

Alabama

Metric	2016 Value	2016 Rank	2016 No 1 State	2015 Value	2015 Rank	2014 Value	2014 Rank
Overall	-0.475	44	0.627	-0.449	42	-0.469	44

Strengths

Low prevalence of excessive drinking

High percentage of seniors with dedicated provider

High prescription drug coverage

Challenges

Low health status

High prevalence of frequent mental distress

Limited availability of home health care workers



Behaviors

Smoking (% of adults aged 65+)	9.4	30	4.5	8.9	26	9.7	34
Excessive Drinking (% of adults aged 65+)	4.3	7	2.9	-	-	-	-
Obesity (% of adults 65+)	28.9	33	14.1	28.4	35	26.9	32
Underweight (% of adults aged 65+ in fair or better health)	2.0	44	0.7	1.7	30	1.7	29
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.7	37	22.7	34.9	36	28.6	22
Dental Visit (% of adults aged 65+)	57.9	44	78.1	56.7	44	56.7	44
Pain Management (% of adults aged 65+ with arthritis)	50.3	5	53.2	50.3	5	50.4	33
Behaviors Total*	-0.037	32	0.205	0.016	23	-0.060	36

Community & Environment

Poverty (% of adults aged 65+)	11.2	45	4.3	10.6	43	10.7	41
Volunteerism (% of adults aged 65+)	23.9	31	46.3	23.8	34	21.1	38
Nursing Home Quality (% of beds rated 4- or 5-stars)	47.1	19	62.9	46.6	18	57.7	6
Community & Environment--Macro Total*	-0.024	37	0.138	-0.017	33	-0.017	32
Home-Delivered Meals (participants as a % of adults aged 65+ in poverty)	17.3	33	101.3	17.3	35	-	-
Food Insecurity (% of adults aged 60+)	17.2	42	8.3	17.5	43	20.3	48
Community Support (dollars per adults aged 65+ in poverty)	\$493	33	\$6,701	\$513	35	\$517	40
Community & Environment--Micro Total*	-0.028	41	0.192	-0.041	41	-0.080	48
Community & Environment Total*	-0.052	38	0.290	-0.058	35	-0.086	41

Policy

Low-Care Nursing Home Residents (% of residents)	12.7	31	4.1	14.5	35	14.5	35
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0	88.4	5	88.4	5
Geriatrician Shortfall (% of required geriatricians)	81.1	45	25.8	81.1	45	76.6	45
SNAP Reach (participants as a % of adults aged 60+ in poverty)	51.9	36	124.4	69.8	27	-	-
Policy Total*	-0.062	36	0.204	-0.038	32	-0.035	33

Clinical Care

Dedicated Health Care Provider (% of adults aged 65+)	96.0	7	96.9	95.3	16	95.5	16
Flu Vaccine (% of adults aged 65+)	64.1	16	70.7	62.9	24	61.2	21
Health Screenings (% of adults aged 65 to 74)	88.2	14	92.3	86.3	24	86.3	24
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.4	29	98.7	95.8	43	98.6	8
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.8	20	86.2	80.7	23	79.7	29
Home Health Care (number of workers per 1,000 adults age 75+)	53.0	48	278.8	51.7	46	54.8	43
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	65.4	45	24.4	71.5	43	76.4	42
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	22	12.4	15.0	23	15.3	18
Hospice Care (% of decedents aged 65+)	54.8	16	65.5	53.3	16	50.7	15
Hospital Deaths (% of decedents aged 65+)	24.2	44	15.3	25.7	45	27.8	40
Clinical Care Total	0.005	26	0.102	-0.026	37	0.001	23

All Determinants*

	-0.146	40	0.428	-0.106	36	-0.180	39
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Outcomes

ICU Use (% of decedents aged 65+)	14.4	37	4.4	14.2	33	14.1	33
Falls (% of adults aged 65+)	29.4	29	20.6	29.1	29	29.1	29
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.4	48	3.1	7.9	48	8.8	47
Health Status (% of adults aged 65+ with very good or excellent health)	30.4	50	50.7	29.5	48	31.7	47
Able-bodied (% of adults aged 65+)	58.2	45	69.6	57.7	45	56.9	48
Premature Death (deaths per 100,000 adults aged 65 to 74)	2306.7	46	1393.9	2328.3	47	2403.0	47
Teeth Extractions (% of adults aged 65+)	22.2	45	6.4	23.6	43	23.6	43
Frequent Mental Distress (% of adults aged 65+)	9.4	48	4.7	-	-	-	-
All Outcomes*	-0.33	49	0.31	-0.34	49	-0.29	48

Supplemental Measures

Education (% of adults aged 65+)	19.0	46	34.0	18.5	40	17.6	40
Clinical Overuse--Mammography 75+	25.3	28	18.6	-	-	-	-
Clinical Overuse--PSA Test 75+	24.2	49	11.5	-	-	-	-
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.0	43	22.0	39.8	39	36.8	38
Cognition (% of adults aged 65+)	11.4	47	6.3	11.6	46	12.4	49
Depression (% of adults aged 65+)	18.0	44	8.2	18.9	49	18.5	50
Suicide (deaths per 100,000 adults aged 65+)	18.0	31	7.6	18.0	33	16.8	33

