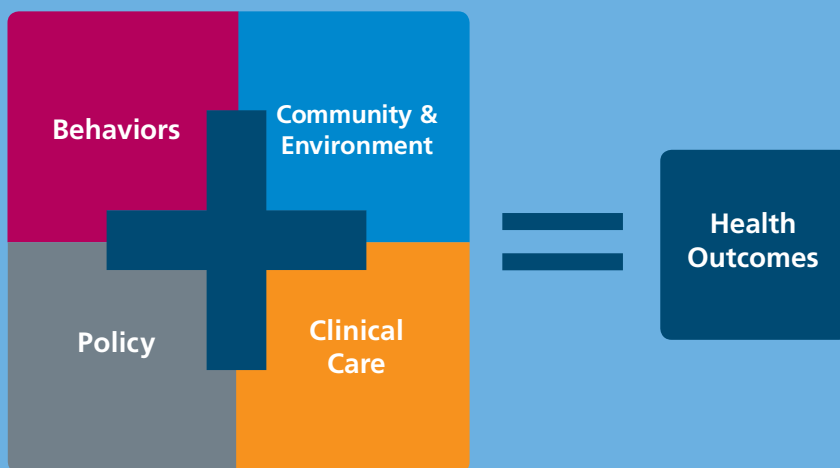


A call to action for individuals and their communities

| 2016





America's Health Rankings® and America's Health Rankings® Senior Report were built upon the WHO definition of health: "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Our model reflects that determinants of health directly influence health outcomes, with determinants accounting for three-quarters and outcomes accounting for one-quarter of each state's overall score and ranking. Four categories of determinants are included in our model of health: Behaviors, Community & Environment, Policy, and Clinical Care.



America's Health Rankings® Senior Report

Executive Summary

The 2016 *America's Health Rankings® Senior Report* provides a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of senior health. Now in its fourth year, it continues to serve as a resource for individuals, community leaders, policymakers, public health officials, and the media to benchmark each state's performance on key measures of health and wellness for the senior population.

Major Projected Population Growth, Coupled with Anticipated Higher Rates of Obesity and Diabetes among Today's Middle-Aged Population Threatens to Place Future Strain on the Health Care System

Building on the traditional state rankings, this year the report took an in-depth look at today's middle-aged population who will age into senior status (65+) over the next 14 years and examined how the challenges of that generation will impact the senior population. The analysis compared health measures for the middle-aged population (aged 50-64) in 1999 to the same measures for the middle-aged population as of 2014.

Growth in the senior population will vary among states, from a low of 33.4% in New York to a high of 85.1% in Alaska by 2030. Twenty-five states are projected to see increases greater than 50% in their senior population by 2030.¹

Overall, this population smokes less, but will be entering their senior years with higher rates of obesity and diabetes and lower rates of very good or excellent health status, putting significant strain on the health care system. Compared to the current senior population when they were middle-aged, the next wave of seniors:

- Smokes 50% less;
- Has a 55% higher prevalence of diabetes;
- Has a 25% higher prevalence of obesity;
- Has a 9% lower prevalence of very good or excellent health status.

Six states are poised to face a 50% or greater increase in the number of seniors by 2030, coupled with an 80% or greater increase in the prevalence of diabetes versus the current population of seniors when they were middle-aged. Among these states, Colorado will experience a 138% increase in the prevalence of diabetes in its senior population by 2030. While Colorado's baseline diabetes prevalence was lower than the national average, the triple-digit

increase over 14 years is nonetheless startling.

Growing obesity rates will also pose a challenge to states — with 11 states poised to face a 50% or greater increase in the number of seniors by 2030, coupled with a 20% or greater increase in the rate of obesity versus the current population of seniors when they were middle-aged. The prevalence of obesity among current middle-aged individuals in Arizona is 96% higher than when the current population of seniors was middle-aged — the most dramatic increase of any state.

These higher rates of diabetes and obesity are expected to put significant strains on the Medicare program and the overall health care system. For example, today one out of every three Medicare dollars is spent on diabetes-related care, and research indicates that between 2009 and 2034, Medicare spending on diabetes is projected to rise from \$45 billion to \$171 billion.^{2,3} Diabetes is also associated with potentially serious complications that contribute to additional use of health resources and poor health status for the nation's seniors. Hospitalizations, heart attacks, kidney failure, and hearing loss are all more common in seniors with diabetes.⁴

Similarly, higher rates of obesity also likely signal higher rates of future spending and poor health. Of total annual Medicare spending, 8.5% is associated with obesity-related care and Medicare spends 36% more per beneficiary on obese seniors compared to those at a healthy weight.⁵ Complications associated with obesity leading to poor health include diabetes, heart disease, high blood pressure, and other chronic conditions.⁶

Today's middle-aged population may also be unprepared for the financial impact of declining health status. Recent research has found that out-of-pocket health care costs for individuals younger than age 65 with diabetes are 2.5 times higher than for individuals without diabetes.⁷ Further, a recent Government Accountability Office study found that among households aged 55 and older, 29% have no retirement savings or defined benefit savings plan. While middle-aged Americans plan to retire later or continue working during retirement at a higher rate than current seniors to close the gap in savings, chronic diseases could challenge these plans.⁸

Successes and Challenges in Senior Health

Each year *America's Health Rankings® Senior Report* enumerates the strengths, challenges, and

highlights of every state to support communities across the nation in taking data-driven action to improve health. It also compares this year's key indicators to past performance, revealing where the nation as a whole has improved and in which areas it continues to struggle.

