

Pennsylvania

Overall Rank: 18

Change: ▲ 7

Determinants Rank: 12

Outcomes Rank: 32

Strengths:

- High prescription drug coverage
- High community support expenditures
- High percentage of seniors with dedicated provider

Challenges:

- Low percentage of quality nursing home beds
- High ICU use in last 6 months of life
- High rate of preventable hospitalizations

Highlights:

- In the past year, smoking decreased 15% from 10.0% to 8.5% of adults aged 65+.
- In the past year, physical inactivity decreased 16% from 36.7% to 30.9% of adults aged 65+ in fair or better health.
- In the past 2 years, food insecurity decreased 23% from 15.3% to 11.8% of adults aged 60+.
- In the past 2 years, preventable hospitalizations decreased 18% from 69.7 to 57.1 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 29% from 98.5 to 127.4 home health care workers per 1,000 adults aged 75+.

Ranking:

Pennsylvania ranks 18th in *America's Health Rankings® Senior Report*; it was 25th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 29th.

State Health Department Website:

www.health.state.pa.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.5	21	4.5
Excessive Drinking (% of adults aged 65+)	6.0	22	2.9
Obesity (% of adults aged 65+)	29.5	37	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.1	4	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.9	27	22.7
Dental Visit (% of adults aged 65+)	64.5	29	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.9	33	53.2
Behaviors Total	-0.014	29	

Community & Environment			
Poverty (% of adults aged 65+)	8.1	17	4.3
Volunteerism (% of adults aged 65+)	26.7	22	46.3
Nursing Home Quality (% of 4- & 5-star beds)	37.3	38	62.9
Community & Environment—Macro Total	0.006	29	
Home-Delivered Meals (% of adults aged 65+ in poverty)	16.9	35	101.3
Food Insecurity (% of adults aged 60+)	11.8	11	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,594	7	\$6,701
Community & Environment—Micro Total	0.052	13	
Community & Environment Total	0.058	25	

Policy			
Low-Care Nursing Home Residents (% of residents)	7.4	8	4.1
SNAP Reach (% of adults aged 60+ in poverty)	75.4	17	124.4
Prescription Drug Coverage (% of adults aged 65+)	87.0	6	88.0
Geriatrician Shortfall (% of needed geriatricians)	46.4	6	25.8
Policy Total	0.127	4	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.7	2	96.9
Flu Vaccine (% of adults aged 65+)	59.6	30	70.7
Health Screenings (% of adults aged 65 to 74)	85.2	27	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.0	11	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.8	12	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	127.4	10	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	57.1	36	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	50.0	28	65.5
Hospital Deaths (% of decedents aged 65+)	20.1	19	15.3
Clinical Care Total	0.033	16	
All Determinants	0.204	12	

Outcomes			
ICU Use (% of decedents aged 65+)	15.4	41	4.4
Falls (% of adults aged 65+)	28.6	25	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+)	41.4	24	50.7
Able-bodied (% of adults aged 65+)	65.4	19	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,852	32	1,394
Teeth Extractions (% of adults aged 65+)	15.7	26	6.4
Frequent Mental Distress (% of adults aged 65+)	7.2	29	4.7
All Outcomes	0.011	32	
Overall	0.215	18	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	20.2	41	34.0
Overuse—Mammography (% women aged 75+)	22.4	13	18.6
Overuse—PSA Test (% men aged 75+)	19.1	29	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.2	41	22.0
Cognition (% of adults aged 65+)	8.1	15	6.3
Depression (% of adults aged 65+)	14.9	22	8.2
Suicide (deaths per 100,000 adults aged 65+)	14.6	17	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	39.5	49.5