

California



Overall Rank: 28

Change: ▲ 1
Determinants Rank: 30
Outcomes Rank: 28

Strengths:

- Low prevalence of obesity
- Low hip fracture rate
- High prescription drug coverage

Challenges:

- Low SNAP enrollment
- High prevalence of frequent mental distress
- High percentage of hospital deaths

Highlights:

- In the past year, home health care increased 11% from 65.1 to 72.4 home health care workers per 1,000 adults aged 75+.
- In the past year, nursing home quality increased 7% from 46.7% to 50.1% of beds rated 4- or 5-stars.
- In the past 2 years, smoking increased 36% from 5.9% to 8.0% of adults aged 65+.
- In the past 2 years, obesity increased 14% from 21.1% to 24.1% of adults aged 65+.
- In the past 3 years, hospice care increased 41% from 32.4% to 45.6% of decedents aged 65+.

Ranking:

California ranks 28th in *America's Health Rankings® Senior Report*; it was 29th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 16th.

State Health Department Website:
www.cdph.ca.gov

	2016 Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.0	14	4.5
Excessive Drinking (% of adults aged 65+)	8.5	42	2.9
Obesity (% of adults aged 65+)	24.1	6	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	32	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.2	7	22.7
Dental Visit (% of adults aged 65+)	71.3	9	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.3	27	53.2
Behaviors Total	0.081	9	
Community & Environment			
Poverty (% of adults aged 65+)	10.6	41	4.3
Volunteerism (% of adults aged 65+)	21.9	36	46.3
Nursing Home Quality (% of 4- & 5-star beds)	50.1	10	62.9
Community & Environment—Macro Total	-0.011	32	
Home-Delivered Meals (% of adults aged 65+ in poverty)	11.0	46	101.3
Food Insecurity (% of adults aged 60+)	16.3	38	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$419	42	\$6,701
Community & Environment—Micro Total	-0.032	43	
Community & Environment Total	-0.043	36	
Policy			
Low-Care Nursing Home Residents (% of residents)	10.7	20	4.1
SNAP Reach (% of adults aged 60+ in poverty)	23.3	49	124.4
Prescription Drug Coverage (% of adults aged 65+)	87.0	8	88.0
Geriatrician Shortfall (% of needed geriatricians)	66.3	24	25.8
Policy Total	-0.039	31	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.2	30	96.9
Flu Vaccine (% of adults aged 65+)	58.2	34	70.7
Health Screenings (% of adults aged 65 to 74)	87.9	16	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.3	32	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.3	30	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	72.4	42	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	40.7	9	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	45.6	39	65.5
Hospital Deaths (% of decedents aged 65+)	25.4	47	15.3
Clinical Care Total	-0.027	38	
All Determinants	-0.028	30	
Outcomes			
ICU Use (% of decedents aged 65+)	18.3	48	4.4
Falls (% of adults aged 65+)	30.7	37	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	3	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.0	19	50.7
Able-bodied (% of adults aged 65+)	64.3	26	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,456	2	1,394
Teeth Extractions (% of adults aged 65+)	8.7	2	6.4
Frequent Mental Distress (% of adults aged 65+)	8.9	47	4.7
All Outcomes	0.044	28	
Overall	0.016	28	
Supplemental Measures			
Education (% of adults aged 65+)	29.5	10	34.0
Overuse—Mammography (% women aged 75+)	22.3	12	18.6
Overuse—PSA Test (% men aged 75+)	20.5	40	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.4	23	22.0
Cognition (% of adults aged 65+)	10.2	38	6.3
Depression (% of adults aged 65+)	14.1	14	8.2
Suicide (deaths per 100,000 adults aged 65+)	17.0	27	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		53.4	49.5