National successes over the past year include a 9% decrease in preventable hospitalizations and an 8% decrease in the prevalence of full-mouth teeth extractions. Hip fractures decreased 5% from 6.2 to 5.9 hospitalizations per 1,000 Medicare beneficiaries.

Looking at a longer time frame, successes over the past three years include:

- 18% increase in the availability of home health care workers
- 40% increase in hospice care use, and
- 29% decrease in hospital deaths.

Health status has also improved during this time frame, with 7% more seniors reporting very good or excellent health compared to three years ago.

While these data are encouraging, challenges for senior health remain. Specifically, over the past year the nation has witnessed:

- 7% decrease in community expenditures given to seniors living in poverty,
- 7% decrease in home-delivered meals,
- 5% increase in food insecurity, and
- 10% decrease in the reach of Supplemental Nutrition Assistance Program (SNAP).

Over the past three years, obesity among seniors has increased 9%, which is higher than the increase in the general population of 6%.

Rankings Reveal Healthiest States & States with Greatest Opportunities for Improvement

Massachusetts tops the list of healthiest states for older adults, rising from sixth place last year. The state saw success in reducing physical inactivity by 12% and smoking by 20%, but also saw a decrease of 13% in flu vaccination coverage. Rounding out the healthiest states for seniors are Vermont (2), New Hampshire (3), Minnesota (4), Hawaii (5), and Utah (6).

Louisiana ranked as the least healthy state for seniors again this year, as it continues to struggle with a high prevalence of smoking, obesity, and physical inactivity. The state does receive strong marks in flu vaccination coverage, low prevalence

of falls, and the availability of home health care workers. Compared to last year, seniors in the state have had 12% more annual dental visits and 29% fewer full-mouth teeth extractions. Oklahoma (49), Mississippi (48), Arkansas (47) and West Virginia (46) round out the states with the greatest challenges for senior health.

Several states also saw significant improvements over the last three years. Rhode Island jumped from 30th to 11th in the rankings, with key improvements including a 24% decrease in preventable hospitalizations, 23% decrease in smoking, and 18% increase in seniors reporting very good or excellent health status. Alaska improved from 39th to 21st, with a 27% decrease in hip fractures and 16% reduction in poverty contributing to the improved ranking. Finally, New Jersey jumped 12 places from 28th to 16th — due in part to a 19% decrease in hip fractures and 10% increase in volunteerism. All three states made strides to decrease food insecurity and hospital deaths over the past three years.

Supporting Public Health Efforts for Seniors Today & Tomorrow

Seniors have a significant impact on the US health care system and understanding their health, as well as the health of the next wave of seniors, helps improve the country's public health efforts. With this report, United Health Foundation seeks to increase understanding of the challenges and opportunities related to the current and future state of health of older Americans, all while supporting communities, governments, stakeholders and individuals to take action to improve senior health.

-
1. The 2015 MSA Profile. Woods & Poole Economics, Inc. Washington, DC
 2. Huang ES, Basu A, O'grady M, Capretta JC. Projecting the future diabetes population size and related costs for the US. *Diabetes Care*. 2009;32(12):2225–2229.
 3. *Medicare Health Support Overview*. Washington, DC: Centers for Medicare & Medicaid Services; 2011.
 4. *Fast Facts: Data And Statistics about Diabetes*. American Diabetes Association; 2015.
 5. Finkelstein EA, Trogdon JG, Cohen JW, Dietz W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs*. 2009;28 (5).
 6. Hall JE, Carmo JMD, Silva AAD, Wang Z, Hall ME. Obesity-induced hypertension: Interaction of neurohumoral and renal mechanisms. *Circulation Research*. 2015;116(6):991–1006.
 7. *Per capita health care spending on diabetes: 2009–2013*. Washington, DC: Health Care Cost Institute; 2015.
 8. *Most Households Approaching Retirement Have Low Savings*. Washington, DC: United States Government Accountability Office; 2015.



**Health is a state of
complete physical, mental,
and social well-being**

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Introduction

America's Health Rankings® Senior Report offers a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of senior health. Now in its fourth year, the report serves to:

1. Help states prepare for the rapid growth of their senior population. The US senior population is projected to grow 49.5% by 2030. The senior growth rate varies from 33.4% in New York to 85.1% in Alaska. This surge along with the increasing rates of obesity, diabetes, and other chronic diseases are poised to overwhelm our health care system.
2. Provide a benchmark of state senior health. State level data allow states to monitor trends over time and to compare senior health measures with other states and the nation.
3. Stimulate discussion and action. The report's purpose is to kindle and continue to fuel dialogue among individuals, community leaders, policymakers, public health officials, and the media by providing accurate, reliable, and trustworthy information based on a holistic view of health.

Selection Process for the 35 Measures

The selection of the 35 measures that make up *America's Health Rankings® Senior Report* is driven by these five factors:

1. The overall measures represent a broad range of issues that affect senior health.
2. Individual measures meet commonly accepted health-measurement criteria.
3. Data are available at the state level.
4. Data are current and updated periodically.
5. The aspect being measured is amenable to change.

While imperfect, these 35 measures are some of the best available indicators of the various aspects of senior health. An additional seven supplemental measures are provided that provide further context to more fully describe the population health.

Each year *America's Health Rankings® Senior Report* enumerates the strengths, challenges, and health highlights of every state to start a shared discussion. The measures used to define health are dependent on each other and intermingled in every aspect of what we do, where we live, care we receive, and outcomes we experience. Example: A community's effort to reduce physical inactivity could affect obesity, management of joint pain, frequency of falls, effectiveness of diabetes management, etc.

