South Dakota	39.7
46	Vermont	37.0
47	New York	33.4
48	Wyoming	32.4
49	Alaska	32.2
50	North Dakota	30.7
	United States	52.0
	District of Columbia	44.9

## Hospice Care by State

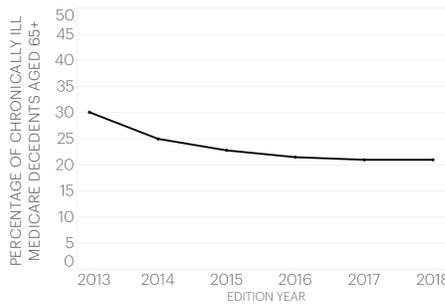
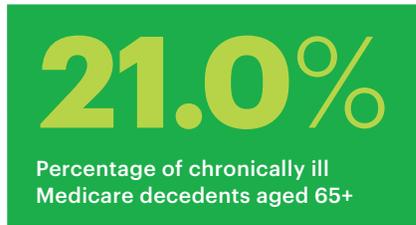
Percentage of Medicare decedents aged 65 and older who were enrolled in hospice during the last six months of life after diagnosis of a condition with a high probability of death

■ >= 58.3%  
 ■ 53.6% to 58.2%  
 ■ 50.1% to 53.5%  
 ■ 45.7% to 50.0%  
 ■ <= 45.6%



# Hospital Deaths

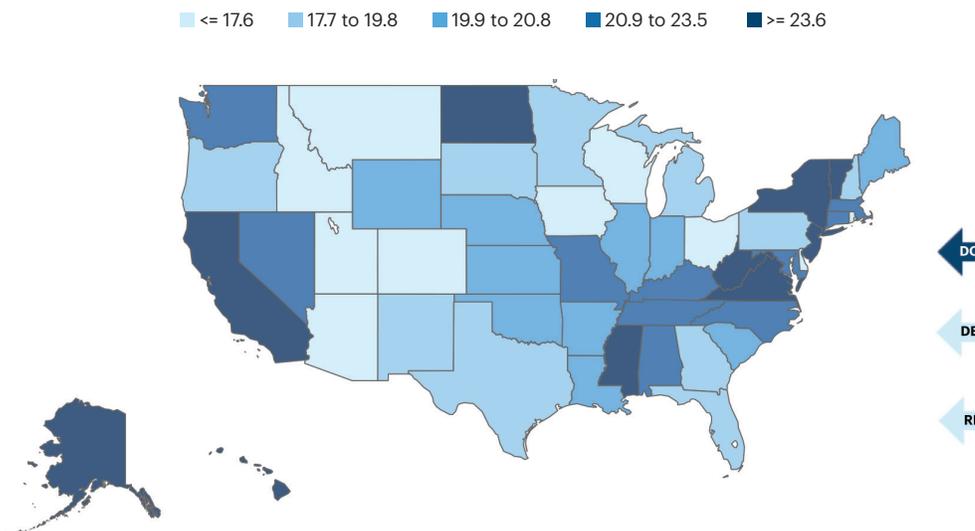
At end-of-life most seniors prefer to be in the comfort of their own homes, with freestanding hospice facilities a second choice. Preferences are not always honored, however, and some seniors live their last few days of life in a hospital despite wishes for hospice or palliative care. End-of-life care in a hospital carries a high economic burden and, in many cases, intensive interventions near end-of-life are not aligned with patient wishes. Following patient preferences can reduce Medicare spending and improve the quality of end-of-life care. The location of end-of-life care can be influenced by whether someone has a caregiver, local hospital resources and geographic proximity to hospital care.



Data source: *The Dartmouth Atlas of Health Care*, 2014  
The data appearing in this edition are the same that appeared in the 2017 edition  
For details: [www.AmericasHealthRankings.org/SR18/HospitalDeaths](http://www.AmericasHealthRankings.org/SR18/HospitalDeaths)

## Hospital Deaths by State

Percentage of deaths occurring in a hospital among chronically ill Medicare decedents aged 65 and older



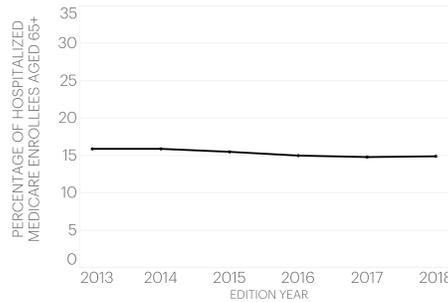
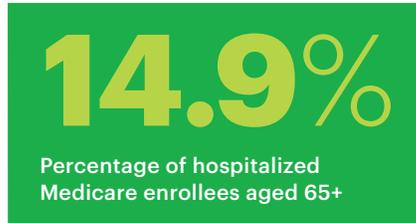
## Ranking

by Hospital Deaths

Rank	State	Value (%)
1	Utah	14.3
2	Arizona	15.3
3	Iowa	16.3
4	Colorado	16.5
5	Ohio	16.6
6	Delaware	17.1
7	Rhode Island	17.2
8	Idaho	17.3
9	Wisconsin	17.5
10	Montana	17.6
11	Georgia	18.1
12	Oregon	18.2
13	Florida	18.4
14	Michigan	18.5
15	New Mexico	18.7
16	Texas	18.9
17	Pennsylvania	19.2
17	South Dakota	19.2
19	Minnesota	19.5
20	New Hampshire	19.8
21	Kansas	20.0
22	Indiana	20.1
23	Arkansas	20.2
23	Nebraska	20.2
25	Illinois	20.3
25	Wyoming	20.3
27	Oklahoma	20.5
27	South Carolina	20.5
29	Louisiana	20.7
30	Maine	20.8
31	North Carolina	20.9
32	Washington	21.1
33	Missouri	21.7
34	Kentucky	22.0
35	Nevada	22.3
36	Maryland	22.5
36	Tennessee	22.5
38	Massachusetts	23.2
39	Connecticut	23.4
40	Alabama	23.5
41	Virginia	23.6
42	Mississippi	23.7
43	North Dakota	23.9
43	Vermont	23.9
45	West Virginia	24.0
46	California	24.4
47	New Jersey	25.6
48	Alaska	26.2
49	Hawaii	26.7
50	New York	30.0
	United States	21.0
	District of Columbia	27.6

# Hospital Readmissions

Hospital readmissions are used to measure quality of care in a health care system. Returning to a hospital within a short period of time after being discharged is costly and often avoidable. Avoidable reasons for hospital readmission include confusion about prescribed medications, miscommunication of test results and improper follow-up care. Hospital readmissions disproportionately affect patients covered by Medicare and vary by where a patient lives and the health care system providing a patient's care. Some readmissions are unavoidable, but many are preventable through discharge planning, care coordination, and effective communication with patients and their families.



Data source: *The Dartmouth Atlas of Health Care, 2015*  
For details: [www.AmericasHealthRankings.org/SR18/HospitalReadmissions](http://www.AmericasHealthRankings.org/SR18/HospitalReadmissions)

## Ranking

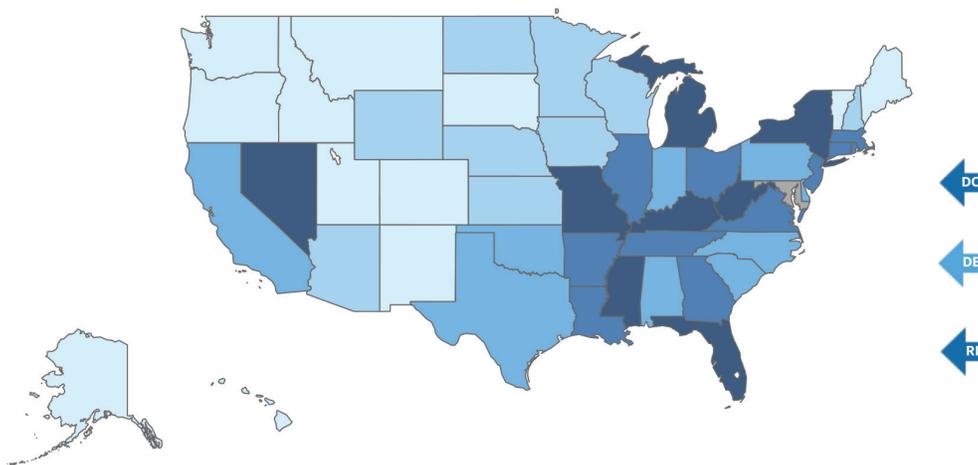
by Hospital Readmissions

Rank	State	Value (%)
1	Hawaii	12.2
2	Utah	12.3
3	Idaho	12.5
4	Alaska	12.8
4	Montana	12.8
6	Colorado	12.9
7	South Dakota	13.2
8	New Mexico	13.7
8	Oregon	13.7
10	Maine	13.8
10	Vermont	13.8
10	Washington	13.8
13	Iowa	13.9
13	Wisconsin	13.9
15	North Dakota	14.1
16	Arizona	14.2
16	Nebraska	14.2
16	Wyoming	14.2
19	Kansas	14.3
19	Minnesota	14.3
19	New Hampshire	14.3
22	Alabama	14.4
22	Indiana	14.4
24	Delaware	14.5
24	North Carolina	14.5
24	South Carolina	14.5
27	California	14.6
27	Pennsylvania	14.6
29	Oklahoma	14.7
29	Texas	14.7
31	Rhode Island	14.8
31	Virginia	14.8
33	Connecticut	14.9
33	Georgia	14.9
35	Ohio	15.1
36	Illinois	15.2
36	New Jersey	15.2
38	Arkansas	15.3
38	Louisiana	15.3
38	Massachusetts	15.3
38	Tennessee	15.3
42	Kentucky	15.4
42	Michigan	15.4
44	Florida	15.5
44	Missouri	15.5
44	New York	15.5
47	Mississippi	15.6
47	Nevada	15.6
49	West Virginia	15.7
	Maryland	
	United States	14.9
	District of Columbia	15.0

## Hospital Readmissions by State

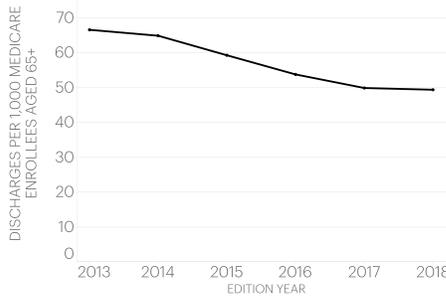
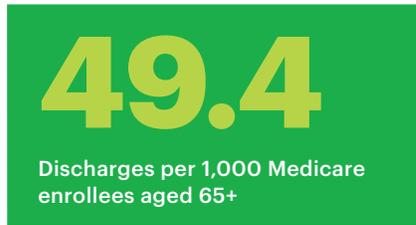
Percentage of Medicare enrollees aged 65 and older who were readmitted within 30 days of hospital discharge

■ <= 13.8%  
 ■ 13.9% to 14.3%  
 ■ 14.4% to 14.7%  
 ■ 14.8% to 15.3%  
 ■ >= 15.4%  
 ■ Data Unavailable



# Preventable Hospitalizations

Some hospital admissions related to chronic conditions or acute illnesses can be prevented through adequate management and treatment in outpatient settings. The number of preventable hospitalizations reflects the efficiency of a population's use of primary care for outpatient services. Conditions that can usually be managed without hospitalization include diabetes, urinary tract infections, dehydration, hypertension, chronic obstructive pulmonary disease and asthma. Preventable hospitalizations burden the health sector because they can typically be avoided with less costly interventions. For older adults, improved continuity of care is associated with fewer preventable hospitalizations.



Data source: *The Dartmouth Atlas of Health Care*, 2015  
For details: [www.AmericasHealthRankings.org/SR18/PreventableHospitalizations](http://www.AmericasHealthRankings.org/SR18/PreventableHospitalizations)

## Ranking

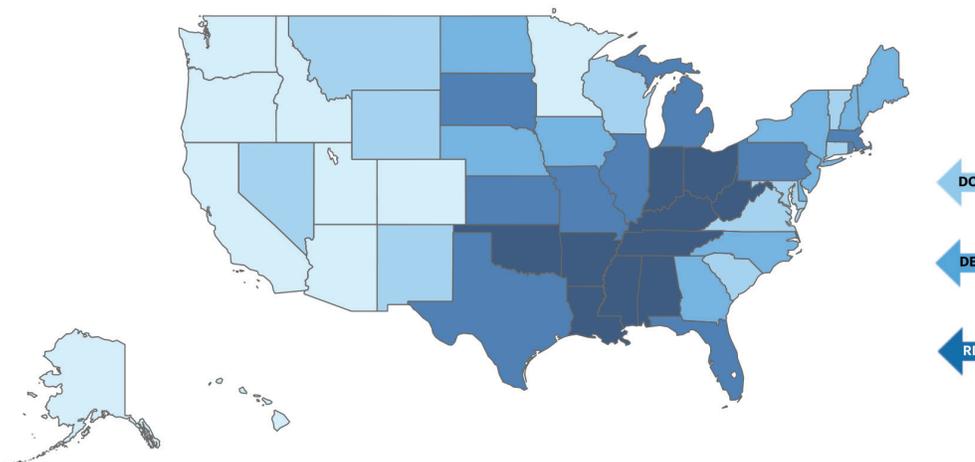
by Preventable Hospitalizations

Rank	State	Value
1	Hawaii	23.3
2	Utah	27.9
3	Colorado	31.2
4	Idaho	32.3
5	Washington	32.7
6	Oregon	33.9
7	Alaska	36.0
8	Arizona	36.1
9	California	36.2
10	Minnesota	36.6
11	Vermont	39.4
12	New Mexico	39.5
13	Montana	41.1
14	Nevada	42.2
15	Virginia	42.8
16	Wyoming	43.1
17	Wisconsin	45.0
18	South Carolina	45.6
19	Connecticut	46.2
20	Maryland	46.7
21	New York	46.8
22	New Hampshire	47.1
23	Delaware	47.2
24	Nebraska	48.3
25	Iowa	48.9
26	North Carolina	49.0
27	North Dakota	49.1
28	Maine	49.4
29	New Jersey	49.6
30	Georgia	50.2
31	South Dakota	50.5
32	Kansas	51.3
33	Pennsylvania	51.7
34	Texas	53.2
35	Florida	53.6
36	Rhode Island	54.0
37	Massachusetts	54.3
38	Illinois	54.8
39	Michigan	55.4
40	Missouri	56.6
41	Indiana	56.8
42	Ohio	57.0
43	Tennessee	59.3
44	Oklahoma	59.9
45	Arkansas	61.8
46	Alabama	62.0
47	Louisiana	65.8
48	Mississippi	70.2
49	West Virginia	75.0
50	Kentucky	76.6
	United States	49.4
	District of Columbia	38.3

## Preventable Hospitalizations by State

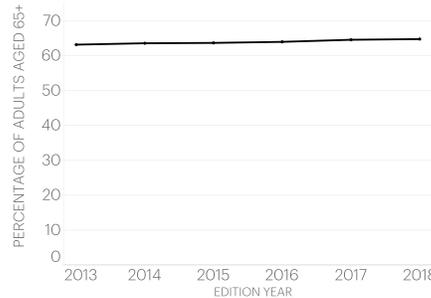
Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare enrollees aged 65 and older

■ <= 36.6  
 ■ 36.7 to 46.7  
 ■ 46.8 to 50.2  
 ■ 50.3 to 56.6  
 ■ >= 56.7



# Able-bodied

Approximately 35 percent of adults aged 65 and older report having one or more disabilities. Arthritis and other rheumatic conditions are the leading causes of disability among seniors. Accidents and chronic conditions including diabetes and obesity may be precursors to disability. Seniors with a disability are more likely to require hospitalization and long-term care than those without a disability, and medical care costs can be up to three times greater among seniors with disabilities than seniors without disabilities. While some disabilities are largely unavoidable, the extent to which they interfere with a person's life can be minimized through personalized exercise programs and special equipment.



Data source: U.S. Census Bureau, *American Community Survey*, 2016  
For details: [www.AmericasHealthRankings.org/SR18/AbleBodied](http://www.AmericasHealthRankings.org/SR18/AbleBodied)

## Ranking

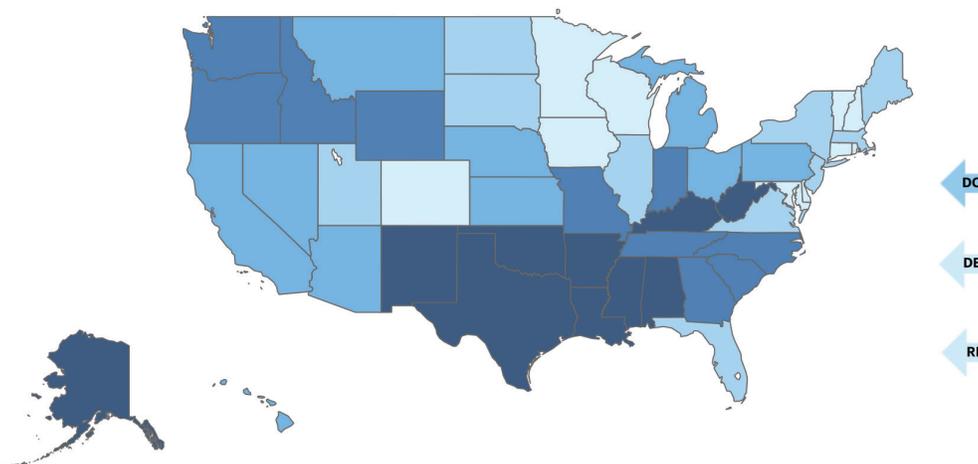
by Able-bodied

Rank	State	Value (%)
1	New Hampshire	69.0
2	Delaware	68.9
2	Vermont	68.9
4	Colorado	68.7
4	Maryland	68.7
4	Minnesota	68.7
7	Rhode Island	68.4
8	Connecticut	68.3
9	Wisconsin	68.2
10	Iowa	68.1
11	Massachusetts	68.0
12	New Jersey	67.9
13	Virginia	67.4
14	New York	67.1
15	Florida	66.9
16	Maine	66.6
17	South Dakota	66.3
18	Illinois	66.2
19	Utah	66.0
20	North Dakota	65.8
21	Arizona	65.7
21	Hawaii	65.7
23	Montana	65.5
23	Nebraska	65.5
25	Pennsylvania	65.4
26	Michigan	65.2
27	Kansas	65.1
28	Nevada	64.9
29	Ohio	64.7
30	California	64.4
31	Washington	64.3
32	North Carolina	64.2
33	Idaho	63.9
34	South Carolina	63.8
35	Georgia	63.5
36	Missouri	63.3
37	Indiana	62.9
38	Oregon	62.6
39	Wyoming	62.1
40	Tennessee	61.7
41	Texas	61.3
42	Louisiana	60.5
43	Alaska	60.4
44	New Mexico	59.8
45	Arkansas	59.6
46	Alabama	59.3
47	Mississippi	59.1
48	Oklahoma	57.9
49	Kentucky	57.7
50	West Virginia	57.1
	United States	64.8
	District of Columbia	66.0

## Able-bodied by State

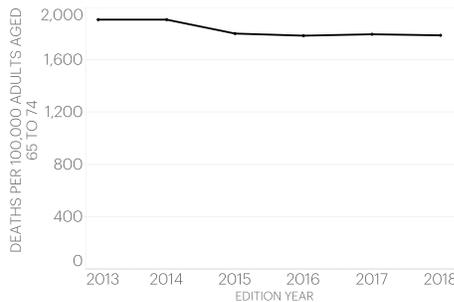
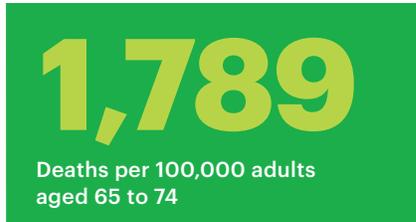
Percentage of adults aged 65 and older with no cognitive, visual, auditory, ambulatory, self-care and/or independent living difficulty disability

■ >= 68.1%  
 ■ 65.8% to 68.0%  
 ■ 64.4% to 65.7%  
 ■ 61.7% to 64.3%  
 ■ <= 61.6%



# Early Death

Early death reflects the rate of death among seniors aged 65 to 74. In 2016, the five leading causes of death among seniors in the U.S. were heart disease, cancer, chronic lower respiratory diseases, stroke and Alzheimer's disease. Research estimates that 15 to 43 percent of these deaths are preventable through lifestyle modifications. Several of the leading causes of premature death are influenced by such modifiable risk factors as smoking, high blood pressure, high cholesterol, physical inactivity, obesity, diabetes, poor diet and excessive alcohol use. A variety of interventions that encourage healthy lifestyles, physical and social activity, and preventive care can be effective in reducing early death among seniors.



Data source: CDC, *National Vital Statistics System*, 2016  
For details: [www.AmericasHealthRankings.org/SR18/EarlyDeath](http://www.AmericasHealthRankings.org/SR18/EarlyDeath)

## Ranking

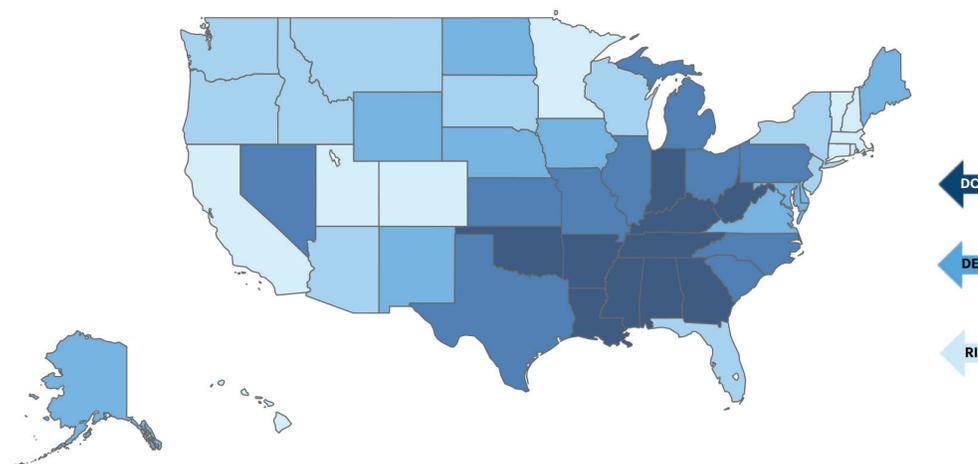
by Premature Death

Rank	State	Value
1	Hawaii	1,357
2	Colorado	1,435
3	California	1,484
4	Connecticut	1,494
5	Minnesota	1,498
6	Massachusetts	1,524
7	Vermont	1,560
8	New Hampshire	1,569
9	Utah	1,570
10	Rhode Island	1,575
11	New York	1,579
12	Washington	1,588
13	Idaho	1,590
14	Florida	1,604
15	New Jersey	1,605
16	Arizona	1,637
17	Wisconsin	1,656
18	Montana	1,662
19	Oregon	1,672
20	South Dakota	1,677
21	New Mexico	1,683
22	Nebraska	1,705
23	North Dakota	1,714
24	Maryland	1,740
25	Virginia	1,744
26	Iowa	1,746
27	Maine	1,763
28	Delaware	1,765
29	Wyoming	1,788
30	Alaska	1,800
31	Illinois	1,801
32	Pennsylvania	1,856
33	Texas	1,867
34	Kansas	1,879
35	Michigan	1,925
36	Nevada	1,952
37	North Carolina	1,954
38	Missouri	2,010
39	South Carolina	2,014
40	Ohio	2,034
41	Georgia	2,038
42	Indiana	2,065
43	Louisiana	2,201
44	Tennessee	2,271
45	West Virginia	2,293
46	Arkansas	2,326
47	Oklahoma	2,343
48	Alabama	2,370
49	Kentucky	2,418
50	Mississippi	2,435
	United States	1,789
	District of Columbia	2,169

## Early Death by State

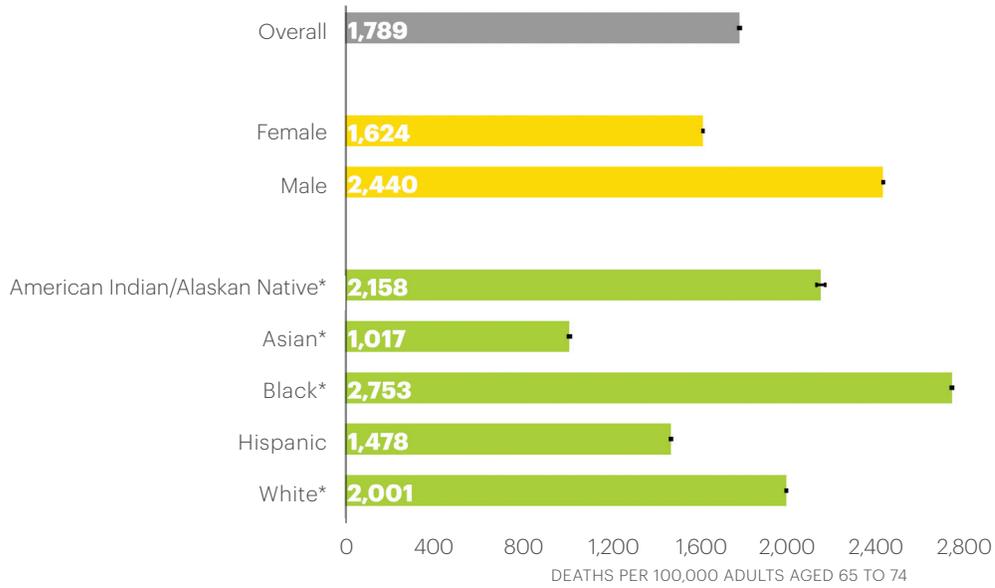
Deaths per 100,000 adults aged 65 to 74

■ <= 1,575   
 ■ 1,576 to 1,677   
 ■ 1,678 to 1,800   
 ■ 1,801 to 2,034   
 ■ >= 2,035



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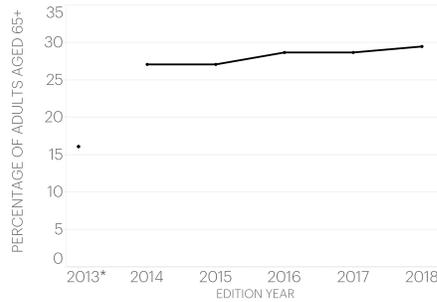
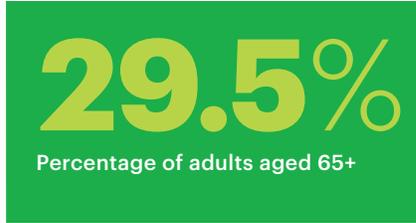
## Early Death by Subpopulations



\* Non-Hispanic

# Falls

Falls are the leading cause of fatal and nonfatal injuries among adults aged 65 and older — approximately 30 percent of seniors report a fall each year. One in five falls may cause serious injury, such as head injury, broken bones or hip fractures, requiring medical attention. Hip fractures due to falls are the most common cause of trauma-related hospital admissions and loss of independence among older adults. Risk of falls and resultant injury increases with age and is greatest among adults aged 75 and older and is higher among women than men. Fall-prevention education increases knowledge about avoiding falls and encourages older adults to stay active.



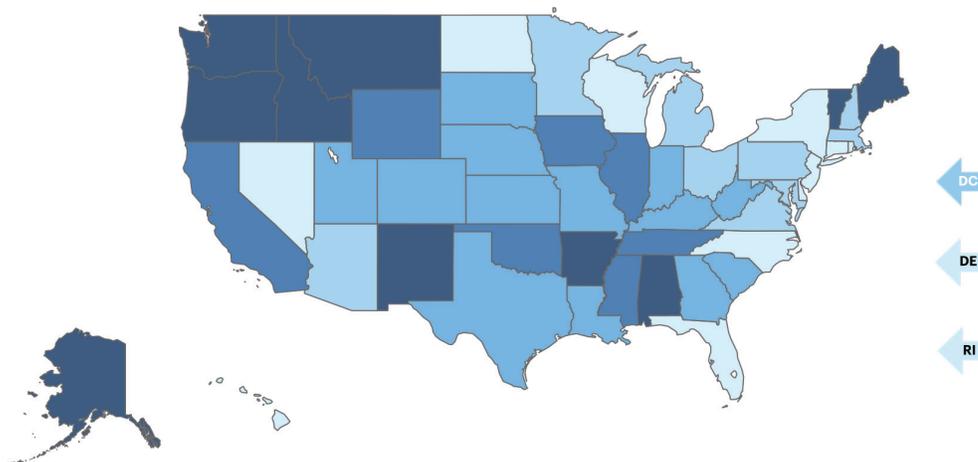
Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/Falls](http://www.AmericasHealthRankings.org/SR18/Falls)

\*Not comparable to later years due to methodology change

## Falls by State

Percentage of adults aged 65 and older who reported they had fallen in the past 12 months

■ <= 28.1%  
 ■ 28.2% to 29.3%  
 ■ 29.4% to 31.0%  
 ■ 31.1% to 32.1%  
 ■ >= 32.2%



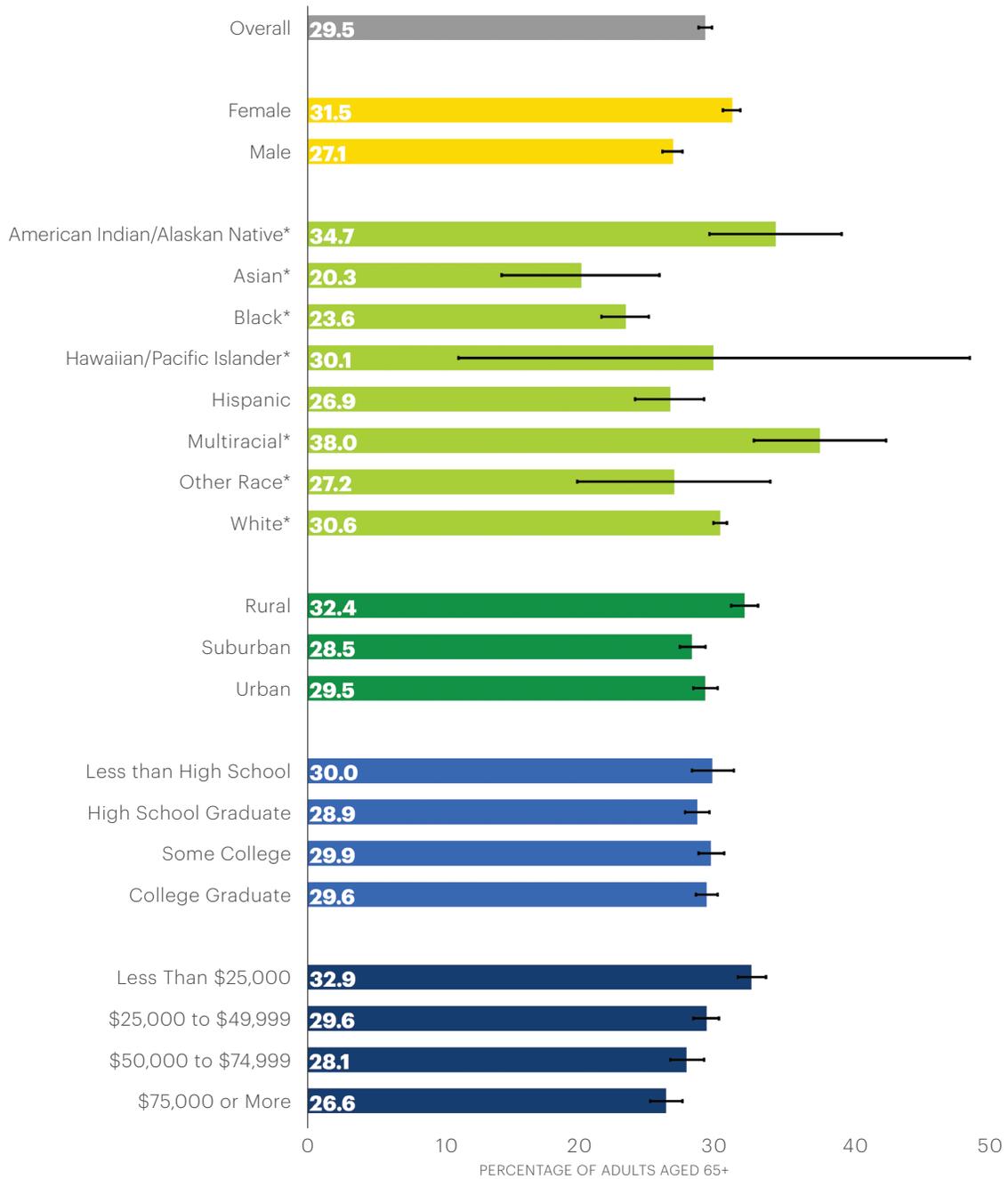
## Ranking

by Falls

Rank	State	Value (%)
1	Hawaii	24.8
2	Florida	25.3
3	Delaware	25.5
4	New Jersey	25.6
5	Nevada	26.1
6	Connecticut	26.3
7	Rhode Island	27.2
8	New York	27.4
9	Wisconsin	28.0
10	North Carolina	28.1
10	North Dakota	28.1
12	Arizona	28.2
12	Minnesota	28.2
14	Pennsylvania	28.5
15	Maryland	28.6
16	Ohio	28.8
17	Michigan	28.9
18	Massachusetts	29.0
19	Virginia	29.2
20	New Hampshire	29.3
21	South Carolina	29.4
22	South Dakota	29.6
23	West Virginia	29.8
24	Indiana	30.0
24	Kansas	30.0
24	Utah	30.0
27	Texas	30.1
28	Georgia	30.5
29	Kentucky	30.8
30	Colorado	31.0
30	Louisiana	31.0
30	Missouri	31.0
30	Nebraska	31.0
34	Tennessee	31.2
35	Mississippi	31.5
36	Illinois	31.6
36	Oklahoma	31.6
38	Iowa	31.7
39	California	32.1
39	Wyoming	32.1
41	Alabama	32.4
41	Oregon	32.4
43	Maine	32.5
44	New Mexico	33.1
45	Washington	33.2
46	Idaho	34.1
47	Montana	34.8
48	Arkansas	35.2
49	Vermont	35.3
50	Alaska	37.5
	United States	29.5
	District of Columbia	28.6

## Falls by Subpopulations

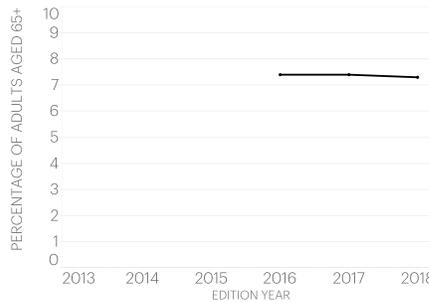
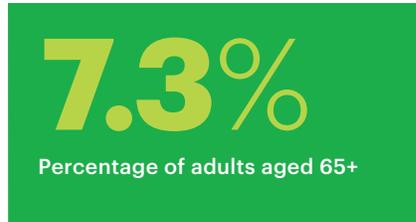
with 95 percent confidence intervals



\* Non-Hispanic

# Frequent Mental Distress

Frequent mental distress (FMD) is characterized by 14 or more days of self-reported poor mental health in the past month and emphasizes the burden of severe mental health issues in a population. Older adults with FMD are more likely to engage in behaviors that contribute to poor health such as smoking, physical inactivity and poor diet. Activity limitations due to physical, mental or emotional problems, as well as avoidance of medical care due to cost are associated with FMD among older adults. Chronic and severe mental health episodes are treatable and may be preventable through simple, cost-effective and time-efficient screening procedures, early interventions and quality care.

