

Indiana

State Health Department Website: in.gov/isdh

Summary

Strengths:

- Low percentage of low-care nursing home residents
- Low prevalence of severe housing problems
- Low percentage of hospital readmissions

Challenges:

- Low voter turnout
- Low flu vaccination coverage
- Low prevalence of exercise

Highlights:

FOOD INSECURITY

▼ **32%** in the past two years from 18.2% to 12.3% of adults ages 60+

POVERTY

▲ **13%** in the past four years from 7.0% to 7.9% of adults ages 65+

FLU VACCINATION

▼ **14%** in the past year from 54.5% to 46.9% of adults ages 65+

COGNITIVE DIFFICULTY

▼ **15%** in the past four years from 9.2% to 7.8% of adults ages 65+

FREQUENT PHYSICAL DISTRESS

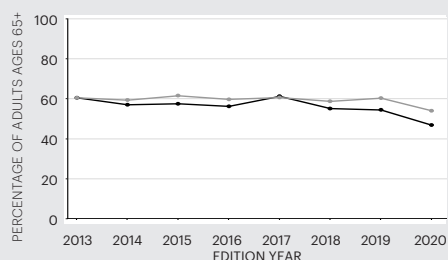
▲ **6%** in the past year from 17.3% to 18.4% of adults ages 65+

OBESITY

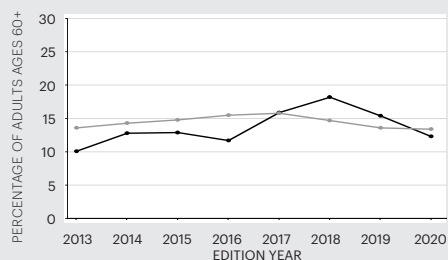
▲ **23%** since 2013 from 26.6% to 32.6% of adults ages 65+

Trends

FLU VACCINATION



FOOD INSECURITY



State ● Nation ○

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

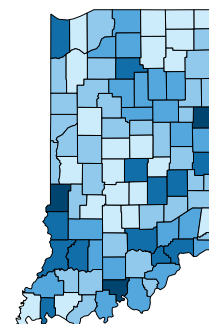
Risk of Social Isolation

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 | 36.5 |
| Divorced, Separated or Widowed | 39.5 |
| Independent Living Difficulty | 13.7 |
| Live Alone | 10.8 |
| Never Married | 4.3 |
| Poverty | 7.5 |