This year, the report looks ahead at the challenges that will impact the senior population in the next 15 years. Not only will the next generation of seniors rapidly grow in numbers, but the next group of seniors are projected to have higher rates of obesity and diabetes and a lower rate of excellent or very good health status. The good news is they smoke less than the current generation of seniors.

This report builds an informational base and creates awareness — the vital step is to take action. Select a state (<http://www.americashealthrankings.org/states>) to learn more. Visual tools, such as Core Measure Impact (Measures tab) and Change My Rank, are available to illustrate which health measures have the greatest impact on each state rank.

Findings

FIGURE 1

National Successes

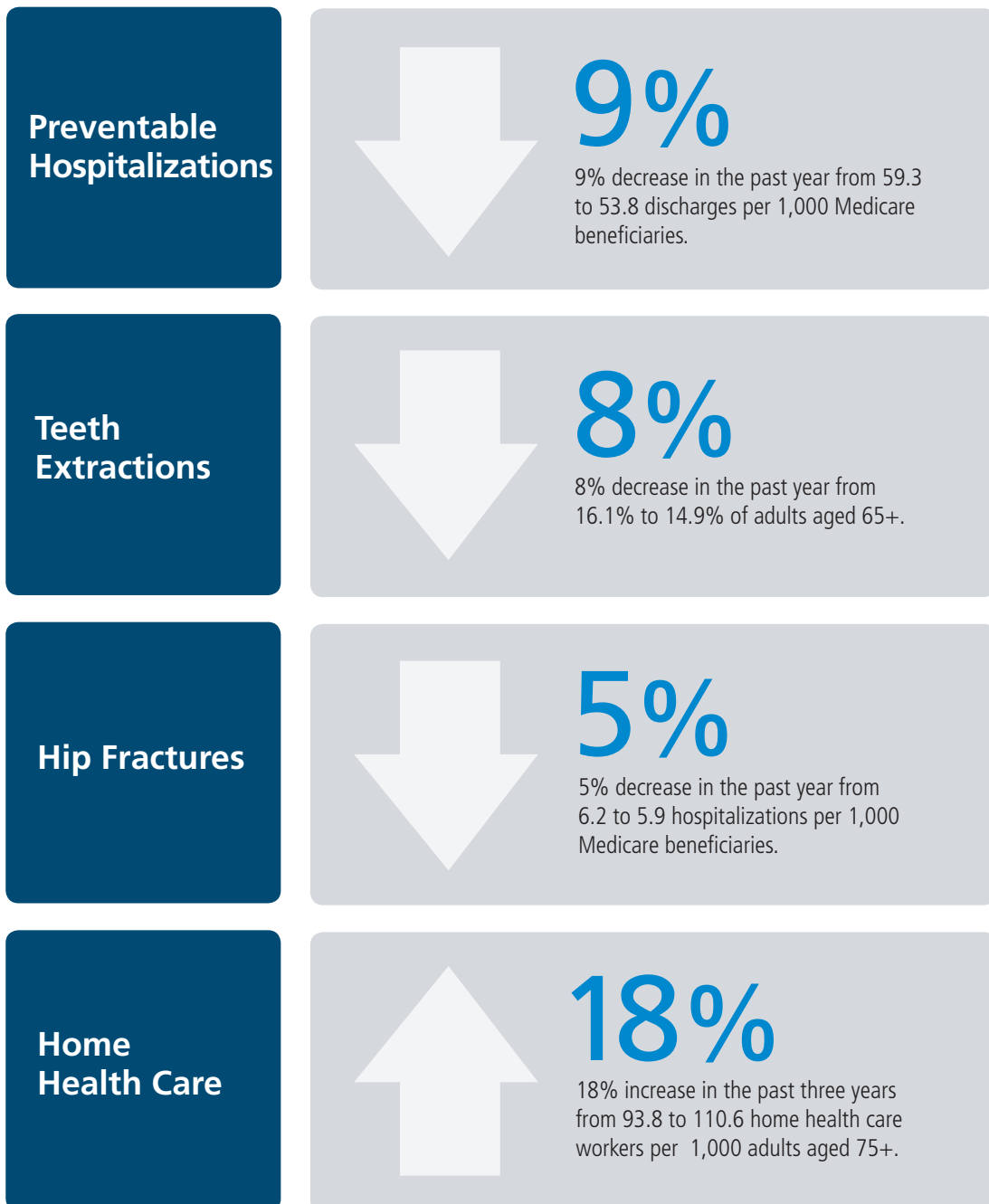
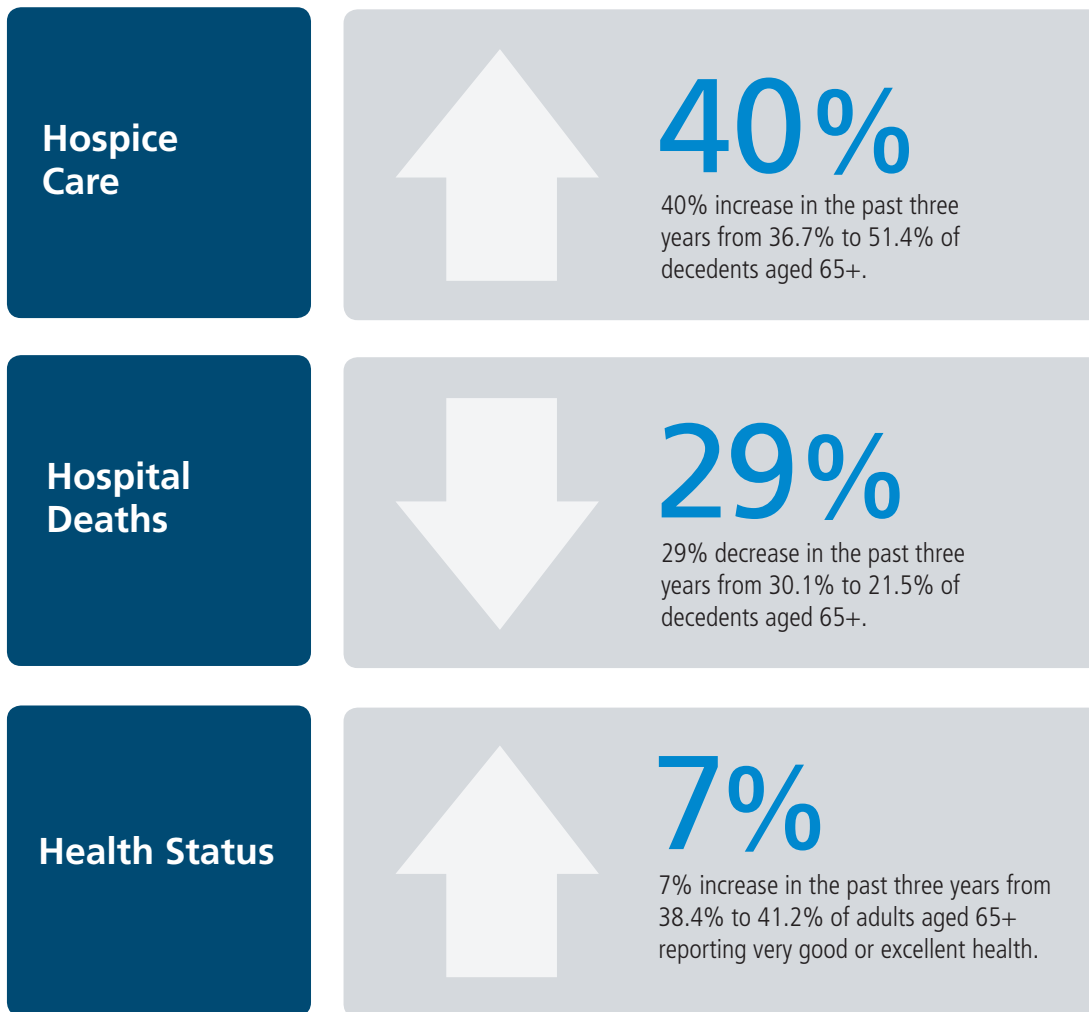