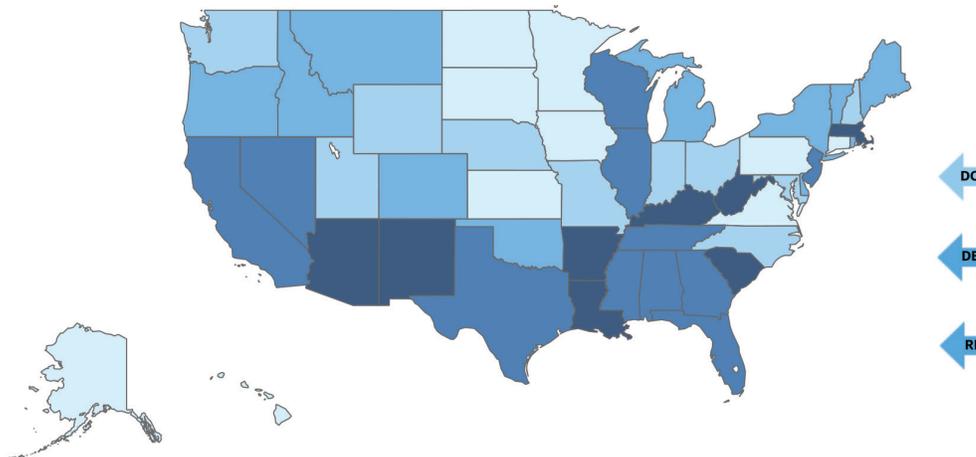


Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/FrequentMentalDistress](http://www.AmericasHealthRankings.org/SR18/FrequentMentalDistress)

## Frequent Mental Distress by State

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

Legend: ■ <= 6.0%   ■ 6.1% to 6.9%   ■ 7.0% to 7.2%   ■ 7.3% to 8.3%   ■ >= 8.4%



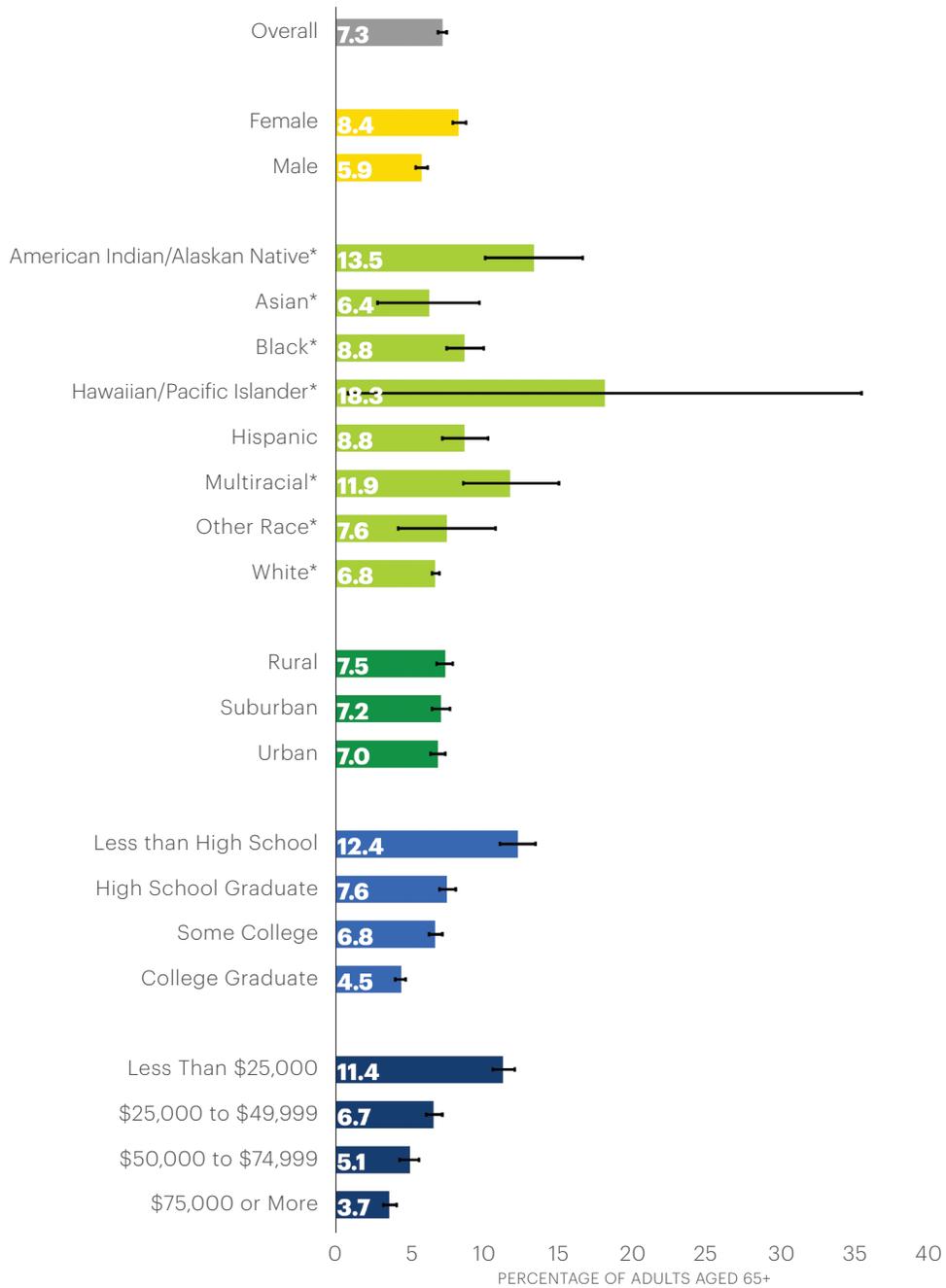
## Ranking

by Frequent Mental Distress

Rank	State	Value (%)
1	North Dakota	4.2
2	South Dakota	4.7
3	Iowa	5.1
3	Minnesota	5.1
5	Connecticut	5.6
5	Kansas	5.6
7	Alaska	5.7
8	Hawaii	5.8
9	Pennsylvania	5.9
10	Virginia	6.0
11	Ohio	6.2
11	Wyoming	6.2
13	New Hampshire	6.5
14	Nebraska	6.6
15	Utah	6.7
16	Indiana	6.8
16	Maryland	6.8
18	Missouri	6.9
18	North Carolina	6.9
18	Washington	6.9
21	Colorado	7.0
21	Maine	7.0
23	Idaho	7.1
23	Oklahoma	7.1
23	Oregon	7.1
23	Vermont	7.1
27	Delaware	7.2
27	Michigan	7.2
27	Montana	7.2
27	New York	7.2
27	Rhode Island	7.2
32	Florida	7.3
32	Nevada	7.3
34	Illinois	7.4
35	California	7.5
36	Alabama	7.6
36	Wisconsin	7.6
38	Georgia	7.9
39	Texas	8.2
40	Mississippi	8.3
40	New Jersey	8.3
40	Tennessee	8.3
43	Arizona	8.4
43	Kentucky	8.4
45	Massachusetts	8.5
46	South Carolina	8.9
47	West Virginia	9.7
48	Arkansas	10.0
48	Louisiana	10.0
48	New Mexico	10.0
	United States	7.3
	District of Columbia	6.7

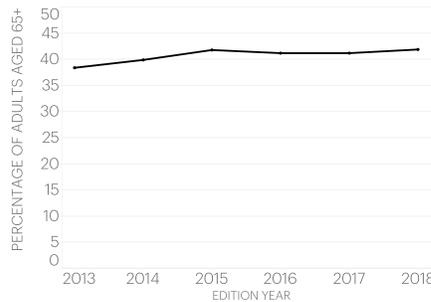
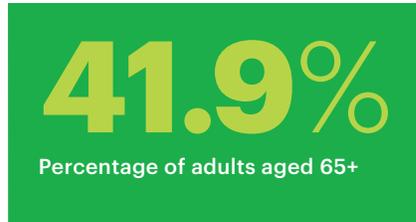
## Frequent Mental Distress by Subpopulations

with 95 percent confidence intervals



# High Health Status

Self-reported health status is an indicator of how individuals perceive their health. This measure has been validated as an independent predictor of mortality, disability and health care use, and is used as an indicator of population health. It is influenced by life experience, the health of loved ones, social support and other factors affecting well-being. Among older adults, high health status is associated with better performance across clinical risk factors (e.g. BMI, cholesterol and blood pressure), health behaviors and cognitive capacity. The association between health status and mortality makes this measure a good predictor of future mortality rates and future use of health care.

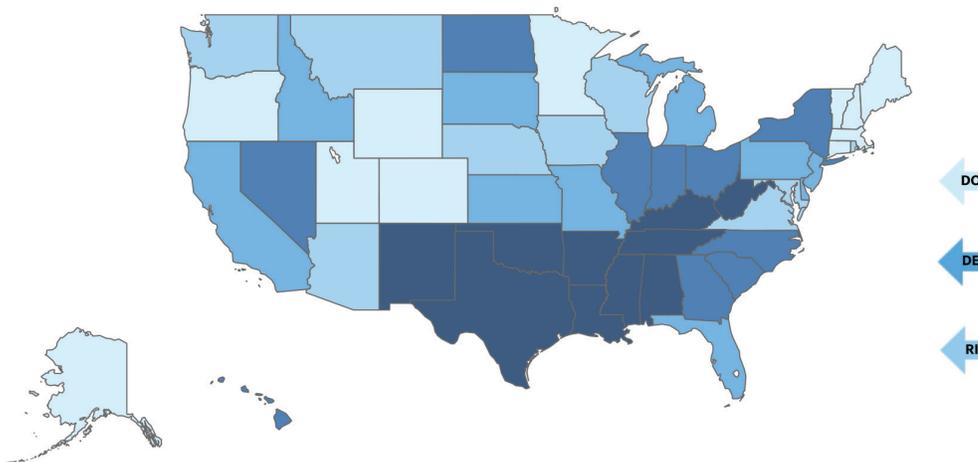


Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/HealthStatus](http://www.AmericasHealthRankings.org/SR18/HealthStatus)

## High Health Status by State

Percentage of adults aged 65 and older who reported their health is very good or excellent

■ >= 46.4%  
 ■ 43.9% to 46.3%  
 ■ 41.6% to 43.8%  
 ■ 39.1% to 41.5%  
 ■ <= 39.0%



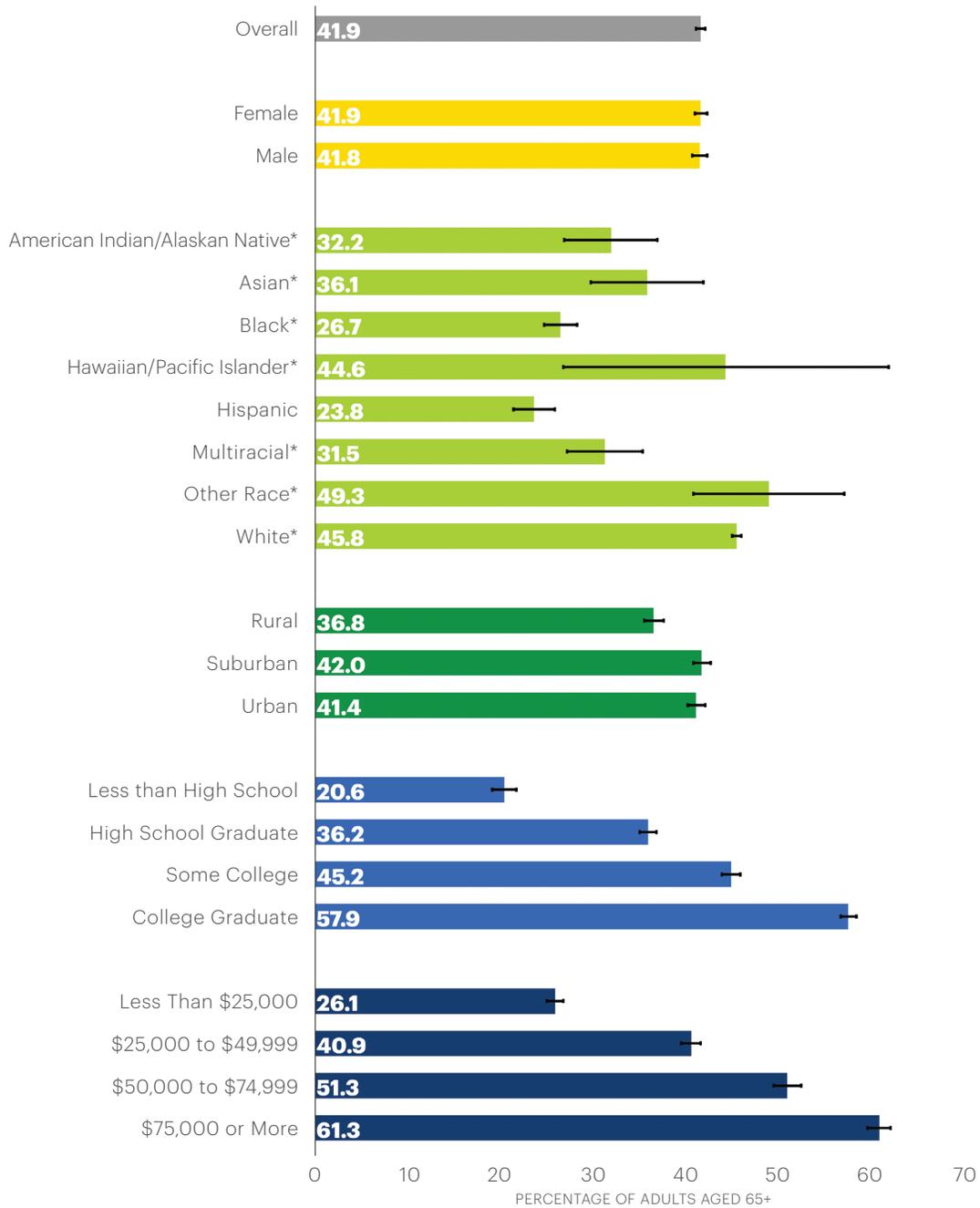
## Ranking

by High Health Status

Rank	State	Value (%)
1	New Hampshire	52.0
1	Vermont	52.0
3	Colorado	50.6
4	Minnesota	48.4
5	Maine	47.6
6	Oregon	47.5
6	Utah	47.5
8	Wyoming	47.2
9	Massachusetts	46.6
10	Alaska	46.4
10	Connecticut	46.4
12	Iowa	46.3
13	Nebraska	46.2
14	Arizona	45.4
15	Rhode Island	45.2
16	Wisconsin	45.1
17	Maryland	45.0
18	Montana	44.4
19	Washington	44.1
20	Virginia	43.9
21	Florida	43.8
22	California	43.7
22	Delaware	43.7
24	South Dakota	43.6
25	Idaho	43.3
25	Kansas	43.3
27	Michigan	42.8
28	Missouri	42.2
29	Pennsylvania	41.7
30	New Jersey	41.6
31	Hawaii	41.4
31	Nevada	41.4
33	Illinois	41.3
33	Ohio	41.3
35	New York	41.1
36	Indiana	40.8
37	North Carolina	40.5
38	North Dakota	39.7
39	Georgia	39.4
40	South Carolina	39.1
41	New Mexico	38.1
42	Texas	36.9
43	Oklahoma	36.3
44	Louisiana	36.1
45	Alabama	34.9
45	Tennessee	34.9
47	Arkansas	33.3
48	West Virginia	33.1
49	Kentucky	32.8
50	Mississippi	30.0
	United States	41.9
	District of Columbia	48.2

## High Health Status by Subpopulations

with 95 percent confidence intervals

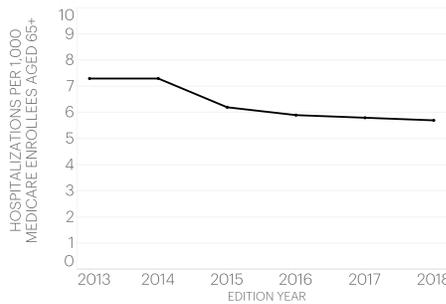
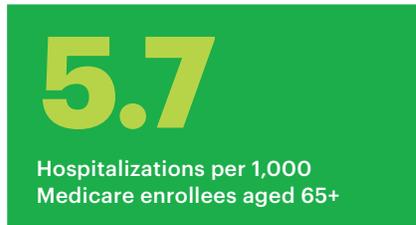


\* Non-Hispanic

# Hip Fractures

More than 300,000 adults aged 65 and older are hospitalized each year for hip fracture and a quarter of previously independent seniors remain in a long-term care facility one year after hip fracture injury. The estimated lifetime cost of a hip fracture is \$81,300, and approximately 44 percent of costs are associated with nursing facility expenses. Risk of hip fracture substantially increases with age due to decreased bone density and muscle mass. More than 95 percent of hip fractures are caused by falling. Fall-prevention education increases knowledge about avoiding falls and hip fractures and encourages older adults to stay active.

Data source: The Dartmouth Atlas of Health Care, 2015  
For details: [www.AmericasHealthRankings.org/SR18/HipFractures](http://www.AmericasHealthRankings.org/SR18/HipFractures)



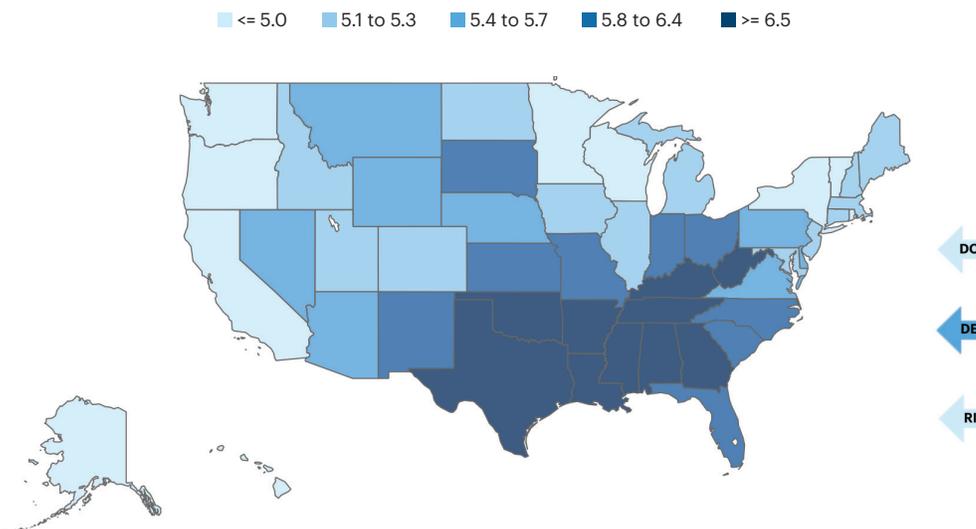
## Ranking

by Hip Fractures

Rank	State	Value
1	Hawaii	3.2
2	Alaska	4.5
2	Washington	4.5
4	Vermont	4.6
5	California	4.7
6	Oregon	4.8
6	Wisconsin	4.8
8	Minnesota	5.0
8	New York	5.0
8	Rhode Island	5.0
11	New Jersey	5.1
11	North Dakota	5.1
13	Connecticut	5.2
13	Massachusetts	5.2
13	Michigan	5.2
13	New Hampshire	5.2
13	Utah	5.2
18	Colorado	5.3
18	Idaho	5.3
18	Illinois	5.3
18	Iowa	5.3
18	Maine	5.3
18	Maryland	5.3
24	Delaware	5.4
24	Montana	5.4
24	Nevada	5.4
24	Pennsylvania	5.4
28	Nebraska	5.5
29	Wyoming	5.6
30	Arizona	5.7
30	Virginia	5.7
32	Florida	5.8
32	Ohio	5.8
32	South Dakota	5.8
35	Indiana	6.0
36	Missouri	6.1
37	New Mexico	6.3
38	Kansas	6.4
38	North Carolina	6.4
38	South Carolina	6.4
41	Texas	6.6
42	Louisiana	6.7
43	Georgia	6.9
43	West Virginia	6.9
45	Alabama	7.1
45	Kentucky	7.1
47	Arkansas	7.2
48	Oklahoma	7.3
48	Tennessee	7.3
50	Mississippi	7.4
	United States	5.7
	District of Columbia	4.8

## Hip Fractures by State

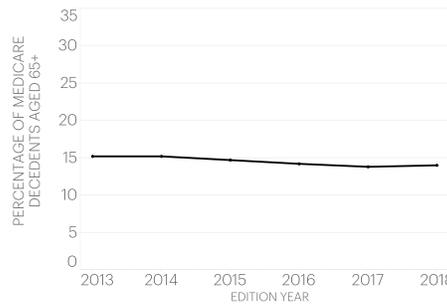
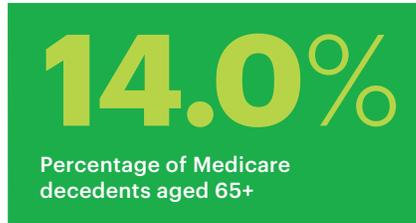
Number of hospitalizations for hip fracture per 1,000 Medicare enrollees aged 65 and older



# ICU Use

An intensive care unit (ICU) is a hospital department specialized in caring for people with life-threatening illnesses and injuries. ICU use among older adults is increasing, partly due to a growing prevalence of conditions that require ICU management. While not correlated with better outcomes or a longer life, ICU use is correlated with availability of ICU beds, potentially indicative of supply-induced demand. Areas with high ICU use are high-use areas in other aspects as well, including physician visits and hospitalizations. Overuse of the critical care system is costly — ICU services average \$61,800 per hospital stay. Further, research indicates many patients receive care they would not choose in their final days.

Data source: The Dartmouth Atlas of Health Care, 2015  
 For details: [www.AmericasHealthRankings.org/SR18/ICUUse](http://www.AmericasHealthRankings.org/SR18/ICUUse)



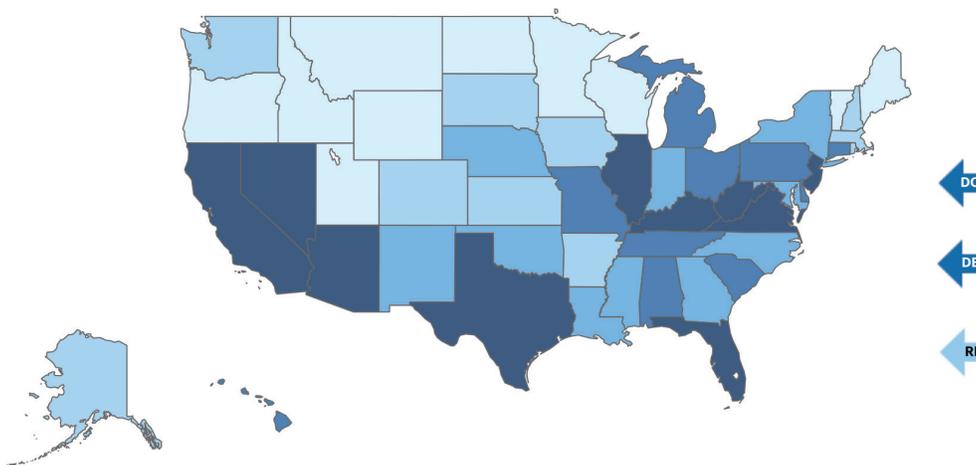
## Ranking by ICU Use

Rank	State	Value (%)
1	Vermont	4.4
2	North Dakota	5.1
3	Idaho	5.3
4	Maine	5.7
5	Utah	5.8
6	Minnesota	6.0
6	Oregon	6.0
8	Wisconsin	6.4
9	Wyoming	6.6
10	Montana	6.9
11	New Hampshire	7.3
12	South Dakota	7.8
13	Rhode Island	8.0
14	Iowa	8.1
15	Alaska	8.2
16	Colorado	8.3
16	Massachusetts	8.3
18	Washington	8.8
19	Kansas	10.0
20	Arkansas	10.1
21	Nebraska	10.9
22	Maryland	11.0
23	New York	12.0
24	New Mexico	12.2
25	Georgia	12.3
25	Mississippi	12.3
27	Oklahoma	12.8
28	Indiana	13.0
29	Louisiana	13.1
30	North Carolina	13.2
31	Michigan	13.6
32	Hawaii	13.7
33	Connecticut	13.8
34	Delaware	14.0
35	Alabama	14.3
35	Tennessee	14.3
37	South Carolina	14.4
38	Missouri	14.6
39	Pennsylvania	15.0
40	Ohio	15.1
41	Virginia	15.4
42	Arizona	15.9
43	Illinois	16.4
43	Kentucky	16.4
45	Texas	16.6
46	Nevada	16.7
47	West Virginia	16.8
48	California	17.5
49	Florida	20.2
50	New Jersey	23.1
	United States	14.0
	District of Columbia	13.7

## ICU Use by State

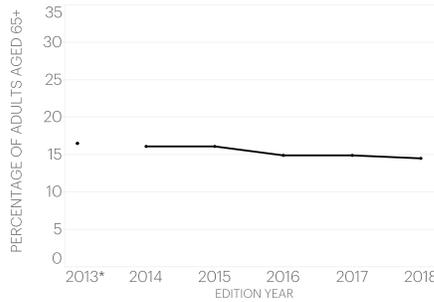
Percentage of Medicare decedents aged 65 and older spending seven or more days in the intensive care unit (ICU)/critical care unit during the last six months of life

■ <= 6.9%  
 ■ 7.0% to 10.1%  
 ■ 10.2% to 13.2%  
 ■ 13.3% to 15.1%  
 ■ >= 15.2%



# Teeth Extractions

Nearly one out of five adults aged 65 and older have lost all their teeth. Older adults without natural teeth are at increased risk of heart disease and stroke. People without their natural teeth or with dentures may gravitate to soft foods and avoid fruits and vegetables, which can affect nutrition. Untreated dental caries and periodontal disease are the most common causes of teeth extractions, but other causes include trauma, crowding and disease. The prevalence of seniors with teeth extractions is decreasing, likely due to improved access to oral health care, public water fluoridation programs and reduced smoking rates. Disparities exist, however, by age, race/ethnicity, income and insurance status.



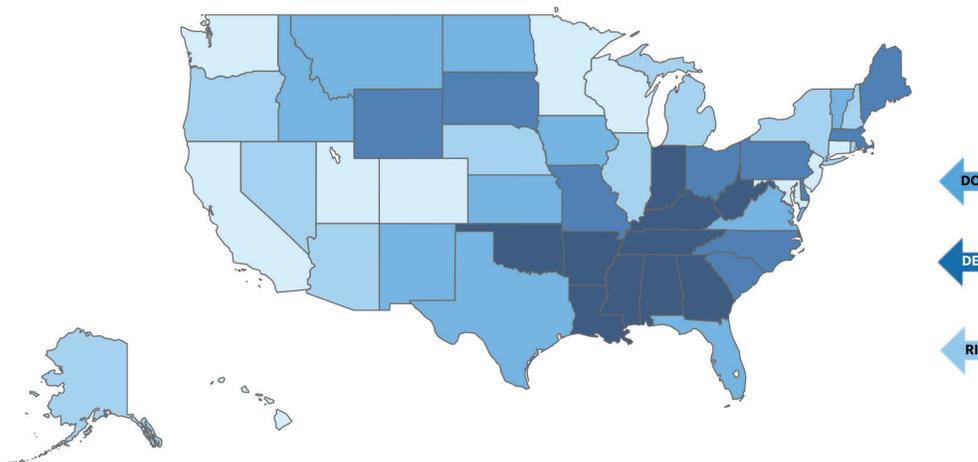
Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/TeethExtractions](http://www.AmericasHealthRankings.org/SR18/TeethExtractions)

\*Not comparable to later years due to methodology change

## Teeth Extractions by State

Percentage of adults aged 65 and older who reported having had all teeth removed due to tooth decay or gum disease

Legend: ≤ 11.7% (lightest blue), 11.8% to 13.4% (light blue), 13.5% to 15.1% (medium blue), 15.2% to 18.3% (dark blue), ≥ 18.4% (darkest blue)



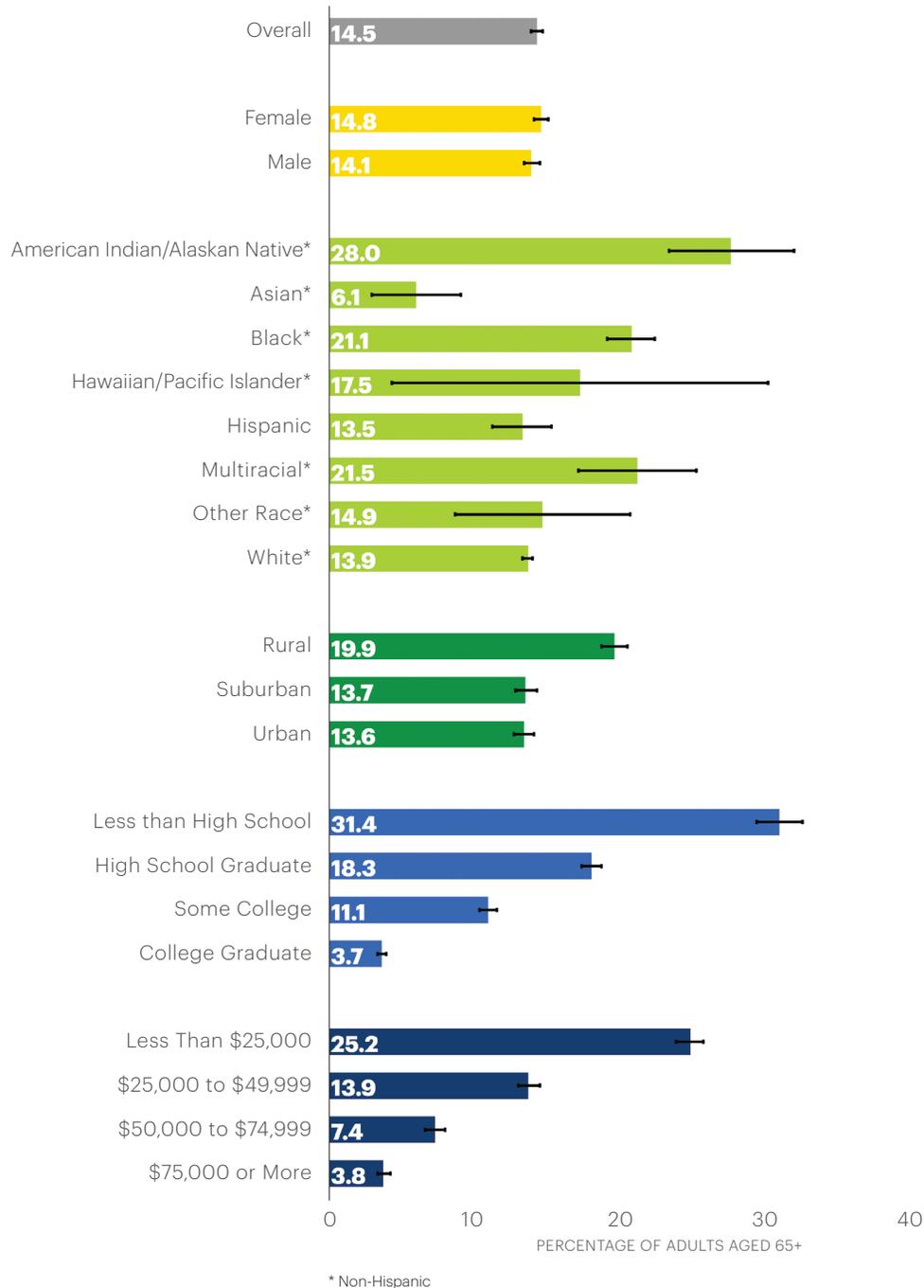
## Ranking

by Teeth Extractions

Rank	State	Value (%)
1	Hawaii	5.6
2	California	9.4
3	Connecticut	9.6
4	Colorado	9.8
5	Utah	9.9
6	Minnesota	10.3
7	Wisconsin	10.6
8	Washington	11.1
9	Maryland	11.3
10	New Jersey	11.7
11	Rhode Island	11.9
12	New York	12.3
13	New Hampshire	12.4
14	Nevada	12.8
15	Arizona	13.0
16	Illinois	13.1
17	Alaska	13.2
17	Nebraska	13.2
17	Oregon	13.2
20	Michigan	13.4
21	Montana	13.5
22	North Dakota	13.6
23	Texas	13.8
24	Kansas	14.0
25	Florida	14.2
26	Iowa	14.9
26	New Mexico	14.9
26	Virginia	14.9
29	Idaho	15.1
29	Vermont	15.1
31	Maine	15.2
32	South Dakota	15.9
33	Massachusetts	16.3
34	Pennsylvania	16.7
35	Delaware	16.9
36	Ohio	17.1
37	South Carolina	17.7
38	Wyoming	17.9
39	North Carolina	18.1
40	Missouri	18.3
41	Alabama	18.4
42	Indiana	18.6
43	Georgia	19.0
44	Louisiana	20.5
45	Oklahoma	21.4
46	Tennessee	21.6
47	Kentucky	22.0
48	Arkansas	22.9
49	Mississippi	26.1
50	West Virginia	30.4
	United States	14.5
	District of Columbia	14.0

## Teeth Extractions by Subpopulations

with 95 percent confidence intervals

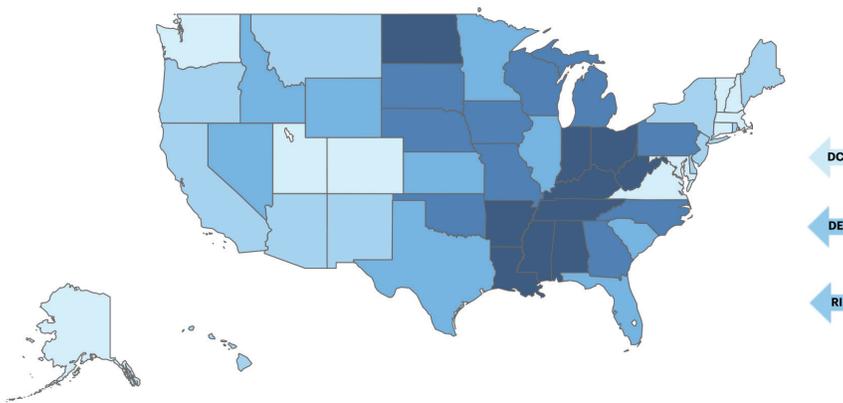


# Education

Education fosters health; it enables people to learn about, create and maintain a healthy lifestyle. Education is a strong predictor of life expectancy as well as overall well-being. Individuals with more education are more likely to have higher incomes, better health insurance coverage and increased access to preventive health

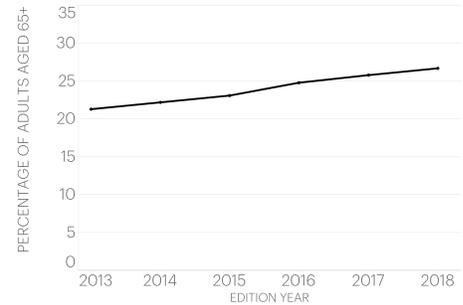
Percentage of adults aged 65 and older who reported having a college degree

■ >= 31.3% 
 ■ 28.0% to 31.2% 
 ■ 25.4% to 27.9% 
 ■ 21.7% to 25.3% 
 ■ <= 21.6%



## Behaviors

care services. Increasing educational attainment has been shown to improve the health status of the population as a whole. Each additional year of education is associated with an increase in health-promoting behaviors and a decrease in mortality risk.



Data source: U.S. Census Bureau, *American Community Survey, 2016*  
For details: [www.AmericasHealthRankings.org/SR18/Education](http://www.AmericasHealthRankings.org/SR18/Education)

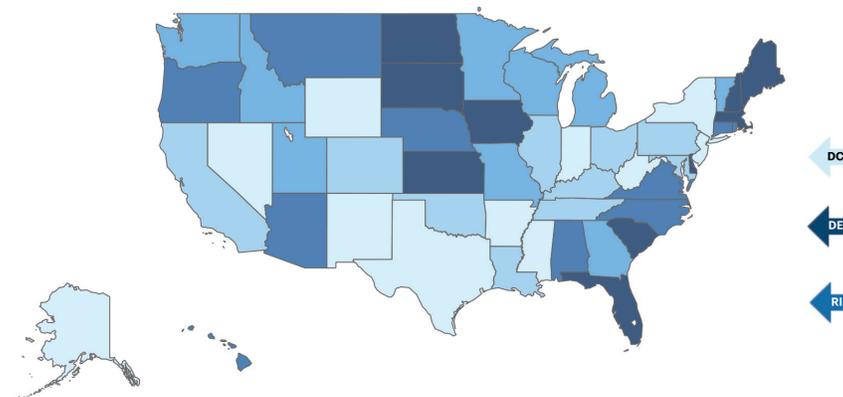
# Overuse — Mammography

Mammography is widely accepted as an important part of breast cancer detection and mortality reduction, but the benefits of screening don't always outweigh the harms for older woman at average risk without symptoms. Despite increased breast cancer risk with advancing age, the U.S. Preventive Services Task Force does not provide a recommendation for mammography screening

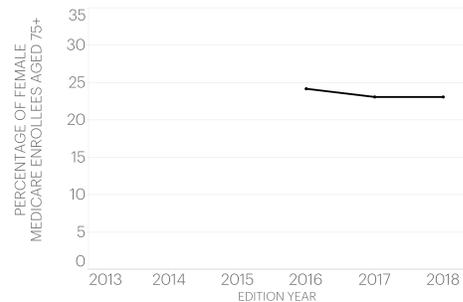
among women aged 75 and older. The predominant risk of mammography screening among women of this age are false-positive test results and overdiagnosis. For older women who have cognitive or functional impairments, overdiagnosis and the resulting unnecessary medical intervention can be especially burdensome, leading to psychological harms and costly follow-up.

Percentage of female Medicare enrollees aged 75 and older who had a screening mammogram

■ <= 21.3% 
 ■ 21.4% to 22.9% 
 ■ 23.0% to 24.3% 
 ■ 24.4% to 25.3% 
 ■ >= 25.4%



## Clinical Care



Data source: The Dartmouth Atlas of Health Care, 2014  
The data appearing in this edition are the same that appeared in the 2017 edition.  
For details: [www.AmericasHealthRankings.org/SR18/OveruseMammography](http://www.AmericasHealthRankings.org/SR18/OveruseMammography)

# Overuse — PSA Test

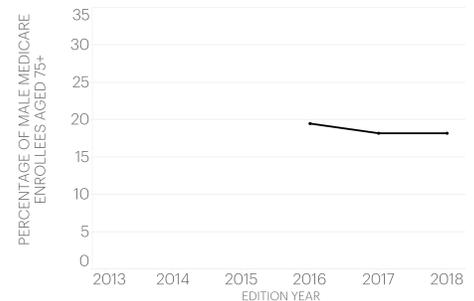
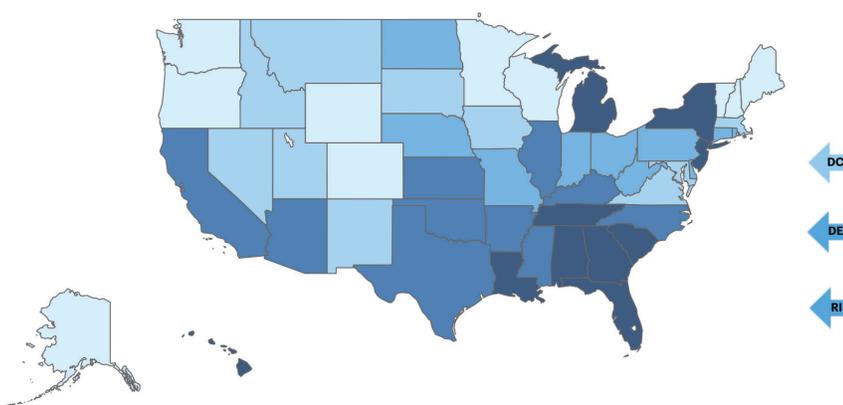
Clinical Care

The risk of developing prostate cancer increases with age, is higher among black than white men, and is higher among men with a family history of the disease or with certain inherited genetic conditions. The U.S. Preventive Services Task Force recommends against prostate-specific antigen (PSA) screening in all age groups stating the benefits do not outweigh the harms to men in the

general U.S. population. Despite the recommendation against PSA screening for men at average risk, many are still receiving the screening. The average annual Medicare expenditures on prostate cancer screening and resultant procedures during 2007 to 2009 were \$447 million in 2009 U.S. dollars.

