

Illinois

State Health Department Website: dph.illinois.gov



Summary

Strengths:

- High coverage of smokefree laws
- Low prevalence of falls
- Low suicide rate

Challenges:

- Low prevalence of cancer screenings
- High prevalence of physical inactivity
- High prevalence of obesity

Highlights:

INSUFFICIENT SLEEP

▲20% in the past year from 22.7% to 27.2% of adults ages 65+

PHYSICAL INACTIVITY

▲17% in the past year from 29.4% to 34.4% of adults ages 65+ in fair or better health

LOW-CARE NURSING HOME RESIDENTS

▼63% since 2014 from 26.8% to 10.0% of residents

FOOD INSECURITY

▼16% in the past two years from 15.3% to 12.9% of adults ages 60+

FALLS

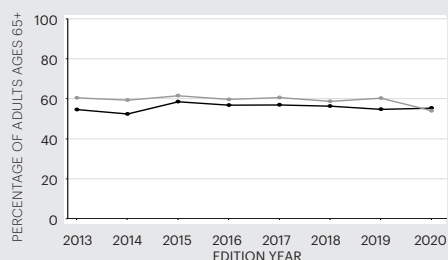
▼23% in the past two years from 31.6% to 24.4% of adults ages 65+

COGNITIVE DIFFICULTY

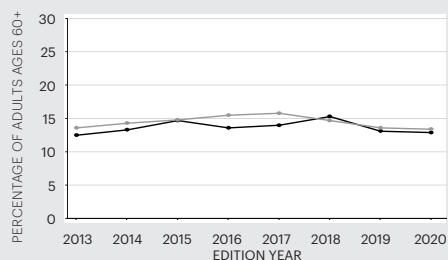
▼15% in the past five years from 8.4% to 7.1% of adults ages 65+

Trends

FLU VACCINATION



FOOD INSECURITY



State — Nation —

For source details and methodology visit www.AmericasHealthRankings.org.

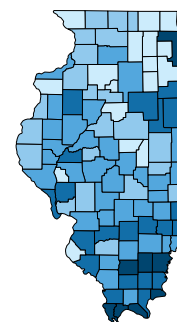
Risk of Social Isolation

Social isolation, defined as an absence of meaningful social relationships, can negatively impact physical health and mental well-being of seniors. The risk of social isolation measure can be used by states to identify counties in greater need of interventions that alleviate isolation and loneliness in older adults.

Risk of Social Isolation by County

- ≤ 18th
- 19th to 38th
- 39th to 57th
- 58th to 77th
- ≥ 78th

Percentile of the mean z-scores for six risk factors in adults ages 65 and older, relative to all U.S. counties



Risk Factors Among Adults Ages 65+

Risk Factor	State Value (%)
Disability	33.5
Divorced, Separated or Widowed	39.7
Independent Living Difficulty	14.5
Live Alone	11.2
Never Married	6.6
Poverty	8.8