NA= not available

* Negative value denotes below US average; positive value denotes above US average

Middle-Aged Cohort Health Estimates

Obesity (% of adults aged 50-74)	26.1	38.1	46.0
Diabetes (% of adults aged 50-74)	11.4	19.7	72.8
Smoking (% of adults aged 50-74)	34.3	23.7	-30.9
Health Status (% of adults aged 50-74 with very good or excellent health)	41.2	36.5	-11.4

1999 Prevalence (%)

2014 Prevalence (%)

Change (%)**

**Percent change in prevalence from 1999 to 2014

Senior Projected Population Growth 2016 to 2030

Projected Total Population Growth - Seniors 65 and older

State (%)

US (%)

41.6

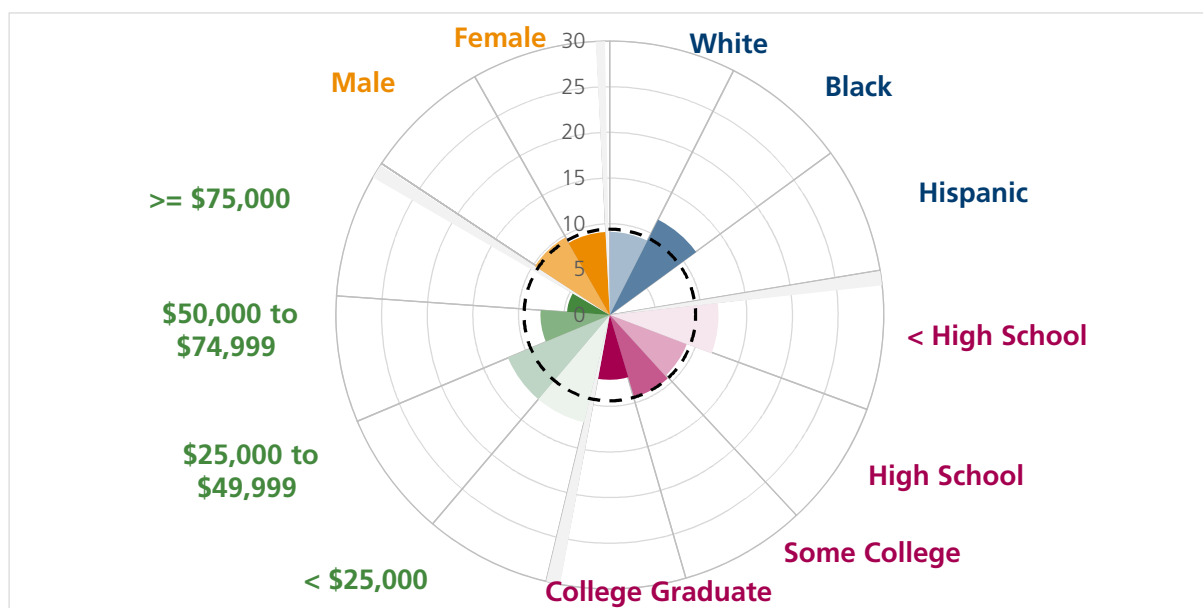
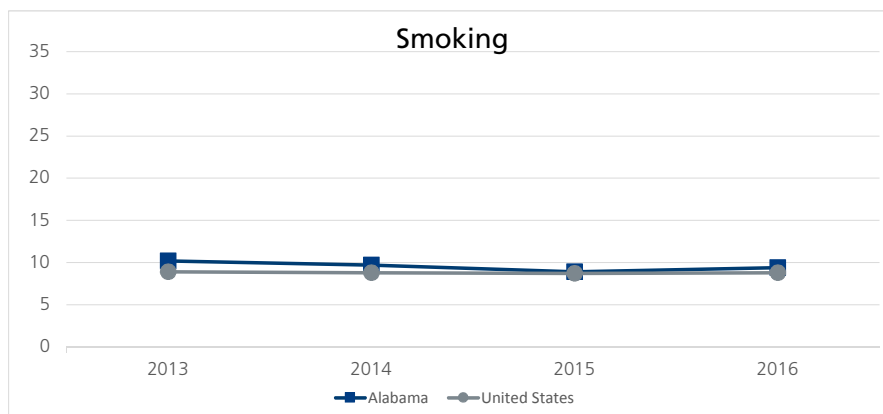
49.5