Percentage of male Medicare enrollees aged 75 and older who had a screening prostate-specific antigen (PSA) test

Legend: <= 12.8% (lightest blue), 12.9% to 15.9% (light blue), 16.0% to 17.3% (medium blue), 17.4% to 19.8% (dark blue), >= 19.9% (darkest blue)



Data source: The Dartmouth Atlas of Health Care, 2014. The data appearing in this edition are the same that appeared in the 2017 edition. For details: [www.AmericasHealthRankings.org/SR18/OverusePSA](http://www.AmericasHealthRankings.org/SR18/OverusePSA)

# Cognitive Difficulty

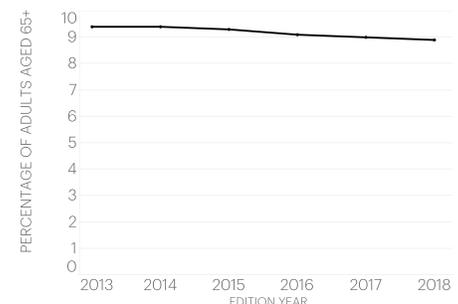
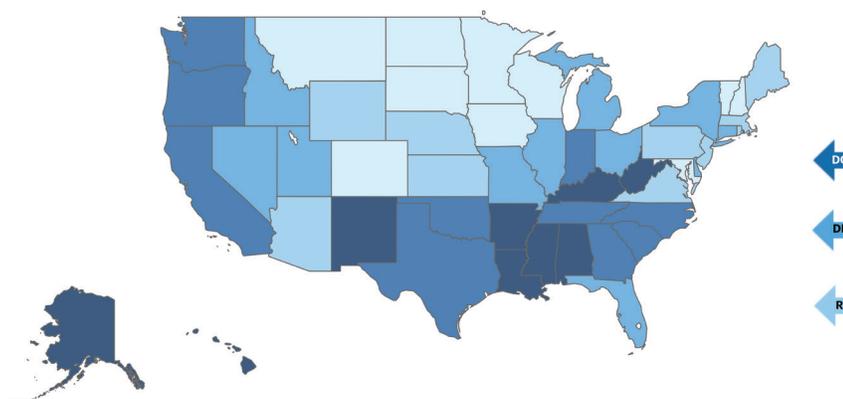
Outcomes

Cognitive health is important to maintaining quality of life and independence among older adults. The number of people living with cognitive impairment may double in the next two decades as the baby boomer population ages. Age is the greatest risk factor for cognitive impairment. Seniors with cognitive impairment experience more hospitalizations and higher than average

annual health care costs compared with those without cognitive impairment. Alzheimer's disease is the most expensive disease to treat, costing more than heart disease and cancer in the last five years of life. Evidence suggests that keeping intellectually engaged and physically active promote healthy cognitive aging.

Percentage of adults aged 65 and older who reported having cognitive difficulty

Legend: <= 7.1% (lightest blue), 7.2% to 8.0% (light blue), 8.1% to 8.6% (medium blue), 8.7% to 10.3% (dark blue), >= 10.4% (darkest blue)



Data source: U.S. Census Bureau, American Community Survey, 2016. For details: [www.AmericasHealthRankings.org/SR18/Cognition](http://www.AmericasHealthRankings.org/SR18/Cognition)

# Depression

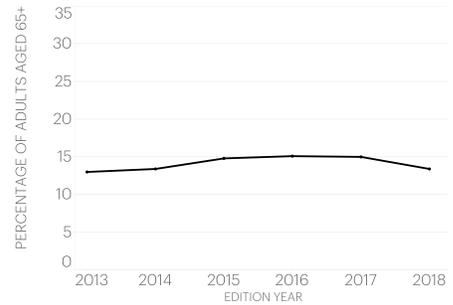
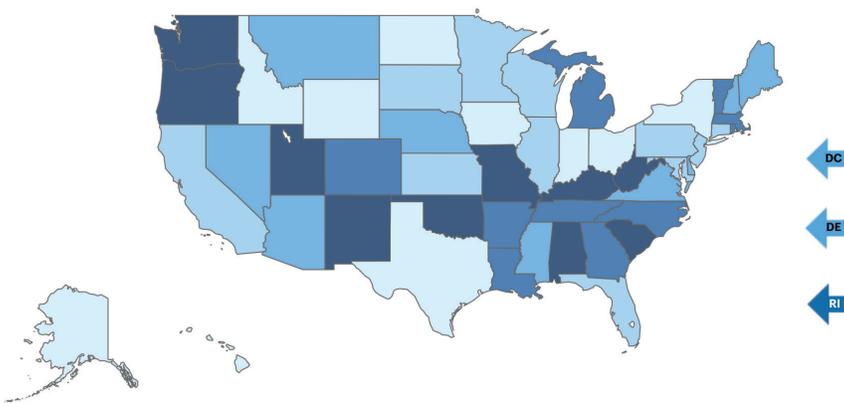
Depression can impair the physical, mental and social functioning of older adults. Risk factors include lack of social support, chronic disease and loss of a loved one. The prevalence of depression is higher among seniors who are hospitalized or require home health care compared with seniors living independently. Depression among older adults is often undiagnosed or misdiagnosed because

the main symptom experienced may not be sadness, but low motivation, lack of energy or physical problems such as worsening arthritis or headaches. Older adults with depression may have higher health care costs due to a higher likelihood of multiple comorbid conditions, higher medication use and longer hospital stays.

## Outcomes

Percentage of adults aged 65 and older who reported being told by a health professional they have a depressive disorder

■ <= 11.0% 
 ■ 11.1% to 13.1% 
 ■ 13.2% to 14.7% 
 ■ 14.8% to 16.8% 
 ■ >= 16.9%



Data source: CDC, Behavioral Risk Factor Surveillance System, 2016  
For details: [www.AmericasHealthRankings.org/SR18/Depression](http://www.AmericasHealthRankings.org/SR18/Depression)

# Multiple Chronic Conditions

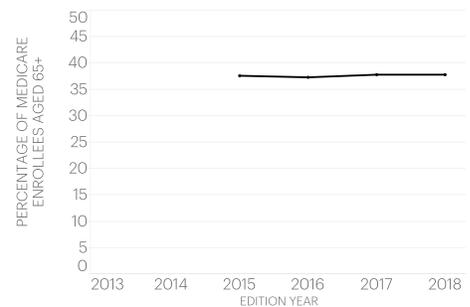
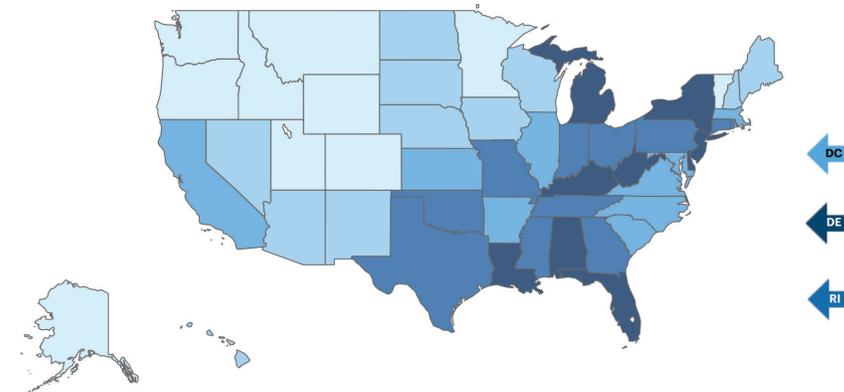
An increasing number of Americans are living with concurrent chronic conditions. Chronic conditions are those that last more than a year, require ongoing medical attention and may limit activities of daily living. Persons with multiple chronic conditions represent one of the highest-need segments of the population as each of their

chronic conditions is likely to require medication and monitoring. As the number of chronic conditions an individual has increases, the risks of physical, social and cognitive limitations increase as well as frailty and disability, unnecessary hospitalization and medication, adverse drug events and health care spending.

## Outcomes

Percentage of Medicare enrollees aged 65 and older with four or more chronic conditions

■ <= 28.7% 
 ■ 28.8% to 33.6% 
 ■ 33.7% to 38.3% 
 ■ 38.4% to 40.5% 
 ■ >= 40.6%



Data source: U.S. HHS, Centers for Medicare & Medicaid Services, 2015  
The data appearing in this edition are the same that appeared in the 2017 edition.  
For details: [www.AmericasHealthRankings.org/SR18/MultipleChronicConditions](http://www.AmericasHealthRankings.org/SR18/MultipleChronicConditions)

# Risk of Social Isolation

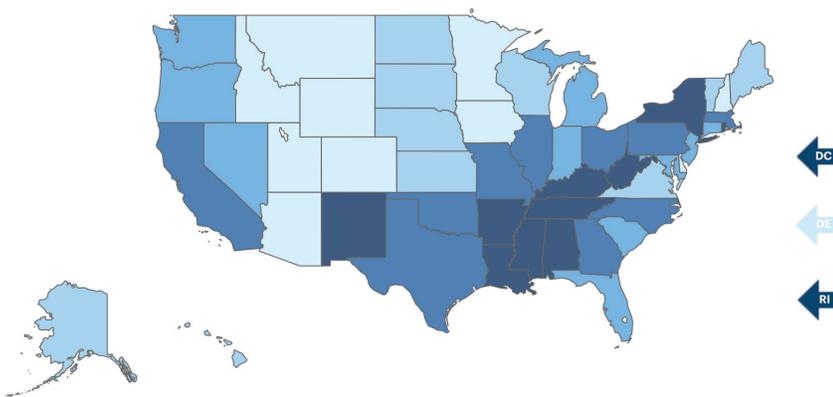
## Outcomes

Social roles and network structures change and shift in late adulthood, increasing the risk that seniors will become socially isolated. Life events such as retirement, loss of spouse and friends and age-related physical and mental decline can make it difficult for seniors to maintain social connectedness. Social isolation can impact

physical health and mental well-being. Seniors who are socially isolated do not benefit from the buffering effects of social support while experiencing the stressful life events common to aging. With the growing senior population, interventions to prevent and address social isolation will be increasingly important to public health.

Percentile of the mean z scores for six risk factors of social isolation in adults aged 65 and older (poverty; living alone; divorced, separated, or widowed; never married; disability; independent living difficulty)

■ <= 18th  
 ■ 19th to 38th  
 ■ 39th to 57th  
 ■ 58th to 77th  
 ■ >= 78th



DC  
DE  
RI

Data source: U.S. Census Bureau, American Community Survey, 2012-2016  
For details: [www.AmericasHealthRankings.org/SR18/Socialisolation](http://www.AmericasHealthRankings.org/SR18/Socialisolation)

# Suicide

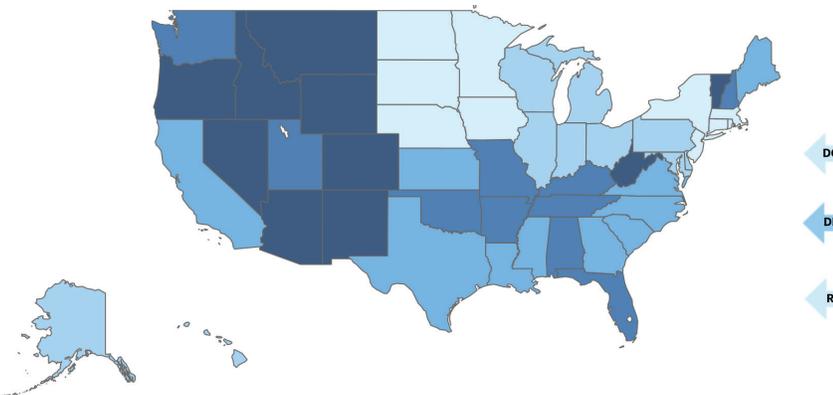
## Outcomes

Suicide is the 10th-leading cause of death in the U.S. among all ages and an important issue among older adults. Risk factors for suicide among older adults include depression and other mental health disorders, previous suicide attempt(s), substance use disorders, physical illness and social isolation. Suicide rates are particularly high among older men, with men aged 85 and older having the

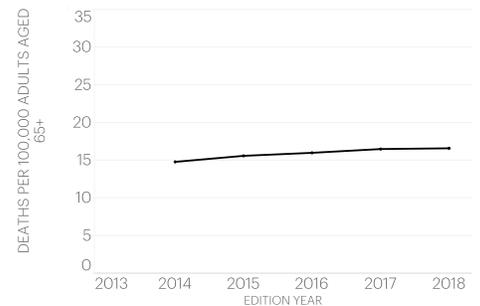
highest rate of any group in the nation. Additionally, suicide attempts among older adults are usually more lethal than among younger adults. Strategies to prevent suicide among older adults may include managing mental and physical health problems, promoting social connectedness and developing skills to cope with change.

Number of deaths due to intentional self-harm per 100,000 adults aged 65 and older

■ <= 12.3  
 ■ 12.4 to 15.7  
 ■ 15.8 to 18.3  
 ■ 18.4 to 21.3  
 ■ >= 21.4



DC  
DE  
RI



Data source: CDC, National Vital Statistics System, 2014-2016  
For details: [www.AmericasHealthRankings.org/SR18/Suicide](http://www.AmericasHealthRankings.org/SR18/Suicide)

# State Summaries

# Alabama

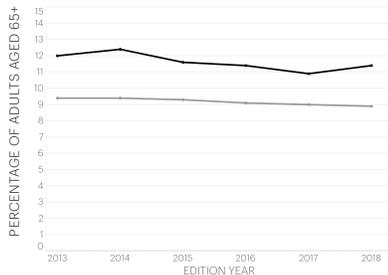
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	60.9	42	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.5	10	2.6
Obesity (% of adults aged 65+)	++	29.6	31	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	46.6	47	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	32.5	39	19.1
Smoking (% of adults aged 65+)	++	10.0	38	3.7
<b>Behaviors Total*</b>	+	-0.145	43	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	56.1	16	65.2
Poverty (% of adults aged 65+)	++	10.0	38	4.2
Volunteerism (% of adults aged 65+)	+++	23.3	30	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	0.000	33	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$753	15	\$3,675
Food Insecurity (% of adults aged 60+)	++	18.1	40	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.7	21	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.014	32	0.182
<b>Community &amp; Environment Total*</b>	++	-0.014	31	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	80.4	43	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	54.2	21	83.3
Low-care Nursing Home Residents (% of residents)	+++	12.2	29	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	61.4	31	126.2
<b>Policy Total*</b>	+++	-0.040	30	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.7	12	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.0	15	84.8
Flu Vaccine (% of adults aged 65+)	++++	59.8	20	67.5
Health Screenings (% of seniors with recommended screenings)	++++	75.6	14	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	57.5	47	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	54.8	16	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	23.5	40	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.4	22	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	62.0	46	23.3
<b>Clinical Care Total*</b>	+++	-0.009	29	0.086
<b>All Determinants*</b>	++	-0.208	40	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	59.3	46	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,370	48	1,357
Falls (% of adults aged 65+)	+	32.4	41	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.6	36	4.2
High Health Status (% of adults aged 65+)	+	34.9	45	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.1	45	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.3	35	4.4
Teeth Extractions (% of adults aged 65+)	+	18.4	41	5.6
<b>All Outcomes*</b>	+	-0.276	45	0.288
<b>OVERALL*</b>	+	-0.484	42	0.737

**RATING**

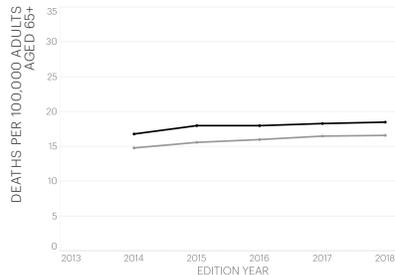
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

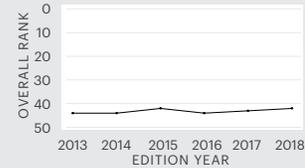


**OVERALL RANK:**

**42**



Change: **▲ 1**  
 Determinants Rank: **40**  
 Outcomes Rank: **45**



**Strengths:**

- Low prevalence of excessive drinking
- High prevalence of health screenings
- High percentage of diabetes management

**Challenges:**

- High early death rate
- Low prevalence of pain management
- Low home health care worker rate

**Highlights:**

- In the past year, dental visits increased 5% from 57.9% to 60.9% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 19% from 47.1% to 56.1% of certified nursing home beds
- In the past two years, flu vaccination coverage decreased 7% from 64.1% to 59.8% of adults aged 65+
- In the past three years, high health status significantly increased 18% from 29.5% to 34.9% of adults aged 65+
- In the past four years, full-mouth teeth extractions decreased 22% from 23.6% to 18.4% of adults aged 65+
- In the past four years, hip fractures decreased 19% from 8.8 to 7.1 hospitalizations per 1,000 Medicare enrollees

**Ranking:**

Alabama is 42nd this year; it was 43rd in 2017. The state ranks 47th for general population health and 46th for the health of women and children.

**State Health Department Website:**  
[www.adph.org](http://www.adph.org)

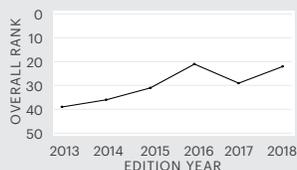
# Alaska

ALASKA

**OVERALL RANK:**  
**22**



Change: **▲ 7**  
Determinants Rank: **21**  
Outcomes Rank: **22**



**Strengths:**

- Low percentage of seniors living in poverty
- High SNAP enrollment
- High home health care worker rate

**Challenges:**

- High prevalence of obesity
- High prevalence of falls
- Low percentage of diabetes management

**Highlights:**

- In the past year, food insecurity increased 39% from 9.7% to 13.5% of adults aged 60+
- In the past year, falls increased 14% from 32.9% to 37.5% of adults aged 65+
- In the past five years, home health care workers decreased 9% from 290.0 to 264.2 aides per 1,000 adults aged 75+
- In the past year, four- or five-star rated nursing home beds increased 48% from 43.9% to 64.8% of certified nursing home beds
- In the past four years, suicide decreased 38% from 22.8 to 14.1 deaths per 100,000 adults aged 65+
- In the past four years, dental visits increased 7% from 62.4% to 67.0% of adults aged 65+

**Ranking:**

Alaska is 22nd this year; it was 29th in 2017. The state ranks 29th for general population health and 33rd for the health of women and children.

**State Health Department Website:**  
[dhss.alaska.gov/Pages/default.aspx](http://dhss.alaska.gov/Pages/default.aspx)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	67.0	28	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.6	29	2.6
Obesity (% of adults aged 65+)	+	35.3	49	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	47.0	45	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	21.8	4	19.1
Smoking (% of adults aged 65+)	+++++	8.1	16	3.7
<b>Behaviors Total*</b>	++	-0.075	35	0.297

<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	64.8	2	65.2
Poverty (% of adults aged 65+)	+++++	4.2	1	4.2
Volunteering (% of adults aged 65+)	++++	27.9	17	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.137	2	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$3,675	1	\$3,675
Food Insecurity (% of adults aged 60+)	++++	13.5	20	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	19.4	7	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.120	7	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.257	2	0.296

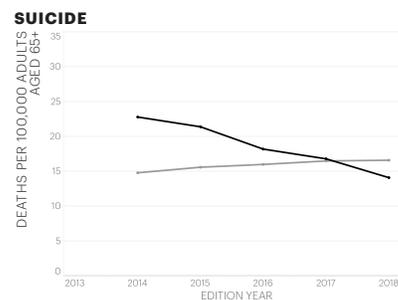
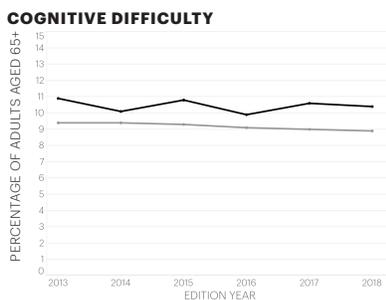
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	65.6	20	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++++	0.0	0	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	79	48	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	122.1	2	126.2
<b>Policy Total*</b>	+++	-0.027	25	0.178

<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	85.8	50	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	62.7	49	84.8
Flu Vaccine (% of adults aged 65+)	+	53.9	44	67.5
Health Screenings (% of seniors with recommended screenings)	+	67.3	42	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	264.2	1	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	32.2	49	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	26.2	48	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.8	4	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.0	7	23.3
<b>Clinical Care Total*</b>	+	-0.080	47	0.086
<b>All Determinants*</b>	+++	0.075	21	0.549

<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	60.4	43	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,800	30	1,357
Falls (% of adults aged 65+)	+	37.5	50	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.7	7	4.2
High Health Status (% of adults aged 65+)	+++++	46.4	10	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.5	2	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.2	15	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
<b>All Outcomes*</b>	+++	0.054	22	0.288
<b>OVERALL*</b>	+++	0.130	22	0.737

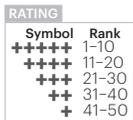
RATING	
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



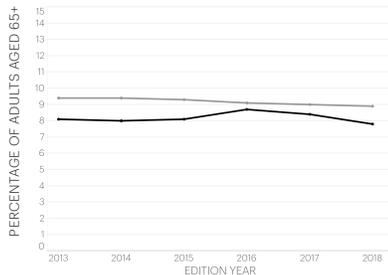
# Arizona

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	67.6	25	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.6	29	2.6
Obesity (% of adults aged 65+)	++++	25.9	14	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.3	38	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	27.7	19	19.1
Smoking (% of adults aged 65+)	+++	8.7	24	3.7
<b>Behaviors Total*</b>	+++	0.013	27	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	58.8	10	65.2
Poverty (% of adults aged 65+)	++	9.0	32	4.2
Volunteerism (% of adults aged 65+)	++	22.1	33	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.022	23	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$245	44	\$3,675
Food Insecurity (% of adults aged 60+)	++	17.8	37	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.6	41	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.058	45	0.182
<b>Community &amp; Environment Total*</b>	++	-0.036	34	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	76.9	36	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.4	19	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	44.1	45	126.2
<b>Policy Total*</b>	++	-0.076	39	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	92.7	40	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.1	37	84.8
Flu Vaccine (% of adults aged 65+)	+	53.4	47	67.5
Health Screenings (% of seniors with recommended screenings)	++	68.9	36	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	106.3	21	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	65.8	1	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	15.3	2	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.1	8	23.3
<b>Clinical Care Total*</b>	++++	0.027	14	0.086
<b>All Determinants*</b>	++	-0.071	32	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.7	21	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,637	16	1,357
Falls (% of adults aged 65+)	++++	28.2	12	24.8
Frequent Mental Distress (% of adults aged 65+)	+	8.4	43	4.2
High Health Status (% of adults aged 65+)	++++	45.4	14	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.7	30	3.2
ICU Use (% of Medicare decedents aged 65+)	+	15.9	42	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.0	15	5.6
<b>All Outcomes*</b>	+++	0.032	30	0.288
<b>OVERALL*</b>	++	-0.039	31	0.737

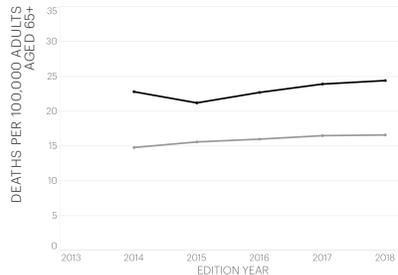


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



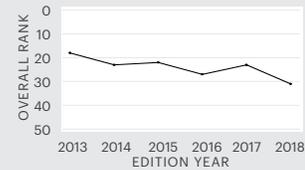
### SUICIDE



**OVERALL RANK:**  
**31**



Change: ▼ 8  
Determinants Rank: **32**  
Outcomes Rank: **30**



### Strengths:

- High percentage of hospice care use
- Low prevalence of falls
- High percentage of four- and five-star nursing home beds

### Challenges:

- Low SNAP enrollment
- High prevalence of frequent mental distress
- Low flu vaccination coverage

### Highlights:

- In the past three years, SNAP reach decreased 34% from 67.0 to 44.1 participants per 100 adults aged 60+ in poverty
- In the past three years, suicide increased 15% from 21.2 to 24.4 deaths per 100,000 adults aged 65+
- In the past four years, hospital readmissions decreased 9% from 15.6% to 14.2% of hospitalized patients aged 65+
- In the past five years, obesity increased 18% from 22.0% to 25.9% of adults aged 65+
- In the past five years, food insecurity increased 39% from 12.8% to 17.8% of adults aged 60+
- In the past five years, preventable hospitalizations decreased 32% from 52.9 to 36.1 discharges per 1,000 Medicare enrollees

### Ranking:

Arizona is 31st this year; it was 23rd in 2017. The state ranks 31st for general population health and 39th for the health of women and children.

**State Health Department Website:**  
[www.azdhs.gov](http://www.azdhs.gov)

# Arkansas

ARKANSAS

OVERALL RANK:

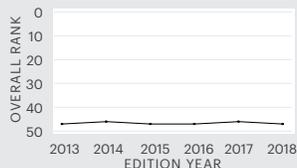
47



Change: ▼1

Determinants Rank: 46

Outcomes Rank: 50



**Strengths:**

- Low prevalence of excessive drinking
- High percentage of HAI reporting policies
- High percentage of hospice care use

**Challenges:**

- High prevalence of frequent mental distress
- Low prevalence of dental visits
- Low prevalence of health screenings

**Highlights:**

- In the past year, community support decreased 10% from \$509 to \$457 per adult aged 60+ in poverty
- In the past two years, flu vaccination coverage decreased 15% from 63.5% to 53.9% of adults aged 65+
- In the past three years, SNAP reach decreased 15% from 49.0 to 41.6 participants per 100 adults aged 60+ in poverty
- In the past three years, hospital readmissions decreased 8% from 16.6% to 15.3% of hospitalized patients aged 65+
- In the past five years, hip fractures decreased 15% from 8.5 to 7.2 hospitalizations per 1,000 Medicare enrollees
- In the past four years, suicide increased 21% from 17.3 to 21.0 deaths per 100,000 adults aged 65+

**Ranking:**

Arkansas is 47th this year; it was 46th in 2017. The state ranks 48th for general population health and 49th for the health of women and children.

**State Health Department Website:**

[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	56.0	47	77.9
Excessive Drinking (% of adults aged 65+)	+++++	4.3	5	2.6
Obesity (% of adults aged 65+)	++++	27.6	19	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	46.9	46	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	36.0	47	19.1
Smoking (% of adults aged 65+)	+	11.3	45	3.7
<b>Behaviors Total*</b>	+	-0.185	47	0.297

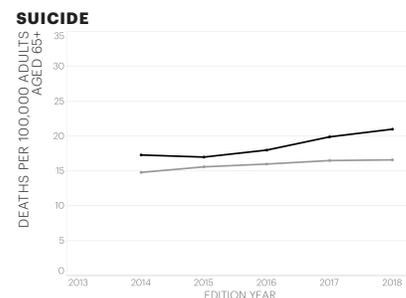
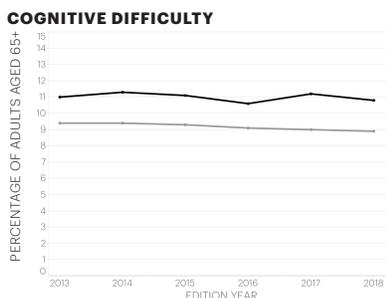
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	48.0	30	65.2
Poverty (% of adults aged 65+)	+	10.5	43	4.2
Volunteering (% of adults aged 65+)	+	19.6	44	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.058	41	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$457	26	\$3,675
Food Insecurity (% of adults aged 60+)	+	19.6	46	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	13.4	17	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.030	37	0.182
<b>Community &amp; Environment Total*</b>	+	-0.088	42	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.1	26	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	+	15.5	41	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	41.6	47	126.2
<b>Policy Total*</b>	++	-0.056	36	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.4	30	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.8	27	84.8
Flu Vaccine (% of adults aged 65+)	+	53.9	44	67.5
Health Screenings (% of seniors with recommended screenings)	+	63.7	48	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	110.4	19	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	53.7	19	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.2	23	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	61.8	45	23.3
<b>Clinical Care Total*</b>	+	-0.075	46	0.086
<b>All Determinants*</b>	+	-0.404	46	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	59.6	45	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,326	46	1,357
Falls (% of adults aged 65+)	+	35.2	48	24.8
Frequent Mental Distress (% of adults aged 65+)	+	10.0	48	4.2
High Health Status (% of adults aged 65+)	+	33.3	47	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.2	47	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	10.1	20	4.4
Teeth Extractions (% of adults aged 65+)	+	22.9	48	5.6
<b>All Outcomes*</b>	+	-0.370	50	0.288
<b>OVERALL*</b>	+	-0.774	47	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



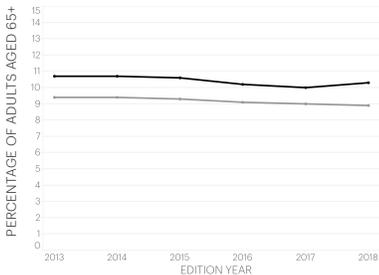
# California

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.9	13	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	33	2.6
Obesity (% of adults aged 65+)	+++++	23.5	3	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	54.9	22	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	23.0	6	19.1
Smoking (% of adults aged 65+)	+++++	5.6	2	3.7
<b>Behaviors Total*</b>	+++++	0.207	4	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	58.2	11	65.2
Poverty (% of adults aged 65+)	+	10.3	41	4.2
Volunteerism (% of adults aged 65+)	++	21.8	35	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.007	35	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$289	38	\$3,675
Food Insecurity (% of adults aged 60+)	+++	14.5	28	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.0	46	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.029	36	0.182
<b>Community &amp; Environment Total*</b>	++	-0.036	34	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.8	23	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.5	20	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	31.9	49	126.2
<b>Policy Total*</b>	++++	0.012	16	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.5	27	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	77.2	31	84.8
Flu Vaccine (% of adults aged 65+)	+++	58.0	28	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	80.0	1	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	75.4	41	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	47.4	37	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	24.4	46	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.6	27	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.2	9	23.3
<b>Clinical Care Total*</b>	+++	0.000	26	0.086
<b>All Determinants*</b>	++++	0.182	18	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	64.4	30	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,484	3	1,357
Falls (% of adults aged 65+)	++	32.1	39	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.5	35	4.2
High Health Status (% of adults aged 65+)	+++	43.7	22	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.7	5	3.2
ICU Use (% of Medicare decedents aged 65+)	+	17.5	48	4.4
Teeth Extractions (% of adults aged 65+)	+++++	9.4	2	5.6
<b>All Outcomes*</b>	+++	0.052	24	0.288
<b>OVERALL*</b>	++++	0.234	20	0.737

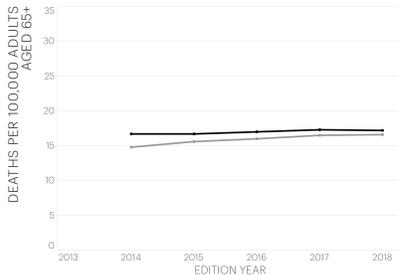
Symbol	Rank
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++++	11-20
+++	21-30
++	31-40
+	41-50

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

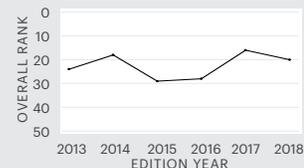
# 20



Change: ▼ 4

Determinants Rank: **18**

Outcomes Rank: **24**



### Strengths:

- Low prevalence of smoking
- High prevalence of health screenings
- Low early death rate

### Challenges:

- High percentage of seniors living in poverty
- High percentage of ICU use
- Low home health care worker rate

### Highlights:

- In the past four years, falls increased 6% from 30.2% to 32.1% of adults aged 65+
- In the past year, food insecurity decreased 9% from 15.9% to 14.5% of adults aged 60+
- In the past year, health screenings increased 6% from 75.5% to 80.0% of seniors receiving recommended screenings
- In the past two years, smoking decreased 30% from 8.0% to 5.6% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 16% from 50.1% to 58.2% of certified nursing home beds
- In the past year, physical inactivity increased 18% from 19.5% to 23.0% of adults aged 65+ in fair or better health

### Ranking:

California is 20th this year; it was 16th in 2017. The state ranks 17th for general population health and seventh for the health of women and children.

**State Health Department Website:**  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

# Colorado

COLORADO

**OVERALL RANK:**

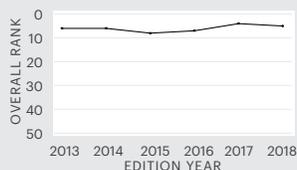
**5**



Change: ▼ 1

Determinants Rank: **4**

Outcomes Rank: **5**



**Strengths:**

- Low prevalence of obesity
- Low early death rate
- High flu vaccination coverage

**Challenges:**

- Low percentage of diabetes management
- High percentage of low-care nursing home residents
- Low home-delivered meals rate

**Highlights:**

- In the past year, food insecurity decreased 26% from 13.7% to 10.2% of adults aged 60+
- In the past two years, falls increased 14% from 27.1% to 31.0% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 19% from 48.7% to 58.1% of certified nursing home beds
- In the past year, physical inactivity decreased 7% from 21.0% to 19.5% of adults aged 65+ in fair or better health
- In the past four years, hip fractures decreased 29% from 7.5 to 5.3 hospitalizations per 1,000 Medicare enrollees
- In the past four years, suicide increased 16% from 20.5 to 23.8 deaths per 100,000 adults aged 65+

**Ranking:**

Colorado is fifth this year; it was fourth in 2017. The state ranks seventh for general population health and 10th for the health of women and children.

**State Health Department Website:**  
[www.cdphe.state.co.us](http://www.cdphe.state.co.us)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	71.3	9	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.3	25	2.6
Obesity (% of adults aged 65+)	+++++	21.0	2	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	56.0	15	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	19.5	2	19.1
Smoking (% of adults aged 65+)	++++	8.0	13	3.7
<b>Behaviors Total*</b>	+++++	0.232	3	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	58.1	12	65.2
Poverty (% of adults aged 65+)	+++++	7.6	9	4.2
Volunteering (% of adults aged 65+)	++++	26.6	18	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.072	13	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$404	30	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.2	5	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	8.3	34	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.028	18	0.182
<b>Community &amp; Environment Total*</b>	++++	0.100	17	0.296

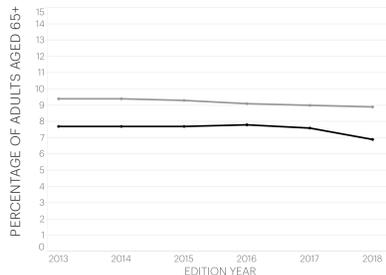
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.6	18	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	66.7	15	83.3
Low-care Nursing Home Residents (% of residents)	++	14.4	37	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	61.1	32	126.2
<b>Policy Total*</b>	+++	-0.025	24	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	94.1	32	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 74)	+	71.1	44	84.8
Flu Vaccine (% of adults aged 65+)	+++++	64.7	5	67.5
Health Screenings (% of seniors with recommended screenings)	+++	71.4	27	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	130.4	12	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	55.2	15	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.5	4	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.9	6	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	31.2	3	23.3
<b>Clinical Care Total*</b>	+++++	0.086	1	0.086
<b>All Determinants*</b>	+++++	0.392	4	0.549

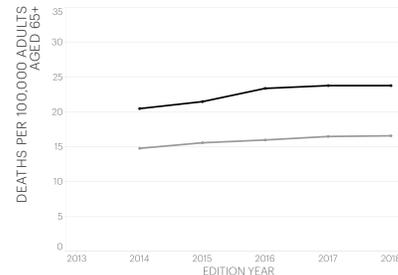
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.7	4	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,435	2	1,357
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.0	21	4.2
High Health Status (% of adults aged 65+)	+++++	50.6	3	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.3	16	4.4
Teeth Extractions (% of adults aged 65+)	+++++	9.8	4	5.6
<b>All Outcomes*</b>	+++++	0.208	5	0.288
<b>OVERALL*</b>	+++++	0.600	5	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

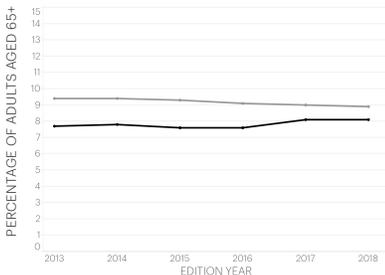


# Connecticut

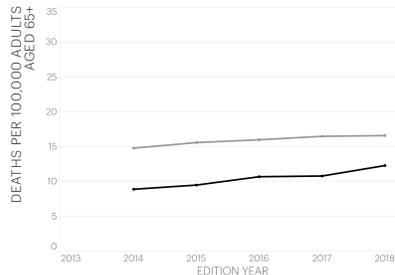
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	75.5	4	77.9
Excessive Drinking (% of adults aged 65+)	++	7.9	37	2.6
Obesity (% of adults aged 65+)	+++++	24.9	7	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	52.8	27	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	26.8	16	19.1
Smoking (% of adults aged 65+)	+++++	7.8	10	3.7
<b>Behaviors Total*</b>	+++++	0.114	9	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	57.0	15	65.2
Poverty (% of adults aged 65+)	+++++	6.5	3	4.2
Volunteerism (% of adults aged 65+)	++++	28.6	15	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.100	10	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$558	21	\$3,675
Food Insecurity (% of adults aged 60+)	+++	14.2	27	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	6.1	38	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.009	31	0.182
<b>Community &amp; Environment Total*</b>	++++	0.091	18	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	44.1	5	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	++	13.9	35	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	118.7	3	126.2
<b>Policy Total*</b>	+++++	0.131	2	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.0	7	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.7	16	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.2	23	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.9	6	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	120.2	16	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	48.1	34	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	23.4	39	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.9	33	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	46.2	19	23.3
<b>Clinical Care Total*</b>	++++	0.020	18	0.086
<b>All Determinants*</b>	+++++	0.356	6	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.3	8	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,494	4	1,357
Falls (% of adults aged 65+)	+++++	26.3	6	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.6	5	4.2
High Health Status (% of adults aged 65+)	+++++	46.4	10	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.8	33	4.4
Teeth Extractions (% of adults aged 65+)	+++++	9.6	3	5.6
<b>All Outcomes*</b>	+++++	0.224	4	0.288
<b>OVERALL*</b>	+++++	0.579	6	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE

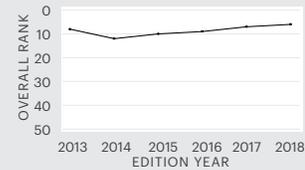


## OVERALL RANK:

# 6



Change: ▲1  
 Determinants Rank: **6**  
 Outcomes Rank: **4**



### Strengths:

- High SNAP enrollment
- Low percentage of seniors living in poverty
- Low early death rate

### Challenges:

- High prevalence of excessive drinking
- High percentage of hospital readmissions
- Low home-delivered meals rate

### Highlights:

- In the past year, flu vaccination coverage decreased 10% from 65.6% to 59.2% of adults aged 65+
- In the past two years, poverty decreased 17% from 7.8% to 6.5% of adults aged 65+
- In the past two years, SNAP reach increased 44% from 82.7 to 118.7 participants per 100 adults aged 60+ in poverty
- In the past four years, suicide increased 38% from 8.9 to 12.3 deaths per 100,000 adults aged 65+
- In the past three years, physical inactivity decreased 15% from 31.4% to 26.8% of adults aged 65+ in fair or better health
- In the past five years, high health status increased 12% from 41.4% to 46.4% of adults aged 65+

### Ranking:

Connecticut is sixth this year; it was seventh in 2017. The state ranks fifth for general population health and sixth for the health of women and children.