Source: U.S. Census Bureau, American Community Survey, 2014-2018

Measures

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

	Rating	2020 Value	2020 Rank	No. 1 State
BEHAVIORS*	+++	-0.107	29	1.050
Insufficient Sleep (% of adults ages 65+)	+++	27.2	29	20.9
Physical Activity and Nutrition*	+++	-0.068	25	1.393
Exercise (% of adults ages 65+)	++++	19.7	13	24.5
Physical Inactivity (% of adults ages 65+ in fair or better health)	+	34.4	43	20.3
Fruit Consumption (% of adults ages 65+)	++++	37.3	14	42.2
Vegetable Consumption (% of adults ages 65+)	+++	13.0	27	19.6
Substance Use*	++	-0.220	33	1.912
Excessive Drinking (% of adults ages 65+)	++++	7.0	20	3.6
Smoking (% of adults ages 65+)	++	9.8	34	5.5
SOCIAL & ECONOMIC FACTORS*	+++	0.103	29	1.110
Household Economics*	++++	0.366	20	1.398
Food Insecurity (% of adults ages 60+)	+++	12.9	28	6.6
Poverty (% of adults ages 65+)	+++	8.8	27	5.5
SNAP Reach (participants per 100 adults ages 60+ living in poverty)	+++++	100.0	1	100.0
Social Support and Engagement*	++	-0.162	34	1.425
Community Support Expenditure (dollars per adult ages 60+)	+++	\$34	29	\$265
Low-care Nursing Home Residents (% of residents)	+++	10.0	28	2.1
Risk of Social Isolation (percentile of mean z-scores for risk factors in adults 65+)	++	67	35	1
Volunteerism (% of adults ages 65+)	++	27.8	34	44.6
Voter Turnout (% of citizens ages 65+)	++	64.7	31	78.9
Violent Crime (offenses per 100,000 population)	++	404	32	112
PHYSICAL ENVIRONMENT*	+++	0.208	27	1.272
Air and Water Quality*	+++	0.217	24	1.110
Air Pollution (micrograms of fine particles per cubic meter)	+	9.3	48	4.4
Non-smoking Regulation (% of population)	+++++	100.0	1	100.0
Drinking Water Violations (% of community water systems)	++++	0.2	13	0.0
Severe Housing Problems (% of occupied housing units)	++	17.3	35	11.2
CLINICAL CARE*	++	-0.486	40	0.795
Access to Care*	+++	-0.126	29	1.524
Avoided Care Due to Cost (% of adults ages 65+)	++	5.3	36	2.8
Dedicated Health Care Provider (% of adults ages 65+)	++	93.5	31	96.6
Geriatricians (number per 100,000 adults ages 65+)	++++	14.5	15	26.9
Home Health Care Workers (number per 1,000 adults ages 65+ with a disability)	+++	138	24	398
Preventive Clinical Services*	+	-1.032	45	0.850
Cancer Screenings (% of seniors)	+	67.3	45	81.1
Immunizations*	+	-0.653	43	1.220
Flu Vaccination (% of adults ages 65+)	+++	55.4	24	65.6
Pneumonia Vaccination (% of adults ages 65+)	+	68.6	43	78.6
Shingles Vaccination (% of adults ages 65+)	+	39.4	43	55.9
Quality of Care*	++	-0.300	40	1.465
Hospice Care (% of Medicare decedents)	+++	49.7	22	59.4
Hospital Readmissions (% of hospitalized Medicare enrollees ages 65-74)	+++	16.0	23	14.0
Nursing Home Quality (% of 4- or 5-star beds)	+	37.9	42	67.9
Preventable Hospitalizations (discharges per 100,000 Medicare enrollees ages 65-74)	++	2,814	35	1,128
ALL DETERMINANTS*	++	-0.096	35	0.847
HEALTH OUTCOMES*	+++	0.148	28	1.183
Health Status*	++	-0.040	33	1.543
Able-bodied (% of adults ages 65+)	++++	68.0	16	70.6
Frequent Mental Distress (% of adults ages 65+)	+++	7.9	30	4.6
Frequent Physical Distress (% of adults ages 65+)	++	18.4	35	13.2
High Health Status (% of adults ages 65+)	++	38.6	37	52.6
Injury and Illness*	+++	0.207	23	1.660
Falls (% of adults ages 65+)	+++++	24.4	7	20.0
Multiple Chronic Conditions, 4+ (% Medicare enrollees ages 65+)	+++	38.2	26	23.6
Obesity (% of adults ages 65+)	+	32.5	42	17.4
Teeth Extractions (% of adults ages 65+)	++++	11.3	11	6.2
Mortality*	++++	0.404	14	1.098
Early Death (deaths per 100,000 adults ages 65-74)	+++	1,759	29	1,419
Suicide (deaths per 100,000 adults ages 65+)	+++++	12.1	7	9.4
OVERALL*	++	-0.035	—	0.868

* Value indicates z-score. Negative scores are below U.S. value; positive scores are above U.S. value. Years reflect edition year, not data source year. For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

—Indicates data suppressed.