Smoking

Alabama

Edition	AL	US
2013	10.2	8.9
2014	9.7	8.8
2015	8.9	8.7
2016	9.4	8.8

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



AL

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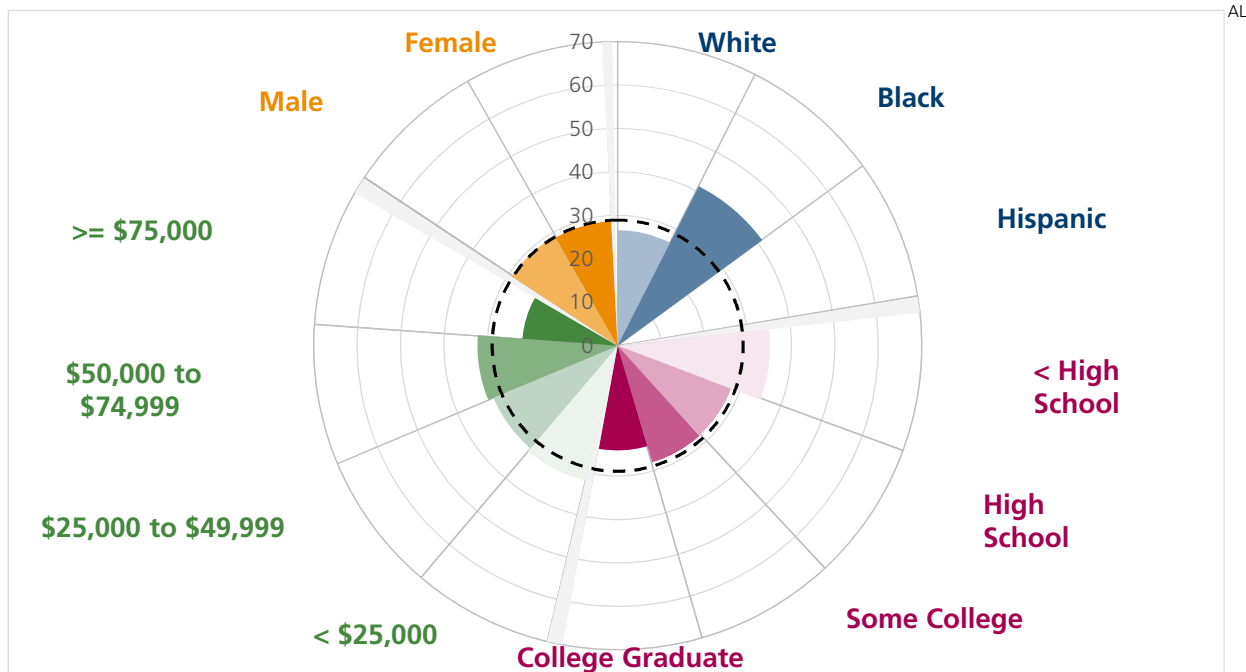
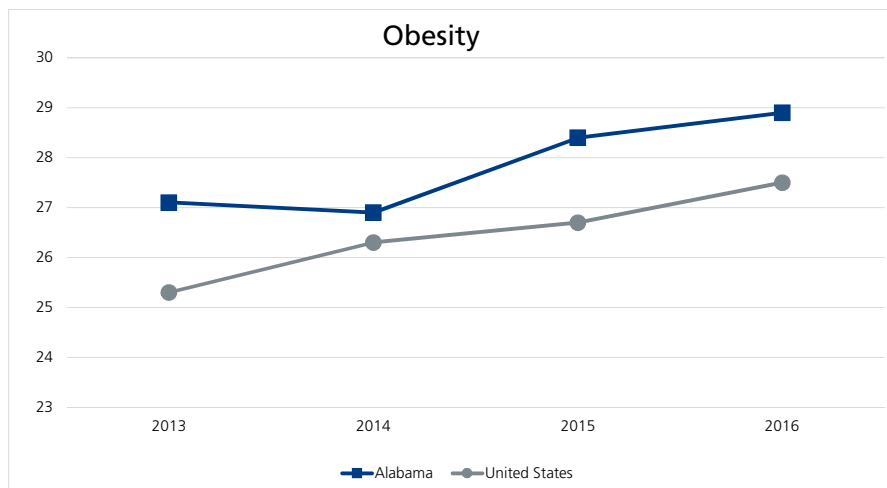
Prevalence of Smoking 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	9.1	7.6 - 10.6	4.0	12.6	Less Than \$25,000	12.1	9.5 - 14.7	8.5	19.2
Non-Hispanic Black	11.7	7.4 - 16.0	8.5	24.8	\$25,000 to \$49,999	12.1	8.6 - 15.5	4.0	16.3
Hispanic	NA	NA	0.4	14.3	\$50,000 to \$74,999	7.6	3.8 - 11.4	2.6	11.2
Less Than High School	11.9	8.3 - 15.5	6.3	24.1	\$75,000 or More	4.7	2.1 - 7.4	2.0	14.2
High School Graduate	9.0	6.7 - 11.4	6.4	17.0	Male	9.8	7.5 - 12.2	5.0	13.5
Some College	9.1	7.6 - 10.6	4.0	12.6	Female	9.1	7.5 - 10.8	3.4	12.7
College Graduate	NA	NA	0.4	14.3					
Urban	9.8	6.9 - 12.6	1.8	14.8					
Suburban	8.7	5.7 - 11.7	3.8	14.0					
Rural	8.2	5.7 - 10.7	3.9	15.1					

NA= not available

Edition	AL	US
2013	27.1	25.3
2014	26.9	26.3
2015	28.4	26.7
2016	28.9	27.5

Percentage of adults aged 65 and older estimated to be obese (body mass index [BMI] of 30.0 or higher) based on self-reported height and weight