**State Health Department Website:**  
[www.ct.gov](http://www.ct.gov)

# Delaware

DELAWARE

OVERALL RANK:

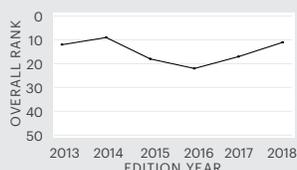
11



Change: ▲ 6

Determinants Rank: 8

Outcomes Rank: 19



**Strengths:**

- High percentage of able-bodied seniors
- High percentage of four- and five-star nursing home beds
- High prevalence of health screenings

**Challenges:**

- High prevalence of excessive drinking
- High prevalence of full-mouth teeth extractions
- Low home health care worker rate

**Highlights:**

- In the past year, four- or five-star rated nursing home beds increased 14% from 53.5% to 60.9% of certified nursing home beds
- In the past year, excessive drinking increased 19% from 7.3% to 8.7% of adults aged 65+
- In the past two years, community support increased 16% from \$688 to \$800 per adult aged 60+ in poverty
- In the past two years, SNAP reach increased 58% from 57.1 to 90.0 participants per 100 adults aged 60+ in poverty
- In the past three years, early deaths increased 8% from 1,639 to 1,765 deaths per 100,000 adults aged 65-74
- In the past four years, suicide increased 31% from 10.8 to 14.1 deaths per 100,000 adults aged 65+

**Ranking:**

Delaware is 11th this year; it was 17th in 2017. The state ranks 30th for general population health and 20th for the health of women and children.

**State Health Department Website:**

[www.dhss.delaware.gov/dhss](http://www.dhss.delaware.gov/dhss)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.1	19	77.9
Excessive Drinking (% of adults aged 65+)	+	8.7	44	2.6
Obesity (% of adults aged 65+)	++	30.4	36	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	58.6	7	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.8	27	19.1
Smoking (% of adults aged 65+)	++	9.4	31	3.7
<b>Behaviors Total*</b>	+++	-0.014	29	0.297

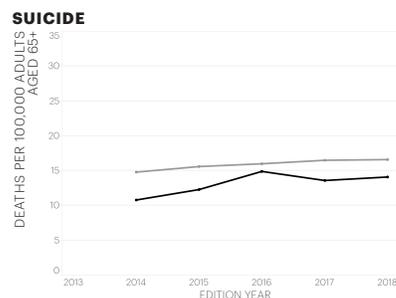
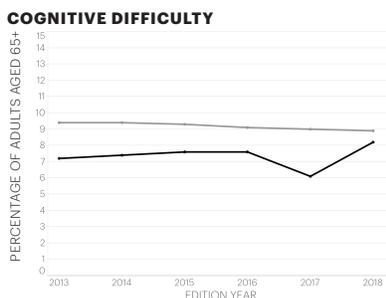
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	60.9	6	65.2
Poverty (% of adults aged 65+)	+++++	6.9	5	4.2
Volunteering (% of adults aged 65+)	+++++	29.9	10	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.112	5	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$800	14	\$3,675
Food Insecurity (% of adults aged 60+)	++++	12.3	14	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	18.2	9	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.071	9	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.183	7	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.3	27	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++	12.6	30	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	90.0	10	126.2
<b>Policy Total*</b>	++++	0.027	13	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.2	19	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.8	5	84.8
Flu Vaccine (% of adults aged 65+)	++++	61.7	14	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.8	7	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	83.9	32	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	61.6	3	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.1	6	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	47.2	23	23.3
<b>Clinical Care Total*</b>	+++++	0.084	2	0.086
<b>All Determinants*</b>	+++++	0.280	8	0.549

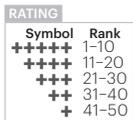
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.9	2	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,765	28	1,357
Falls (% of adults aged 65+)	+++++	25.5	3	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.2	27	4.2
High Health Status (% of adults aged 65+)	+++	43.7	22	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.0	34	4.4
Teeth Extractions (% of adults aged 65+)	++	16.9	35	5.6
<b>All Outcomes*</b>	++++	0.094	19	0.288
<b>OVERALL*</b>	++++	0.375	11	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



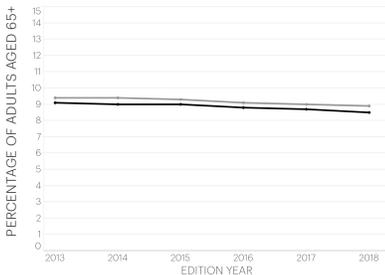
# Florida

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	68.4	22	77.9
Excessive Drinking (% of adults aged 65+)	+	8.7	44	2.6
Obesity (% of adults aged 65+)	++++	25.8	12	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.8	34	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.4	40	19.1
Smoking (% of adults aged 65+)	+++++	8.4	18	3.7
<b>Behaviors Total*</b>	++	-0.045	33	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	58.1	12	65.2
Poverty (% of adults aged 65+)	+	10.4	42	4.2
Volunteerism (% of adults aged 65+)	+	18.7	47	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.026	36	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$881	13	\$3,675
Food Insecurity (% of adults aged 60+)	+++	13.6	21	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.1	44	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	0.009	21	0.182
<b>Community &amp; Environment Total*</b>	++	-0.017	32	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	77.0	37	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.5	11	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	93.1	9	126.2
<b>Policy Total*</b>	+++	-0.032	28	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.2	37	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	84.8	1	84.8
Flu Vaccine (% of adults aged 65+)	+++	57.6	29	67.5
Health Screenings (% of seniors with recommended screenings)	++++	76.5	13	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	27.9	50	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	61.2	4	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.4	13	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	53.6	35	23.3
<b>Clinical Care Total*</b>	+++	0.002	24	0.086
<b>All Determinants*</b>	++	-0.093	34	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	66.9	15	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,604	14	1,357
Falls (% of adults aged 65+)	+++++	25.3	2	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.3	32	4.2
High Health Status (% of adults aged 65+)	+++	43.8	21	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	+	20.2	49	4.4
Teeth Extractions (% of adults aged 65+)	+++	14.2	25	5.6
<b>All Outcomes*</b>	+++	0.054	22	0.288
<b>OVERALL*</b>	++	-0.039	31	0.737

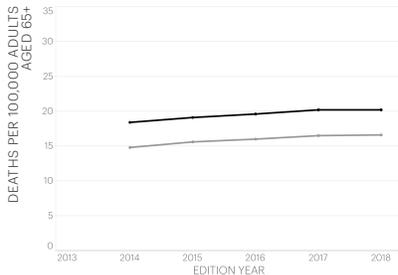


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



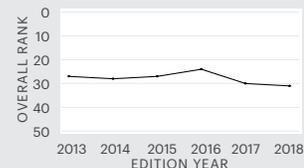
### SUICIDE



**OVERALL RANK:**  
**31**



Change: ▼1  
Determinants Rank: **34**  
Outcomes Rank: **22**



### Strengths:

- Low prevalence of falls
- High percentage of diabetes management
- High percentage of hospice care use

### Challenges:

- High percentage of ICU use
- Low home health care worker rate
- High prevalence of excessive drinking

### Highlights:

- In the past year, flu vaccination coverage increased 12% from 51.4% to 57.6% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 24% from 46.9% to 58.1% of certified nursing home beds
- In the past four years, suicide increased 10% from 18.4 to 20.2 deaths per 100,000 adults aged 65+
- In the past year, dental visits increased 3% from 66.2% to 68.4% of adults aged 65+
- In the past five years, preventable hospitalizations decreased 18% from 65.3 to 53.6 discharges per 1,000 Medicare enrollees
- In the past five years, high health status increased 11% from 39.6% to 43.8% of adults aged 65+

### Ranking:

Florida is 31st this year; it was 30th in 2017. The state ranks 32nd for general population health and 34th for the health of women and children.

**State Health Department Website:**  
[www.floridahealth.gov](http://www.floridahealth.gov)

# Georgia

GEORGIA

OVERALL RANK:

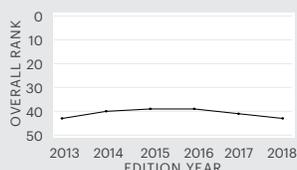
**43**



Change: ▼ 2

Determinants Rank: **45**

Outcomes Rank: **40**



**Strengths:**

- High percentage of hospice care use
- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents

**Challenges:**

- High prevalence of physical inactivity
- Low percentage of four- and five-star nursing home beds
- High hip fracture hospitalization rate

**Highlights:**

- In the past year, health screenings decreased 6% from 74.4% to 69.9% of seniors receiving recommended screenings
- In the past two years, smoking increased 33% from 8.1% to 10.8% of adults aged 65+
- In the past two years, food insecurity increased 13% from 16.0% to 18.1% of adults aged 60+
- In the past three years, flu vaccination coverage increased 7% from 54.6% to 58.3% of adults aged 65+
- In the past four years, home health care workers increased 34% from 44.8 to 60.1 aides per 1,000 adults aged 75+
- In the past five years, preventable hospitalizations decreased 27% from 68.4 to 50.2 discharges per 1,000 Medicare enrollees

**Ranking:**

Georgia is 43rd this year; it was 41st in 2017. The state ranks 41st for general population health and 37th for the health of women and children.

**State Health Department Website:**  
dph.georgia.gov

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	61.1	41	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.6	13	2.6
Obesity (% of adults aged 65+)	+	31.0	42	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.5	37	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	37.2	49	19.1
Smoking (% of adults aged 65+)	+	10.8	43	3.7
<b>Behaviors Total*</b>	+	-0.176	46	0.297

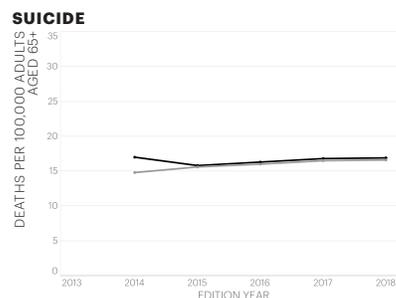
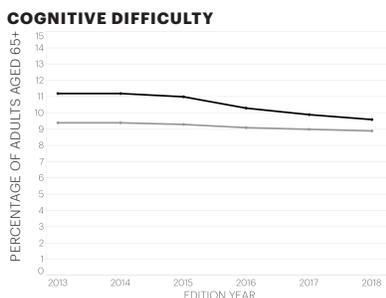
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	32.9	47	65.2
Poverty (% of adults aged 65+)	++	10.1	40	4.2
Volunteering (% of adults aged 65+)	+	20.3	41	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.098	45	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$282	39	\$3,675
Food Insecurity (% of adults aged 60+)	++	18.1	40	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.1	44	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.060	46	0.182
<b>Community &amp; Environment Total*</b>	+	-0.159	47	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	72.3	31	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.7	17	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	70.5	24	126.2
<b>Policy Total*</b>	+++	-0.020	22	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.3	36	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.3	18	84.8
Flu Vaccine (% of adults aged 65+)	+++	58.3	27	67.5
Health Screenings (% of seniors with recommended screenings)	++	69.9	31	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	60.1	46	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	60.1	5	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.1	11	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.9	33	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	50.2	30	23.3
<b>Clinical Care Total*</b>	+++	-0.005	27	0.086
<b>All Determinants*</b>	+	-0.360	45	0.549

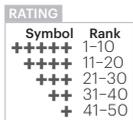
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	63.5	35	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,038	41	1,357
Falls (% of adults aged 65+)	+++	30.5	28	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.9	38	4.2
High Health Status (% of adults aged 65+)	++	39.4	39	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.9	43	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.3	25	4.4
Teeth Extractions (% of adults aged 65+)	+	19.0	43	5.6
<b>All Outcomes*</b>	++	-0.142	40	0.288
<b>OVERALL*</b>	+	-0.502	43	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



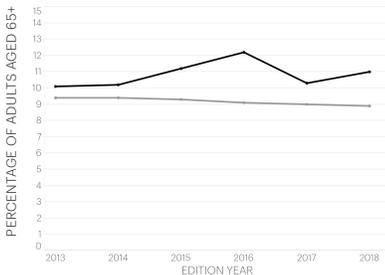
# Hawaii

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	77.9	1	77.9
Excessive Drinking (% of adults aged 65+)	+	9.2	48	2.6
Obesity (% of adults aged 65+)	+++++	16.0	1	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	60.5	3	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	23.6	7	19.1
Smoking (% of adults aged 65+)	+++++	6.3	4	3.7
<b>Behaviors Total*</b>	+++++	0.284	2	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	59.3	9	65.2
Poverty (% of adults aged 65+)	+++	8.9	29	4.2
Volunteerism (% of adults aged 65+)	+	19.2	45	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.010	29	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$592	19	\$3,675
Food Insecurity (% of adults aged 60+)	++++	12.3	14	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.6	41	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	0.008	22	0.182
<b>Community &amp; Environment Total*</b>	+++	0.018	26	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	22.7	1	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	4.0	2	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	78.9	14	126.2
<b>Policy Total*</b>	+++++	0.121	4	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.4	17	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	83.7	3	84.8
Flu Vaccine (% of adults aged 65+)	++	56.9	35	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.7	8	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	77.8	39	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	45.7	40	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	26.7	49	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.2	1	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	23.3	1	23.3
<b>Clinical Care Total*</b>	++++	0.041	13	0.086
<b>All Determinants*</b>	+++++	0.463	2	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.7	21	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,357	1	1,357
Falls (% of adults aged 65+)	+++++	24.8	1	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.8	8	4.2
High Health Status (% of adults aged 65+)	++	41.4	31	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	3.2	1	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.7	32	4.4
Teeth Extractions (% of adults aged 65+)	+++++	5.6	1	5.6
<b>All Outcomes*</b>	+++++	0.268	2	0.288
<b>OVERALL*</b>	+++++	0.731	2	0.737

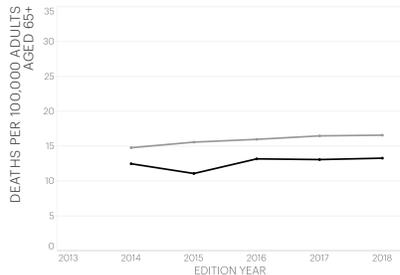


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE

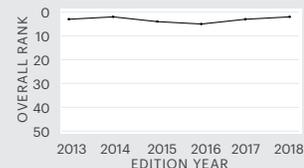


## OVERALL RANK:

# 2



Change: ▲1  
 Determinants Rank: **2**  
 Outcomes Rank: **2**



### Strengths:

- Low prevalence of obesity
- Low preventable hospitalization rate
- Low early death rate

### Challenges:

- High prevalence of excessive drinking
- Low percentage of volunteerism
- High percentage of hospital deaths

### Highlights:

- In the past year, food insecurity decreased 12% from 14.0% to 12.3% of adults aged 60+
- In the past year, full-mouth teeth extractions decreased 13% from 6.4% to 5.6% of adults aged 65+
- In the past three years, flu vaccination coverage decreased 19% from 69.9% to 56.9% of adults aged 65+
- In the past four years, physical inactivity decreased 13% from 27.2% to 23.6% of adults aged 65+ in fair or better health
- In the past four years, health screenings increased 7% from 72.5% to 77.7% of seniors receiving recommended screenings
- In the past five years, poverty increased 17% from 7.6% to 8.9% of adults aged 65+

### Ranking:

Hawaii is second this year; it was third in 2017. The state ranks second for general population health and 13th for the health of women and children.

**State Health Department Website:**  
[health.hawaii.gov](http://health.hawaii.gov)

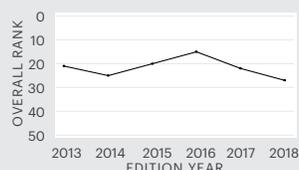
# Idaho

IDAHO

**OVERALL RANK:**  
**27**



Change: ▼ 5  
Determinants Rank: **28**  
Outcomes Rank: **25**



**Strengths:**

- Low percentage of hospital readmissions
- Low prevalence of food insecurity
- Low percentage of ICU use

**Challenges:**

- High geriatrician shortfall
- High prevalence of falls
- Low prevalence of health screenings

**Highlights:**

- In the past year, health screenings decreased 5% from 67.7% to 64.4% of seniors receiving recommended screenings
- In the past year, excessive drinking increased 13% from 7.2% to 8.1% of adults aged 65+
- In the past four years, early deaths decreased 11% from 1,782 to 1,590 deaths per 100,000 adults aged 65-74
- In the past five years, pain management increased 30% from 44.6% to 58.2% of adults aged 65+ with arthritis
- In the past five years, home health care workers increased 16% from 109.9 to 127.6 aides per 1,000 adults aged 75+
- In the past five years, poverty increased 33% from 7.5% to 10.0% of adults aged 65+

**Ranking:**

Idaho is 27th this year; it was 22nd in 2017. The state ranks 14th for general population health and 25th for the health of women and children.

**State Health Department Website:**  
[www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	64.3	33	77.9
Excessive Drinking (% of adults aged 65+)	++	8.1	39	2.6
Obesity (% of adults aged 65+)	+++++	25.2	9	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	58.2	8	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	28.2	22	19.1
Smoking (% of adults aged 65+)	+++	8.7	24	3.7
<b>Behaviors Total*</b>	++++	0.050	17	0.297

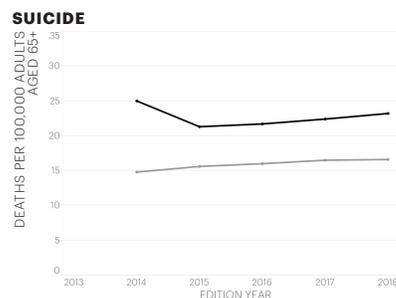
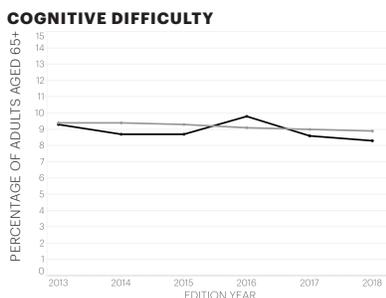
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	55.3	17	65.2
Poverty (% of adults aged 65+)	++	10.0	38	4.2
Volunteering (% of adults aged 65+)	++++	29.2	13	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.029	20	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$278	41	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.7	9	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	9.8	27	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.024	20	0.182
<b>Community &amp; Environment Total*</b>	+++	0.053	21	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	88.3	49	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.5	20	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	45.2	43	126.2
<b>Policy Total*</b>	+	-0.141	46	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	92.5	41	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	71.2	43	84.8
Flu Vaccine (% of adults aged 65+)	+	53.6	46	67.5
Health Screenings (% of seniors with recommended screenings)	+	64.4	47	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	127.6	13	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	52.5	23	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.3	8	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.5	3	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	32.3	4	23.3
<b>Clinical Care Total*</b>	+++	-0.006	28	0.086
<b>All Determinants*</b>	+++	-0.045	28	0.549

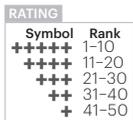
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	63.9	33	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,590	13	1,357
Falls (% of adults aged 65+)	+	34.1	46	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.1	23	4.2
High Health Status (% of adults aged 65+)	+++	43.3	25	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.3	3	4.4
Teeth Extractions (% of adults aged 65+)	+++	15.1	29	5.6
<b>All Outcomes*</b>	+++	0.048	25	0.288
<b>OVERALL*</b>	+++	0.003	27	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



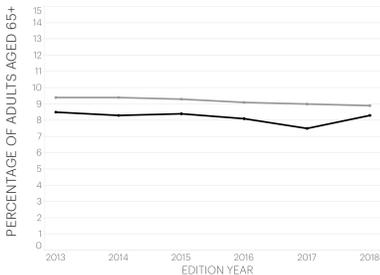
# Illinois

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	64.0	34	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	33	2.6
Obesity (% of adults aged 65+)	++	30.8	40	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	53.5	25	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.5	36	19.1
Smoking (% of adults aged 65+)	++	9.4	31	3.7
<b>Behaviors Total*</b>	++	-0.103	39	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	38.1	40	65.2
Poverty (% of adults aged 65+)	++	9.2	35	4.2
Volunteerism (% of adults aged 65+)	++	22.2	32	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.052	40	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$388	32	\$3,675
Food Insecurity (% of adults aged 60+)	++	15.3	33	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	9.0	29	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.014	32	0.182
<b>Community &amp; Environment Total*</b>	++	-0.067	38	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	60.6	13	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	37.5	33	83.3
Low-care Nursing Home Residents (% of residents)	+	17.0	44	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	74.5	18	126.2
<b>Policy Total*</b>	++	-0.044	32	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.7	12	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	79.8	20	84.8
Flu Vaccine (% of adults aged 65+)	++	56.4	38	67.5
Health Screenings (% of seniors with recommended screenings)	+	66.9	44	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	102.5	23	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	52.0	24	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.3	25	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.2	36	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.8	38	23.3
<b>Clinical Care Total*</b>	++	-0.033	36	0.086
<b>All Determinants*</b>	+	-0.247	41	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	66.2	18	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,801	31	1,357
Falls (% of adults aged 65+)	++	31.6	36	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.4	34	4.2
High Health Status (% of adults aged 65+)	++	41.3	33	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.4	43	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.1	16	5.6
<b>All Outcomes*</b>	++	-0.012	34	0.288
<b>OVERALL*</b>	++	-0.258	38	0.737

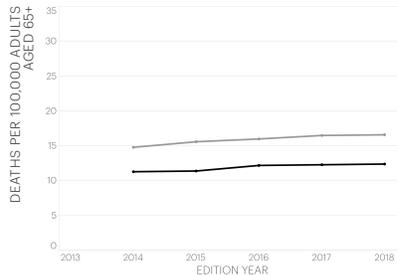


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE

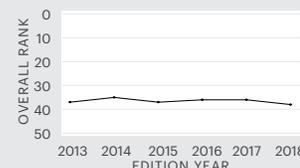


## OVERALL RANK:

# 38



Change: ▼ 2  
 Determinants Rank: **41**  
 Outcomes Rank: **34**



### Strengths:

- High prevalence of seniors with a dedicated provider
- High percentage of able-bodied seniors
- High SNAP enrollment

### Challenges:

- Low prevalence of health screenings
- High percentage of low-care nursing home residents
- High prevalence of obesity

### Highlights:

- In the past year, poverty increased 8% from 8.5% to 9.2% of adults aged 65+
- In the past year, falls increased 15% from 27.4% to 31.6% of adults aged 65+
- In the past year, full-mouth teeth extractions decreased 21% from 16.5% to 13.1% of adults aged 65+
- In the past three years, low-care nursing home residents decreased 31% from 24.8% to 17.0% of residents
- In the past five years, preventable hospitalizations decreased 27% from 75.0 to 54.8 discharges per 1,000 Medicare enrollees
- In the past five years, food insecurity increased 22% from 12.5% to 15.3% of adults aged 60+

### Ranking:

Illinois is 38th this year; it was 36th in 2017. The state ranks 27th for general population health and 26th for the health of women and children.

**State Health Department Website:**  
[www.dph.illinois.gov](http://www.dph.illinois.gov)

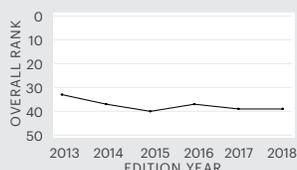
# Indiana

INDIANA

**OVERALL RANK:**  
**39**



Change: **no change**  
Determinants Rank: **39**  
Outcomes Rank: **37**



**Strengths:**

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- Low percentage of seniors living in poverty

**Challenges:**

- High prevalence of smoking
- Low home-delivered meals rate
- High early death rate

**Highlights:**

- In the past year, flu vaccination coverage decreased 10% from 61.3% to 55.2% of adults aged 65+
- In the past year, four- or five-star rated nursing home beds increased 8% from 46.0% to 49.8% of certified nursing home beds
- In the past two years, food insecurity increased 56% from 11.7% to 18.2% of adults aged 60+
- In the past three years, smoking increased 21% from 9.6% to 11.6% of adults aged 65+
- In the past four years, low-care nursing home residents decreased 30% from 10.9% to 7.6% of residents
- In the past five years, high health status increased 14% from 35.7% to 40.8% of adults aged 65+

**Ranking:**

Indiana is 39th this year; it was 39th in 2017. The state ranks 38th for general population health and 35th for the health of women and children.

**State Health Department Website:**  
[www.in.gov/isdh](http://www.in.gov/isdh)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	61.5	40	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.5	10	2.6
Obesity (% of adults aged 65+)	++	30.6	39	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	57.2	11	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	33.9	41	19.1
Smoking (% of adults aged 65+)	+	11.6	47	3.7
<b>Behaviors Total*</b>	++	-0.100	38	0.297

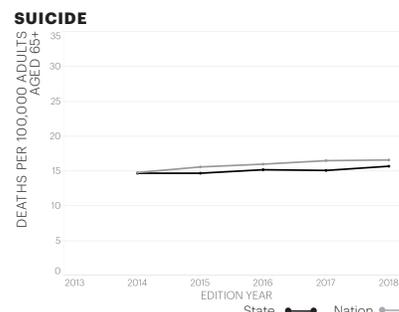
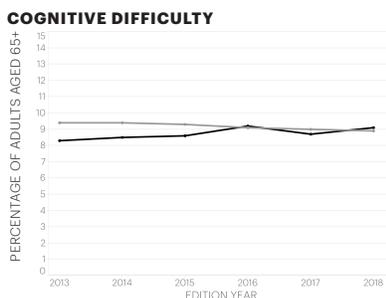
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	49.8	26	65.2
Poverty (% of adults aged 65+)	+++++	7.7	12	4.2
Volunteering (% of adults aged 65+)	+++	24.4	28	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.029	20	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$519	23	\$3,675
Food Insecurity (% of adults aged 60+)	+	18.2	43	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	4.5	48	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.052	42	0.182
<b>Community &amp; Environment Total*</b>	++	-0.023	33	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	79.9	41	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.6	10	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	47.9	40	126.2
<b>Policy Total*</b>	+++	-0.030	27	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.5	14	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.7	32	84.8
Flu Vaccine (% of adults aged 65+)	++	55.2	40	67.5
Health Screenings (% of seniors with recommended screenings)	+	67.1	43	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	98.6	25	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.6	26	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.1	22	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.4	22	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	56.8	41	23.3
<b>Clinical Care Total*</b>	++	-0.041	38	0.086
<b>All Determinants*</b>	++	-0.194	39	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	62.9	37	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,065	42	1,357
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.8	16	4.2
High Health Status (% of adults aged 65+)	++	40.8	36	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.0	35	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	13.0	28	4.4
Teeth Extractions (% of adults aged 65+)	+	18.6	42	5.6
<b>All Outcomes*</b>	++	-0.081	37	0.288
<b>OVERALL*</b>	++	-0.274	39	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

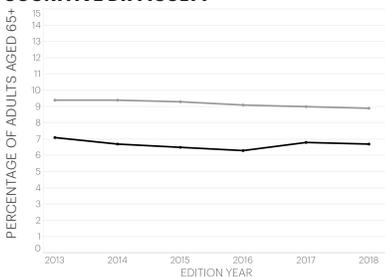


# Iowa

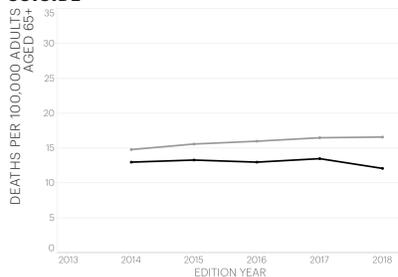
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.4	26	2.6
Obesity (% of adults aged 65+)	+	30.9	41	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	60.0	4	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.1	29	19.1
Smoking (% of adults aged 65+)	++++	8.4	18	3.7
<b>Behaviors Total*</b>	++++	0.046	20	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	53.5	20	65.2
Poverty (% of adults aged 65+)	+++++	6.9	5	4.2
Volunteerism (% of adults aged 65+)	+++++	33.4	9	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.106	6	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$702	16	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.9	10	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	14.5	15	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.063	11	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.169	9	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	78.8	39	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+	17.0	44	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	59.3	34	126.2
<b>Policy Total*</b>	++	-0.055	35	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.5	27	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	79.4	21	84.8
Flu Vaccine (% of adults aged 65+)	+++++	67.0	2	67.5
Health Screenings (% of seniors with recommended screenings)	++	69.9	31	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	93.9	28	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	58.3	10	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.3	3	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	13.9	13	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	48.9	25	23.3
<b>Clinical Care Total*</b>	+++++	0.072	5	0.086
<b>All Determinants*</b>	++++	0.232	13	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.1	10	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,746	26	1,357
Falls (% of adults aged 65+)	++	31.7	38	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.1	3	4.2
High Health Status (% of adults aged 65+)	++++	46.3	12	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.1	14	4.4
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
<b>All Outcomes*</b>	++++	0.145	11	0.288
<b>OVERALL*</b>	+++++	0.377	10	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

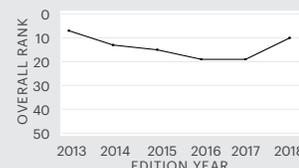
# 10



Change: ▲ 9

Determinants Rank: **13**

Outcomes Rank: **11**



### Strengths:

- Low percentage of seniors living in poverty
- High flu vaccination coverage
- Low prevalence of frequent mental distress

### Challenges:

- High percentage of low-care nursing home residents
- High prevalence of obesity
- High prevalence of falls

### Highlights:

- In the past year, ICU use in the last six months of life increased 19% from 6.8% to 8.1% of decedents aged 65+
- In the past year, excessive drinking increased 14% from 6.5% to 7.4% of adults aged 65+
- In the past year, smoking decreased 13% from 9.7% to 8.4% of adults aged 65+
- In the past two years, SNAP reach increased 5% from 56.5 to 59.3 participants per 100 adults aged 60+ in poverty
- In the past three years, four- or five-star rated nursing home beds increased 11% from 48.1% to 53.5% of certified nursing home beds
- In the past five years, home health care workers increased 32% from 71.4 to 93.9 aides per 1,000 adults aged 75+

### Ranking:

Iowa is 10th this year; it was 19th in 2017. The state ranks 15th for general population health and ninth for the health of women and children.

### State Health Department Website:

[idph.iowa.gov](http://idph.iowa.gov)

# Kansas

KANSAS

**OVERALL RANK:**  
**29**



Change: **▲ 2**  
Determinants Rank: **30**  
Outcomes Rank: **28**



**Strengths:**

- High percentage of volunteerism
- Low prevalence of frequent mental distress
- High home-delivered meals rate

**Challenges:**

- Low SNAP enrollment
- Low flu vaccination coverage
- High hip fracture hospitalization rate

**Highlights:**

- In the past year, flu vaccination coverage decreased 11% from 61.7% to 54.8% of adults aged 65+
- In the past year, four- or five-star rated nursing home beds increased 14% from 43.4% to 49.4% of certified nursing home beds
- In the past two years, food insecurity decreased 12% from 15.6% to 13.8% of adults aged 60+
- In the past two years, frequent mental distress increased 10% from 5.1% to 5.6% of adults aged 65+
- In the past four years, home health care workers decreased 16% from 134.9 to 113.5 aides per 1,000 adults aged 75+
- In the past five years, preventable hospitalizations decreased 23% from 66.8 to 51.3 discharges per 1,000 Medicare enrollees

**Ranking:**

Kansas is 29th this year; it was 31st in 2017. The state ranks 25th for general population health and 27th for the health of women and children.

**State Health Department Website:**  
[www.kdheks.gov](http://www.kdheks.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	68.4	22	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.7	15	2.6
Obesity (% of adults aged 65+)	+++	28.9	29	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	52.8	27	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	28.9	24	19.1
Smoking (% of adults aged 65+)	++	9.8	37	3.7
<b>Behaviors Total*</b>	+++	0.005	28	0.297

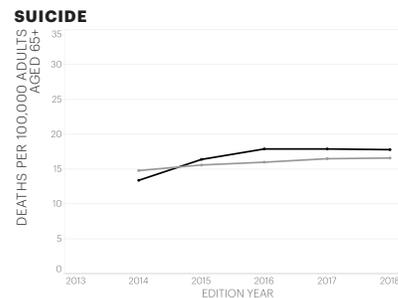
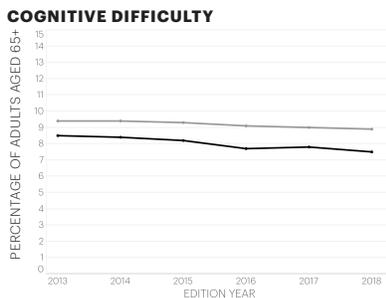
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	49.4	28	65.2
Poverty (% of adults aged 65+)	++++	8.0	17	4.2
Volunteerism (% of adults aged 65+)	+++++	34.6	6	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.077	12	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$526	22	\$3,675
Food Insecurity (% of adults aged 60+)	+++	13.8	24	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	15.1	13	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.031	17	0.182
<b>Community &amp; Environment Total*</b>	++++	0.108	16	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	73.3	32	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+	20.0	47	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	45.1	44	126.2
<b>Policy Total*</b>	+	-0.143	47	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.7	26	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	74.2	39	84.8
Flu Vaccine (% of adults aged 65+)	+	54.8	42	67.5
Health Screenings (% of seniors with recommended screenings)	+++	70.1	30	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	113.5	18	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	53.2	21	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.0	21	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	51.3	32	23.3
<b>Clinical Care Total*</b>	++	-0.024	33	0.086
<b>All Determinants*</b>	+++	-0.053	30	0.549

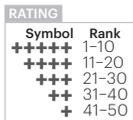
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.1	27	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,879	34	1,357
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.6	5	4.2
High Health Status (% of adults aged 65+)	+++	43.3	25	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	10.0	19	4.4
Teeth Extractions (% of adults aged 65+)	+++	14.0	24	5.6
<b>All Outcomes*</b>	+++	0.044	28	0.288
<b>OVERALL*</b>	+++	-0.009	29	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



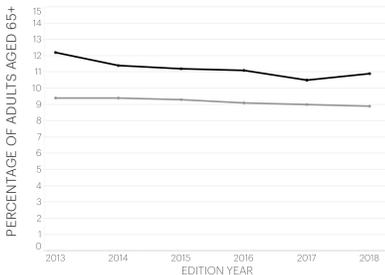
# Kentucky

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	58.6	44	77.9
Excessive Drinking (% of adults aged 65+)	+++++	4.5	7	2.6
Obesity (% of adults aged 65+)	+	31.0	42	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	46.6	47	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	36.0	47	19.1
Smoking (% of adults aged 65+)	+	12.4	49	3.7
<b>Behaviors Total*</b>	+	-0.238	49	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	35.6	45	65.2
Poverty (% of adults aged 65+)	+	11.1	46	4.2
Volunteerism (% of adults aged 65+)	+	18.9	46	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.116	47	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$255	43	\$3,675
Food Insecurity (% of adults aged 60+)	++	18.0	38	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	3.8	49	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.067	47	0.182
<b>Community &amp; Environment Total*</b>	+	-0.183	48	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	79.5	40	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.9	8	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	49.1	39	126.2
<b>Policy Total*</b>	++	-0.052	33	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.2	19	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.6	11	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.4	22	67.5
Health Screenings (% of seniors with recommended screenings)	+++	73.0	22	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	62.6	45	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	43.4	44	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.0	34	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.4	42	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	76.6	50	23.3
<b>Clinical Care Total*</b>	+	-0.067	43	0.086
<b>All Determinants*</b>	+	-0.540	48	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	57.7	49	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,418	49	1,357
Falls (% of adults aged 65+)	+++	30.8	29	24.8
Frequent Mental Distress (% of adults aged 65+)	+	8.4	43	4.2
High Health Status (% of adults aged 65+)	+	32.8	49	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.1	45	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.4	43	4.4
Teeth Extractions (% of adults aged 65+)	+	22.0	47	5.6
<b>All Outcomes*</b>	+	-0.341	48	0.288
<b>OVERALL*</b>	+	-0.881	48	0.737

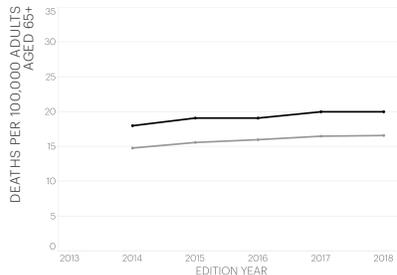


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

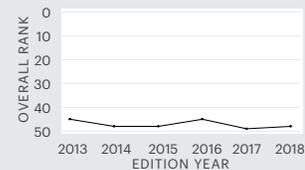


**OVERALL RANK:**

**48**



Change: **▲1**  
 Determinants Rank: **48**  
 Outcomes Rank: **48**



**Strengths:**

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- High percentage of diabetes management

**Challenges:**

- High prevalence of smoking
- Low percentage of able-bodied seniors
- High preventable hospitalization rate

**Highlights:**

- In the past year, flu vaccination coverage decreased 12% from 67.3% to 59.4% of adults aged 65+
- In the past two years, frequent mental distress increased 15% from 7.3% to 8.4% of adults aged 65+
- In the past three years, SNAP reach decreased 26% from 66.4 to 49.1 participants per 100 adults aged 60+ in poverty
- In the past four years, dental visits increased 11% from 53.0% to 58.6% of adults aged 65+
- In the past five years, poverty decreased 7% from 11.9% to 11.1% of adults aged 65+
- In the past five years, home health care workers increased 71% from 36.6 to 62.6 aides per 1,000 adults aged 75+

**Ranking:**

Kentucky is 48th this year; it was 49th in 2017. The state ranks 42nd for general population health and 42nd for the health of women and children.

