

Alabama

RANK: 44

TOP FIVE HEALTHIEST STATES:

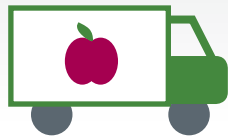
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



Home-Delivered Meals

17.3% or about

1 in 6



seniors in **Alabama** living in poverty are served a home-delivered meal compared with 19.1% nationally.

Volunteerism

23.9% or about

1 in 4



seniors in **Alabama** volunteered through or for an organization in the past 12 months compared with 26.4% nationally.

Dental Visit

57.9% or about

4 in 7



seniors in **Alabama** visited the dentist or dental clinic within the past year compared with 65.7% nationally.

Dedicated Health Care Provider

96.0%

of seniors in **Alabama** have a dedicated health care provider compared with 94.3% nationally.



Obesity

28.9% or about

2 in 7



seniors in **Alabama** are obese compared with 27.5% nationally.

Frequent Mental Distress

9.4% or about

1 in 11



seniors in **Alabama** report their mental health was not good 14 or more days during the past 30 days compared with 7.4% nationally.