FIGURE 1

National Successes



Findings

FIGURE 2

National Challenges

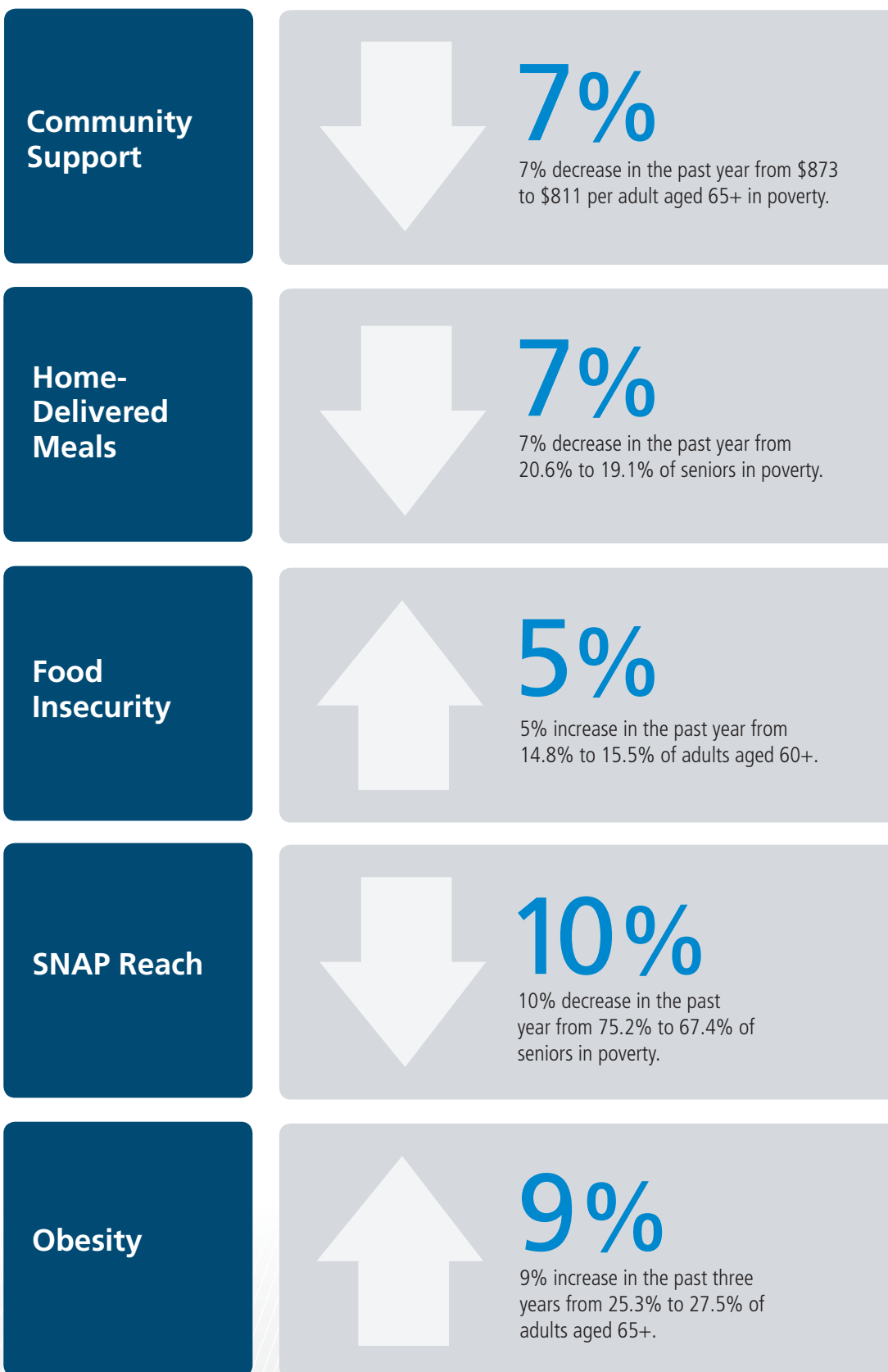


FIGURE 3

Future Wave of Seniors (Adults aged 50–64 in 2014 and 1999)

Compared to the current senior population when they were middle-aged, the next wave of seniors:



Smokes 50% less



Has a 55% higher prevalence of diabetes



Has a 25% higher prevalence of obesity



Has a 9% lower prevalence of very good or excellent health status

The US senior population is projected to grow 49.5% by 2030.

Findings

Several items are noteworthy when reviewing the changes in senior health over the past year. The nation as a whole has experienced successes and challenges. Successes include:

- A 9% decline in the rate of preventable hospitalizations from 59.3 to 53.8 discharges per 1,000 Medicare beneficiaries,
- An 8% reduction in the prevalence of full-mouth teeth extractions from 16.1% to 14.9% of adults aged 65 and older, and
- A 5% decrease in hip fractures from 6.2 to 5.9 hospitalizations per 1,000 Medicare beneficiaries.

Challenges include:

- A 7% decrease in community support from \$873 to \$811 per adult aged 65 and older in poverty,
- A 7% decrease in home-delivered meals from 20.6% to 19.1% of seniors in poverty,
- A 10% decrease in the reach of the Supplemental Nutrition Assistance Program (SNAP) from 75.2% to 67.4% of seniors in poverty, and
- A 5% increase in food insecurity from 14.8% to 15.5% of adults aged 60 and older.

Now in its fourth edition, successes and challenges can be examined over a three year timeframe. Three year successes include:

- An 18% increase in home health care workers from 93.8 to 110.6 workers per 1,000 adults aged 75 and older,

- A 40% increase in hospice care use from 36.7% to 51.4% of decedents aged 65 and older,
- A 29% decrease in hospital deaths from 30.1% to 21.5% of decedents aged 65 and older, and
- A 7% increase in health status from 38.4% to 41.2% of adults aged 65 and older reporting very good or excellent health.

Looking at changes over the last three years also accents a major challenge facing the senior population, a 9% increase in obesity from 25.3% to 27.5% of adults aged 65 and older. This compares to a 6% increase in obesity in the general population over the same time period.

Maintaining and improving the health of seniors is challenged by two factors; the rapidly increasing number of individuals in this age group and the healthiness of the individuals moving into this age group. By 2030, the number of seniors is projected to increase by 49.5% from approximately 49,360,000 in 2016 to 73,789,000 in 2030.¹ The future cohort of seniors (adults aged 50–64 years in 2014) differ from the current cohort of seniors (adults aged 50–64 years in 1999) 15 years ago. Compared with the current cohort of seniors, the prevalence of smoking is half among the future cohort, but the prevalence of obesity is 25% higher, the prevalence of diabetes is 55% higher, and the percentage reporting very good or excellent health is 9% less (Figure 3). Over the next 15 years, the health of this population will be challenged by large numbers of new people becoming seniors and the additional health challenges, such as diabetes, that this groups brings with them.

