

# Maryland

RANK: 14

TOP FIVE HEALTHIEST STATES:

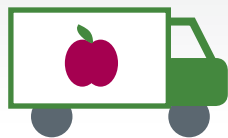
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



## Home-Delivered Meals

9.1% or about

1 in 11



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

## Volunteerism

26.6% or about

1 in 4



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

## Dental Visit

69.9% or about

7 in 10



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

## Dedicated Health Care Provider

95.2%

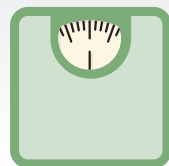
of seniors in **Maryland** have a dedicated health care provider compared with 94.3% nationally.



## Obesity

29.0% or about

2 in 7



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

## Frequent Mental Distress

6.7% or about

1 in 15



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