

Washington

State Health Department Website: doh.wa.gov

Summary

Strengths:

- Low prevalence of physical inactivity
- High voter turnout
- Low percentage of seniors living in poverty

Challenges:

- Low community support expenditure
- High suicide rate
- Low percentage of hospice care use

Highlights:

FOOD INSECURITY

▼ **26%** since 2013 from 14.3% to 10.6% of adults ages 60+

FLU VACCINATION

▼ **9%** in the past year from 63.9% to 58.4% of adults ages 65+

LOW-CARE NURSING HOME RESIDENTS

▼ **30%** in the past year from 8.8% to 6.2% of residents

HIGH HEALTH STATUS

▲ **9%** in the past two years from 44.1% to 47.9% of adults ages 65+

FALLS

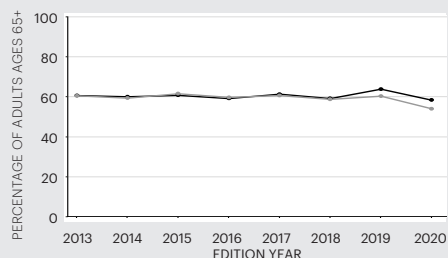
▼ **16%** since 2014 from 32.7% to 27.6% of adults ages 65+

DRUG DEATHS

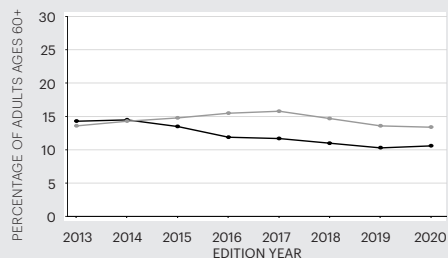
▲ **16%** in the past three years from 8.6 to 10.0 deaths per 100,000 adults ages 65-74

Trends

FLU VACCINATION



FOOD INSECURITY



State ● Nation ○

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

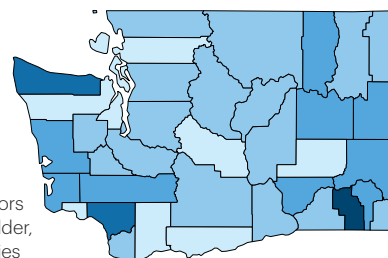
Risk of Social Isolation

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	35.5
Divorced, Separated or Widowed	38.0
Independent Living Difficulty	13.6
Live Alone	10.0
Never Married	4.3
Poverty	7.7

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*	+++++	0.995	3	1.050
Insufficient Sleep (% of adults ages 65+)	+++++	24.0	10	20.9
Physical Activity and Nutrition*	+++++	1.393	1	1.393
Exercise (% of adults ages 65+)	+++++	21.2	5	24.5
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++++	20.4	2	20.3
Fruit Consumption (% of adults ages 65+)	+++++	41.2	2	42.2
Vegetable Consumption (% of adults ages 65+)	+++++	16.6	6	19.6
Substance Use*	+++++	0.441	7	1.912
Excessive Drinking (% of adults ages 65+)	+++	7.7	28	3.6
Smoking (% of adults ages 65+)	+++++	7.0	5	5.5
SOCIAL & ECONOMIC FACTORS*	+++++	0.944	3	1.110
Household Economics*	+++++	1.046	4	1.398
Food Insecurity (% of adults ages 60+)	++++	10.6	12	6.6
Poverty (% of adults ages 65+)	+++++	7.2	7	5.5
SNAP Reach (participants per 100 adults ages 60+ living in poverty)	+++++	100.0	1	100.0
Social Support and Engagement*	+++++	0.943	5	1.425
Community Support Expenditure (dollars per adult ages 60+)	+	\$19	50	\$265
Low-care Nursing Home Residents (% of residents)	++++	6.2	12	2.1
Risk of Social Isolation (percentile of mean z-scores for risk factors in adults 65+)	++++	30	16	1
Volunteerism (% of adults ages 65+)	+++++	36.8	7	44.6
Voter Turnout (% of citizens ages 65+)	+++++	77.0	5	78.9
Violent Crime (offenses per 100,000 population)	+++	312	23	112
PHYSICAL ENVIRONMENT*	++++	0.386	20	1.272
Air and Water Quality*	++++	0.440	18	1.110
Air Pollution (micrograms of fine particles per cubic meter)	++	8.0	34	4.4
Non-smoking Regulation (% of population)	+++++	100.0	1	100.0
Drinking Water Violations (% of community water systems)	+++	1.1	28	0.0
Severe Housing Problems (% of occupied housing units)	++	17.3	35	11.2
CLINICAL CARE*	+++++	0.635	6	0.795
Access to Care*	++++	0.324	14	1.524
Avoided Care Due to Cost (% of adults ages 65+)	+++++	3.6	10	2.8
Dedicated Health Care Provider (% of adults ages 65+)	++	93.4	34	96.6
Geriatricians (number per 100,000 adults ages 65+)	+++	13.1	21	26.9
Home Health Care Workers (number per 1,000 adults ages 65+ with a disability)	+++	145	22	398
Preventive Clinical Services*	+++++	0.760	5	0.850
Cancer Screenings (% of seniors)	+++	74.4	21	81.1
Immunizations*	+++++	1.220	1	1.220
Flu Vaccination (% of adults ages 65+)	++++	58.4	13	65.6
Pneumonia Vaccination (% of adults ages 65+)	+++++	78.0	2	78.6
Shingles Vaccination (% of adults ages 65+)	+++++	54.4	7	55.9
Quality of Care*	+++++	0.820	8	1.465
Hospice Care (% of Medicare decedents)	++	45.6	36	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)	++++	58.1	11	67.9
Preventable Hospitalizations (discharges per 100,000 Medicare enrollees ages 65-74)	+++++	1,514	5	1,128
ALL DETERMINANTS*	+++++	0.801	3	0.847
HEALTH OUTCOMES*	+++++	0.580	9	1.183
Health Status*	++++	0.758	11	1.543
Able-bodied (% of adults ages 65+)	+++	66.0	30	70.6
Frequent Mental Distress (% of adults ages 65+)	+++++	6.2	8	4.6
Frequent Physical Distress (% of adults ages 65+)	++++	15.8	12	13.2
High Health Status (% of adults ages 65+)	+++++	47.9	7	52.6
Injury and Illness*	+++++	0.656	7	1.660
Falls (% of adults ages 65+)	+++	27.6	29	20.0
Multiple Chronic Conditions, 4+ (% Medicare enrollees ages 65+)	+++++	29.7	8	23.6
Obesity (% of adults ages 65+)	++++	26.9	13	17.4
Teeth Extractions (% of adults ages 65+)	+++++	9.3	4	6.2
Mortality*	+++	0.070	21	1.098
Early Death (deaths per 100,000 adults ages 65-74)	++++	1,591	13	1,419
Suicide (deaths per 100,000 adults ages 65+)	++	21.4	39	9.4
OVERALL*	+++++	0.745	—	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.