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* | ++ | -0.320 | 36 | 1.050 |
| Insufficient Sleep (% of adults ages 65+) | +++ | 25.6 | 23 | 20.9 |
| Physical Activity and Nutrition* | ++ | -0.700 | 37 | 1.393 |
| Exercise (% of adults ages 65+) | + | 13.6 | 43 | 24.5 |
| Physical Inactivity (% of adults ages 65+ in fair or better health) | + | 34.3 | 42 | 20.3 |
| Fruit Consumption (% of adults ages 65+) | ++ | 32.8 | 34 | 42.2 |
| Vegetable Consumption (% of adults ages 65+) | ++++ | 14.3 | 18 | 19.6 |
| Substance Use* | +++ | -0.124 | 30 | 1.912 |
| Excessive Drinking (% of adults ages 65+) | +++++ | 5.7 | 10 | 3.6 |
| Smoking (% of adults ages 65+) | ++ | 10.6 | 40 | 5.5 |
| SOCIAL & ECONOMIC FACTORS* | +++ | 0.177 | 27 | 1.110 |
| Household Economics* | +++ | 0.288 | 24 | 1.398 |
| Food Insecurity (% of adults ages 60+) | +++ | 12.3 | 23 | 6.6 |
| Poverty (% of adults ages 65+) | ++++ | 7.9 | 13 | 5.5 |
| SNAP Reach (participants per 100 adults ages 60+ living in poverty) | + | 51.5 | 43 | 100.0 |
| Social Support and Engagement* | +++ | 0.086 | 30 | 1.425 |
| Community Support Expenditure (dollars per adult ages 60+) | +++ | \$36 | 25 | \$265 |
| Low-care Nursing Home Residents (% of residents) | +++++ | 5.2 | 7 | 2.1 |
| Risk of Social Isolation (percentile of mean z-scores for risk factors in adults 65+) | +++ | 44 | 23 | 1 |
| Volunteerism (% of adults ages 65+) | ++++ | 35.2 | 12 | 44.6 |
| Voter Turnout (% of citizens ages 65+) | + | 59.2 | 48 | 78.9 |
| Violent Crime (offenses per 100,000 population) | +++ | 382 | 29 | 112 |
| PHYSICAL ENVIRONMENT* | +++ | 0.212 | 26 | 1.272 |
| Air and Water Quality* | ++ | -0.073 | 35 | 1.110 |
| Air Pollution (micrograms of fine particles per cubic meter) | + | 8.4 | 43 | 4.4 |
| Non-smoking Regulation (% of population) | ++ | 31.5 | 33 | 100.0 |
| Drinking Water Violations (% of community water systems) | +++++ | 0.0 | 1 | 0.0 |
| Severe Housing Problems (% of occupied housing units) | +++++ | 13.2 | 8 | 11.2 |
| CLINICAL CARE* | ++ | -0.171 | 34 | 0.795 |
| Access to Care* | ++++ | 0.192 | 18 | 1.524 |
| Avoided Care Due to Cost (% of adults ages 65+) | ++++ | 3.8 | 15 | 2.8 |
| Dedicated Health Care Provider (% of adults ages 65+) | ++++ | 94.1 | 19 | 96.6 |
| Geriatricians (number per 100,000 adults ages 65+) | +++ | 11.4 | 28 | 26.9 |
| Home Health Care Workers (number per 1,000 adults ages 65+ with a disability) | +++ | 119 | 29 | 398 |
| Preventive Clinical Services* | + | -0.732 | 42 | 0.850 |
| Cancer Screenings (% of seniors) | ++ | 71.0 | 34 | 81.1 |
| Immunizations* | + | -0.733 | 44 | 1.220 |
| Flu Vaccination (% of adults ages 65+) | + | 46.9 | 46 | 65.6 |
| Pneumonia Vaccination (% of adults ages 65+) | ++ | 72.5 | 33 | 78.6 |
| Shingles Vaccination (% of adults ages 65+) | ++ | 41.1 | 39 | 55.9 |
| Quality of Care* | ++ | 0.028 | 31 | 1.465 |
| Hospice Care (% of Medicare decedents) | +++ | 48.9 | 27 | 59.4 |
| Hospital Readmissions (% of hospitalized Medicare enrollees ages 65-74) | +++++ | 15.0 | 7 | 14.0 |
| Nursing Home Quality (% of 4- or 5-star beds) | ++ | 42.9 | 37 | 67.9 |
| Preventable Hospitalizations (discharges per 100,000 Medicare enrollees ages 65-74) | ++ | 3,003 | 40 | 1,128 |
| ALL DETERMINANTS* | +++ | -0.044 | 30 | 0.847 |
| HEALTH OUTCOMES* | ++ | -0.381 | 39 | 1.183 |
| Health Status* | ++ | -0.153 | 37 | 1.543 |
| Able-bodied (% of adults ages 65+) | ++ | 65.1 | 36 | 70.6 |
| Frequent Mental Distress (% of adults ages 65+) | +++ | 7.4 | 27 | 4.6 |
| Frequent Physical Distress (% of adults ages 65+) | ++ | 18.4 | 35 | 13.2 |
| High Health Status (% of adults ages 65+) | ++ | 39.3 | 34 | 52.6 |
| Injury and Illness* | + | -0.540 | 41 | 1.660 |
| Falls (% of adults ages 65+) | +++ | 27.6 | 29 | 20.0 |
| Multiple Chronic Conditions, 4+ (% Medicare enrollees ages 65+) | ++ | 40.9 | 34 | 23.6 |
| Obesity (% of adults ages 65+) | + | 32.6 | 44 | 17.4 |
| Teeth Extractions (% of adults ages 65+) | + | 18.9 | 43 | 6.2 |
| Mortality* | ++ | -0.520 | 36 | 1.098 |
| Early Death (deaths per 100,000 adults ages 65-74) | + | 2,094 | 42 | 1,419 |
| Suicide (deaths per 100,000 adults ages 65+) | ++++ | 15.4 | 15 | 9.4 |
| OVERALL* | ++ | -0.128 | — | 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.