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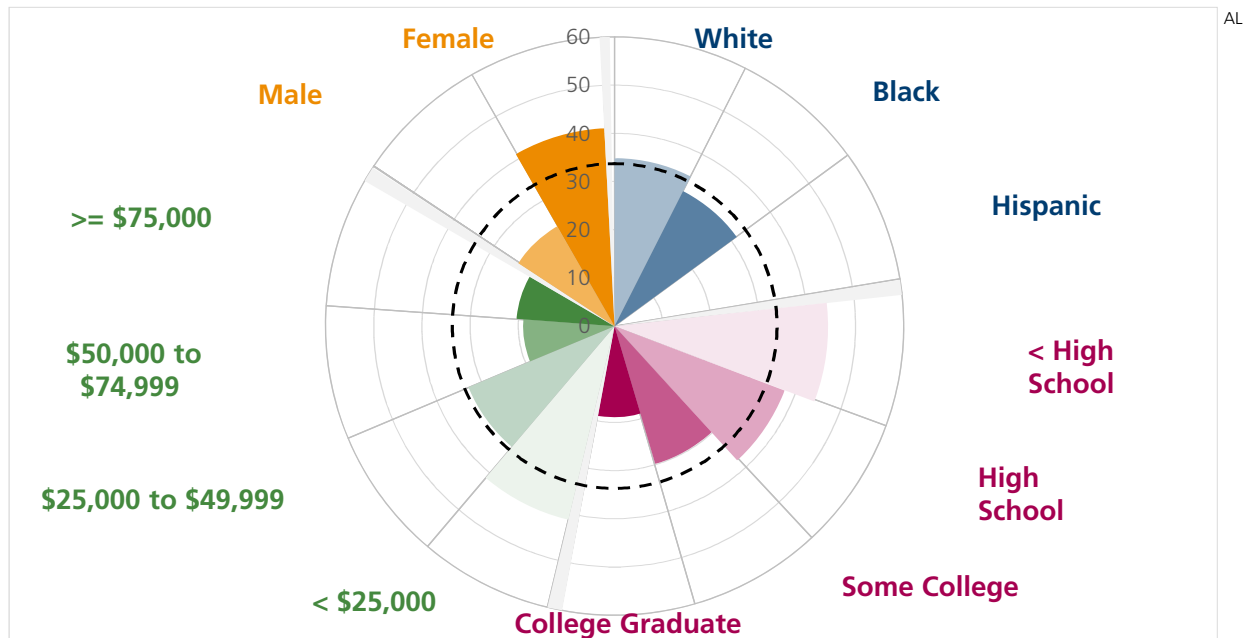
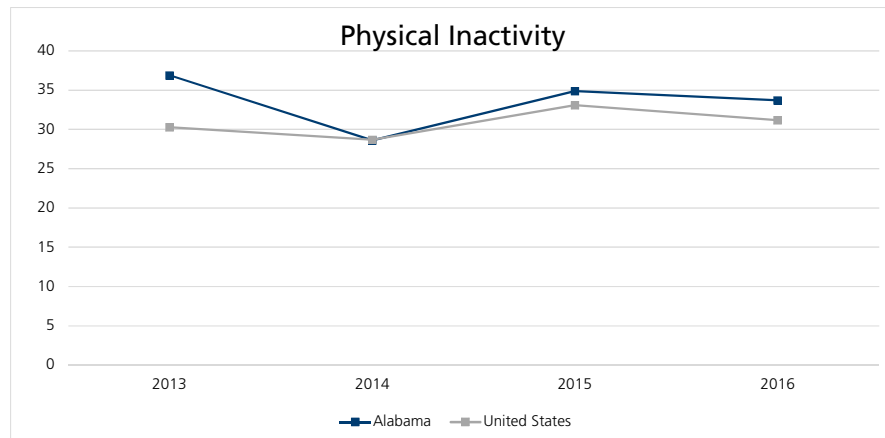
Prevalence of Obesity 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	26.6	24.2 - 28.9	17.7	31.9	Less Than \$25,000	31.9	27.9 - 35.9	15.3	38.0
Non-Hispanic Black	41.2	35.4 - 46.9	24.8	68.0	\$25,000 to \$49,999	31.0	26.2 - 35.9	11.7	35.3
Hispanic	NA	NA	20.8	45.6	\$50,000 to \$74,999	32.3	25.2 - 39.4	16.9	35.9
					\$75,000 or More	22.0	16.5 - 27.4	13.8	33.7
Less Than High School	35.1	29.3 - 40.8	9.7	43.9	Male	29.1	25.4 - 32.8	14.7	35.9
High School Graduate	27.9	24.4 - 31.4	18.1	34.5	Female	28.7	26.1 - 31.3	13.6	33.8
Some College	28.0	24.0 - 32.0	13.4	34.1					
College Graduate	24.1	20.3 - 28.0	13.2	29.8					
Urban	27.9	23.9 - 31.9	12.2	33.2					
Suburban	25.3	20.6 - 30.1	20.2	35.0					
Rural	31.1	26.9 - 35.2	11.6	36.5					

NA= not available

Edition	% of adults 65+	
	AL	US
2013	36.9	30.3
2014	28.6	28.7
2015	34.9	33.1
2016	33.7	31.2

Percentage of adults aged 65 and older with fair or better health status who self-report doing no physical activity or exercise other than their regular job in the last 30 days



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Prevalence of Physical Inactivity 2016 (% of adults 65+)

