

Washington

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.5	10	4.5
Excessive Drinking (% of adults aged 65+)	8.6	44	2.9
Obesity (% of adults aged 65+)	26.4	15	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	20	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	24.7	3	22.7
Dental Visit (% of adults aged 65+)	70.6	12	78.1
Pain Management (% of adults aged 65+ with joint pain)	50.3	5	53.2
Behaviors Total	0.106	7	
Community & Environment			
Poverty (% of adults aged 65+)	8.4	23	4.3
Volunteerism (% of adults aged 65+)	30.9	11	46.3
Nursing Home Quality (% of 4- & 5-star beds)	53.8	5	62.9
Community & Environment—Macro Total	0.090	8	
Home-Delivered Meals (% of adults aged 65+ in poverty)	15.8	37	101.3
Food Insecurity (% of adults aged 60+)	11.9	13	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$448	38	\$6,701
Community & Environment—Micro Total	0.015	24	
Community & Environment Total	0.105	15	
Policy			
Low-Care Nursing Home Residents (% of residents)	8.4	12	4.1
SNAP Reach (% of adults aged 60+ in poverty)	87.2	8	124.4
Prescription Drug Coverage (% of adults aged 65+)	83.0	38	88.0
Geriatrician Shortfall (% of needed geriatricians)	63.8	18	25.8
Policy Total	0.037	15	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.4	34	96.9
Flu Vaccine (% of adults aged 65+)	59.2	32	70.7
Health Screenings (% of adults aged 65 to 74)	84.4	33	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.6	44	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	78.9	32	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	83.1	33	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	35.6	6	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.1	14	12.4
Hospice Care (% of decedents aged 65+)	46.4	37	65.5
Hospital Deaths (% of decedents aged 65+)	21.0	26	15.3
Clinical Care Total	-0.016	32	
All Determinants	0.232	10	
Outcomes			
ICU Use (% of decedents aged 65+)	8.8	17	4.4
Falls (% of adults aged 65+)	31.2	39	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	4.9	2	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	46.8	8	50.7
Able-bodied (% of adults aged 65+)	63.4	31	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,586	11	1,394
Teeth Extractions (% of adults aged 65+)	11.1	6	6.4
Frequent Mental Distress (% of adults aged 65+)	7.2	29	4.7
All Outcomes	0.125	16	
Overall	0.358	10	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.4	4	34.0
Overuse—Mammography (% women aged 75+)	25.9	31	18.6
Overuse—PSA Test (% men aged 75+)	13.9	8	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	27.7	9	22.0
Cognition (% of adults aged 65+)	10.2	38	6.3
Depression (% of adults aged 65+)	18.8	50	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.0	37	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	57.1	49.5

Overall Rank: 10



Change: ▲ 1

Determinants Rank: 10

Outcomes Rank: 16

Strengths:

- Low prevalence of physical inactivity
- Low rate of preventable hospitalizations
- Low hip fracture rate

Challenges:

- High prevalence of falls
- High prevalence of excessive drinking
- Low prescription drug coverage

Highlights:

- In the past year, nursing home quality increased 14% from 47.4% to 53.8% of beds rated 4- or 5-stars.
- In the past year, food insecurity decreased 12% from 13.5% to 11.9% of adults aged 60+.
- In the past 2 years, low-care nursing home residents increased 31% from 6.4% to 8.4% of residents.
- In the past 3 years, hospice care use increased 39% from 33.4% to 46.4% of decedents aged 65+.
- In the past 3 years, very good or excellent health status increased 11% from 42.1% to 46.8% of adults aged 65+.

Ranking:

Washington ranks 10th in *America's Health Rankings® Senior Report*; it was 11th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 9th.

State Health Department Website:
www.doh.wa.gov