

# California

## RANK: 28

TOP FIVE HEALTHIEST STATES:

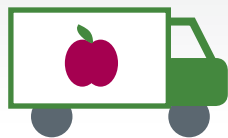
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



### Home-Delivered Meals

11.0% or about

1 in 9



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

### Volunteerism

21.9% or about

2 in 9



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

### Dental Visit

71.3% or about

5 in 7



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

### Dedicated Health Care Provider

94.2%

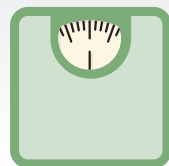
of seniors in **California** have a dedicated health care provider compared with 94.3% nationally.



### Obesity

24.1% or about

1 in 4



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

### Frequent Mental Distress

8.9% or about

1 in 11



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