1. The 2015 MSA Profile. Woods & Poole Economics, Inc. Washington, DC.

Senior Health Steering Group

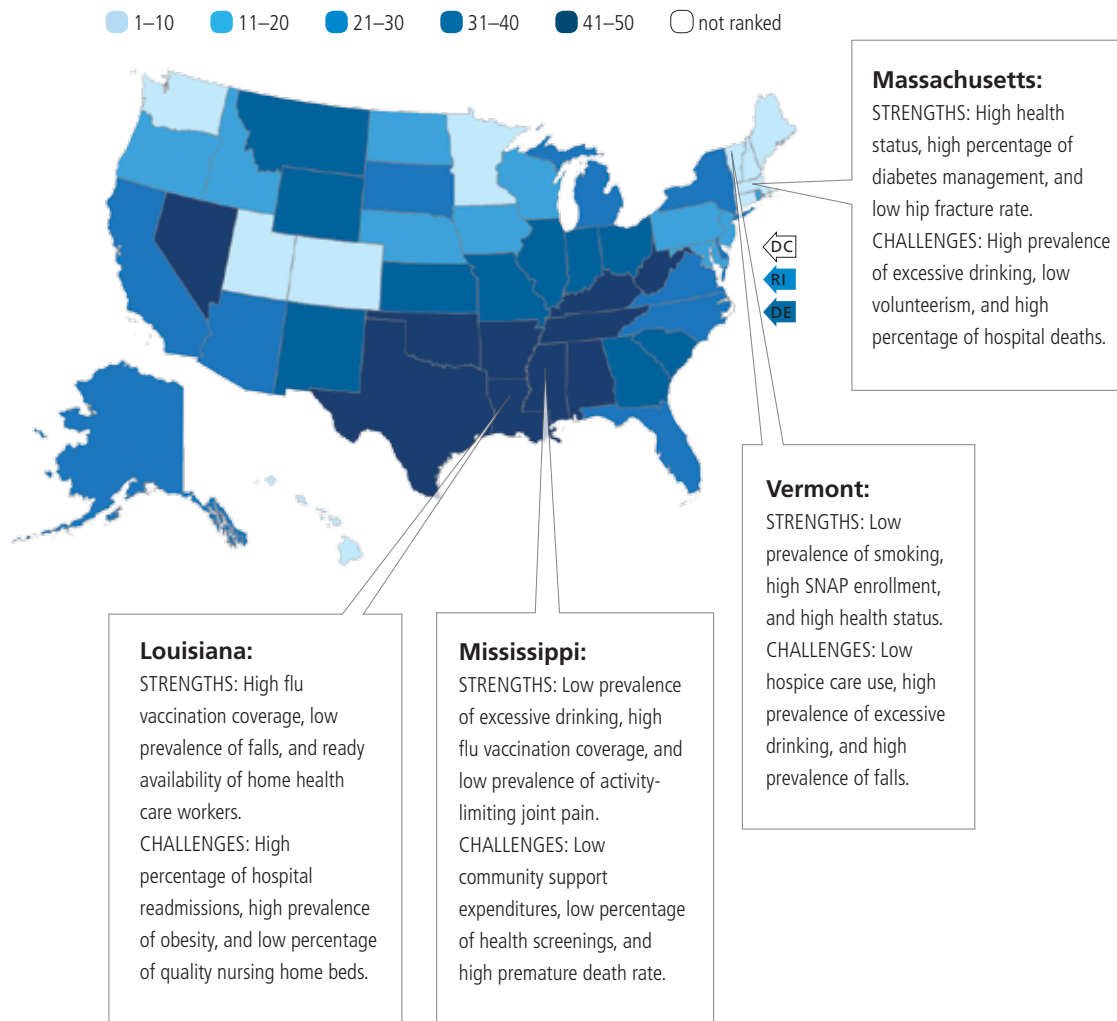
From its beginning, *America's Health Rankings® Senior Report* has had as its foundation and touchstone the Senior Health Steering Group (SHSG), a panel of experts in senior health. With the launch of the first report, the panel was charged with

- 1) identifying the areas of health and well-being most pertinent to older adults, and

- 2) creating a model for assessing population health at a state level.

Before each edition, the panel re-convenes to review the model and the measures. For more about the SHSG go to <http://www.americashealthrankings.org/about/senior?tabname=SeniorExpertPanel> or page 143.

FIGURE 4
2016 Ranking



Top and Bottom States

- Massachusetts tops the list as healthiest state for older adults (Figure 4, Tables 1 and 2). Smoking decreased 20% since last year, which moves Massachusetts up 20 places in the ranking of that measure. Physical inactivity decreased 12%. However, flu vaccination coverage decreased 13% in the last year.
- The top six states (Massachusetts, Vermont, New Hampshire, Minnesota, Hawaii, and Utah) are a step above the other states and are virtually tied for the top place in the rankings (Figure 5). These states are uniformly high among the outcome measures but show variation in behaviors, community & environment, policy, and clinical care.
- Louisiana is 50th again this year. The state's strengths are high flu vaccination coverage, low prevalence of falls and ready availability of home health care workers. A high prevalence of smoking, obesity, and physical inactivity remain yearly challenges. In the past year, annual dental visits increased 12% and full-mouth teeth extractions decreased 29%.
- Oklahoma, like Louisiana, is a step below the other bottom states. Kentucky, West Virginia, Arkansas, and Mississippi round out the bottom six states — these four states have similar overall scores (Figure 5) and are comparable in their senior health.

Findings

TABLE 1

2016 Ranking

2016 Rank (1–50)	State	Score
1	Massachusetts	.627
2	Vermont	.618
3	New Hampshire	.602
4	Minnesota	.599
5	Hawaii	.596
6	Utah	.588
7	Colorado	.567
8	Maine	.523
9	Connecticut	.459
10	Washington	.358
11	Rhode Island	.341
12	Oregon	.338
13	Wisconsin	.327
14	Maryland	.321
15	Idaho	.268
16	New Jersey	.237
17	North Dakota	.236
18	Pennsylvania	.215
19	Iowa	.206
20	Nebraska	.195
21	Alaska	.171
22	Delaware	.167
23	New York	.165
24	Florida	.164
25	South Dakota	.120
26	Michigan	.095
27	Arizona	.018
28	California	.016
29	Virginia	.012
30	North Carolina	.001
31	Montana	-.008
32	Kansas	-.069
33	New Mexico	-.096
34	South Carolina	-.113
35	Wyoming	-.142
36	Illinois	-.172
37	Indiana	-.185
38	Ohio	-.185
39	Georgia	-.267
40	Missouri	-.306
41	Texas	-.336
42	Nevada	-.409
43	Tennessee	-.440
44	Alabama	-.475
45	Kentucky	-.628
46	West Virginia	-.631
47	Arkansas	-.648
48	Mississippi	-.648
49	Oklahoma	-.682
50	Louisiana	-.761

