

North Dakota

Overall Rank: 17

Change: ▲ 2

Determinants Rank: 23

Outcomes Rank: 12

Strengths:

- High percentage of quality nursing home beds
- Low ICU use in last 6 months of life
- Ready availability of home-delivered meals

Challenges:

- Low percentage of seniors with dedicated provider
- Low SNAP enrollment
- Low hospice care use

Highlights:

- In the past year, nursing home quality increased 34% from 46.9% to 62.9% of beds rated 4- or 5-stars.
- In the past year, full-mouth teeth extractions decreased 16% from 17.1% to 14.3% of adults aged 65+.
- In the past year, home health care increased 14% from 92.9 to 105.7 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, obesity increased 23% from 24.4% to 29.9% of adults aged 65+.
- In the past 3 years, poverty decreased 24% from 11.4% to 8.7% of adults aged 65+.

Ranking:

North Dakota ranks 17th in *America's Health Rankings® Senior Report*; it was 19th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 12th.

State Health Department Website:
www.ndhealth.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.6	32	4.5
Excessive Drinking (% of adults aged 65+)	6.9	31	2.9
Obesity (% of adults aged 65+)	29.9	40	14.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	44	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.4	32	22.7
Dental Visit (% of adults aged 65+)	66.4	23	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.8	24	53.2
Behaviors Total	-0.089	41	

Community & Environment			
Poverty (% of adults aged 65+)	8.7	26	4.3
Volunteerism (% of adults aged 65+)	37.4	3	46.3
Nursing Home Quality (% of 4- & 5-star beds)	62.9	1	62.9
Community & Environment—Macro Total	0.138	1	
Home-Delivered Meals (% of adults aged 65+ in poverty)	54.1	5	101.3
Food Insecurity (% of adults aged 60+)	12.0	14	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,379	8	\$6,701
Community & Environment—Micro Total	0.104	5	
Community & Environment Total	0.242	3	

Policy			
Low-Care Nursing Home Residents (% of residents)	15.0	39	4.1
SNAP Reach (% of adults aged 60+ in poverty)	38.4	48	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	47.8	7	25.8
Policy Total	-0.028	27	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	91.5	42	96.9
Flu Vaccine (% of adults aged 65+)	61.4	24	70.7
Health Screenings (% of adults aged 65 to 74)	85.1	29	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	80.1	25	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	105.7	22	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	50.6	23	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	13.9	9	12.4
Hospice Care (% of decedents aged 65+)	30.3	50	65.5
Hospital Deaths (% of decedents aged 65+)	23.8	41	15.3
Clinical Care Total	-0.033	40	
All Determinants	0.092	23	

Outcomes			
ICU Use (% of decedents aged 65+)	4.4	1	4.4
Falls (% of adults aged 65+)	27.2	13	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.5	17	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	38.9	36	50.7
Able-bodied (% of adults aged 65+)	65.9	14	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,721	25	1,394
Teeth Extractions (% of adults aged 65+)	14.3	20	6.4
Frequent Mental Distress (% of adults aged 65+)	5.7	8	4.7
All Outcomes	0.144	12	
Overall	0.236	17	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	20.3	38	34.0
Overuse—Mammography (% women aged 75+)	32.4	50	18.6
Overuse—PSA Test (% men aged 75+)	19.5	31	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.1	18	22.0
Cognition (% of adults aged 65+)	6.6	2	6.3
Depression (% of adults aged 65+)	14.1	14	8.2
Suicide (deaths per 100,000 adults aged 65+)	10.0	4	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	60.4	49.5