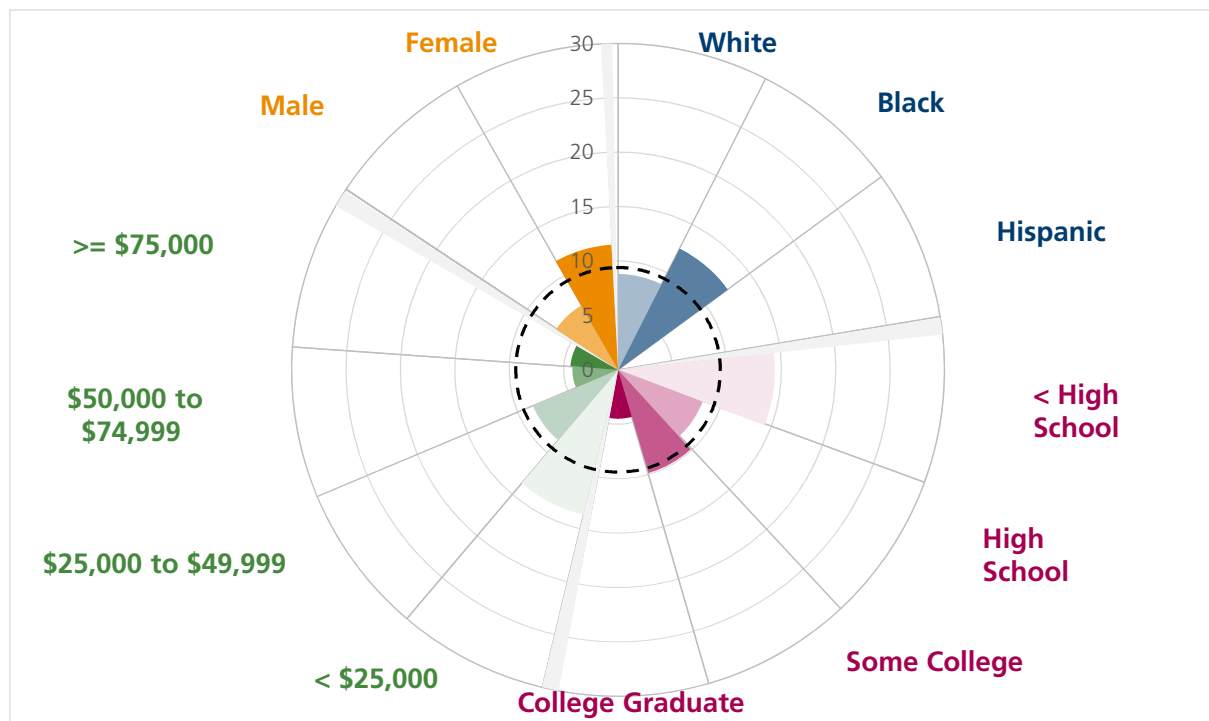
Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	34.8	32.3 - 37.2	21.1	41.5	Less Than \$25,000	41.3	37.1 - 45.5	33.8	50.7
Non-Hispanic Black	31.4	26.3 - 36.5	25.2	46.4	\$25,000 to \$49,999	32.9	28.2 - 37.6	20.4	38.8
Hispanic	NA	NA	24.2	52.5	\$50,000 to \$74,999	19.0	13.5 - 24.4	12.7	35.8
					\$75,000 or More	20.4	14.7 - 26.0	9.3	30.5
Less Than High School	44.3	38.5 - 50.0	31.1	55.4	Male	23.9	20.6 - 27.2	18.1	39.1
High School Graduate	37.7	34.0 - 41.4	29.0	47.6	Female	41.1	38.4 - 43.9	25.3	43.5
Some College	29.8	25.9 - 33.7	20.4	36.2					
College Graduate	18.9	15.5 - 22.2	10.8	24.9					
Urban	28.8	25.1 - 32.5	22.3	39.0					
Suburban	37.7	32.4 - 43.0	21.0	43.8					
Rural	36.4	32.3 - 40.4	21.7	45.3					

NA= not available

% of adults 65+
Edition AL US
2016 9.4 7.4

Edition 2016 - Percentage of adults aged 65 and older who self-report their mental health was not good 14 or more days during the past 30 days

AL



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Prevalence of Frequent Mental Distress 2016 (% of adults 65+)

Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	8.8	7.4 - 10.3	3.6	9.8	Less Than \$25,000	13.7	11.0 - 16.4	5.8	13.7
Non-Hispanic Black	12.5	8.5 - 16.5	1.7	30.0	\$25,000 to \$49,999	8.5	5.7 - 11.2	2.7	10.2
Hispanic	NA	NA	4.3	16.4	\$50,000 to \$74,999	4.2	1.9 - 6.5	1.2	9.1
Less Than High School	14.4	10.3 - 18.4	4.3	21.9	\$75,000 or More	4.4	1.8 - 7.0	1.5	10.3
High School Graduate	8.3	6.3 - 10.4	5.0	10.7	Male	6.8	4.8 - 8.7	3.7	9.2
Some College	9.9	7.4 - 12.3	3.6	11.2	Female	11.5	9.7 - 13.3	4.7	11.5
College Graduate	4.5	2.9 - 6.1	2.2	9.1					
Urban	10.1	7.6 - 12.7	3.5	11.1					
Suburban	9.4	6.0 - 12.8	3.4	10.2					
Rural	7.3	5.4 - 9.3	3.1	11.7					