TABLE 2

2016 Alphabetical Ranking

2016 Rank (1–50)	State	Score
44	Alabama	-.475
21	Alaska	.171
27	Arizona	.018
47	Arkansas	-.648
28	California	.016
7	Colorado	.567
9	Connecticut	.459
22	Delaware	.167
24	Florida	.164
39	Georgia	-.267
5	Hawaii	.596
15	Idaho	.268
36	Illinois	-.172
37	Indiana	-.185
19	Iowa	.206
32	Kansas	-.069
45	Kentucky	-.628
50	Louisiana	-.761
8	Maine	.523
14	Maryland	.321
1	Massachusetts	.627
26	Michigan	.095
4	Minnesota	.599
48	Mississippi	-.648
40	Missouri	-.306
31	Montana	-.008
20	Nebraska	.195
42	Nevada	-.409
3	New Hampshire	.602
16	New Jersey	.237
33	New Mexico	-.096
23	New York	.165
30	North Carolina	.001
17	North Dakota	.236
38	Ohio	-.185
49	Oklahoma	-.682
12	Oregon	.338
18	Pennsylvania	.215
11	Rhode Island	.341
34	South Carolina	-.113
25	South Dakota	.120
43	Tennessee	-.440
41	Texas	-.336
6	Utah	.588
2	Vermont	.618
29	Virginia	.012
10	Washington	.358
46	West Virginia	-.631
13	Wisconsin	.327
35	Wyoming	-.142

How to Use America's Health Rankings®

America's Health Rankings® Senior Report is about digging deeper, digesting data, and then doing something that will improve state health. The rankings are important, but they are only a starting point. Here are general guidelines about using the rankings if the state:

- Shows no change. Check the measures because it may be that there has been a notable change in one or more measures that has been offset by equally notable changes in the opposite direction by other measures. Or it may be that there have been changes but, relative to changes in other states, there's no change in the overall rank.
- Shows little change. Check the measures. A big shift in a measure or two may be masked by an abundance of smaller shifts with other measures.
- Shows big change. Again, investigate further to see what's driving the change.

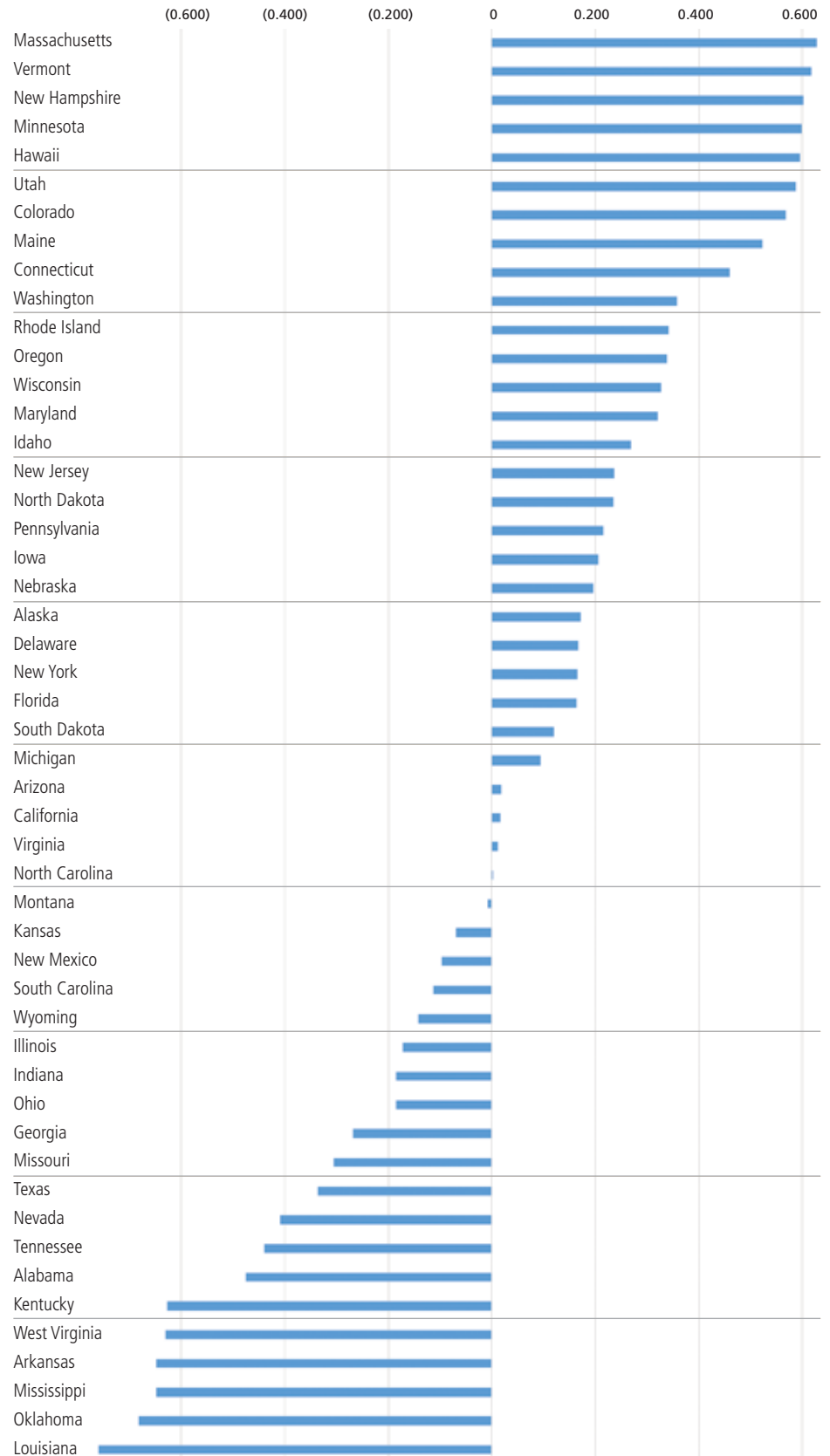
The strengths, challenges, and highlights for each state are described on the state summary page in this book and on the website (www.americashealthrankings/senior/state).