**State Health Department Website:**  
[chfs.ky.gov/dph/](http://chfs.ky.gov/dph/)

# Louisiana

LOUISIANA

OVERALL RANK:

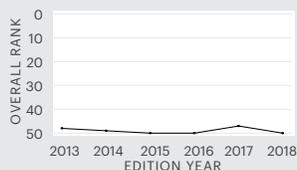
50



Change: ▼ 3

Determinants Rank: 50

Outcomes Rank: 43



**Strengths:**

- High home health care worker rate
- High percentage of hospice care use
- Low prevalence of excessive drinking

**Challenges:**

- High prevalence of food insecurity
- High prevalence of obesity
- High percentage of seniors living in poverty

**Highlights:**

- In the past year, four- or five-star rated nursing home beds increased 17% from 27.0% to 31.6% of certified nursing home beds
- In the past four years, high health status increased 19% from 30.4% to 36.1% of adults aged 65+
- In the past four years, suicide increased 22% from 15.0 to 18.3 deaths per 100,000 adults aged 65+
- In the past five years, preventable hospitalizations decreased 29% from 92.1 to 65.8 discharges per 1,000 Medicare enrollees
- In the past five years, poverty increased 7% from 12.2% to 13.0% of adults aged 65+
- In the past five years, obesity increased 23% from 28.7% to 35.3% of adults aged 65+

**Ranking:**

Louisiana is 50th this year; it was 47th in 2017. The state ranks 49th for general population health and 48th for the health of women and children.

**State Health Department Website:**  
dhh.louisiana.gov

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	55.3	48	77.9
Excessive Drinking (% of adults aged 65+)	+++	6.8	22	2.6
Obesity (% of adults aged 65+)	+	35.3	49	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	45.1	50	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.2	44	19.1
Smoking (% of adults aged 65+)	+	11.5	46	3.7
<b>Behaviors Total*</b>	+	-0.351	50	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	31.6	50	65.2
Poverty (% of adults aged 65+)	+	13.0	50	4.2
Volunteering (% of adults aged 65+)	+	17.4	49	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.167	50	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$425	29	\$3,675
Food Insecurity (% of adults aged 60+)	+	23.4	49	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	13.3	18	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.056	44	0.182
<b>Community &amp; Environment Total*</b>	+	-0.223	50	0.296

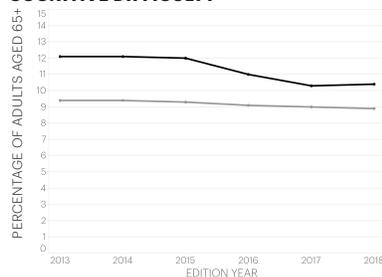
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	83.1	46	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++	14.2	36	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	62.6	30	126.2
<b>Policy Total*</b>	++	-0.073	38	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.6	35	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.1	24	84.8
Flu Vaccine (% of adults aged 65+)	+	51.6	48	67.5
Health Screenings (% of seniors with recommended screenings)	++	68.3	40	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	154.3	9	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	55.4	14	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.7	29	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	65.8	47	23.3
<b>Clinical Care Total*</b>	+	-0.064	42	0.086
<b>All Determinants*</b>	+	-0.711	50	0.549

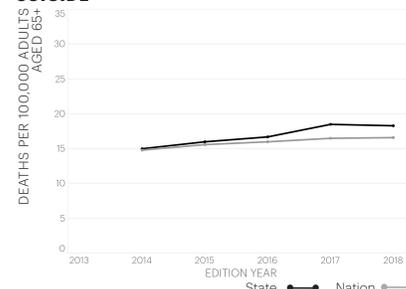
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	60.5	42	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,201	43	1,357
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	+	10.0	48	4.2
High Health Status (% of adults aged 65+)	+	36.1	44	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.7	42	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.1	29	4.4
Teeth Extractions (% of adults aged 65+)	+	20.5	44	5.6
<b>All Outcomes*</b>	+	-0.272	43	0.288
<b>OVERALL*</b>	+	-0.983	50	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

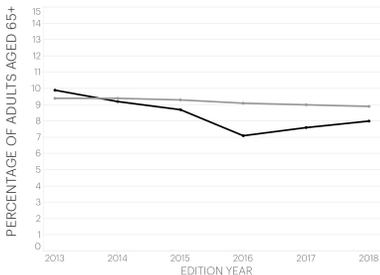


# Maine

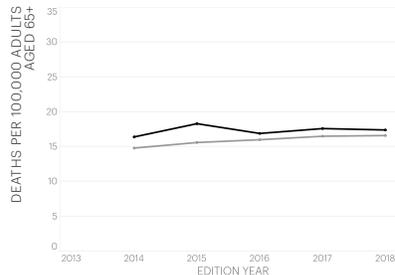
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	67.4	26	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	33	2.6
Obesity (% of adults aged 65+)	+++	28.7	27	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	56.6	12	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	26.4	14	19.1
Smoking (% of adults aged 65+)	+++++	8.4	18	3.7
<b>Behaviors Total*</b>	+++	0.043	22	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	59.8	7	65.2
Poverty (% of adults aged 65+)	++	9.1	33	4.2
Volunteerism (% of adults aged 65+)	+++++	29.9	10	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.066	14	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$339	36	\$3,675
Food Insecurity (% of adults aged 60+)	++	15.6	34	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.0	25	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.016	34	0.182
<b>Community &amp; Environment Total*</b>	+++	0.050	22	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	58.9	12	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++++	3.8	1	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	83.8	12	126.2
<b>Policy Total*</b>	+++++	0.092	7	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.6	3	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.6	28	84.8
Flu Vaccine (% of adults aged 65+)	++++	61.7	14	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.6	9	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	154.8	8	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	50.0	31	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.8	30	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.4	28	23.3
<b>Clinical Care Total*</b>	+++++	0.067	7	0.086
<b>All Determinants*</b>	+++++	0.252	10	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	66.6	16	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,763	27	1,357
Falls (% of adults aged 65+)	+	32.5	43	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.0	21	4.2
High Health Status (% of adults aged 65+)	+++++	47.6	5	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.7	4	4.4
Teeth Extractions (% of adults aged 65+)	++	15.2	31	5.6
<b>All Outcomes*</b>	++++	0.098	17	0.288
<b>OVERALL*</b>	++++	0.350	14	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



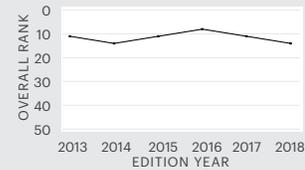
### SUICIDE



**OVERALL RANK:**  
**14**



Change: ▼3  
Determinants Rank: **10**  
Outcomes Rank: **17**



### Strengths:

- Low percentage of low-care nursing home residents
- Low percentage of ICU use
- High prevalence of seniors with a dedicated provider

### Challenges:

- High prevalence of falls
- High prevalence of excessive drinking
- High prevalence of food insecurity

### Highlights:

- In the past year, falls increased 9% from 29.9% to 32.5% of adults aged 65+
- In the past two years, community support increased 18% from \$287 to \$339 per adult aged 60+ in poverty
- In the past two years, the percentage of Medicare enrollees aged 65-75 with diabetes who received a bloods lipids test decreased 6% from 82.2% to 77.6%
- In the past four years, full-mouth teeth extractions decreased 31% from 22.1% to 15.2% of adults aged 65+
- In the past five years, poverty increased 6% from 8.6% to 9.1% of adults aged 65+
- In the past five years, home health care workers increased 46% from 105.8 to 154.8 aides per 1,000 adults aged 75+

### Ranking:

Maine is 14th this year; it was 11th in 2017. The state ranks 23rd for general population health and 21st for the health of women and children.

**State Health Department Website:**  
[www.maine.gov/dhhs](http://www.maine.gov/dhhs)

# Maryland

MARYLAND

**OVERALL RANK:**

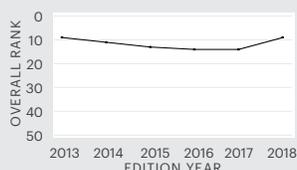
**9**



Change: ▲ 5

Determinants Rank: **12**

Outcomes Rank: **12**



**Strengths:**

- High percentage of HAI reporting policies
- High percentage of able-bodied seniors
- Low prevalence of smoking

**Challenges:**

- Low community support expenditures
- High prevalence of physical inactivity
- Low home health care worker rate

**Highlights:**

- In the past year, four- or five-star rated nursing home beds increased 12% from 41.5% to 46.4% of certified nursing home beds
- In the past year, poverty increased 12% from 7.3% to 8.2% of adults aged 65+
- In the past two years, low-care nursing home residents decreased 14% from 7.4% to 6.4% of residents
- In the past four years, falls increased 22% from 23.4% to 28.6% of adults aged 65+
- In the past four years, suicide increased 16% from 11.8 to 13.7 deaths per 100,000 adults aged 65+
- In the past five years, smoking decreased 22% from 9.2% to 7.2% of adults aged 65+

**Ranking:**

Maryland is ninth this year; it was 14th in 2017. The state ranks 16th for general population health and 16th for the health of women and children.

**State Health Department Website:**  
dhmh.maryland.gov

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.1	20	2.6
Obesity (% of adults aged 65+)	+++	29.2	30	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	60.8	2	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.6	26	19.1
Smoking (% of adults aged 65+)	+++++	7.2	7	3.7
<b>Behaviors Total*</b>	+++++	0.136	6	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	46.4	36	65.2
Poverty (% of adults aged 65+)	++++	8.2	20	4.2
Volunteering (% of adults aged 65+)	+++	25.4	26	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.013	26	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$280	40	\$3,675
Food Insecurity (% of adults aged 60+)	++++	11.2	12	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	4.7	47	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	-0.002	27	0.182
<b>Community &amp; Environment Total*</b>	+++	0.011	28	0.296

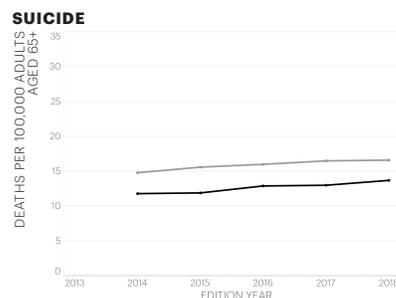
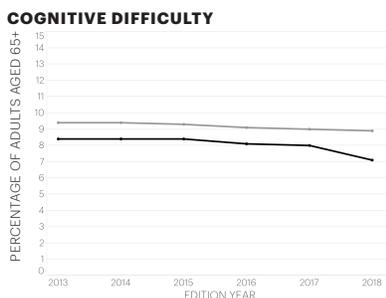
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	39.6	3	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.4	6	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	76	50	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	82.1	13	126.2
<b>Policy Total*</b>	+++++	0.085	8	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.1	5	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	79.9	19	84.8
Flu Vaccine (% of adults aged 65+)	++++	61.2	17	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	74.5	16	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	72.8	43	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	49.3	32	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.5	36	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	0.0	0	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	46.7	20	23.3
<b>Clinical Care Total*</b>	+++	0.006	21	0.086
<b>All Determinants*</b>	++++	0.238	12	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.7	4	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,740	24	1,357
Falls (% of adults aged 65+)	++++	28.6	15	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.8	16	4.2
High Health Status (% of adults aged 65+)	++++	45.0	17	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	11.0	22	4.4
Teeth Extractions (% of adults aged 65+)	+++++	11.3	9	5.6
<b>All Outcomes*</b>	++++	0.141	12	0.288
<b>OVERALL*</b>	+++++	0.378	9	0.737

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

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

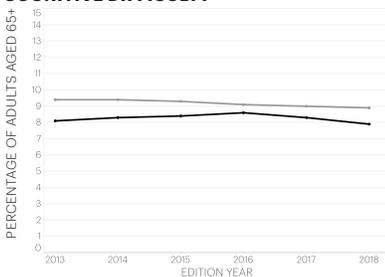


# Massachusetts

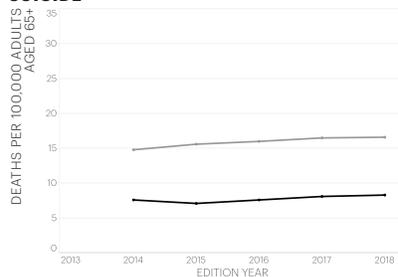
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	71.2	10	77.9
Excessive Drinking (% of adults aged 65+)	+	8.3	42	2.6
Obesity (% of adults aged 65+)	+++++	25.1	8	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	52.5	30	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	26.7	15	19.1
Smoking (% of adults aged 65+)	++++	8.0	13	3.7
<b>Behaviors Total*</b>	++++	0.067	16	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	49.5	27	65.2
Poverty (% of adults aged 65+)	+++	8.5	23	4.2
Volunteerism (% of adults aged 65+)	++	22.1	33	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	0.000	33	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$2,796	2	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.5	7	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	24.6	5	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.169	2	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.169	9	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	39.0	2	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	58.3	19	83.3
Low-care Nursing Home Residents (% of residents)	+++	10.9	22	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	111.6	6	126.2
<b>Policy Total*</b>	+++++	0.113	5	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.9	2	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	83.0	4	84.8
Flu Vaccine (% of adults aged 65+)	++	57.1	34	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	79.6	2	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	150.0	10	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	47.1	38	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	23.2	38	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.3	37	23.3
<b>Clinical Care Total*</b>	++++	0.021	16	0.086
<b>All Determinants*</b>	+++++	0.369	5	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	68.0	11	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,524	6	1,357
Falls (% of adults aged 65+)	++++	29.0	18	24.8
Frequent Mental Distress (% of adults aged 65+)	+	8.5	45	4.2
High Health Status (% of adults aged 65+)	+++++	46.6	9	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.3	16	4.4
Teeth Extractions (% of adults aged 65+)	++	16.3	33	5.6
<b>All Outcomes*</b>	++++	0.112	15	0.288
<b>OVERALL*</b>	+++++	0.481	7	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



**OVERALL RANK:**

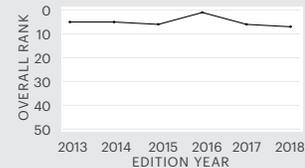
**7**



Change: ▼1

Determinants Rank: **5**

Outcomes Rank: **15**



### Strengths:

- High community support expenditures
- High prevalence of health screenings
- Low early death rate

### Challenges:

- High prevalence of frequent mental distress
- High prevalence of excessive drinking
- High percentage of hospital readmissions

### Highlights:

- In the past year, poverty decreased 8% from 9.2% to 8.5% of adults aged 65+
- In the past year, SNAP reach increased 13% from 98.8 to 111.6 participants per 100 adults aged 60+ in poverty
- In the past two years, frequent mental distress increased 42% from 6.0% to 8.5% of adults aged 65+
- In the past three years, suicide increased 17% from 7.1 to 8.3 deaths per 100,000 adults aged 65+
- In the past four years, obesity increased 11% from 22.6% to 25.1% of adults aged 65+
- In the past five years, home health care workers increased 77% from 84.7 to 150.0 aides per 1,000 adults aged 75+

### Ranking:

Massachusetts is seventh this year; it was sixth in 2017. The state ranks first for general population health and first for the health of women and children.

### State Health Department Website:

[www.mass.gov/orgs/departement-of-public-health](http://www.mass.gov/orgs/departement-of-public-health)

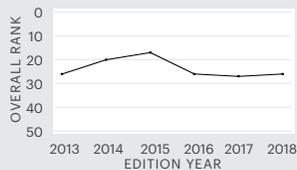
# Michigan

MICHIGAN

**OVERALL RANK:**  
**26**



Change: **▲ 1**  
Determinants Rank: **23**  
Outcomes Rank: **30**



**Strengths:**

- High prevalence of dental visits
- High prevalence of seniors with a dedicated provider
- Low hip fracture hospitalization rate

**Challenges:**

- High prevalence of obesity
- High percentage of hospital readmissions
- Low flu vaccination coverage

**Highlights:**

- In the past year, home-delivered meals increased 15% from 15.8 to 18.2 meals per 100 seniors aged 60+ with independent-living difficulty
- In the past two years, excessive drinking increased 19% from 7.2% to 8.6% of adults aged 65+
- In the past three years, suicide increased 8% from 13.2 to 14.3 deaths per 100,000 adults aged 65+
- In the past four years, falls increased 78% from 16.2% to 28.9% of adults aged 65+
- In the past five years, home health care workers increased 36% from 75.0 to 102.1 aides per 1,000 adults aged 75+
- In the past five years, hip fractures decreased 22% from 6.7 to 5.2 hospitalizations per 1,000 Medicare enrollees

**Ranking:**

Michigan is 26th this year; it was 27th in 2017. The state ranks 35th for general population health and 29th for the health of women and children.

**State Health Department Website:**  
[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	72.8	7	77.9
Excessive Drinking (% of adults aged 65+)	+	8.6	43	2.6
Obesity (% of adults aged 65+)	+	32.2	46	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	55.8	18	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	28.3	23	19.1
Smoking (% of adults aged 65+)	++	9.4	31	3.7
<b>Behaviors Total*</b>	<b>++</b>	<b>-0.028</b>	<b>31</b>	<b>0.297</b>

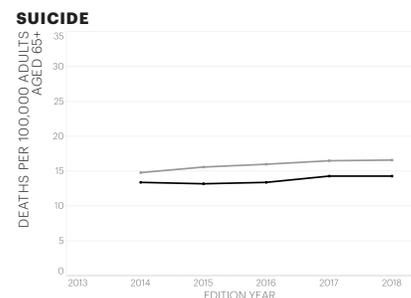
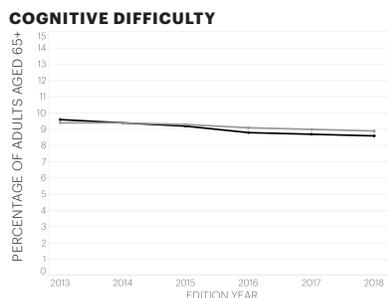
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	51.2	24	65.2
Poverty (% of adults aged 65+)	++++	8.1	18	4.2
Volunteering (% of adults aged 65+)	+++	23.3	30	45.9
<b>Community &amp; Environment—Macro Total*</b>	<b>+++</b>	<b>0.020</b>	<b>24</b>	<b>0.139</b>
Community Support (dollars per adult aged 60+ in poverty)	+++	\$435	27	\$3,675
Food Insecurity (% of adults aged 60+)	++++	13.3	19	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	18.2	9	42.0
<b>Community &amp; Environment—Micro Total*</b>	<b>++++</b>	<b>0.044</b>	<b>15</b>	<b>0.182</b>
<b>Community &amp; Environment Total*</b>	<b>++++</b>	<b>0.064</b>	<b>20</b>	<b>0.296</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.2	21	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.7	17	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	78.5	15	126.2
<b>Policy Total*</b>	<b>++++</b>	<b>0.021</b>	<b>14</b>	<b>0.178</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.9	9	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.9	26	84.8
Flu Vaccine (% of adults aged 65+)	++	56.1	39	67.5
Health Screenings (% of seniors with recommended screenings)	++++	73.8	19	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	102.1	24	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	57.2	11	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.5	14	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.4	42	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	55.4	39	23.3
<b>Clinical Care Total*</b>	<b>+++</b>	<b>0.001</b>	<b>25</b>	<b>0.086</b>
<b>All Determinants*</b>	<b>+++</b>	<b>0.058</b>	<b>23</b>	<b>0.549</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.2	26	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,925	35	1,357
Falls (% of adults aged 65+)	++++	28.9	17	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.2	27	4.2
High Health Status (% of adults aged 65+)	+++	42.8	27	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.6	31	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.4	20	5.6
<b>All Outcomes*</b>	<b>+++</b>	<b>0.032</b>	<b>30</b>	<b>0.288</b>
<b>OVERALL*</b>	<b>+++</b>	<b>0.089</b>	<b>26</b>	<b>0.737</b>

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

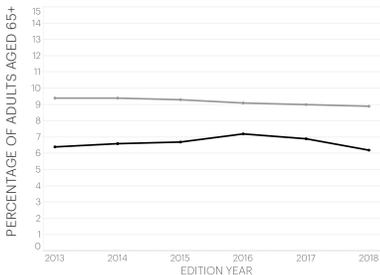


# Minnesota

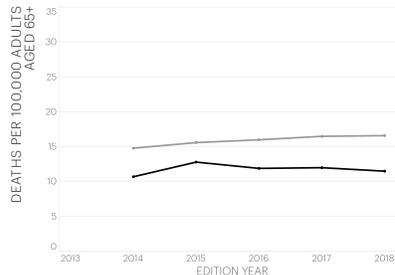
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	76.1	2	77.9
Excessive Drinking (% of adults aged 65+)	+	9.2	48	2.6
Obesity (% of adults aged 65+)	+++	28.6	24	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	56.0	15	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	24.9	11	19.1
Smoking (% of adults aged 65+)	++++	8.1	16	3.7
<b>Behaviors Total*</b>	++++	0.085	14	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	59.5	8	65.2
Poverty (% of adults aged 65+)	+++++	7.2	7	4.2
Volunteerism (% of adults aged 65+)	+++++	36.8	2	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.139	1	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$434	28	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	9.5	3	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	8.6	31	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.037	16	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.176	8	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	56.6	11	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++	15.2	40	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	56.3	36	126.2
<b>Policy Total*</b>	++++	0.001	18	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	90.3	46	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.2	36	84.8
Flu Vaccine (% of adults aged 65+)	+++++	62.9	10	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	78.2	5	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	257.9	2	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.6	26	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.5	19	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.6	10	23.3
<b>Clinical Care Total*</b>	+++++	0.060	10	0.086
<b>All Determinants*</b>	+++++	0.321	7	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.7	4	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,498	5	1,357
Falls (% of adults aged 65+)	++++	28.2	12	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.1	3	4.2
High Health Status (% of adults aged 65+)	+++++	48.4	4	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.0	6	4.4
Teeth Extractions (% of adults aged 65+)	+++++	10.3	6	5.6
<b>All Outcomes*</b>	+++++	0.288	1	0.288
<b>OVERALL*</b>	+++++	0.609	4	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

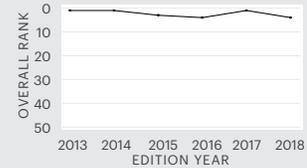
# 4



Change: ▼ 3

Determinants Rank: 7

Outcomes Rank: 1



### Strengths:

- High percentage of able-bodied seniors
- Low prevalence of food insecurity
- High home health care worker rate

### Challenges:

- High prevalence of excessive drinking
- Low SNAP enrollment
- Low prevalence of seniors with a dedicated provider

### Highlights:

- In the past year, home health care workers decreased 4% from 268.3 to 257.9 aides per 1,000 adults aged 75+
- In the past year, food insecurity decreased 7% from 10.2% to 9.5% of adults aged 60+
- In the past year, excessive drinking increased 28% from 7.2% to 9.2% of adults aged 65+
- In the past year, early deaths decreased 3% from 1,542 to 1,498 deaths per 100,000 adults aged 65-74
- In the past five years, obesity increased 21% from 23.7% to 28.6% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 14% from 52.0% to 59.5% of certified nursing home beds

### Ranking:

Minnesota is fourth this year; it was first in 2017. The state ranks sixth for general population health and fifth for the health of women and children.

### State Health Department Website:

[www.health.state.mn.us](http://www.health.state.mn.us)

# Mississippi

MISSISSIPPI

OVERALL RANK:

49



Change: ▲ 1

Determinants Rank: 49

Outcomes Rank: 47



**Strengths:**

- Low prevalence of excessive drinking
- High flu vaccination coverage
- High prevalence of seniors with a dedicated provider

**Challenges:**

- High prevalence of food insecurity
- High early death rate
- High percentage of seniors living in poverty

**Highlights:**

- In the past four years, dental visits increased 5% from 50.3% to 53.0% of adults aged 65+
- In the past three years, poverty decreased 14% from 14.3% to 12.3% of adults aged 65+
- In the past two years, SNAP reach decreased 11% from 65.2 to 58.2 participants per 100 adults aged 60+ in poverty
- In the past two years, flu vaccination coverage decreased 8% from 66.6% to 61.5% of adults aged 65+
- In the past two years, frequent mental distress increased 12% from 7.4% to 8.3% of adults aged 65+
- In the past year, community support increased 10% from \$188 to \$207 per adult aged 60+ in poverty

**Ranking:**

Mississippi is 49th this year; it was 50th in 2017. The state ranks 50th for general population health and 50th for the health of women and children.

**State Health Department Website:**

[www.msdc.state.ms.us](http://www.msdc.state.ms.us)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	53.0	49	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.7	4	2.6
Obesity (% of adults aged 65+)	+	31.0	42	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	49.4	42	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.4	42	19.1
Smoking (% of adults aged 65+)	+	12.1	48	3.7
<b>Behaviors Total*</b>	+	-0.201	48	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	37.4	42	65.2
Poverty (% of adults aged 65+)	+	12.3	49	4.2
Volunteering (% of adults aged 65+)	+	20.3	41	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.126	49	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$207	49	\$3,675
Food Insecurity (% of adults aged 60+)	+	24.3	50	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	8.5	32	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.087	50	0.182
<b>Community &amp; Environment Total*</b>	+	-0.213	49	0.296

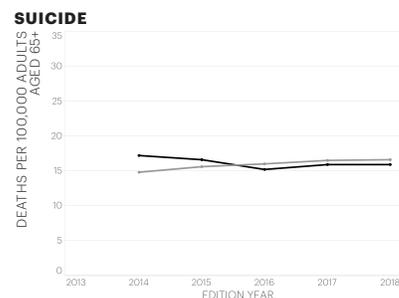
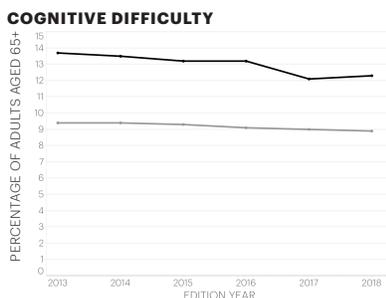
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	84.9	48	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	54.2	21	83.3
Low-care Nursing Home Residents (% of residents)	++	13.1	31	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	58.2	35	126.2
<b>Policy Total*</b>	+	-0.091	41	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.9	25	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.6	33	84.8
Flu Vaccine (% of adults aged 65+)	+++++	61.5	16	67.5
Health Screenings (% of seniors with recommended screenings)	+	65.5	45	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	84.1	31	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.3	29	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.7	42	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.6	47	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	70.2	48	23.3
<b>Clinical Care Total*</b>	+	-0.091	48	0.086

**All Determinants\*** + -0.595 49 0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	59.1	47	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,435	50	1,357
Falls (% of adults aged 65+)	++	31.5	35	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.3	40	4.2
High Health Status (% of adults aged 65+)	+	30.0	50	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.4	50	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.3	25	4.4
Teeth Extractions (% of adults aged 65+)	+	26.1	49	5.6
<b>All Outcomes*</b>	+	-0.335	47	0.288
<b>OVERALL*</b>	+	-0.931	49	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

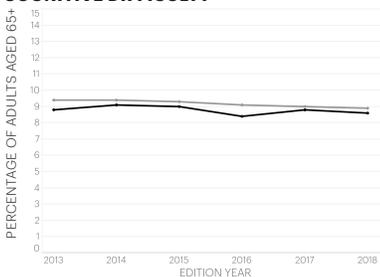


# Missouri

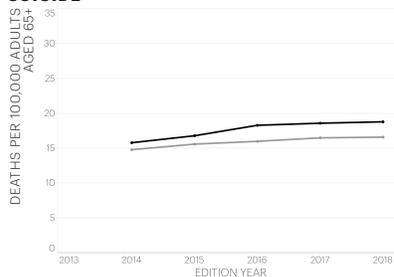
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	62.5	39	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.4	9	2.6
Obesity (% of adults aged 65+)	++	30.0	34	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	52.6	29	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.3	30	19.1
Smoking (% of adults aged 65+)	+	10.6	41	3.7
<b>Behaviors Total*</b>	++	-0.073	34	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	42.0	38	65.2
Poverty (% of adults aged 65+)	++++	8.2	20	4.2
Volunteerism (% of adults aged 65+)	++++	26.6	18	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	0.004	31	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$473	24	\$3,675
Food Insecurity (% of adults aged 60+)	++++	12.9	18	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	17.2	11	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.045	14	0.182
<b>Community &amp; Environment Total*</b>	+++	0.049	23	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	68.1	25	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	8.3	46	83.3
Low-care Nursing Home Residents (% of residents)	+	24.3	49	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	52.5	37	126.2
<b>Policy Total*</b>	+	-0.135	45	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.3	18	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.1	24	84.8
Flu Vaccine (% of adults aged 65+)	+++++	64.9	4	67.5
Health Screenings (% of seniors with recommended screenings)	+++	71.9	26	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	127.2	14	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	53.6	20	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	21.7	33	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	56.6	40	23.3
<b>Clinical Care Total*</b>	+++	0.004	23	0.086
<b>All Determinants*</b>	++	-0.154	37	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	63.3	36	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	2,010	38	1,357
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.9	18	4.2
High Health Status (% of adults aged 65+)	+++	42.2	28	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.1	36	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.6	38	4.4
Teeth Extractions (% of adults aged 65+)	++	18.3	40	5.6
<b>All Outcomes*</b>	++	-0.088	38	0.288
<b>OVERALL*</b>	++	-0.243	36	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



OVERALL RANK:

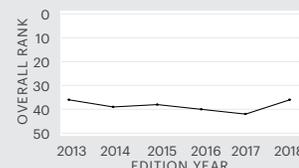
36



Change: ▲ 6

Determinants Rank: 37

Outcomes Rank: 38



### Strengths:

- High flu vaccination coverage
- Low prevalence of excessive drinking
- High prevalence of seniors with a dedicated provider

### Challenges:

- High percentage of low-care nursing home residents
- High prevalence of full-mouth teeth extractions
- High percentage of hospital readmissions

### Highlights:

- In the past year, food insecurity decreased 22% from 16.6% to 12.9% of adults aged 60+
- In the past four years, full-mouth teeth extractions decreased 27% from 24.9% to 18.3% of adults aged 65+
- In the past year, home health care workers increased 9% from 116.9 to 127.2 aides per 1,000 adults aged 75+
- In the past year, four- or five-star rated nursing home beds decreased 6% from 44.6% to 42.0% of certified nursing home beds
- In the past five years, high health status increased 21% from 35.0% to 42.2% of adults aged 65+
- In the past four years, suicide increased 19% from 15.8 to 18.8 deaths per 100,000 adults aged 65+

### Ranking:

Missouri is 36th this year; it was 42nd in 2017. The state ranks 40th for general population health and 41st for the health of women and children.

### State Health Department Website:

[www.dhss.mo.gov](http://www.dhss.mo.gov)

# Montana

MONTANA

**OVERALL RANK:**  
**28**



Change: ▼ 1  
Determinants Rank: **29**  
Outcomes Rank: **26**



**Strengths:**

- Low prevalence of food insecurity
- Low percentage of hospital readmissions
- Low prevalence of obesity

**Challenges:**

- High prevalence of falls
- High geriatrician shortfall
- High prevalence of excessive drinking

**Highlights:**

- In the past five years, physical inactivity decreased 21% from 30.4% to 23.9% of adults aged 65+ in fair or better health
- In the past year, poverty increased 17% from 7.6% to 8.9% of adults aged 65+
- In the past three years, the percentage of Medicare enrollees aged 65-75 with diabetes who received a blood lipids test decreased 6% from 71.5% to 67.1%
- In the past four years, health screenings increased 6% from 65.3% to 69.1% of seniors receiving recommended screenings
- In the past four years, full-mouth teeth extractions decreased 25% from 18.1% to 13.5% of adults aged 65+
- In the past two years, frequent mental distress increased 22% from 5.9% to 7.2% of adults aged 65+

**Ranking:**

Montana is 28th this year; it was 27th in 2017. The state ranks 22nd for general population health and 28th for the health of women and children.

**State Health Department Website:**  
[www.dphhs.mt.gov](http://www.dphhs.mt.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	67.4	26	77.9
Excessive Drinking (% of adults aged 65+)	+	8.8	46	2.6
Obesity (% of adults aged 65+)	+++++	24.3	5	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	56.6	12	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	23.9	8	19.1
Smoking (% of adults aged 65+)	+++	8.6	22	3.7
<b>Behaviors Total*</b>	++++	0.089	12	0.297

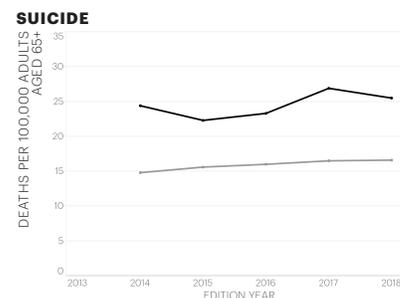
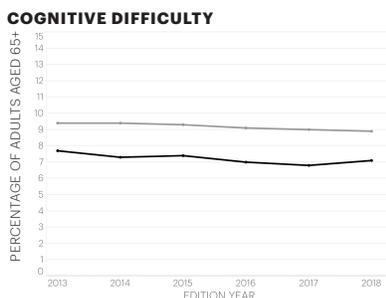
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	50.9	25	65.2
Poverty (% of adults aged 65+)	+++	8.9	29	4.2
Volunteering (% of adults aged 65+)	++++	26.4	20	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.020	24	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$997	9	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	9.6	4	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	23.6	6	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.127	6	0.182
<b>Community &amp; Environment Total*</b>	++++	0.147	13	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	89.2	50	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	8.3	46	83.3
Low-care Nursing Home Residents (% of residents)	+	18.3	46	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	80	46	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	44.1	45	126.2
<b>Policy Total*</b>	+	-0.234	49	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	89.7	48	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	67.1	47	84.8
Flu Vaccine (% of adults aged 65+)	+++	57.3	30	67.5
Health Screenings (% of seniors with recommended screenings)	++	69.1	35	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	81.8	35	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	44.1	43	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.6	10	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.8	4	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	41.1	13	23.3
<b>Clinical Care Total*</b>	++	-0.049	40	0.086
<b>All Determinants*</b>	+++	-0.047	29	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.5	23	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,662	18	1,357
Falls (% of adults aged 65+)	+	34.8	47	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.2	27	4.2
High Health Status (% of adults aged 65+)	++++	44.4	18	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.9	10	4.4
Teeth Extractions (% of adults aged 65+)	+++	13.5	21	5.6
<b>All Outcomes*</b>	+++	0.047	26	0.288
<b>OVERALL*</b>	+++	0.001	28	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

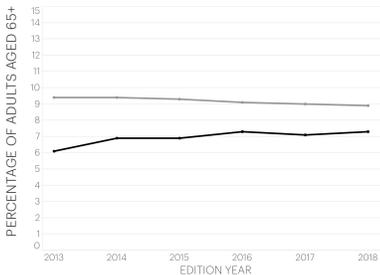


# Nebraska

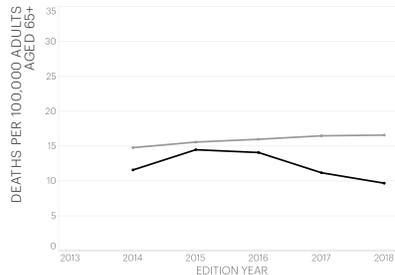
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	69.1	20	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.0	23	2.6
Obesity (% of adults aged 65+)	++	29.9	33	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	57.7	10	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	30.5	31	19.1
Smoking (% of adults aged 65+)	+++	9.2	28	3.7
<b>Behaviors Total*</b>	+++	0.015	26	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	55.2	18	65.2
Poverty (% of adults aged 65+)	++++	7.8	13	4.2
Volunteerism (% of adults aged 65+)	+++++	35.4	5	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.105	7	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,048	8	\$3,675
Food Insecurity (% of adults aged 60+)	+++	13.9	25	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	16.8	12	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.063	11	0.182
<b>Community &amp; Environment Total*</b>	++++	0.168	11	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	80.2	42	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	++	14.5	38	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	47.9	40	126.2
<b>Policy Total*</b>	+	-0.134	44	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	95.1	22	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	72.7	41	84.8
Flu Vaccine (% of adults aged 65+)	++++	62.7	11	67.5
Health Screenings (% of seniors with recommended screenings)	+	68.1	41	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	68.5	44	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.5	28	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.2	23	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	48.3	24	23.3
<b>Clinical Care Total*</b>	+++	-0.015	30	0.086
<b>All Determinants*</b>	+++	0.034	25	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.5	23	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,705	22	1,357
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.6	14	4.2
High Health Status (% of adults aged 65+)	++++	46.2	13	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.5	28	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	10.9	21	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
<b>All Outcomes*</b>	++++	0.081	20	0.288
<b>OVERALL*</b>	+++	0.115	25	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



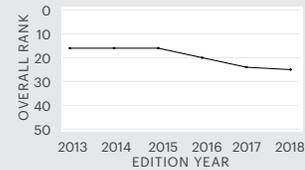
### SUICIDE



**OVERALL RANK:**  
**25**



Change: ▼1  
Determinants Rank: **25**  
Outcomes Rank: **20**



### Strengths:

- High percentage of volunteerism
- High community support expenditures
- High flu vaccination coverage

### Challenges:

- Low prevalence of health screenings
- Low percentage of diabetes management
- Low home health care worker rate

### Highlights:

- In the past two years, four- or five-star rated nursing home beds increased 23% from 44.8% to 55.2% of certified nursing home beds
- In the past year, community support increased 18% from \$885 to \$1,048 per adult aged 60+ in poverty
- In the past year, SNAP reach decreased 9% from 52.6 to 47.9 participants per 100 adults aged 60+ in poverty
- In the past year, home health care workers increased 11% from 61.8 to 68.5 aides per 1,000 adults aged 75+
- In the past two years, frequent mental distress increased 29% from 5.1% to 6.6% of adults aged 65+
- In the past two years, excessive drinking increased 19% from 5.9% to 7.0% of adults aged 65+

### Ranking:

Nebraska is 25th this year; it was 24th in 2017. The state ranks 13th for general population health and 22nd for the health of women and children.