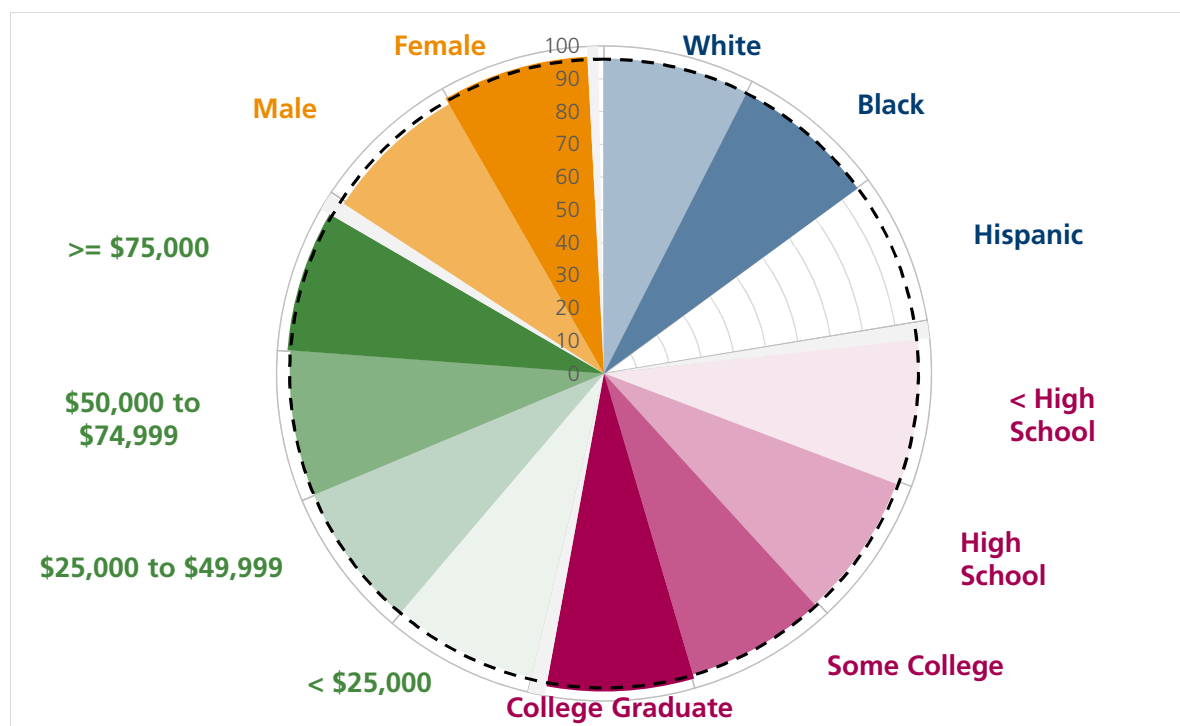
NA= not available

Edition
2016

% of adults 65+
AL 96.0 US 94.3

Edition 2016 - Percentage of adults aged 65 and older who self-report having a personal doctor or health care provider

AL



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Dedicated Health Care Provider 2016 (% of adults aged 65+)

