

Alaska

RANK: 21

TOP FIVE HEALTHIEST STATES:

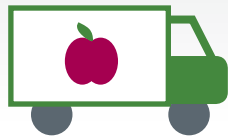
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



Home-Delivered Meals

101.3% or about

1 in 1



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

Volunteerism

28.2% or about

2 in 7



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

Dental Visit

64.5% or about

5 in 8



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

Dedicated Health Care Provider

86.2%

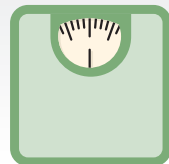
of seniors in **Alaska** have a dedicated health care provider compared with 94.3% nationally.



Obesity

29.6% or about

3 in 10



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

Frequent Mental Distress

5.7% or about

1 in 18



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