**State Health Department Website:**  
[www.dhhs.ne.gov/](http://www.dhhs.ne.gov/)

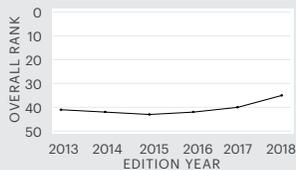
# Nevada

NEVADA

**OVERALL RANK:**  
**35**



Change: **▲ 5**  
Determinants Rank: **38**  
Outcomes Rank: **33**



**Strengths:**

- Low prevalence of falls
- Low prevalence of obesity
- Low preventable hospitalization rate

**Challenges:**

- Low percentage of volunteerism
- Low prevalence of seniors with a dedicated provider
- High percentage of ICU use

**Highlights:**

- In the past five years, obesity increased 42% from 18.1% to 25.7% of adults aged 65+
- In the past year, four- or five-star rated nursing home beds increased 13% from 42.2% to 47.5% of certified nursing home beds
- In the past five years, preventable hospitalizations decreased 27% from 58.1 to 42.2 discharges per 1,000 Medicare enrollees
- In the past three years, suicide increased 20% from 26.9 to 32.3 deaths per 100,000 adults aged 65+
- In the past five years, hip fractures decreased 29% from 7.6 to 5.4 hospitalizations per 1,000 Medicare enrollees
- In the past two years, full-mouth teeth extractions decreased 25% from 17.0% to 12.8% of adults aged 65+

**Ranking:**

Nevada is 35th this year; it was 40th in 2017. The state ranks 37th for general population health and 45th for the health of women and children.

**State Health Department Website:**  
dhhs.nv.gov/

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	63.7	35	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.2	24	2.6
Obesity (% of adults aged 65+)	++++	25.7	11	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	56.4	14	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	27.0	17	19.1
Smoking (% of adults aged 65+)	++	10.2	40	3.7
<b>Behaviors Total*</b>	+++	0.018	25	0.297

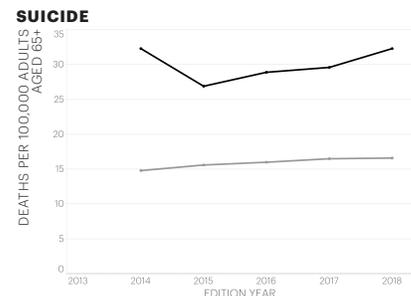
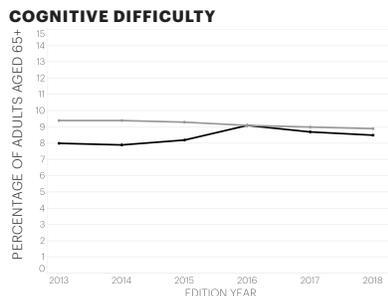
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	47.5	33	65.2
Poverty (% of adults aged 65+)	+++	8.7	27	4.2
Volunteerism (% of adults aged 65+)	+	16.8	50	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.040	39	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$215	48	\$3,675
Food Insecurity (% of adults aged 60+)	+++	13.6	21	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.7	21	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	-0.001	26	0.182
<b>Community &amp; Environment Total*</b>	++	-0.041	36	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	76.8	35	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.1	23	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	78.0	16	126.2
<b>Policy Total*</b>	++	-0.069	37	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	91.1	45	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.7	35	84.8
Flu Vaccine (% of adults aged 65+)	+	54.1	43	67.5
Health Screenings (% of seniors with recommended screenings)	++	68.4	38	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	75.1	42	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.1	30	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.3	35	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.6	47	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	42.2	14	23.3
<b>Clinical Care Total*</b>	+	-0.096	49	0.086
<b>All Determinants*</b>	++	-0.187	38	0.549

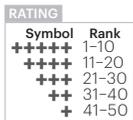
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	64.9	28	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,952	36	1,357
Falls (% of adults aged 65+)	+++++	26.1	5	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.3	32	4.2
High Health Status (% of adults aged 65+)	++	41.4	31	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.7	46	4.4
Teeth Extractions (% of adults aged 65+)	++++	12.8	14	5.6
<b>All Outcomes*</b>	++	0.021	33	0.288
<b>OVERALL*</b>	++	-0.166	35	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



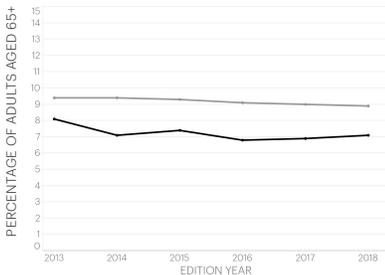
# New Hampshire

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	74.4	6	77.9
Excessive Drinking (% of adults aged 65+)	++	7.9	37	2.6
Obesity (% of adults aged 65+)	++++	26.5	16	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	59.1	5	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	24.7	10	19.1
Smoking (% of adults aged 65+)	+++++	6.2	3	3.7
<b>Behaviors Total*</b>	+++++	0.205	5	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	46.6	35	65.2
Poverty (% of adults aged 65+)	+++++	4.6	2	4.2
Volunteerism (% of adults aged 65+)	+++	26.2	21	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.065	15	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,965	3	\$3,675
Food Insecurity (% of adults aged 60+)	++++	12.6	17	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	33.7	2	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.152	4	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.217	3	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.8	10	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++	13.4	32	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	79	48	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	64.7	28	126.2
<b>Policy Total*</b>	++	-0.054	34	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.0	7	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	79.1	22	84.8
Flu Vaccine (% of adults aged 65+)	++++	62.1	12	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.2	11	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	94.7	27	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	48.1	34	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.8	20	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	47.1	22	23.3
<b>Clinical Care Total*</b>	++++	0.045	12	0.086
<b>All Determinants*</b>	+++++	0.412	3	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	69.0	1	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,569	8	1,357
Falls (% of adults aged 65+)	++++	29.3	20	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.5	13	4.2
High Health Status (% of adults aged 65+)	+++++	52.0	1	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	7.3	11	4.4
Teeth Extractions (% of adults aged 65+)	++++	12.4	13	5.6
<b>All Outcomes*</b>	+++++	0.228	3	0.288
<b>OVERALL*</b>	+++++	0.640	3	0.737

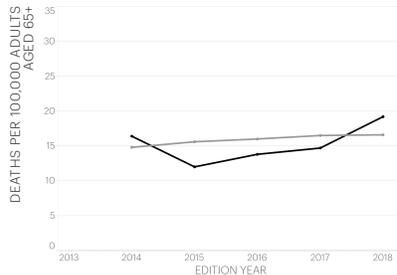


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

## COGNITIVE DIFFICULTY



## SUICIDE

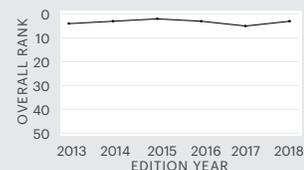


## OVERALL RANK:

# 3



Change: ▲ 2  
 Determinants Rank: 3  
 Outcomes Rank: 3



## Strengths:

- Low percentage of seniors living in poverty
- High percentage of able-bodied seniors
- High home-delivered meals rate

## Challenges:

- High percentage of low-care nursing home residents
- Low percentage of four- and five-star nursing home beds
- High prevalence of excessive drinking

## Highlights:

- In the past year, home health care workers increased 12% from 84.2 to 94.7 aides per 1,000 adults aged 75+
- In the past year, poverty decreased 25% from 6.1% to 4.6% of adults aged 65+
- In the past five years, food insecurity increased 37% from 9.2% to 12.6% of adults aged 60+
- In the past year, preventable hospitalizations increased 5% from 44.8 to 47.1 discharges per 1,000 Medicare enrollees
- In the past three years, suicide increased 60% from 12.0 to 19.2 deaths per 100,000 adults aged 65+
- In the past five years, smoking decreased 15% from 7.3% to 6.2% of adults aged 65+

## Ranking:

New Hampshire is third this year; it was fifth in 2017. The state ranks eighth for general population health and second for the health of women and children.

## State Health Department Website:

[www.dhhs.nh.gov](http://www.dhhs.nh.gov)

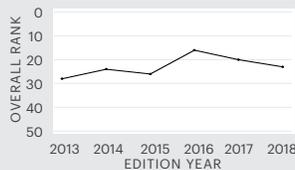
# New Jersey

NEW JERSEY

**OVERALL RANK:**  
**23**



Change: ▼ 3  
Determinants Rank: **22**  
Outcomes Rank: **27**



**Strengths:**

- Low prevalence of falls
- High percentage of four- and five-star nursing home beds
- High percentage of diabetes management

**Challenges:**

- High percentage of ICU use
- High prevalence of physical inactivity
- High percentage of hospital readmissions

**Highlights:**

- In the past five years, obesity increased 12% from 25.0% to 27.9% of adults aged 65+
- In the past three years, four- or five-star rated nursing home beds increased 23% from 49.7% to 61.0% of certified nursing home beds
- In the past two years, community support increased 46% from \$430 to \$628 per adult aged 60+ in poverty
- In the past two years, food insecurity increased 19% from 11.8% to 14.0% of adults aged 60+
- In the past year, home health care workers increased 8% from 76.7 to 82.9 aides per 1,000 adults aged 75+
- In the past four years, full-mouth teeth extractions decreased 16% from 13.9% to 11.7% of adults aged 65+

**Ranking:**

New Jersey is 23rd this year; it was 20th in 2017. The state ranks 12th for general population health and 12th for the health of women and children.

**State Health Department Website:**  
[www.state.nj.us/health](http://www.state.nj.us/health)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.8	14	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.7	15	2.6
Obesity (% of adults aged 65+)	+++	27.9	22	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	55.9	17	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.8	46	19.1
Smoking (% of adults aged 65+)	+++	8.8	26	3.7
<b>Behaviors Total*</b>	+++	0.025	24	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	61.0	5	65.2
Poverty (% of adults aged 65+)	+++	8.3	22	4.2
Volunteering (% of adults aged 65+)	++	21.4	38	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.040	17	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$628	17	\$3,675
Food Insecurity (% of adults aged 60+)	+++	14.0	26	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	8.5	32	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	0.006	23	0.182
<b>Community &amp; Environment Total*</b>	+++	0.046	24	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.7	9	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	62.5	17	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.3	24	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	77.5	17	126.2
<b>Policy Total*</b>	++++	0.030	12	0.178

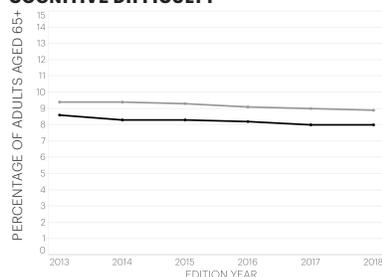
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.2	19	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	84.4	2	84.8
Flu Vaccine (% of adults aged 65+)	++++	60.9	18	67.5
Health Screenings (% of seniors with recommended screenings)	+++	70.7	28	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	82.9	33	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	47.8	36	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	25.6	47	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.2	36	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.6	29	23.3
<b>Clinical Care Total*</b>	++	-0.028	35	0.086

**All Determinants\*** +++ 0.074 22 0.549

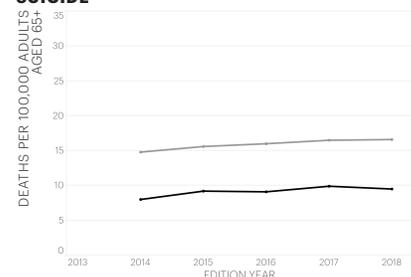
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	67.9	12	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,605	15	1,357
Falls (% of adults aged 65+)	+++++	25.6	4	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.3	40	4.2
High Health Status (% of adults aged 65+)	+++	41.6	30	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.1	11	3.2
ICU Use (% of Medicare decedents aged 65+)	+	23.1	50	4.4
Teeth Extractions (% of adults aged 65+)	+++++	11.7	10	5.6
<b>All Outcomes*</b>	+++	0.045	27	0.288
<b>OVERALL*</b>	+++	0.119	23	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

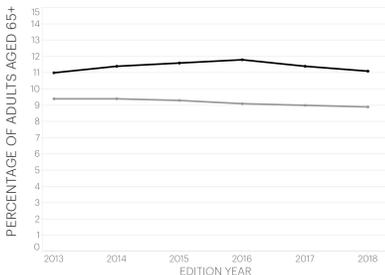


# New Mexico

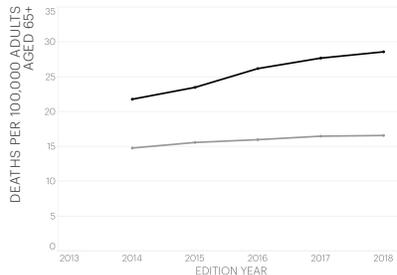
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	63.7	35	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.5	10	2.6
Obesity (% of adults aged 65+)	+++++	24.0	4	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	52.2	31	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	25.1	12	19.1
Smoking (% of adults aged 65+)	+++	8.5	21	3.7
<b>Behaviors Total*</b>	++++	0.095	11	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	34.4	46	65.2
Poverty (% of adults aged 65+)	+	11.5	48	4.2
Volunteerism (% of adults aged 65+)	++	21.0	39	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.117	48	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$575	20	\$3,675
Food Insecurity (% of adults aged 60+)	++	18.0	38	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	14.9	14	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	-0.004	29	0.182
<b>Community &amp; Environment Total*</b>	+	-0.121	44	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	68.0	24	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++	13.7	34	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	72.3	22	126.2
<b>Policy Total*</b>	++	-0.085	40	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	90.3	46	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	65.2	48	84.8
Flu Vaccine (% of adults aged 65+)	++	56.8	37	67.5
Health Screenings (% of seniors with recommended screenings)	+	60.6	50	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	229.7	4	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	53.9	18	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.7	15	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.7	8	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	39.5	12	23.3
<b>Clinical Care Total*</b>	++	-0.020	31	0.086
<b>All Determinants*</b>	++	-0.131	36	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	59.8	44	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,683	21	1,357
Falls (% of adults aged 65+)	+	33.1	44	24.8
Frequent Mental Distress (% of adults aged 65+)	+	10.0	48	4.2
High Health Status (% of adults aged 65+)	+	38.1	41	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.3	37	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.2	24	4.4
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
<b>All Outcomes*</b>	+	-0.173	42	0.288
<b>OVERALL*</b>	++	-0.304	40	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



**OVERALL RANK:**

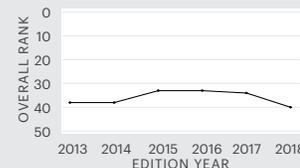
**40**



Change: ▼ 6

Determinants Rank: **36**

Outcomes Rank: **42**



### Strengths:

- Low prevalence of obesity
- High home health care worker rate
- Low percentage of hospital readmissions

### Challenges:

- High prevalence of frequent mental distress
- High percentage of seniors living in poverty
- Low percentage of diabetes management

### Highlights:

- In the past year, food insecurity increased 67% from 10.8% to 18.0% of adults aged 60+
- In the past two years, excessive drinking decreased 5% from 5.8% to 5.5% of adults aged 65+
- In the past five years, obesity increased 21% from 19.9% to 24.0% of adults aged 65+
- In the past year, SNAP reach increased 10% from 65.9 to 72.3 participants per 100 adults aged 60+ in poverty
- In the past four years, suicide increased 31% from 21.8 to 28.6 deaths per 100,000 adults aged 65+
- In the past five years, preventable hospitalizations decreased 28% from 54.9 to 39.5 discharges per 1,000 Medicare enrollees

### Ranking:

New Mexico is 40th this year; it was 34th in 2017. The state ranks 36th for general population health and 37th for the health of women and children.

### State Health Department Website:

<https://nmhealth.org/>

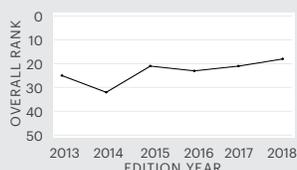
# New York

NEW YORK

**OVERALL RANK:**  
**18**



Change: ▲ 3  
Determinants Rank: **19**  
Outcomes Rank: **14**



**Strengths:**

- High percentage of HAI reporting policies
- High home health care worker rate
- Low prevalence of smoking

**Challenges:**

- Low percentage of volunteerism
- High percentage of seniors living in poverty
- High percentage of hospital deaths

**Highlights:**

- In the past two years, excessive drinking increased 12% from 6.9% to 7.7% of adults aged 65+
- In the past two years, obesity decreased 10% from 27.3% to 24.6% of adults aged 65+
- In the past two years, food insecurity increased 18% from 16.3% to 19.3% of adults aged 60+
- In the past five years, home health care workers increased 27% from 198.3 to 251.3 aides per 1,000 adults aged 75+
- In the past four years, full-mouth teeth extractions decreased 19% from 15.1% to 12.3% of adults aged 65+
- In the past year, smoking decreased 20% from 8.1% to 6.5% of adults aged 65+

**Ranking:**

New York is 18th this year; it was 21st in 2017. The state ranks 10th for general population health and 19th for the health of women and children.

**State Health Department Website:**  
[www.health.state.ny.us](http://www.health.state.ny.us)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	68.9	21	77.9
Excessive Drinking (% of adults aged 65+)	++	7.7	32	2.6
Obesity (% of adults aged 65+)	+++++	24.6	6	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.9	33	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.0	20	19.1
Smoking (% of adults aged 65+)	+++++	6.5	5	3.7
<b>Behaviors Total*</b>	+++++	0.088	13	0.297

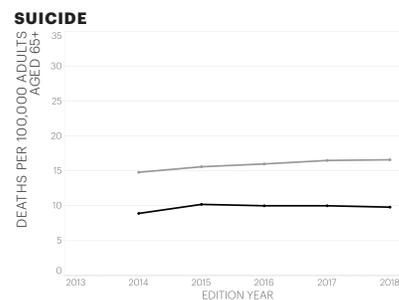
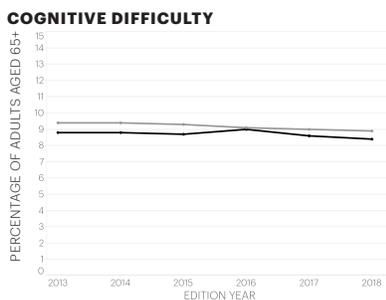
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	53.5	20	65.2
Poverty (% of adults aged 65+)	+	11.4	47	4.2
Volunteerism (% of adults aged 65+)	+	17.6	48	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.067	43	0.139
Community Support (dollars per adult aged 60+ in poverty)	++++	\$922	11	\$3,675
Food Insecurity (% of adults aged 60+)	+	19.3	45	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.5	23	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.017	35	0.182
<b>Community &amp; Environment Total*</b>	+	-0.084	41	0.296

<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	42.3	4	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.5	11	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	116.7	4	126.2
<b>Policy Total*</b>	+++++	0.178	1	0.178

<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.9	9	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.7	6	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.5	21	67.5
Health Screenings (% of seniors with recommended screenings)	+++	72.1	25	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	251.3	3	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	33.4	47	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	30.0	50	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	46.8	21	23.3
<b>Clinical Care Total*</b>	++	-0.022	32	0.086
<b>All Determinants*</b>	++++	0.161	19	0.549

<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	67.1	14	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,579	11	1,357
Falls (% of adults aged 65+)	+++++	27.4	8	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.2	27	4.2
High Health Status (% of adults aged 65+)	++	41.1	35	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.0	23	4.4
Teeth Extractions (% of adults aged 65+)	++++	12.3	12	5.6
<b>All Outcomes*</b>	++++	0.120	14	0.288
<b>OVERALL*</b>	++++	0.281	18	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

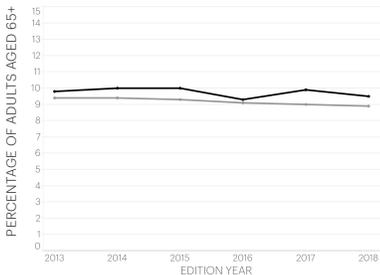


# North Carolina

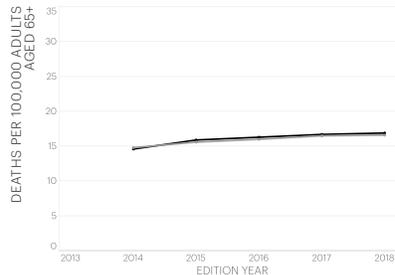
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	63.1	37	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.6	13	2.6
Obesity (% of adults aged 65+)	+++	28.6	24	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	49.9	40	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.0	28	19.1
Smoking (% of adults aged 65+)	+++	8.8	26	3.7
<b>Behaviors Total*</b>	++	-0.040	32	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	32.2	48	65.2
Poverty (% of adults aged 65+)	++	9.4	36	4.2
Volunteerism (% of adults aged 65+)	+++	25.4	26	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.060	42	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$342	35	\$3,675
Food Insecurity (% of adults aged 60+)	+	20.7	48	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	6.1	38	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.076	49	0.182
<b>Community &amp; Environment Total*</b>	+	-0.136	45	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	61.5	14	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.7	7	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	69.5	26	126.2
<b>Policy Total*</b>	+++++	0.071	9	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.8	11	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.0	8	84.8
Flu Vaccine (% of adults aged 65+)	+++++	64.7	5	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.3	10	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	98.5	26	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	53.1	22	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	20.9	31	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.0	26	23.3
<b>Clinical Care Total*</b>	+++++	0.061	9	0.086
<b>All Determinants*</b>	+++	-0.043	27	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	64.2	32	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,954	37	1,357
Falls (% of adults aged 65+)	+++++	28.1	10	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.9	18	4.2
High Health Status (% of adults aged 65+)	++	40.5	37	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.2	30	4.4
Teeth Extractions (% of adults aged 65+)	++	18.1	39	5.6
<b>All Outcomes*</b>	++	-0.051	36	0.288
<b>OVERALL*</b>	++	-0.094	33	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



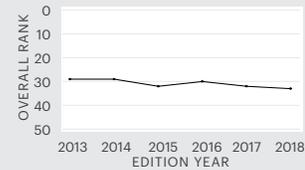
### SUICIDE



**OVERALL RANK:**  
**33**



Change: ▼1  
Determinants Rank: **27**  
Outcomes Rank: **36**



### Strengths:

- Low percentage of low-care nursing home residents
- High flu vaccination coverage
- Low prevalence of falls

### Challenges:

- High prevalence of food insecurity
- Low percentage of four- and five-star nursing home beds
- High hip fracture hospitalization rate

### Highlights:

- In the past five years, home health care workers decreased 21% from 125.4 to 98.5 aides per 1,000 adults aged 75+
- In the past two years, excessive drinking increased 14% from 4.9% to 5.6% of adults aged 65+
- In the past five years, hip fractures decreased 23% from 8.3 to 6.4 hospitalizations per 1,000 Medicare enrollees
- In the past year, food insecurity increased 15% from 18.0% to 20.7% of adults aged 60+
- In the past three years, SNAP reach increased 13% from 61.4 to 69.5 participants per 100 adults aged 60+ in poverty
- In the past four years, full-mouth teeth extractions decreased 14% from 21.0% to 18.1% of adults aged 65+

### Ranking:

North Carolina is 33rd this year; it was 32nd in 2017. The state ranks 33rd for general population health and 30th for the health of women and children.

### State Health Department Website:

<https://www.ncdhhs.gov/>

# North Dakota

NORTH DAKOTA

OVERALL RANK:

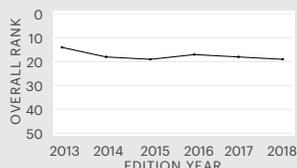
19



Change: ▼ 1

Determinants Rank: 20

Outcomes Rank: 9



**Strengths:**

- Low prevalence of frequent mental distress
- Low prevalence of food insecurity
- High percentage of four- and five-star nursing home beds

**Challenges:**

- High prevalence of obesity
- Low percentage of hospice care use
- Low SNAP enrollment

**Highlights:**

- In the past five years, home health care workers increased 69% from 73.7 to 124.9 aides per 1,000 adults aged 75+
- In the past year, four- or five-star rated nursing home beds increased 26% from 50.5% to 63.8% of certified nursing home beds
- In the past five years, obesity increased 32% from 24.4% to 32.1% of adults aged 65+
- In the past five years, poverty decreased 31% from 11.4% to 7.9% of adults aged 65+
- In the past four years, full-mouth teeth extractions decreased 20% from 17.1% to 13.6% of adults aged 65+
- In the past year, ICU use in the last six months of life increased 21% from 4.2% to 5.1% of decedents aged 65+

**Ranking:**

North Dakota is 19th this year; it was 18th in 2017. The state ranks 18th for general population health and 17th for the health of women and children.

**State Health Department Website:**  
www.ndhealth.gov

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	64.9	32	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.4	26	2.6
Obesity (% of adults aged 65+)	+	32.1	45	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	54.5	24	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.7	37	19.1
Smoking (% of adults aged 65+)	++	9.5	34	3.7
<b>Behaviors Total*</b>	++	-0.098	37	0.297

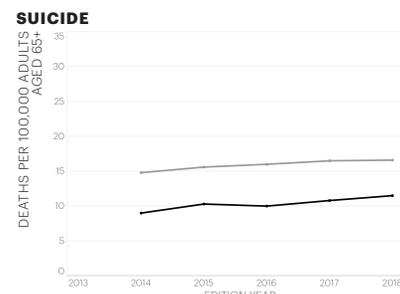
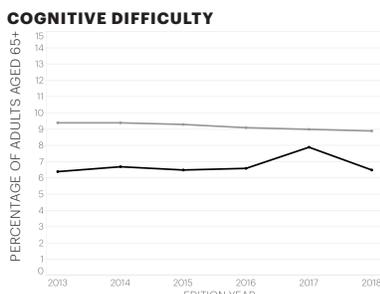
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	63.8	3	65.2
Poverty (% of adults aged 65+)	++++	7.9	16	4.2
Volunteering (% of adults aged 65+)	+++++	36.1	4	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.136	3	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,106	7	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	6.1	1	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	26.5	3	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.160	3	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.296	1	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.3	8	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	37.5	33	83.3
Low-care Nursing Home Residents (% of residents)	++	14.7	39	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	51.5	38	126.2
<b>Policy Total*</b>	++	-0.043	31	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	92.0	42	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.5	29	84.8
Flu Vaccine (% of adults aged 65+)	+++	58.6	26	67.5
Health Screenings (% of seniors with recommended screenings)	++	68.4	38	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	124.9	15	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	30.7	50	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.9	43	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.1	15	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.1	27	23.3
<b>Clinical Care Total*</b>	+	-0.070	44	0.086
<b>All Determinants*</b>	++++	0.086	20	0.549

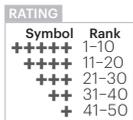
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	65.8	20	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,714	23	1,357
Falls (% of adults aged 65+)	+++++	28.1	10	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	4.2	1	4.2
High Health Status (% of adults aged 65+)	++	39.7	38	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.1	11	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.1	2	4.4
Teeth Extractions (% of adults aged 65+)	+++	13.6	22	5.6
<b>All Outcomes*</b>	+++++	0.172	9	0.288
<b>OVERALL*</b>	++++	0.258	19	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



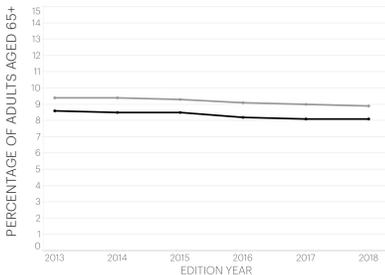
# Ohio

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	66.1	29	77.9
Excessive Drinking (% of adults aged 65+)	+++++	6.0	19	2.6
Obesity (% of adults aged 65+)	++	29.7	32	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	54.8	23	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.8	43	19.1
Smoking (% of adults aged 65+)	+	10.6	41	3.7
<b>Behaviors Total*</b>	++	-0.078	36	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	47.8	31	65.2
Poverty (% of adults aged 65+)	+++++	8.1	18	4.2
Volunteerism (% of adults aged 65+)	+++	26.1	23	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.024	22	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$402	31	\$3,675
Food Insecurity (% of adults aged 60+)	++	15.0	31	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.0	25	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	-0.007	30	0.182
<b>Community &amp; Environment Total*</b>	+++	0.017	27	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.9	29	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.7	27	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	65.9	27	126.2
<b>Policy Total*</b>	+++	-0.034	29	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	95.0	23	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.3	30	84.8
Flu Vaccine (% of adults aged 65+)	+++	57.3	30	67.5
Health Screenings (% of seniors with recommended screenings)	++	69.8	33	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	114.7	17	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	59.5	6	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.6	5	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.1	35	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	57.0	42	23.3
<b>Clinical Care Total*</b>	+++	0.005	22	0.086
<b>All Determinants*</b>	++	-0.090	33	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	64.7	29	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	2,034	40	1,357
Falls (% of adults aged 65+)	+++++	28.8	16	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.2	11	4.2
High Health Status (% of adults aged 65+)	++	41.3	33	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	++	15.1	40	4.4
Teeth Extractions (% of adults aged 65+)	++	17.1	36	5.6
<b>All Outcomes*</b>	++	-0.027	35	0.288
<b>OVERALL*</b>	++	-0.117	34	0.737

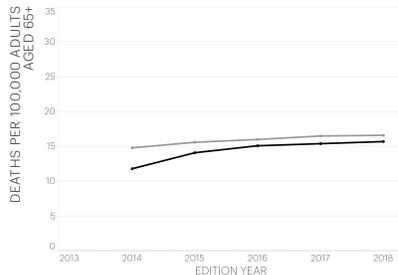


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

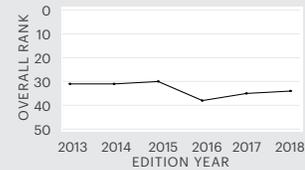
# 34



Change: ▲1

Determinants Rank: **33**

Outcomes Rank: **35**



### Strengths:

- High prescription drug coverage
- Low percentage of hospital deaths
- Low prevalence of frequent mental distress

### Challenges:

- High early death rate
- High prevalence of physical inactivity
- High preventable hospitalization rate

### Highlights:

- In the past five years, low-care nursing home residents increased 27% from 9.2% to 11.7% of residents
- In the past year, SNAP reach decreased 14% from 77.0 to 65.9 participants per 100 adults aged 60+ in poverty
- In the past year, home health care workers increased 5% from 109.4 to 114.7 aides per 1,000 adults aged 75+
- In the past four years, high health status increased 13% from 36.6% to 41.3% of adults aged 65+
- In the past two years, frequent mental distress decreased 16% from 7.4% to 6.2% of adults aged 65+
- In the past four years, suicide increased 33% from 11.8 to 15.7 deaths per 100,000 adults aged 65+

### Ranking:

Ohio is 34th this year; it was 35th in 2017. The state ranks 39th for general population health and 32nd for the health of women and children.

### State Health Department Website:

[www.odh.ohio.gov](http://www.odh.ohio.gov)

# Oklahoma

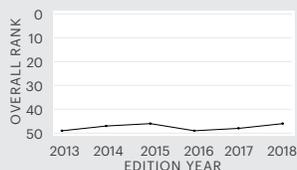
OKLAHOMA

OVERALL RANK:

**46**



Change: **▲ 2**  
 Determinants Rank: **47**  
 Outcomes Rank: **44**



**Strengths:**

- Low prevalence of excessive drinking
- High flu vaccination coverage
- High percentage of hospice care use

**Challenges:**

- High prevalence of physical inactivity
- High early death rate
- High percentage of low-care nursing home residents

**Highlights:**

- In the past five years, obesity increased 16% from 26.3% to 30.4% of adults aged 65+
- In the past two years, frequent mental distress decreased 17% from 8.6% to 7.1% of adults aged 65+
- In the past five years, ICU use in the past six months of life increased 20% from 10.7% to 12.8% of decedents aged 65+
- In the past year, food insecurity increased 13% from 16.0% to 18.1% of adults aged 60+
- In the past four years, suicide increased 33% from 15.8 to 21.0 deaths per 100,000 adults aged 65+
- In the past five years, hip fractures decreased 21% from 9.2 to 7.3 hospitalizations per 1,000 Medicare enrollees

**Ranking:**

Oklahoma is 46th this year; it was 48th in 2017. The state ranks 43rd for general population health and 47th for the health of women and children.

**State Health Department Website:**  
[www.ok.gov/health](http://www.ok.gov/health)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	57.6	45	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.6	3	2.6
Obesity (% of adults aged 65+)	++	30.4	36	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	48.8	43	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	38.1	50	19.1
Smoking (% of adults aged 65+)	+++	9.2	28	3.7
<b>Behaviors Total*</b>	+	-0.143	42	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	36.7	44	65.2
Poverty (% of adults aged 65+)	+++	8.6	25	4.2
Volunteering (% of adults aged 65+)	+++	24.2	29	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.035	38	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$312	37	\$3,675
Food Insecurity (% of adults aged 60+)	++	18.1	40	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	8.7	30	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.044	41	0.182
<b>Community &amp; Environment Total*</b>	++	-0.079	39	0.296

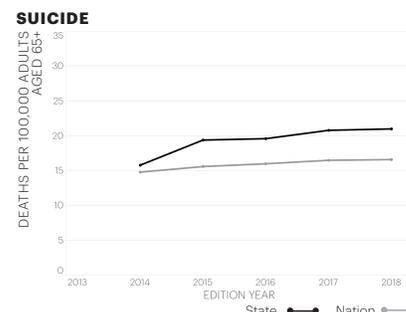
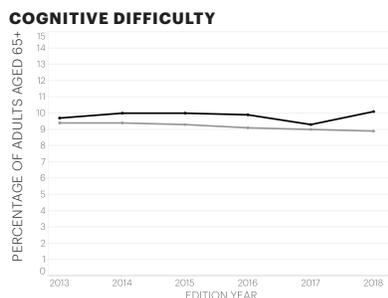
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	84.8	47	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	29.2	35	83.3
Low-care Nursing Home Residents (% of residents)	+	23.0	48	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	81	44	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	71.8	23	126.2
<b>Policy Total*</b>	+	-0.182	48	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.1	38	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	71.1	44	84.8
Flu Vaccine (% of adults aged 65+)	+++++	64.3	7	67.5
Health Screenings (% of seniors with recommended screenings)	+	64.5	46	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	81.4	37	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	56.1	13	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.5	27	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.7	29	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	59.9	44	23.3
<b>Clinical Care Total*</b>	+	-0.054	41	0.086

**All Determinants\*** + -0.457 47 0.549

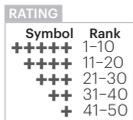
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	57.9	48	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,343	47	1,357
Falls (% of adults aged 65+)	++	31.6	36	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.1	23	4.2
High Health Status (% of adults aged 65+)	+	36.3	43	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.3	48	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.8	27	4.4
Teeth Extractions (% of adults aged 65+)	+	21.4	45	5.6
<b>All Outcomes*</b>	+	-0.273	44	0.288
<b>OVERALL*</b>	+	-0.731	46	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



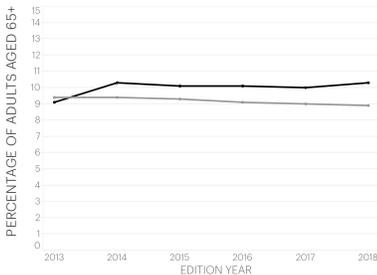
# Oregon

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.4	15	77.9
Excessive Drinking (% of adults aged 65+)	++	8.1	39	2.6
Obesity (% of adults aged 65+)	++++	27.7	20	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	45.2	49	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	19.1	1	19.1
Smoking (% of adults aged 65+)	+++++	7.8	10	3.7
<b>Behaviors Total*</b>	+++	0.028	23	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	58.1	12	65.2
Poverty (% of adults aged 65+)	+++++	7.5	8	4.2
Volunteerism (% of adults aged 65+)	++++	28.8	14	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.085	11	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$372	33	\$3,675
Food Insecurity (% of adults aged 60+)	+++	14.9	30	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	11.4	20	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	-0.002	27	0.182
<b>Community &amp; Environment Total*</b>	++++	0.084	19	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	64.4	19	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.5	11	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	126.2	1	126.2
<b>Policy Total*</b>	+++++	0.095	6	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.5	27	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	74.9	38	84.8
Flu Vaccine (% of adults aged 65+)	+	51.5	49	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	73.8	19	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	92.7	29	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	57.0	12	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	18.2	12	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.7	8	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	33.9	6	23.3
<b>Clinical Care Total*</b>	++++	0.023	15	0.086
<b>All Determinants*</b>	++++	0.229	14	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	62.6	38	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,672	19	1,357
Falls (% of adults aged 65+)	+	32.4	41	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.1	23	4.2
High Health Status (% of adults aged 65+)	+++++	47.5	6	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.8	6	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.0	6	4.4
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
<b>All Outcomes*</b>	++++	0.098	17	0.288
<b>OVERALL*</b>	++++	0.327	15	0.737

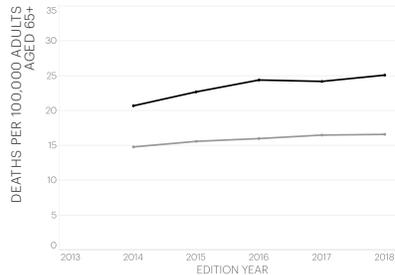


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



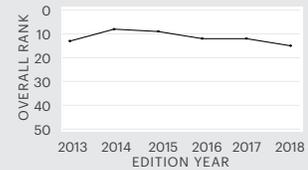
### SUICIDE



**OVERALL RANK:**  
**15**



Change: **▼3**  
 Determinants Rank: **14**  
 Outcomes Rank: **17**



### Strengths:

- Low prevalence of physical inactivity
- High SNAP enrollment
- Low preventable hospitalization rate

### Challenges:

- Low prevalence of pain management
- Low flu vaccination coverage
- High prevalence of falls

### Highlights:

- In the past four years, falls increased 76% from 18.4% to 32.4% of adults aged 65+
- In the past four years, suicide increased 21% from 20.7 to 25.1 deaths per 100,000 adults aged 65+
- In the past two years, SNAP reach increased 18% from 107.2 to 126.2 participants per 100 adults aged 60+ in poverty
- In the past year, flu vaccination coverage decreased 9% from 56.9% to 51.5% of adults aged 65+
- In the past five years, hip fractures decreased 30% from 6.9 to 4.8 hospitalizations per 1,000 Medicare enrollees
- In the past year, dental visits increased 4% from 67.5% to 70.4% of adults aged 65+

### Ranking:

Oregon is 15th this year; it was 12th in 2017. The state ranks 20th for general population health and 18th for the health of women and children.