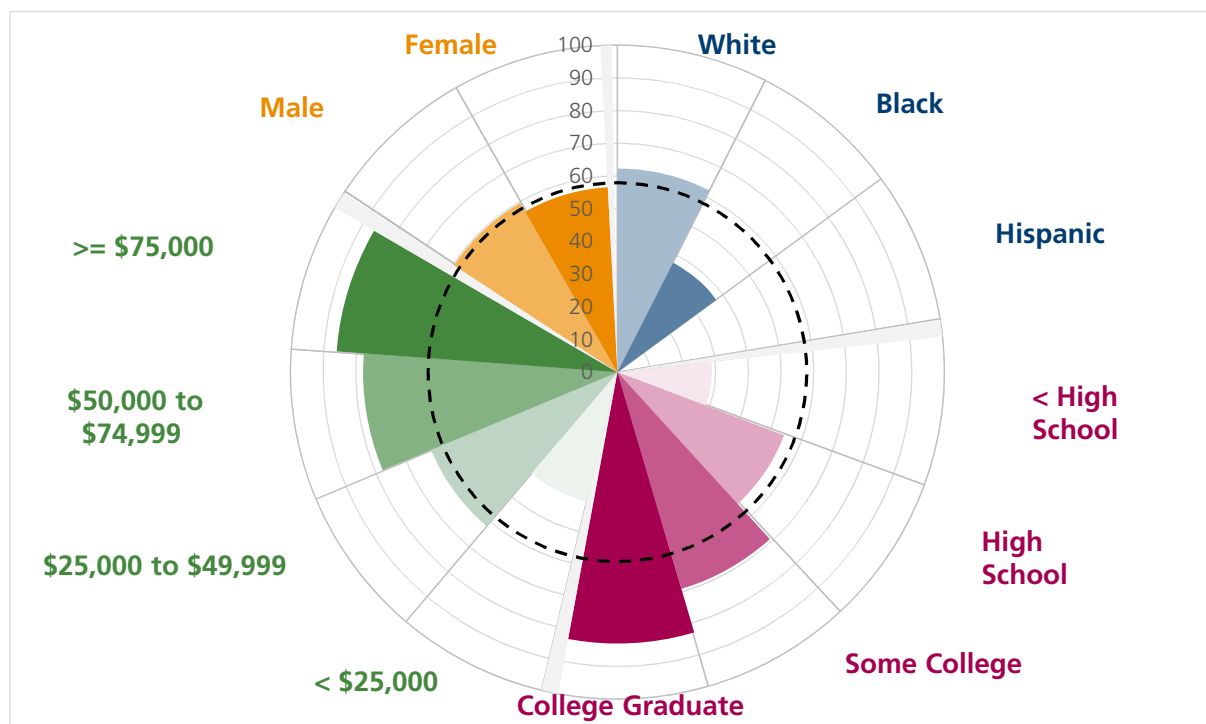
Group	Value	85% CI	Best	Worse					
Non-Hispanic White	96.2	95.3 - 97.1	87.4	97.6	Less Than \$25,000	95.4	93.8 - 96.9	82.1	96.5
Non-Hispanic Black	95.9	93.7 - 98.1	82.9	97.7	\$25,000 to \$49,999	96.1	94.5 - 97.7	77.6	97.9
Hispanic	NA	NA	78.9	97.1	\$50,000 to \$74,999	96.0	92.7 - 99.3	86.2	99.4
					\$75,000 or More	96.9	94.7 - 99.0	88.4	99.1
Less Than High School	96.3	94.5 - 98.1	75.7	96.3	Male	94.9	93.3 - 96.5	83.8	97.0
High School Graduate	95.4	93.8 - 97.1	86.8	97.6	Female	96.9	96.1 - 97.7	87.3	97.9
Some College	95.8	94.1 - 97.4	87.4	98.1					
College Graduate	97.1	95.9 - 98.4	89.0	98.9					
Urban	96.1	94.4 - 97.7	89.4	100.0					
Suburban	97.9	96.8 - 99.0	84.1	98.2					
Rural	95.2	93.6 - 96.8	83.4	99.2					

NA= not available

Edition 2016
 % of adults 65+
 AL 57.9
 US 65.7

Edition 2016 - Percentage of adults aged 65 and older who self-report visiting the dentist or dental clinic within the past year for any reason

AL



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Dental Visit 2016 (% of adults aged 65+)

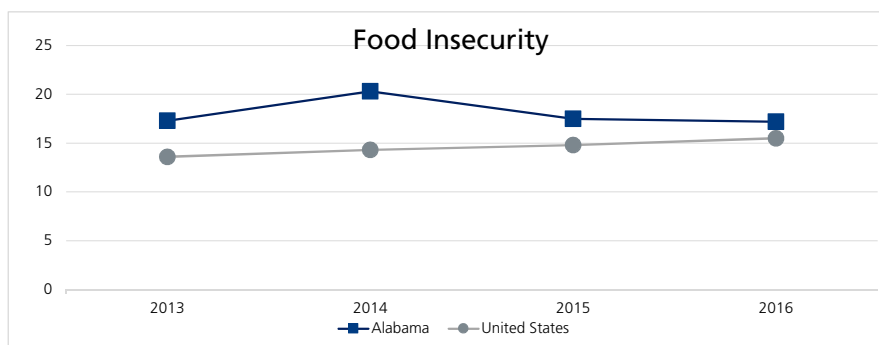
Group	Value	95% CI	Min	Max	Group	Value	95% CI	Min	Max
Non-Hispanic White	62.3	59.7 - 64.9	49.9	79.9	Less Than \$25,000	40.6	36.3 - 44.9	31.6	58.7
Non-Hispanic Black	37.5	31.8 - 43.2	32.9	68.9	\$25,000 to \$49,999	61.8	56.9 - 66.8	57.2	79.1
Hispanic	NA	NA	39.0	88.2	\$50,000 to \$74,999	77.8	71.6 - 84.0	64.1	87.4
					\$75,000 or More	86.1	81.1 - 91.0	73.2	94.6
Less Than High School	28.9	23.4 - 34.4	22.4	61.0	Male	59.7	55.7 - 63.7	47.1	75.2
High School Graduate	54.5	50.5 - 58.4	47.0	70.8	Female	56.6	53.7 - 59.4	49.9	80.4
Some College	69.1	65.1 - 73.0	60.4	81.8					
College Graduate	83.0	79.7 - 86.4	77.7	90.9					
Urban	63.1	58.6 - 67.5	55.2	81.9					
Suburban	57.9	52.3 - 63.4	49.2	79.5					
Rural	54.9	50.6 - 59.2	43.7	76.5					

