

# Delaware

## Overall Rank: 22

Change: ▼ 4

Determinants Rank: 24

Outcomes Rank: 23

### Strengths:

- High percentage of health screenings
- High percentage of able-bodied seniors
- High hospice care use

### Challenges:

- High prevalence of obesity
- High percentage of low-care nursing home residents
- High prevalence of frequent mental distress

### Highlights:

- In the past year, home health care increased 32% from 63.3 to 83.5 home health care workers per 1,000 adults aged 75+.
- In the past year, smoking increased 25% from 8.4% to 10.5% of adults aged 65+.
- In the past year, nursing home quality decreased 19% from 57.6% to 46.6% of beds rated 4- or 5-stars.
- In the past 2 years, food insecurity increased 25% from 10.1% to 12.6% of adults aged 60+.
- In the past 3 years, hospital deaths decreased 39% from 29.1% to 17.8% of decedents aged 65+.

### Ranking:

Delaware ranks 22nd in *America's Health Rankings® Senior Report*; it was 18th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 32nd.

### State Health Department Website:

[www.dhss.delaware.gov/dhss](http://www.dhss.delaware.gov/dhss)

	Value	2016 Rank	No 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.5	39	4.5
Excessive Drinking (% of adults aged 65+)	6.4	25	2.9
Obesity (% of adults aged 65+)	30.5	43	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	20	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.2	28	22.7
Dental Visit (% of adults aged 65+)	69.7	18	78.1
Pain Management (% of adults aged 65+ with joint pain)	38.7	49	53.2
<b>Behaviors Total</b>	-0.102	43	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.5	11	4.3
Volunteerism (% of adults aged 65+)	30.1	12	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.6	20	62.9
<b>Community &amp; Environment—Macro Total</b>	0.073	15	
Home-Delivered Meals (% of adults aged 65+ in poverty)	34.8	13	101.3
Food Insecurity (% of adults aged 60+)	12.6	16	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$974	14	\$6,701
<b>Community &amp; Environment—Micro Total</b>	0.056	12	
<b>Community &amp; Environment Total</b>	0.128	11	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	13.2	33	4.1
SNAP Reach (% of adults aged 60+ in poverty)	57.1	30	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	71.9	29	25.8
<b>Policy Total</b>	-0.033	29	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.4	10	96.9
Flu Vaccine (% of adults aged 65+)	63.8	17	70.7
Health Screenings (% of adults aged 65 to 74)	89.8	6	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.9	12	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	84.2	5	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	83.5	32	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	53.3	28	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	22	12.4
Hospice Care (% of decedents aged 65+)	61.3	4	65.5
Hospital Deaths (% of decedents aged 65+)	17.8	7	15.3
<b>Clinical Care Total</b>	0.089	3	
<b>All Determinants</b>	0.083	24	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.1	34	4.4
Falls (% of adults aged 65+)	28.0	19	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+)	40.4	30	50.7
Able-bodied (% of adults aged 65+)	69.6	1	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,707	22	1,394
Teeth Extractions (% of adults aged 65+)	16.0	28	6.4
Frequent Mental Distress (% of adults aged 65+)	7.5	36	4.7
<b>All Outcomes</b>	0.084	23	
<b>Overall</b>	0.167	22	

	2016 Value	Rank	No 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	25.7	22	34.0
Overuse—Mammography (% women aged 75+)	26.7	35	18.6
Overuse—PSA Test (% men aged 75+)	20.0	35	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.6	42	22.0
Cognition (% of adults aged 65+)	7.6	9	6.3
Depression (% of adults aged 65+)	14.4	20	8.2
Suicide (deaths per 100,000 adults aged 65+)	14.9	18	7.6

<b>Senior Population Growth</b>	<b>State</b>	<b>US</b>
Projected Increase 2016 to 2030	47.5	49.5