**State Health Department Website:**  
[public.health.oregon.gov/](http://public.health.oregon.gov/)

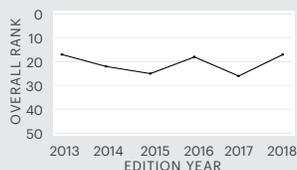
# Pennsylvania

PENNSYLVANIA

**OVERALL RANK:**  
**17**



Change: ▲ 9  
Determinants Rank: 9  
Outcomes Rank: 32



**Strengths:**

- High flu vaccination coverage
- High SNAP enrollment
- High prevalence of pain management

**Challenges:**

- High prevalence of obesity
- High percentage of ICU use
- Low percentage of four- and five-star nursing home beds

**Highlights:**

- In the past year, home health care workers increased 8% from 127.4 to 137.4 aides per 1,000 adults aged 75+
- In the past two years, excessive drinking increased 35% from 6.0% to 8.1% of adults aged 65+
- In the past three years, poverty decreased 6% from 8.3% to 7.8% of adults aged 65+
- In the past two years, SNAP reach increased 32% from 75.4 to 99.2 participants per 100 adults aged 60+ in poverty
- In the past two years, flu vaccination coverage increased 10% from 59.6% to 65.5% of adults aged 65+
- In the past four years, suicide increased 25% from 12.5 to 15.6 deaths per 100,000 adults aged 65+

**Ranking:**

Pennsylvania is 17th this year; it was 26th in 2017. The state ranks 28th for general population health and 23rd for the health of women and children.

**State Health Department Website:**  
[www.health.state.pa.us](http://www.health.state.pa.us)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	66.0	30	77.9
Excessive Drinking (% of adults aged 65+)	++	8.1	39	2.6
Obesity (% of adults aged 65+)	++	30.5	38	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	62.8	1	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.0	33	19.1
Smoking (% of adults aged 65+)	+++++	7.2	7	3.7
<b>Behaviors Total*</b>	+++	0.045	21	0.297

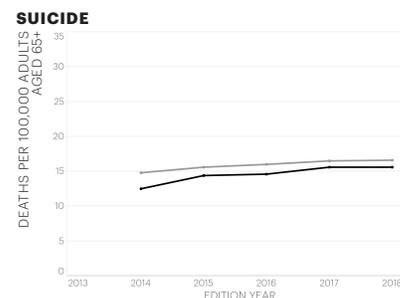
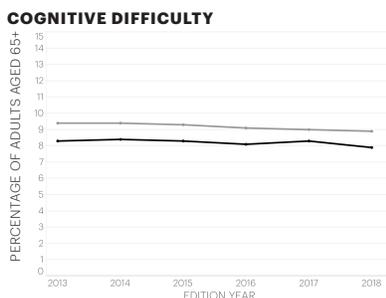
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	40.5	39	65.2
Poverty (% of adults aged 65+)	++++	7.8	13	4.2
Volunteering (% of adults aged 65+)	+++	26.1	23	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	0.004	31	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,315	6	\$3,675
Food Insecurity (% of adults aged 60+)	++	15.1	32	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	7.6	35	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.027	19	0.182
<b>Community &amp; Environment Total*</b>	+++	0.032	25	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	49.4	6	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.4	9	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	99.2	7	126.2
<b>Policy Total*</b>	+++++	0.129	3	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.5	4	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.1	13	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.5	3	67.5
Health Screenings (% of seniors with recommended screenings)	++++	73.8	19	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	137.4	11	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++	50.8	25	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.2	17	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.6	27	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	51.7	33	23.3
<b>Clinical Care Total*</b>	+++++	0.066	8	0.086
<b>All Determinants*</b>	+++++	0.271	9	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++	65.4	25	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,856	32	1,357
Falls (% of adults aged 65+)	++++	28.5	14	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.9	9	4.2
High Health Status (% of adults aged 65+)	+++	41.7	29	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	++	15.0	39	4.4
Teeth Extractions (% of adults aged 65+)	++	16.7	34	5.6
<b>All Outcomes*</b>	++	0.030	32	0.288
<b>OVERALL*</b>	++++	0.302	17	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

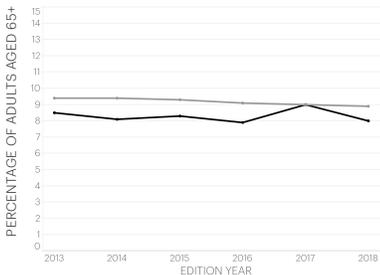


# Rhode Island

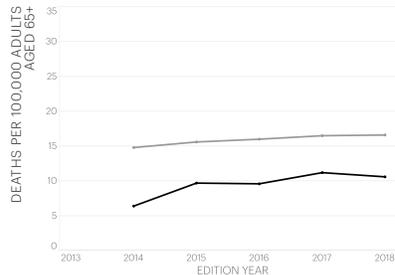
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	74.6	5	77.9
Excessive Drinking (% of adults aged 65+)	+++	6.6	21	2.6
Obesity (% of adults aged 65+)	+++++	25.2	9	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	55.8	18	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.2	35	19.1
Smoking (% of adults aged 65+)	++++	8.0	13	3.7
<b>Behaviors Total*</b>	+++++	0.120	7	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	65.2	1	65.2
Poverty (% of adults aged 65+)	++	9.1	33	4.2
Volunteerism (% of adults aged 65+)	+	20.1	43	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.032	19	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$207	49	\$3,675
Food Insecurity (% of adults aged 60+)	+++	14.5	28	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	5.4	43	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.031	38	0.182
<b>Community &amp; Environment Total*</b>	+++	0.000	30	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++++	53.3	7	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++	13.5	33	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	112.2	5	126.2
<b>Policy Total*</b>	+++++	0.048	10	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	97.1	1	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.1	13	84.8
Flu Vaccine (% of adults aged 65+)	++++	60.4	19	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	79.0	3	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	89.1	30	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	59.2	7	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.2	7	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.8	31	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.0	36	23.3
<b>Clinical Care Total*</b>	+++++	0.073	4	0.086
<b>All Determinants*</b>	++++	0.242	11	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.4	7	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,575	10	1,357
Falls (% of adults aged 65+)	+++++	27.2	7	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.2	27	4.2
High Health Status (% of adults aged 65+)	++++	45.2	15	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.0	13	4.4
Teeth Extractions (% of adults aged 65+)	++++	11.9	11	5.6
<b>All Outcomes*</b>	+++++	0.192	6	0.288
<b>OVERALL*</b>	+++++	0.434	8	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

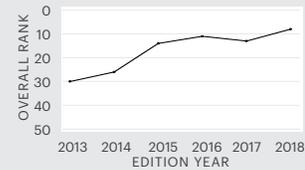
# 8



Change: ▲ 5

Determinants Rank: **11**

Outcomes Rank: **6**



### Strengths:

- High percentage of four- and five-star nursing home beds
- High percentage of able-bodied seniors
- High SNAP enrollment

### Challenges:

- Low percentage of volunteerism
- Low community support expenditures
- High preventable hospitalization rate

### Highlights:

- In the past year, four- or five-star rated nursing home beds increased 21% from 54.0% to 65.2% of certified nursing home beds
- In the past four years, suicide increased 66% from 6.4 to 10.6 deaths per 100,000 adults aged 65+
- In the past four years, falls increased 11% from 24.4% to 27.2% of adults aged 65+
- In the past two years, SNAP reach increased 6% from 105.7 to 112.2 participants per 100 adults aged 60+ in poverty
- In the past year, poverty decreased 12% from 10.3% to 9.1% of adults aged 65+
- In the past year, full-mouth teeth extractions decreased 14% from 13.8% to 11.9% of adults aged 65+

### Ranking:

Rhode Island is eighth this year; it was 13th in 2017. The state ranks 11th for general population health and third for the health of women and children.

### State Health Department Website:

[www.health.state.ri.us](http://www.health.state.ri.us)

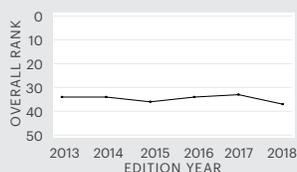
# South Carolina

SOUTH CAROLINA

**OVERALL RANK:**  
**37**



Change: ▼ 4  
Determinants Rank: **35**  
Outcomes Rank: **39**



**Strengths:**

- Low percentage of low-care nursing home residents
- High percentage of hospice care use
- High percentage of diabetes management

**Challenges:**

- High prevalence of food insecurity
- Low prevalence of dental visits
- High prevalence of frequent mental distress

**Highlights:**

- In the past year, excessive drinking increased 23% from 6.0% to 7.4% of adults aged 65+
- In the past five years, obesity increased 14% from 25.2% to 28.7% of adults aged 65+
- In the past five years, food insecurity increased 15% from 17.1% to 19.6% of adults aged 60+
- In the past five years, poverty decreased 17% from 10.3% to 8.6% of adults aged 65+
- In the past three years, low-care nursing home residents increased 19% from 4.8% to 5.7% of residents
- In the past four years, full-mouth teeth extractions decreased 9% from 19.5% to 17.7% of adults aged 65+

**Ranking:**

South Carolina is 37th this year; it was 33rd in 2017. The state ranks 44th for general population health and 36th for the health of women and children.

**State Health Department Website:**  
[www.scdhec.gov](http://www.scdhec.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	60.1	43	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.4	26	2.6
Obesity (% of adults aged 65+)	+++	28.7	27	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	50.4	39	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.1	34	19.1
Smoking (% of adults aged 65+)	+++	9.3	30	3.7
<b>Behaviors Total*</b>	++	-0.119	40	0.297

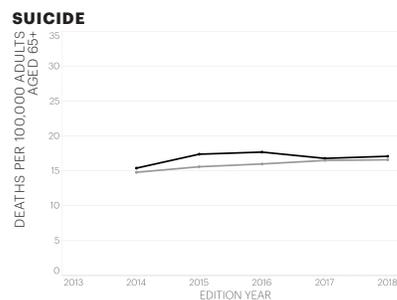
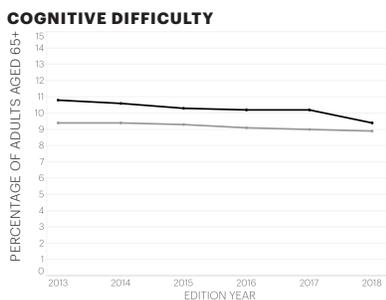
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	47.8	31	65.2
Poverty (% of adults aged 65+)	+++	8.6	25	4.2
Volunteering (% of adults aged 65+)	+++	26.0	25	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.013	26	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$245	44	\$3,675
Food Insecurity (% of adults aged 60+)	+	19.6	46	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	71	36	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.067	47	0.182
<b>Community &amp; Environment Total*</b>	++	-0.054	37	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	72.2	30	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	45.8	32	83.3
Low-care Nursing Home Residents (% of residents)	+++++	5.7	4	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	70.4	25	126.2
<b>Policy Total*</b>	+++++	0.012	16	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.5	14	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	81.7	10	84.8
Flu Vaccine (% of adults aged 65+)	+++++	62.0	13	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	74.3	17	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	76.6	40	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	58.5	8	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.5	27	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	45.6	18	23.3
<b>Clinical Care Total*</b>	+++++	0.048	11	0.086
<b>All Determinants*</b>	++	-0.114	35	0.549

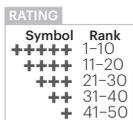
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	63.8	34	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	2,014	39	1,357
Falls (% of adults aged 65+)	+++	29.4	21	24.8
Frequent Mental Distress (% of adults aged 65+)	+	8.9	46	4.2
High Health Status (% of adults aged 65+)	++	39.1	40	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.4	37	4.4
Teeth Extractions (% of adults aged 65+)	++	17.7	37	5.6
<b>All Outcomes*</b>	++	-0.138	39	0.288
<b>OVERALL*</b>	++	-0.252	37	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



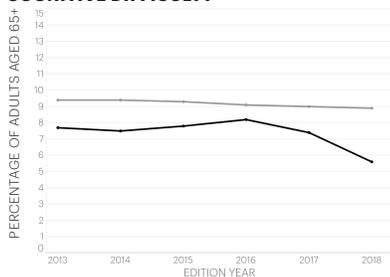
# South Dakota

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	65.0	31	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.1	8	2.6
Obesity (% of adults aged 65+)	++++	27.3	18	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.6	36	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	24.6	9	19.1
Smoking (% of adults aged 65+)	++	9.5	34	3.7
<b>Behaviors Total*</b>	++++	0.049	18	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	52.5	23	65.2
Poverty (% of adults aged 65+)	+	10.9	45	4.2
Volunteerism (% of adults aged 65+)	+++++	36.3	3	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.040	17	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$940	10	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.5	7	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	13.2	19	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.073	8	0.182
<b>Community &amp; Environment Total*</b>	++++	0.113	14	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	74.5	33	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	62.5	17	83.3
Low-care Nursing Home Residents (% of residents)	+	16.9	43	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	41.4	48	126.2
<b>Policy Total*</b>	+	-0.104	43	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	91.7	44	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	73.0	40	84.8
Flu Vaccine (% of adults aged 65+)	+++++	63.5	8	67.5
Health Screenings (% of seniors with recommended screenings)	++	69.4	34	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	54.5	49	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	39.7	45	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.2	17	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.2	7	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	50.5	31	23.3
<b>Clinical Care Total*</b>	++	-0.039	37	0.086
<b>All Determinants*</b>	+++	0.018	26	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	66.3	17	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,677	20	1,357
Falls (% of adults aged 65+)	+++	29.6	22	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	4.7	2	4.2
High Health Status (% of adults aged 65+)	+++	43.6	24	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	7.8	12	4.4
Teeth Extractions (% of adults aged 65+)	++	15.9	32	5.6
<b>All Outcomes*</b>	++++	0.130	13	0.288
<b>OVERALL*</b>	+++	0.148	21	0.737

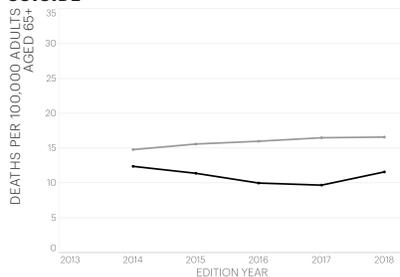


\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



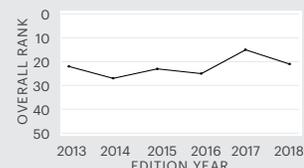
### SUICIDE



**OVERALL RANK:**  
**21**



Change: **▼ 6**  
 Determinants Rank: **26**  
 Outcomes Rank: **13**



### Strengths:

- Low prevalence of frequent mental distress
- High percentage of volunteerism
- High flu vaccination coverage

### Challenges:

- High percentage of seniors living in poverty
- Low percentage of hospice care use
- Low home health care worker rate

### Highlights:

- In the past five years, physical inactivity decreased 31% from 35.9% to 24.6% of adults aged 65+ in fair or better health
- In the past two years, food insecurity decreased 25% from 14.0% to 10.5% of adults aged 60+
- In the past year, flu vaccination coverage decreased 10% from 70.6% to 63.5% of adults aged 65+
- In the past five years, home health care workers increased 43% from 38.1 to 54.5 aides per 1,000 adults aged 75+
- In the past two years, early deaths increased 5% from 1,592 to 1,677 deaths per 100,000 adults aged 65-74
- In the past year, suicide increased 20% from 9.7 to 11.6 deaths per 100,000 adults aged 65+

### Ranking:

South Dakota is 21st this year; it was 15th in 2017. The state ranks 24th for general population health and 24th for the health of women and children.

**State Health Department Website:**  
[doh.sd.gov](http://doh.sd.gov)

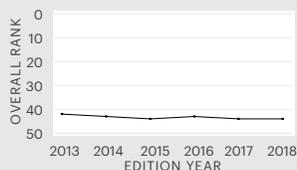
# Tennessee

TENNESSEE

OVERALL RANK:

44

Change: **no change**  
 Determinants Rank: **42**  
 Outcomes Rank: **46**



**Strengths:**

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- High percentage of diabetes management

**Challenges:**

- High prevalence of smoking
- High hip fracture hospitalization rate
- Low home-delivered meals rate

**Highlights:**

- In the past year, home health care workers decreased 9% from 61.2 to 55.4 aides per 1,000 adults aged 75+
- In the past two years, excessive drinking increased 52% from 2.9% to 4.4% of adults aged 65+
- In the past five years, poverty decreased 14% from 10.4% to 8.9% of adults aged 65+
- In the past three years, flu vaccination coverage decreased 22% from 73.4% to 56.9% of adults aged 65+
- In the past five years, preventable hospitalizations decreased 29% from 83.4 to 59.3 discharges per 1,000 Medicare enrollees
- In the past four years, suicide increased 18% from 16.5 to 19.4 deaths per 100,000 adults aged 65+

**Ranking:**

Tennessee is 44th this year; it was 44th in 2017. The state ranks 45th for general population health and 43rd for the health of women and children.

**State Health Department Website:**  
[health.state.tn.us](http://health.state.tn.us)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	56.8	46	77.9
Excessive Drinking (% of adults aged 65+)	+++++	4.4	6	2.6
Obesity (% of adults aged 65+)	+++	28.6	24	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	53.3	26	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.3	45	19.1
Smoking (% of adults aged 65+)	+	13.2	50	3.7
<b>Behaviors Total*</b>	+	-0.149	44	0.297

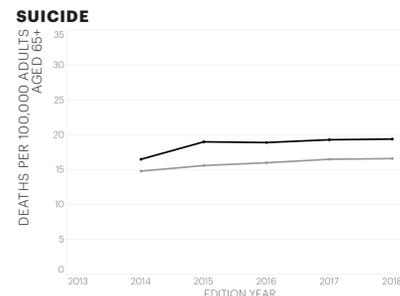
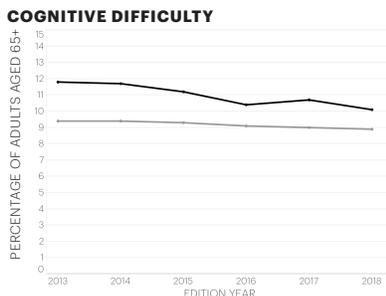
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	44.8	37	65.2
Poverty (% of adults aged 65+)	++++	8.9	29	4.2
Volunteering (% of adults aged 65+)	++	21.6	36	45.9
<b>Community &amp; Environment—Macro Total*</b>	++	-0.027	37	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$245	44	\$3,675
Food Insecurity (% of adults aged 60+)	++	16.4	35	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+	3.5	50	42.0
<b>Community &amp; Environment—Micro Total*</b>	+	-0.054	43	0.182
<b>Community &amp; Environment Total*</b>	++	-0.081	40	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	82.4	45	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	5.8	5	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	73.4	20	126.2
<b>Policy Total*</b>	++++	0.038	11	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	94.0	33	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.4	7	84.8
Flu Vaccine (% of adults aged 65+)	++	56.9	35	67.5
Health Screenings (% of seniors with recommended screenings)	+++	70.3	29	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+	55.4	48	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	45.7	40	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.5	36	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	59.3	43	23.3
<b>Clinical Care Total*</b>	+	-0.072	45	0.086
<b>All Determinants*</b>	+	-0.264	42	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	61.7	40	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,271	44	1,357
Falls (% of adults aged 65+)	++	31.2	34	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.3	40	4.2
High Health Status (% of adults aged 65+)	+	34.9	45	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.3	48	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.3	35	4.4
Teeth Extractions (% of adults aged 65+)	+	21.6	46	5.6
<b>All Outcomes*</b>	+	-0.277	46	0.288
<b>OVERALL*</b>	+	-0.541	44	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



# Texas

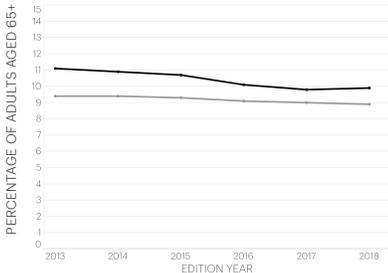
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++	63.1	37	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	33	2.6
Obesity (% of adults aged 65+)	++	30.0	34	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	52.0	32	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.9	38	19.1
Smoking (% of adults aged 65+)	++	10.0	38	3.7
<b>Behaviors Total*</b>	<b>+</b>	<b>-0.132</b>	<b>41</b>	<b>0.297</b>
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	32.2	48	65.2
Poverty (% of adults aged 65+)	+	10.5	43	4.2
Volunteerism (% of adults aged 65+)	++	21.5	37	45.9
<b>Community &amp; Environment—Macro Total*</b>	<b>+</b>	<b>-0.102</b>	<b>46</b>	<b>0.139</b>
Community Support (dollars per adult aged 60+ in poverty)	+	\$229	47	\$3,675
Food Insecurity (% of adults aged 60+)	++	16.8	36	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	9.2	28	42.0
<b>Community &amp; Environment—Micro Total*</b>	<b>++</b>	<b>-0.035</b>	<b>40</b>	<b>0.182</b>
<b>Community &amp; Environment Total*</b>	<b>+</b>	<b>-0.137</b>	<b>46</b>	<b>0.296</b>
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.8	28	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	66.7	15	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.4	26	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	63.5	29	126.2
<b>Policy Total*</b>	<b>+++</b>	<b>-0.017</b>	<b>21</b>	<b>0.178</b>
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	92.9	39	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.7	16	84.8
Flu Vaccine (% of adults aged 65+)	+++	57.3	30	67.5
Health Screenings (% of seniors with recommended screenings)	++	68.5	37	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	190.9	5	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	58.5	8	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.9	16	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.7	29	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	53.2	34	23.3
<b>Clinical Care Total*</b>	<b>++++</b>	<b>0.018</b>	<b>19</b>	<b>0.086</b>
<b>All Determinants*</b>	<b>+</b>	<b>-0.268</b>	<b>43</b>	<b>0.549</b>
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	61.3	41	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,867	33	1,357
Falls (% of adults aged 65+)	+++	30.1	27	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.2	39	4.2
High Health Status (% of adults aged 65+)	+	36.9	42	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.6	41	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.6	45	4.4
Teeth Extractions (% of adults aged 65+)	+++	13.8	23	5.6
<b>All Outcomes*</b>	<b>+</b>	<b>-0.147</b>	<b>41</b>	<b>0.288</b>
<b>OVERALL*</b>	<b>+</b>	<b>-0.415</b>	<b>41</b>	<b>0.737</b>

**RATING**

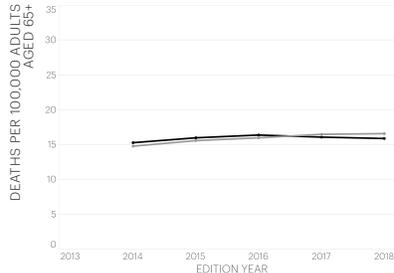
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**

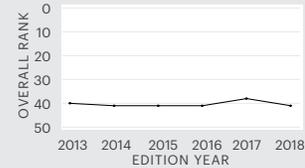


**OVERALL RANK:**

**41**



Change: **▼3**  
 Determinants Rank: **43**  
 Outcomes Rank: **41**



**Strengths:**

- High home health care worker rate
- High percentage of hospice care use
- High percentage of diabetes management

**Challenges:**

- Low percentage of four- and five-star nursing home beds
- High percentage of ICU use
- High percentage of seniors living in poverty

**Highlights:**

- In the past year, flu vaccination coverage decreased 14% from 66.3% to 57.3% of adults aged 65+
- In the past three years, SNAP reach decreased 20% from 79.4 to 63.5 participants per 100 adults aged 60+ in poverty
- In the past four years, hospital readmissions decreased 7% from 15.8% to 14.7% of hospitalized patients aged 65+
- In the past year, frequent mental distress increased 32% from 6.2% to 8.2% of adults aged 65+
- In the past two years, suicide decreased 3% from 16.4 to 15.9 deaths per 100,000 adults aged 65+
- In the past five years, low-care nursing home residents decreased 20% from 14.3% to 11.4% of residents

**Ranking:**

Texas is 41st this year; it was 38th in 2017. The state ranks 34th for general population health and 44th for the health of women and children.

**State Health Department Website:**

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

# Utah

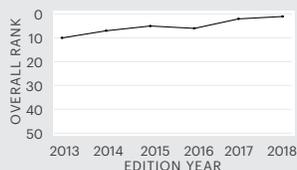
UTAH

## OVERALL RANK:

# 1



Change: ▲ 1  
 Determinants Rank: 1  
 Outcomes Rank: 8



### Strengths:

- Low prevalence of smoking
- High percentage of volunteerism
- Low percentage of hospital readmissions

### Challenges:

- Low flu vaccination coverage
- Low home health care worker rate
- Low SNAP enrollment

### Highlights:

- In the past five years, hip fractures decreased 27% from 7.1 to 5.2 hospitalizations per 1,000 Medicare enrollees
- In the past four years, poverty increased 10% from 6.1% to 6.7% of adults aged 65+
- In the past year, flu vaccination coverage decreased 7% from 59.0% to 54.9% of adults aged 65+
- In the past four years, health screenings increased 7% from 71.7% to 76.8% of seniors receiving recommended screenings
- In the past four years, home health care workers increased 84% from 44.9 to 82.6 aides per 1,000 adults aged 75+
- In the past four years, suicide increased 36% from 15.7 to 21.3 deaths per 100,000 adults aged 65+

### Ranking:

Utah is first this year; it was second in 2017. The state ranks fourth for general population health and eighth for the health of women and children.

**State Health Department Website:**  
[www.health.utah.gov](http://www.health.utah.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	72.8	7	77.9
Excessive Drinking (% of adults aged 65+)	+++++	2.6	1	2.6
Obesity (% of adults aged 65+)	++++	26.8	17	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++	55.1	21	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	22.7	5	19.1
Smoking (% of adults aged 65+)	+++++	3.7	1	3.7
<b>Behaviors Total*</b>	+++++	0.297	1	0.297

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	53.1	22	65.2
Poverty (% of adults aged 65+)	+++++	6.7	4	4.2
Volunteerism (% of adults aged 65+)	+++++	45.9	1	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.135	4	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$885	12	\$3,675
Food Insecurity (% of adults aged 60+)	+++	13.7	23	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	19.1	8	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.067	10	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.202	4	0.296

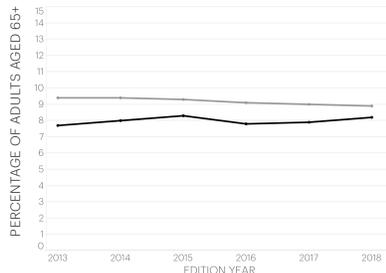
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	77.5	38	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	+++++	4.5	3	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	82	43	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	46.6	42	126.2
<b>Policy Total*</b>	+++	-0.023	23	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	91.9	43	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	72.5	42	84.8
Flu Vaccine (% of adults aged 65+)	+	54.9	41	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	76.8	12	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	82.6	34	264.2
Hospice Care (% of Medicare decedents aged 65+)	+++++	65.5	2	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	14.3	1	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.3	2	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	27.9	2	23.3
<b>Clinical Care Total*</b>	+++++	0.074	3	0.086
<b>All Determinants*</b>	+++++	0.549	1	0.549

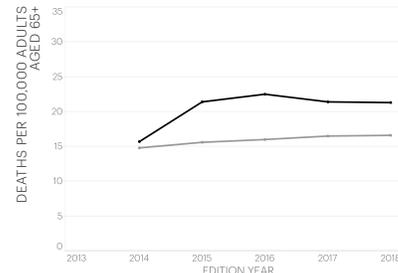
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	66.0	19	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,570	9	1,357
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.7	15	4.2
High Health Status (% of adults aged 65+)	+++++	47.5	6	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.8	5	4.4
Teeth Extractions (% of adults aged 65+)	+++++	9.9	5	5.6
<b>All Outcomes*</b>	+++++	0.188	8	0.288
<b>OVERALL*</b>	+++++	0.737	1	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE

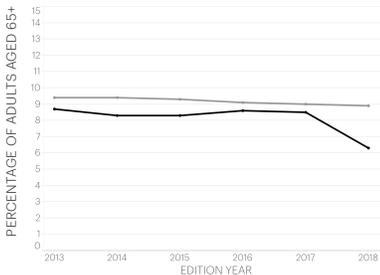


# Vermont

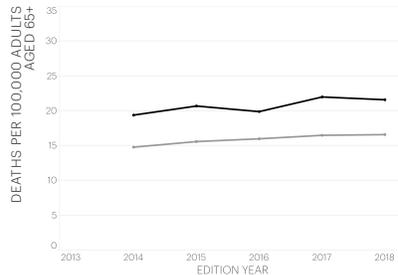
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	71.0	12	77.9
Excessive Drinking (% of adults aged 65+)	+	8.8	46	2.6
Obesity (% of adults aged 65+)	++++	25.9	14	16.0
Pain Management (% of adults aged 65+ with arthritis)	++	51.7	35	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.0	20	19.1
Smoking (% of adults aged 65+)	+++++	7.0	6	3.7
<b>Behaviors Total*</b>	++++	0.048	19	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++	48.3	29	65.2
Poverty (% of adults aged 65+)	+++	8.7	27	4.2
Volunteerism (% of adults aged 65+)	+++++	34.2	8	45.9
<b>Community &amp; Environment—Macro Total*</b>	++++	0.057	16	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,527	5	\$3,675
Food Insecurity (% of adults aged 60+)	++++	12.3	14	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	25.2	4	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++++	0.136	5	0.182
<b>Community &amp; Environment Total*</b>	+++++	0.193	6	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.3	22	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.0	15	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++++	95.2	8	126.2
<b>Policy Total*</b>	++++	-0.013	20	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	94.3	31	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	69.6	46	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.0	25	67.5
Health Screenings (% of seniors with recommended screenings)	+++	72.9	23	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	161.8	7	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	37.0	46	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.9	43	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	39.4	11	23.3
<b>Clinical Care Total*</b>	++	-0.026	34	0.086
<b>All Determinants*</b>	++++	0.201	16	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.9	2	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,560	7	1,357
Falls (% of adults aged 65+)	+	35.3	49	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.1	23	4.2
High Health Status (% of adults aged 65+)	+++++	52.0	1	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.6	4	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	4.4	1	4.4
Teeth Extractions (% of adults aged 65+)	+++	15.1	29	5.6
<b>All Outcomes*</b>	+++++	0.166	10	0.288
<b>OVERALL*</b>	++++	0.366	13	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



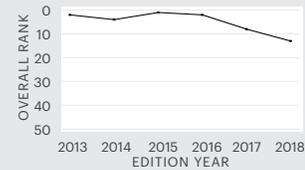
### SUICIDE



**OVERALL RANK:**  
**13**



Change: ▼ 5  
Determinants Rank: **16**  
Outcomes Rank: **10**



### Strengths:

- Low percentage of ICU use
- Low prevalence of smoking
- High home-delivered meals rate

### Challenges:

- High prevalence of falls
- High prevalence of excessive drinking
- Low percentage of hospice care use

### Highlights:

- In the past year, food insecurity decreased 20% from 15.4% to 12.3% of adults aged 60+
- In the past year, home health care workers decreased 6% from 172.3 to 161.8 aides per 1,000 adults aged 75+
- In the past three years, SNAP reach decreased 30% from 136.8 to 95.2 participants per 100 adults aged 60+ in poverty
- In the past five years, flu vaccination coverage decreased 10% from 65.4% to 59.0% of adults aged 65+
- In the past four years, full-mouth teeth extractions decreased 14% from 17.5% to 15.1% of adults aged 65+
- In the past four years, suicide increased 11% from 19.4 to 21.6 deaths per 100,000 adults aged 65+

### Ranking:

Vermont is 13th this year; it was eighth in 2017. The state ranks third for general population health and fourth for the health of women and children.

### State Health Department Website:

[www.healthvermont.gov](http://www.healthvermont.gov)

# Virginia

VIRGINIA

**OVERALL RANK:**

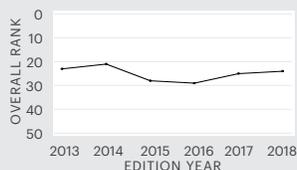
**24**



Change: **▲ 1**

Determinants Rank: **24**

Outcomes Rank: **21**



**Strengths:**

- High prevalence of pain management
- High percentage of able-bodied seniors
- High percentage of diabetes management

**Challenges:**

- Low percentage of four- and five-star nursing home beds
- High percentage of ICU use
- Low home-delivered meals rate

**Highlights:**

- In the past year, excessive drinking increased 16% from 5.1% to 5.9% of adults aged 65+
- In the past year, health screenings increased 2% from 72.6% to 73.9% of seniors receiving recommended screenings
- In the past five years, home health care workers increased 30% from 82.4 to 107.1 aides per 1,000 adults aged 75+
- In the past two years, food insecurity decreased 19% from 13.9% to 11.3% of adults aged 60+
- In the past four years, suicide increased 16% from 15.4 to 17.8 deaths per 100,000 adults aged 65+
- In the past four years, full-mouth teeth extractions decreased 7% from 16.1% to 14.9% of adults aged 65+

**Ranking:**

Virginia is 24th this year; it was 25th in 2017. The state ranks 19th for general population health and 15th for the health of women and children.