NA= not available

Food Insecurity

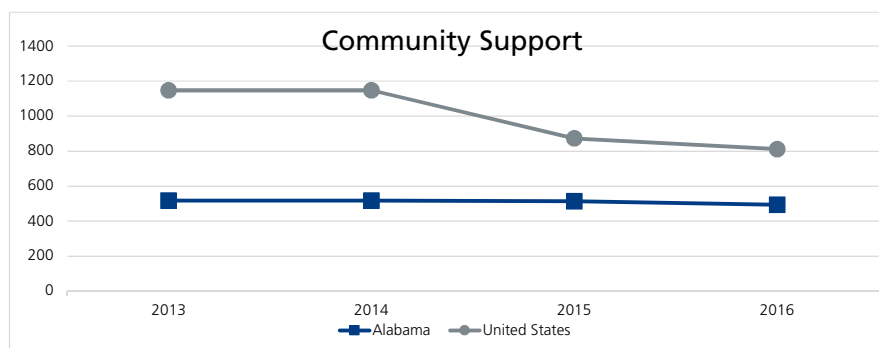
	% of adults 60+	
Edition	AL	US
2013	17.3	13.6
2014	20.3	14.3
2015	17.5	14.8
2016	17.2	15.5

Percentage of adults aged 60 and older who face the threat of hunger in the last 12 months

**Community Support**

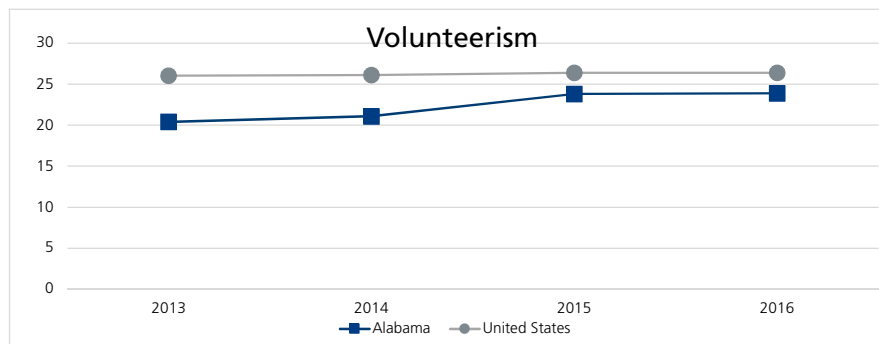
	dollars per adults aged 65+ in poverty	
Edition	AL	US
2013	\$517	\$1,147
2014	\$517	\$1,147
2015	\$513	\$873
2016	\$493	\$811

Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty

**Volunteerism**

	% of adults 65+	
Edition	AL	US
2013	20.4	26.0
2014	21.1	26.1
2015	23.8	26.4
2016	23.9	26.4

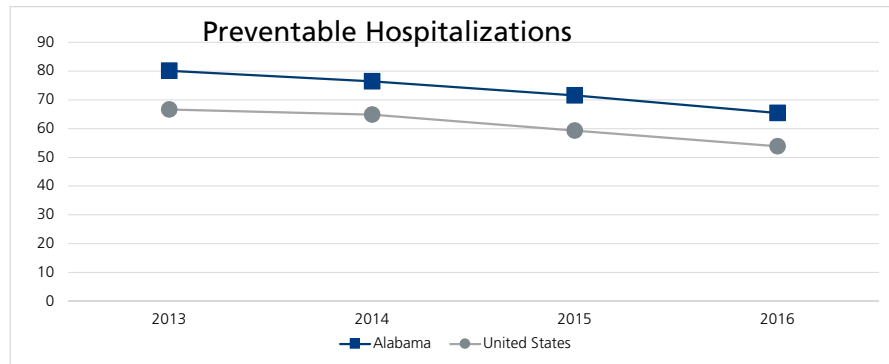
Percentage of adults aged 65 and older who report volunteering through or for an organization in the past 12 months



Preventable Hospitalizations

	discharges per 1000 Medicare beneficiaries	
Edition	AL	US
2013	80.1	66.6
2014	76.4	64.9
2015	71.5	59.3
2016	65.4	53.8

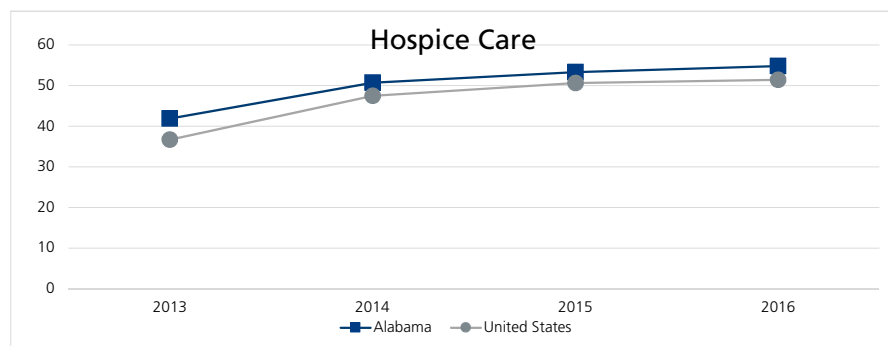
Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare beneficiaries



Hospice Care

	% of adults 65+	
Edition	AL	US
2013	41.9	36.7
2014	50.7	47.5
2015	53.3	50.6
2016	54.8	51.4

Percentage of decedents aged 65 and older who were enrolled in hospice during the last 6 months of life after diagnosis of condition with high probability of death



Hospital Deaths

	% of adults 65+	
Edition	AL	US
2013	33.5	30.1
2014	27.8	25.0
2015	25.7	22.8
2016	24.2	21.5

Percentage of decedents aged 65 and older who died in a hospital