**State Health Department Website:**  
www.vdh.state.va.us

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.9	18	2.6
Obesity (% of adults aged 65+)	+++	27.8	21	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	57.8	9	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	27.4	18	19.1
Smoking (% of adults aged 65+)	+++	8.6	22	3.7
<b>Behaviors Total*</b>	+++++	0.116	8	0.297

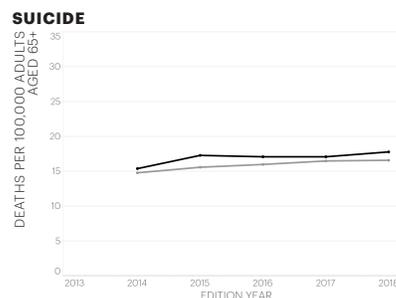
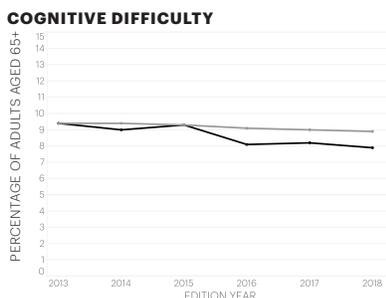
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	37.6	41	65.2
Poverty (% of adults aged 65+)	++++	7.8	13	4.2
Volunteering (% of adults aged 65+)	++++	28.1	16	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++	0.005	30	0.139
Community Support (dollars per adult aged 60+ in poverty)	++	\$362	34	\$3,675
Food Insecurity (% of adults aged 60+)	++++	11.3	13	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	5.7	40	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	0.005	25	0.182
<b>Community &amp; Environment Total*</b>	+++	0.010	29	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.4	17	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	12.5	45	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.2	16	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	81	44	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++	59.9	33	126.2
<b>Policy Total*</b>	+	-0.095	42	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++	95.0	23	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.0	8	84.8
Flu Vaccine (% of adults aged 65+)	+++++	63.0	9	67.5
Health Screenings (% of seniors with recommended screenings)	++++	73.9	18	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++++	107.1	20	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	48.8	33	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.6	41	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.8	31	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	42.8	15	23.3
<b>Clinical Care Total*</b>	++++	0.021	16	0.086
<b>All Determinants*</b>	+++	0.053	24	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++++	67.4	13	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,744	25	1,357
Falls (% of adults aged 65+)	++++	29.2	19	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.0	10	4.2
High Health Status (% of adults aged 65+)	++++	43.9	20	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.7	30	3.2
ICU Use (% of Medicare decedents aged 65+)	+	15.4	41	4.4
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
<b>All Outcomes*</b>	+++	0.064	21	0.288
<b>OVERALL*</b>	+++	0.116	24	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



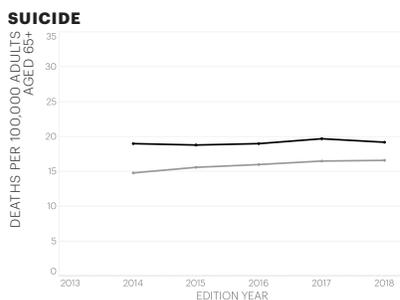
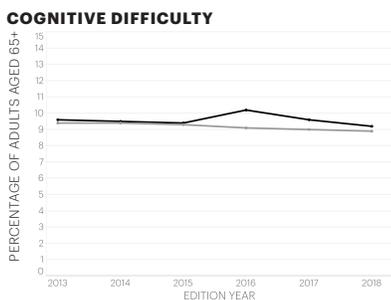
# Washington

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	++++	71.1	11	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.6	29	2.6
Obesity (% of adults aged 65+)	+++	28.3	23	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	49.6	41	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	20.7	3	19.1
Smoking (% of adults aged 65+)	++++	7.9	12	3.7
<b>Behaviors Total*</b>	++++	0.072	15	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+++++	62.4	4	65.2
Poverty (% of adults aged 65+)	+++++	7.6	9	4.2
Volunteerism (% of adults aged 65+)	+++++	29.9	10	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.104	8	0.139
Community Support (dollars per adult aged 60+ in poverty)	+	\$263	42	\$3,675
Food Insecurity (% of adults aged 60+)	++++	11.0	11	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++	6.5	37	42.0
<b>Community &amp; Environment—Micro Total*</b>	+++	0.006	23	0.182
<b>Community &amp; Environment Total*</b>	++++	0.110	15	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.0	15	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	58.3	19	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.6	14	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	87.0	11	126.2
<b>Policy Total*</b>	++++	0.016	15	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.7	34	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.3	34	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.2	23	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	74.6	15	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	79.2	38	264.2
Hospice Care (% of Medicare decedents aged 65+)	++	47.0	39	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	++	21.1	32	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	32.7	5	23.3
<b>Clinical Care Total*</b>	++++	0.015	20	0.086
<b>All Determinants*</b>	++++	0.213	15	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	64.3	31	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,588	12	1,357
Falls (% of adults aged 65+)	+	33.2	45	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.9	18	4.2
High Health Status (% of adults aged 65+)	++++	44.1	19	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.5	2	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.8	18	4.4
Teeth Extractions (% of adults aged 65+)	+++++	11.1	8	5.6
<b>All Outcomes*</b>	++++	0.102	16	0.288
<b>OVERALL*</b>	++++	0.315	16	0.737

**RATING**

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

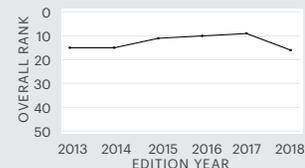
\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



**OVERALL RANK:**  
**16**



Change: ▼7  
Determinants Rank: **15**  
Outcomes Rank: **16**



**Strengths:**

- Low hip fracture hospitalization rate
- High percentage of four- and five-star nursing home beds
- Low prevalence of physical inactivity

**Challenges:**

- High prevalence of falls
- Low prevalence of pain management
- Low community support expenditures

**Highlights:**

- In the past two years, excessive drinking decreased 12% from 8.6% to 7.6% of adults aged 65+
- In the past five years, obesity increased 11% from 25.6% to 28.3% of adults aged 65+
- In the past five years, hip fractures decreased 33% from 6.7 to 4.5 hospitalizations per 1,000 Medicare enrollees
- In the past five years, preventable hospitalizations decreased 30% from 46.4 to 32.7 discharges per 1,000 Medicare enrollees
- In the past year, flu vaccination coverage decreased 4% from 61.4% to 59.2% of adults aged 65+
- In the past five years, early deaths decreased 6% from 1,694 to 1,588 deaths per 100,000 adults aged 65-74

**Ranking:**

Washington is 16th this year; it was ninth in 2017. The state ranks ninth for general population health and 11th for the health of women and children.

**State Health Department Website:**  
[www.doh.wa.gov](http://www.doh.wa.gov)

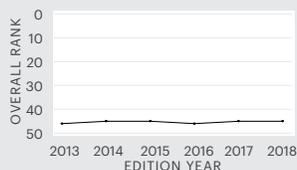
# West Virginia

WEST VIRGINIA

**OVERALL RANK:**  
**45**



Change: **no change**  
Determinants Rank: **44**  
Outcomes Rank: **49**



**Strengths:**

- Low prevalence of excessive drinking
- High flu vaccination coverage
- High percentage of HAI reporting policies

**Challenges:**

- Low prevalence of dental visits
- Low percentage of able-bodied seniors
- High preventable hospitalization rate

**Highlights:**

- In the past five years, physical inactivity decreased 26% from 41.2% to 30.5% of adults aged 65+ in fair or better health
- In the past year, home health care workers decreased 15% from 122.5 to 104.3 aides per 1,000 adults aged 75+
- In the past year, four- or five-star rated nursing home beds increased 44% from 25.8% to 37.2% of certified nursing home beds
- In the past four years, suicide increased 32% from 16.9 to 22.3 deaths per 100,000 adults aged 65+
- In the past two years, food insecurity increased 53% from 12.1% to 18.5% of adults aged 60+
- In the past two years, full-mouth teeth extractions decreased 10% from 33.6% to 30.4% of adults aged 65+

**Ranking:**

West Virginia is 45th this year; it was 45th in 2017. The state ranks 46th for general population health and 40th for the health of women and children.

**State Health Department Website:**  
[www.dhhr.wv.gov](http://www.dhhr.wv.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+	52.5	50	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.1	2	2.6
Obesity (% of adults aged 65+)	+	32.4	47	16.0
Pain Management (% of adults aged 65+ with arthritis)	+	48.2	44	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	30.5	31	19.1
Smoking (% of adults aged 65+)	+	10.8	43	3.7
<b>Behaviors Total*</b>	+	-0.161	45	0.297

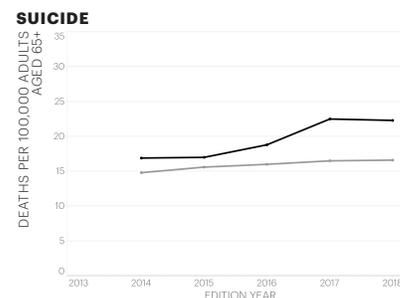
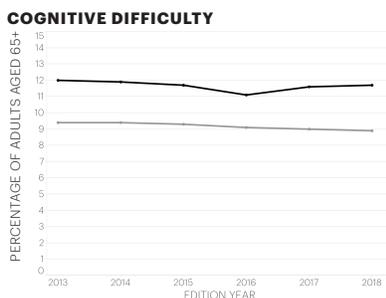
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	+	37.2	43	65.2
Poverty (% of adults aged 65+)	++	9.5	37	4.2
Volunteering (% of adults aged 65+)	++	21.0	39	45.9
<b>Community &amp; Environment—Macro Total*</b>	+	-0.068	44	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++	\$459	25	\$3,675
Food Insecurity (% of adults aged 60+)	+	18.5	44	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++	10.3	24	42.0
<b>Community &amp; Environment—Micro Total*</b>	++	-0.034	39	0.182
<b>Community &amp; Environment Total*</b>	+	-0.102	43	0.296

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++	76.6	34	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.7	27	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	++++	73.5	19	126.2
<b>Policy Total*</b>	++++	0.000	19	0.178

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.5	14	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.2	23	84.8
Flu Vaccine (% of adults aged 65+)	+++++	67.5	1	67.5
Health Screenings (% of seniors with recommended screenings)	+++	72.4	24	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++	104.3	22	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	45.1	42	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+	24.0	45	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.7	49	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	75.0	49	23.3
<b>Clinical Care Total*</b>	++	-0.046	39	0.086
<b>All Determinants*</b>	+	-0.308	44	0.549

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+	57.1	50	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,293	45	1,357
Falls (% of adults aged 65+)	+++	29.8	23	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.7	47	4.2
High Health Status (% of adults aged 65+)	+	33.1	48	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.9	43	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.8	47	4.4
Teeth Extractions (% of adults aged 65+)	+	30.4	50	5.6
<b>All Outcomes*</b>	+	-0.359	49	0.288
<b>OVERALL*</b>	+	-0.668	45	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

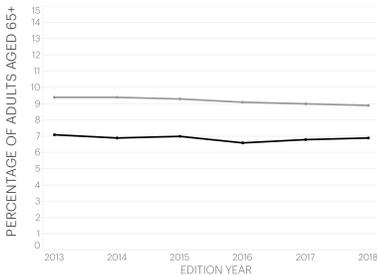


# Wisconsin

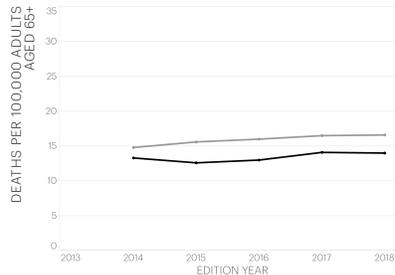
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++++	75.9	3	77.9
Excessive Drinking (% of adults aged 65+)	+	11.3	50	2.6
Obesity (% of adults aged 65+)	+	34.6	48	16.0
Pain Management (% of adults aged 65+ with arthritis)	++++	55.6	20	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	25.9	13	19.1
Smoking (% of adults aged 65+)	+++++	7.3	9	3.7
<b>Behaviors Total*</b>	+++	-0.016	30	0.297
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++++	54.3	19	65.2
Poverty (% of adults aged 65+)	+++++	7.6	9	4.2
Volunteerism (% of adults aged 65+)	+++++	34.5	7	45.9
<b>Community &amp; Environment—Macro Total*</b>	+++++	0.101	9	0.139
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$594	18	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	10.4	6	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	++++	13.6	16	42.0
<b>Community &amp; Environment—Micro Total*</b>	++++	0.058	13	0.182
<b>Community &amp; Environment Total*</b>	++++	0.159	12	0.296
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.2	16	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.3	24	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+++	73.0	21	126.2
<b>Policy Total*</b>	+++	-0.029	26	0.178
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.1	5	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.6	11	84.8
Flu Vaccine (% of adults aged 65+)	+	49.5	50	67.5
Health Screenings (% of seniors with recommended screenings)	+++++	78.8	4	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	+++++	162.4	6	264.2
Hospice Care (% of Medicare decedents aged 65+)	++++	54.7	17	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.5	9	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	13.9	13	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	45.0	17	23.3
<b>Clinical Care Total*</b>	+++++	0.069	6	0.086
<b>All Determinants*</b>	++++	0.183	17	0.549
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	+++++	68.2	9	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,656	17	1,357
Falls (% of adults aged 65+)	+++++	28.0	9	24.8
Frequent Mental Distress (% of adults aged 65+)	++	7.6	36	4.2
High Health Status (% of adults aged 65+)	++++	45.1	16	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.8	6	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.4	8	4.4
Teeth Extractions (% of adults aged 65+)	+++++	10.6	7	5.6
<b>All Outcomes*</b>	+++++	0.189	7	0.288
<b>OVERALL*</b>	++++	0.372	12	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



## OVERALL RANK:

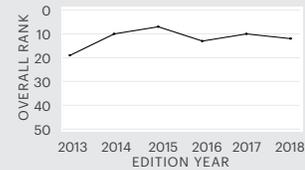
# 12



Change: ▼ 2

Determinants Rank: 17

Outcomes Rank: 7



### Strengths:

- High prevalence of health screenings
- High prevalence of dental visits
- Low hip fracture hospitalization rate

### Challenges:

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

### Highlights:

- In the past five years, obesity increased 29% from 26.9% to 34.6% of adults aged 65+
- In the past four years, falls increased 93% from 14.5% to 28.0% of adults aged 65+
- In the past two years, community support increased 36% from \$438 to \$594 per adult aged 60+ in poverty
- In the past three years, flu vaccination coverage decreased 9% from 54.4% to 49.5% of adults aged 65+
- In the past three years, suicide increased 11% from 12.6 to 14.0 deaths per 100,000 adults aged 65+
- In the past four years, early deaths decreased 7% from 1,780 to 1,656 deaths per 100,000 adults aged 65-74

### Ranking:

Wisconsin is 12th this year; it was 10th in 2017. The state ranks 21st for general population health and 14th for the health of women and children.

### State Health Department Website:

[www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)

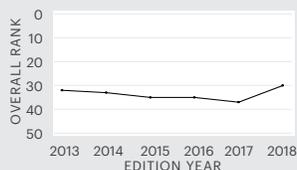
# Wyoming

WYOMING

**OVERALL RANK:**  
**30**



Change: **▲ 7**  
Determinants Rank: **31**  
Outcomes Rank: **29**



**Strengths:**

- High home-delivered meals rate
- Low percentage of ICU use
- High prevalence of pain management

**Challenges:**

- Low prevalence of seniors with a dedicated provider
- Low SNAP enrollment
- Low percentage of diabetes management

**Highlights:**

- In the past four years, suicide increased 30% from 24.3 to 31.5 deaths per 100,000 adults aged 65+
- In the past four years, dental visits increased 11% from 61.2% to 67.9% of adults aged 65+
- In the past year, food insecurity decreased 18% from 11.1% to 9.1% of adults aged 60+
- In the past three years, SNAP reach decreased 39% from 27.7 to 16.8 participants per 100 adults aged 60+ in poverty
- In the past five years, preventable hospitalizations decreased 26% from 58.2 to 43.1 discharges per 1,000 Medicare enrollees
- In the past two years, poverty increased 37% from 6.2% to 8.5% of adults aged 65+

**Ranking:**

Wyoming is 30th this year; it was 37th in 2017. The state ranks 26th for general population health and 31st for the health of women and children.

**State Health Department Website:**  
[www.health.wyo.gov](http://www.health.wyo.gov)

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>				
Dental Visit (% of adults aged 65+)	+++	67.9	24	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.8	17	2.6
Obesity (% of adults aged 65+)	++++	25.8	12	16.0
Pain Management (% of adults aged 65+ with arthritis)	+++++	59.0	6	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.2	25	19.1
Smoking (% of adults aged 65+)	++	9.5	34	3.7
<b>Behaviors Total*</b>	<b>+++++</b>	<b>0.101</b>	<b>10</b>	<b>0.297</b>

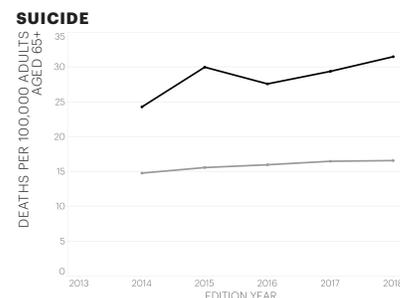
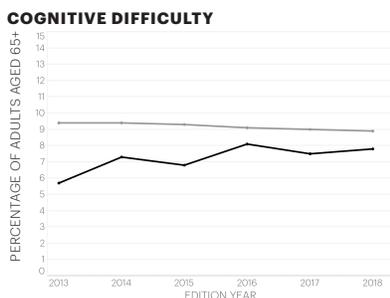
	Rating	2018 Value	2018 Rank	No. 1 State
<b>Community &amp; Environment</b>				
Nursing Home Quality (% of four- & five-star beds)	++	46.7	34	65.2
Poverty (% of adults aged 65+)	+++	8.5	23	4.2
Volunteering (% of adults aged 65+)	+++	26.2	21	45.9
<b>Community &amp; Environment—Macro Total*</b>	<b>+++</b>	<b>0.012</b>	<b>28</b>	<b>0.139</b>
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,915	4	\$3,675
Food Insecurity (% of adults aged 60+)	+++++	9.1	2	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	+++++	42.0	1	42.0
<b>Community &amp; Environment—Micro Total*</b>	<b>+++++</b>	<b>0.182</b>	<b>1</b>	<b>0.182</b>
<b>Community &amp; Environment Total*</b>	<b>+++++</b>	<b>0.195</b>	<b>5</b>	<b>0.296</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Policy</b>				
Geriatrician Shortfall (% of geriatricians needed)	+	81.6	44	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	+	15.9	42	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	80	46	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	+	16.8	50	126.2
<b>Policy Total*</b>	<b>+</b>	<b>-0.238</b>	<b>50</b>	<b>0.178</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Clinical Care</b>				
Dedicated Health Care Provider (% of adults aged 65+)	+	88.3	49	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	59.5	50	84.8
Flu Vaccine (% of adults aged 65+)	+++	57.3	30	67.5
Health Screenings (% of seniors with recommended screenings)	+	63.7	48	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	++	81.6	36	264.2
Hospice Care (% of Medicare decedents aged 65+)	+	32.4	48	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.3	25	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	43.1	16	23.3
<b>Clinical Care Total*</b>	<b>+</b>	<b>-0.122</b>	<b>50</b>	<b>0.086</b>
<b>All Determinants*</b>	<b>++</b>	<b>-0.064</b>	<b>31</b>	<b>0.549</b>

	Rating	2018 Value	2018 Rank	No. 1 State
<b>Outcomes</b>				
Able-bodied (% of adults aged 65+)	++	62.1	39	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,788	29	1,357
Falls (% of adults aged 65+)	++	32.1	39	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.2	11	4.2
High Health Status (% of adults aged 65+)	+++++	47.2	8	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.6	29	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.6	9	4.4
Teeth Extractions (% of adults aged 65+)	++	17.9	38	5.6
<b>All Outcomes*</b>	<b>+++</b>	<b>0.038</b>	<b>29</b>	<b>0.288</b>
<b>OVERALL*</b>	<b>+++</b>	<b>-0.026</b>	<b>30</b>	<b>0.737</b>

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.



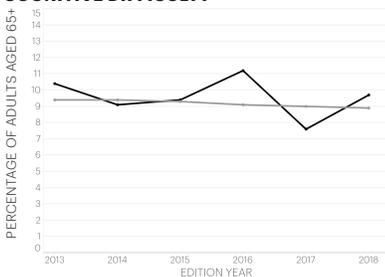
# District of Columbia



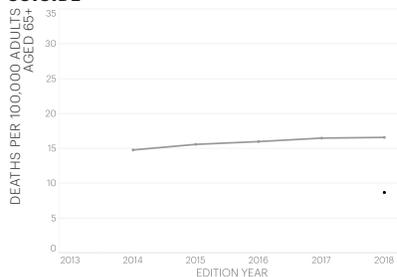
	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>			
Dental Visit (% of adults aged 65+)	72.4	-	77.9
Excessive Drinking (% of adults aged 65+)	12.3	-	2.6
Obesity (% of adults aged 65+)	24.0	-	16.0
Pain Management (% of adults aged 65+ with arthritis)	51.8	-	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	22.0	-	19.1
Smoking (% of adults aged 65+)	9.0	-	3.7
<b>Behaviors Total*</b>	0.000	-	0.297
<b>Community &amp; Environment</b>			
Nursing Home Quality (% of four- & five-star beds)	75.7	-	65.2
Poverty (% of adults aged 65+)	13.4	-	4.2
Volunteerism (% of adults aged 65+)	28.4	-	45.9
<b>Community &amp; Environment—Macro Total*</b>	0.000	-	0.139
Community Support (dollars per adult aged 60+ in poverty)	\$1,756	-	\$3,675
Food Insecurity (% of adults aged 60+)	17.8	-	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	21.3	-	42.0
<b>Community &amp; Environment—Micro Total*</b>	0.000	-	0.182
<b>Community &amp; Environment Total*</b>	0.000	-	0.296
<b>Policy</b>			
Geriatrician Shortfall (% of geriatricians needed)	23.1	-	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	58.3	-	83.3
Low-care Nursing Home Residents (% of residents)	0.0	-	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	68	-	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	87.1	-	126.2
<b>Policy Total*</b>	0.000	-	0.178
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	90.9	-	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	71.6	-	84.8
Flu Vaccine (% of adults aged 65+)	51.7	-	67.5
Health Screenings (% of seniors with recommended screenings)	77.4	-	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	308.8	-	264.2
Hospice Care (% of Medicare decedents aged 65+)	44.9	-	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	27.6	-	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	15.0	-	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	38.3	-	23.3
<b>Clinical Care Total*</b>	0.000	-	0.086
<b>All Determinants*</b>	0.000	-	0.549
<b>Outcomes</b>			
Able-bodied (% of adults aged 65+)	66.0	-	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	2,169	-	1,357
Falls (% of adults aged 65+)	28.6	-	24.8
Frequent Mental Distress (% of adults aged 65+)	6.7	-	4.2
High Health Status (% of adults aged 65+)	48.2	-	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	4.8	-	3.2
ICU Use (% of Medicare decedents aged 65+)	13.7	-	4.4
Teeth Extractions (% of adults aged 65+)	14.0	-	5.6
<b>All Outcomes*</b>	0.000	-	0.288
<b>OVERALL*</b>	0.000	-	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

### COGNITIVE DIFFICULTY



### SUICIDE



### Strengths:

- Low geriatrician shortfall
- High prevalence of health screenings
- Low prevalence of physical inactivity

### Challenges:

- High percentage of seniors living in poverty
- High prevalence of excessive drinking
- High percentage of hospital deaths

### Highlights:

- In the past five years, home health care workers increased 92% from 160.6 to 308.8 aides per 1,000 adults aged 75+
- In the past year, dental visits increased 11% from 65.1% to 72.4% of adults aged 65+
- In the past two years, SNAP reach increased 11% from 78.7 to 87.1 participants per 100 adults aged 60+ in poverty
- In the past three years, flu vaccination coverage decreased 12% from 58.5% to 51.7% of adults aged 65+
- In the past year, early deaths increased 7% from 2,021 to 2,169 deaths per 100,000 adults aged 65-74
- In the past year, full-mouth teeth extractions increased 27% from 11.0% to 14.0% of adults aged 65+

### Health Department Website:

doh.dc.gov

# United States

UNITED STATES

**Highlights:**

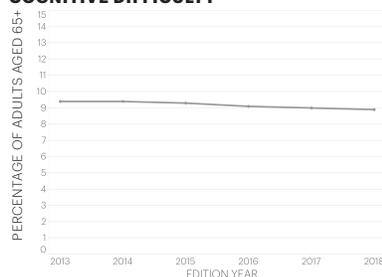
- In the past year, food insecurity decreased 7% from 15.8% to 14.7% of adults aged 60+
- In the past year, four- or five-star rated nursing home beds increased 12% from 42.4% to 47.4% of certified nursing home beds
- In the past year, hip fractures decreased 2% from 5.8 to 5.7 hospitalizations per 1,000 Medicare enrollees
- In the past year, flu vaccination coverage decreased 3% from 60.7% to 58.8% of adults aged 65+
- In the past two years, dental visits increased 2% from 65.7% to 66.9% of adults aged 65+
- In the past four years, full-mouth teeth extractions decreased 10% from 16.1% to 14.5% of adults aged 65+
- In the past four years, suicide increased 12% from 14.8 to 16.6 deaths per 100,000 adults aged 65+
- In the past four years, falls increased 9% from 27.1% to 29.5% of adults aged 65+
- In the past five years, home health care workers increased 20% from 93.8 to 112.3 aides per 1,000 adults aged 75+
- In the past five years, obesity increased 11% from 25.3% to 28.0% of adults aged 65+

**Health Department Website:**  
www.hhs.gov

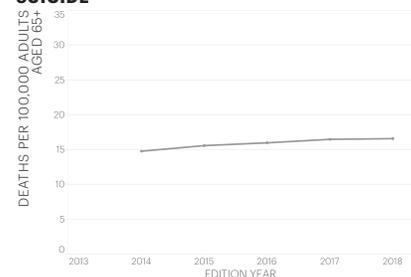
	2018 Value	2018 Rank	No. 1 State
<b>Behaviors</b>			
Dental Visit (% of adults aged 65+)	66.9	-	77.9
Excessive Drinking (% of adults aged 65+)	7.1	-	2.6
Obesity (% of adults aged 65+)	28.0	-	16.0
Pain Management (% of adults aged 65+ with arthritis)	53.5	-	62.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	29.5	-	19.1
Smoking (% of adults aged 65+)	8.7	-	3.7
<b>Behaviors Total*</b>	-	-	0.297
<b>Community &amp; Environment</b>			
Nursing Home Quality (% of four- & five-star beds)	47.4	-	65.2
Poverty (% of adults aged 65+)	9.2	-	4.2
Volunteering (% of adults aged 65+)	26.0	-	45.9
<b>Community &amp; Environment—Macro Total*</b>	-	-	0.139
Community Support (dollars per adult aged 60+ in poverty)	\$565	-	\$3,675
Food Insecurity (% of adults aged 60+)	14.7	-	6.1
Home-delivered Meals (Meals per 100 adults aged 60+ with independent living difficulty)	9.1	-	42.0
<b>Community &amp; Environment—Micro Total*</b>	-	-	0.182
<b>Community &amp; Environment Total*</b>	-	-	0.296
<b>Policy</b>			
Geriatrician Shortfall (% of geriatricians needed)	65.7	-	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	48.2	-	83.3
Low-care Nursing Home Residents (% of residents)	11.7	-	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	87	-	89
SNAP Reach (participants per 100 adults aged 60+ living in poverty)	71.3	-	126.2
<b>Policy Total*</b>	-	-	0.178
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.5	-	97.1
Diabetes Management (% of Medicare enrollees aged 65 to 75)	79.5	-	84.8
Flu Vaccine (% of adults aged 65+)	58.8	-	67.5
Health Screenings (% of seniors with recommended screenings)	73.0	-	80.0
Home Health Care (number of workers per 1,000 adults aged 75+)	112.3	-	264.2
Hospice Care (% of Medicare decedents aged 65+)	52.0	-	65.8
Hospital Deaths (% of Medicare decedents aged 65+)	21.0	-	14.3
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	14.9	-	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	49.4	-	23.3
<b>Clinical Care Total*</b>	-	-	0.086
<b>All Determinants*</b>	-	-	0.549
<b>Outcomes</b>			
Able-bodied (% of adults aged 65+)	64.8	-	69.0
Early Death (deaths per 100,000 adults aged 65 to 74)	1,789	-	1,357
Falls (% of adults aged 65+)	29.5	-	24.8
Frequent Mental Distress (% of adults aged 65+)	7.3	-	4.2
High Health Status (% of adults aged 65+)	41.9	-	52.0
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	5.7	-	3.2
ICU Use (% of Medicare decedents aged 65+)	14.0	-	4.4
Teeth Extractions (% of adults aged 65+)	14.5	-	5.6
<b>All Outcomes*</b>	-	-	0.288
<b>OVERALL*</b>	-	-	0.737

\* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value. For complete definitions of measures including data sources and years, see Table 7.

**COGNITIVE DIFFICULTY**



**SUICIDE**







# Appendix

# Appendix

Table 5  
**Core Measures**

<b>Behaviors</b>	<b>Measure</b>	<b>Description</b>	<b>Source, Data Year(s)</b>
	Dental Visit	Percentage of adults aged 65 and older who reported visiting a dental health professional within the past 12 months	Centers for Disease Control and Prevention (CDC), <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Excessive Drinking	Percentage of adults aged 65 and older who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past 30 days) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Obesity	Percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Pain Management*	Percentage of adults aged 65 and older with arthritis who reported that arthritis or joint pain does not limit their usual activities	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2015
	Physical Inactivity	Percentage of adults aged 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, <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Smoking	Percentage of adults aged 65 and older who are smokers (reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days)	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
<b>Community &amp; Environment</b>	Community Support	Expenditures captured by the Administration on Aging per adult aged 60 and older living in poverty	U.S. Department of Health and Human Services (HHS), Administration on Aging, <i>State Program Reports</i> ; U.S. Census Bureau, <i>American Community Survey</i> , 2015
	Food Insecurity	Percentage of adults aged 60 and older who faced the threat of hunger in the past 12 months	National Foundation to End Senior Hunger, <i>The State of Senior Hunger in America</i> , 2015
	Home-delivered Meals	Number of meals served per 100 adults aged 60 and older with independent living difficulty	U.S. HHS, Administration on Aging, <i>State Program Reports</i> ; U.S. Census Bureau, <i>American Community Survey</i> , 2015
	Nursing Home Quality	Percentage of certified nursing home beds rated four- or five-stars over a three-month period	U.S. HHS, Centers for Medicare & Medicaid Services, <i>Nursing Home Compare</i> , Dec 2017 – Feb 2018
	Poverty	Percentage of adults aged 65 and older who live in households at or below 100 percent of the poverty threshold	U.S. Census Bureau, <i>American Community Survey</i> , 2016
	Volunteerism*	Percentage of adults aged 65 and older who reported volunteering in the past 12 months	Corporation for National & Community Service, 2013-2015

\* The data appearing in this edition are the same that appeared in the 2017 edition. A data update was not available at the time of this publication.

**Policy**

<b>Measure</b>	<b>Description</b>	<b>Source, Data Year(s)</b>
Geriatrician Shortfall*	Percentage of geriatricians required to meet estimated need	American Geriatrics Society, 2016
Health Care Associated Infection (HAI) Policies*	Percentage of 24 reporting and validation policies implemented in the state to monitor health care associated infections in hospitals	CDC, <i>2016 National and State Healthcare Associated Infections Progress Report</i> , 2014
Low-care Nursing Home Residents*	Percentage of nursing home residents who do not require physical assistance for late-loss activities of daily living	Brown University, <i>Shaping Long Term Care in America Project</i> , 2015
Prescription Drug Coverage*	Percentage of Medicare enrollees aged 65 and older who have a creditable prescription drug plan	The Henry J. Kaiser Family Foundation, <i>State Health Facts</i> , 2014
SNAP Reach	Number of adults aged 60 and older who participate in the Supplemental Nutrition Assistance Program (SNAP) per 100 adults aged 60 and older living in poverty	U.S. Department of Agriculture, Food and Nutrition Service; U.S. Census Bureau, <i>American Community Survey</i> , 2016

**Clinical Care**

Dedicated Health Care Provider	Percentage of adults aged 65 and older who reported having one or more people they think of as their personal doctor or health care provider	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Diabetes Management	Percentage of Medicare enrollees aged 65 to 75 with diabetes receiving a blood lipids test	The Dartmouth Atlas of Health Care, 2015
Flu Vaccine	Percentage of adults aged 65 and older who reported receiving a flu vaccine in the past year	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Health Screenings	Percentage of women aged 65 to 74 who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 who reported receiving colorectal cancer screening within the recommended time period	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Home Health Care	Number of personal care and home health aides per 1,000 adults aged 75 and older	U.S. Department of Labor, Bureau of Labor Statistics; U.S. Census Bureau, <i>American Community Survey</i> , 2016
Hospice Care*	Percentage of Medicare decedents aged 65 and older who were enrolled in hospice during the last six months of life after diagnosis of a condition with a high probability of death	The Dartmouth Atlas of Health Care, 2014
Hospital Deaths*	Percentage of deaths occurring in a hospital among chronically ill Medicare decedents aged 65 and older	The Dartmouth Atlas of Health Care, 2014
Hospital Readmissions	Percentage of Medicare enrollees aged 65 and older who were readmitted within 30 days of hospital discharge	The Dartmouth Atlas of Health Care, 2015
Preventable Hospitalizations	Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare enrollees aged 65 and older	The Dartmouth Atlas of Health Care, 2015

\* The data appearing in this edition are the same that appeared in the 2017 edition. A data update was not available at the time of this publication.

# Appendix

Table 5  
**Core Measures**

**Outcomes**

<b>Measure</b>	<b>Description</b>	<b>Source, Data Year(s)</b>
Able-bodied	Percentage of adults aged 65 and older with no cognitive, visual, auditory, ambulatory, self-care and/or independent living difficulty disability	U.S. Census Bureau, <i>American Community Survey</i> , 2016
Early Death	Deaths per 100,000 adults aged 65 to 74	Centers for Disease Control and Prevention (CDC), <i>National Vital Statistics System</i> , 2016
Falls	Percentage of adults aged 65 and older who reported they had fallen in the past 12 months	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Frequent Mental Distress	Percentage of adults aged 65 and older who reported their mental health was not good 14 or more days in the past 30 days	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
High Health Status	Percentage of adults aged 65 and older who reported their health is very good or excellent	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Hip Fractures	Number of hospitalizations for hip fracture per 1,000 Medicare enrollees aged 65 and older	The Dartmouth Atlas of Health Care, 2015
ICU Use	Percentage of Medicare decedents aged 65 and older spending seven or more days in the intensive care unit (ICU)/critical care unit during the last six months of life	The Dartmouth Atlas of Health Care, 2015
Teeth Extractions	Percentage of adults aged 65 and older who reported having had all teeth removed due to tooth decay or gum disease	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016

Table 6  
**Supplemental Measures**

	<b>Measure</b>	<b>Description</b>	<b>Source, Data Year(s)</b>
<b>Behaviors</b>	Education	Percentage of adults aged 65 and older who reported having a college degree	U.S. Census Bureau, <i>American Community Survey</i> , 2016
<b>Clinical Care</b>	Overuse — Mammography*	Percentage of female Medicare enrollees aged 75 and older who had a screening mammogram	The Dartmouth Atlas of Health Care, 2014
	Overuse—PSA Test*	Percentage of male Medicare enrollees aged 75 and older who had a screening prostate-specific antigen (PSA) test	The Dartmouth Atlas of Health Care, 2014
<b>Outcomes</b>	Cognitive Difficulty	Percentage of adults aged 65 and older who reported having cognitive difficulty	U.S. Census Bureau, <i>American Community Survey</i> , 2016
	Depression	Percentage of adults aged 65 and older who reported being told by a health professional they have a depressive disorder	Centers for Disease Control and Prevention (CDC), <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Multiple Chronic Conditions*	Percentage of Medicare enrollees aged 65 and older with four or more chronic conditions	U.S. HHS, Centers for Medicare & Medicaid Services, 2015
	Suicide	Number of deaths due to intentional self-harm per 100,000 adults aged 65 and older	CDC, <i>National Vital Statistics System</i> , 2014-2016
	Poor Mental Health Days	Number of days in the past 30 days when adults aged 65 and older reported their mental health was not good	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
	Risk of Social Isolation	Percentile of the mean z scores for six risk factors of social isolation in adults aged 65 and older (poverty; living alone; divorced, separated or widowed; never married; disability; independent living difficulty)	U.S. Census Bureau, <i>American Community Survey</i> , 2012-2016

\* The data appearing in this edition are the same that appeared in the 2017 edition. A data update was not available at the time of this publication.

## Methodology

### Rankings Calculation

For each measure, the most recent state-level data as of March 6, 2018 are presented as the value. The z score for each measure is based on the following formula:

$$\text{Score} = \frac{\text{State value} - \text{National value}}{\text{Standard deviation of all state values}}$$

The z score indicates the number of standard deviations a state value is above or below the U.S. value. A 0.00 indicates a state has the same value as the nation. States with higher values than the U.S. value have a positive score, while states that perform below the U.S. value have a negative score. To prevent an extreme score from exerting excessive influence, the maximum 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 state values is used.

The ranking of each measure is the ordering of states according to value. Ties in values are assigned equal ranks.

The overall ranking is the ordering of each state according to its overall score. A state's overall score is calculated by adding the products of the z score for each core measure multiplied by its assigned weight. If a value is not available for a state, the state's score is set to zero for that measure. Measure weights can be found at [www.AmericasHealthRankings.org/about](http://www.AmericasHealthRankings.org/about).

It's important to note that not all changes in rank translate into actual declines or improvements in health. Large changes in rank may occur with only a non-significant, small change in a measure's value.

For a more detailed methodology, including how risk of social isolation was calculated, please see [www.AmericasHealthRankings.org/about/methodology](http://www.AmericasHealthRankings.org/about/methodology).

### Data Considerations

Data presented in this report are aggregated at the state level and cannot be used to make inferences at the individual level. Values and rankings from prior years are updated on our website to reflect known errors or updates from the reporting source.

The error bars on subpopulation graphs represent the 95 percent confidence interval.

# Model Development

The measures and model for *America's Health Rankings Senior Report* were developed by an advisory group consisting of experts in the fields of aging and senior health for the inaugural edition in 2013. The advisory group was charged with identifying the areas of health and well-being most pertinent to the older adult population and developing a model for assessing population health at the state level.

Each year, the advisory group (page 162) reviews the model to improve existing measures, to integrate new data sources and to adjust according to data availability. In addition to the changes implemented in this edition, we continue to explore new data sources that could enhance our model of senior health. In particular, we are interested in state-level data for topics such as social support, polypharmacy and medication adherence, elder abuse, transportation support and malnutrition diagnosis.

## 2018 Edition Model and Measure Revisions

No core measures were added, dropped or revised for this edition. A new supplemental measure was added at the recommendation of the advisory group, risk of social isolation. The definition, construct and results are shown in the *Senior Report Spotlight* on pages 12-17.

Due to data availability, we were unable to update the following core and supplemental measures prior to publication. The data appearing in this edition are a repeat of what appeared in the 2017 edition:

- Geriatrician Shortfall
- Health Care Associated Infection (HAI) Policies
- Hospice Care
- Hospital Deaths
- Low-care Nursing Home Residents
- Multiple Chronic Conditions
- Overuse — Mammography
- Overuse — PSA Test
- Pain Management
- Prescription Drug Coverage
- Volunteerism

Two measures were renamed to improve clarity; prior reports referred to early death as premature death and cognitive difficulty as cognition.

The unit of measure was changed to improve clarity of two measures, SNAP reach and home-delivered meals. The new unit of measure is number per 100 rather than percentage, and has no impact on the ability to compare data to previous years.

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The Senior Report Advisory Group provided guidance in the selection of measures and the design of the 2018 *America's Health Rankings Senior Report*.

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# Appendix

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