Once the investigation is complete, use this information to take action.

FIGURE 5

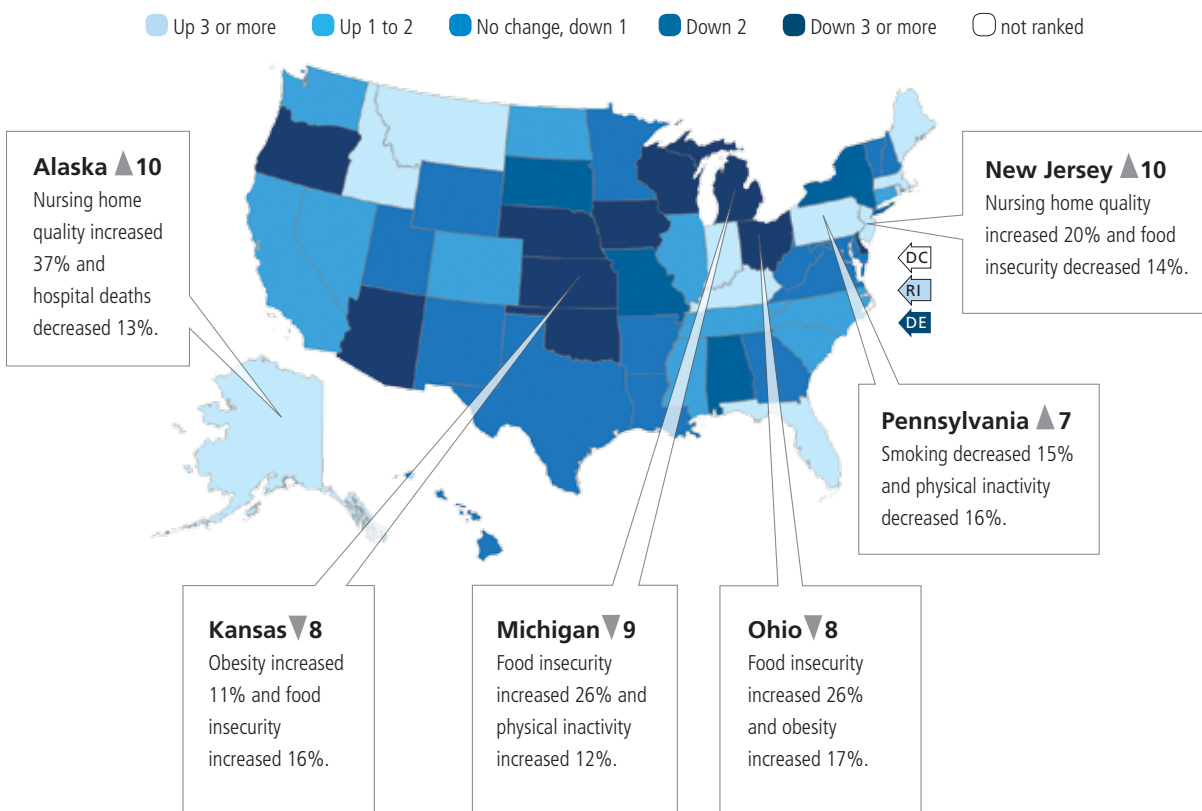
Overall Score by State

Figure 5 shows the overall score for each state (methodology page 140). It demonstrates that several states have similar scores with clusters around the top six ranks (Massachusetts, Vermont, New Hampshire, Minnesota, Hawaii, and Utah); around Washington, Rhode Island, Oregon, Wisconsin, and Maryland; around Alaska, Delaware, New York, and Florida; and around Kentucky, West Virginia, Arkansas, and Mississippi.



Findings

FIGURE 6
2015–2016 Change in Rank



Change in Rank

Alaska, New Jersey, and Pennsylvania saw the greatest improvements in rank from 2015, while Kansas, Michigan, and Ohio dropped in the rankings (Figure 6). Alaska climbed 10 places from 31st to 21st, with an increase in nursing home quality and decrease in hospital deaths. New Jersey also jumped 10 ranks from 26th to 16th, with an increase in nursing home quality and decrease in food insecurity. Pennsylvania jumped 7 places from 25th to 18th, with decreases in both smoking and physical inactivity. All three states that dropped in the rankings experienced an increase in food insecurity. Kansas and Ohio also experienced an increase in obesity, while Michigan saw an increase in physical inactivity.

Several states also saw notable improvements in the rankings over the past three years.

Rhode Island jumped from 30th to 11th, with improvements in preventable hospitalizations (24% decrease), smoking (23% decrease), and seniors reporting very good or excellent health (18% increase). Alaska improved from 39th to 21st, with a 27% decrease in hip fractures and 16% reduction in poverty. New Jersey also jumped from 28th to 16th, with a 19% decrease in hip fractures and 10% increase in volunteerism. All three states made strides in reducing food insecurity and hospital deaths over the past three years. Food insecurity decreased 44% in Alaska, 4% in New Jersey, and 18% in Rhode Island, while hospital deaths decreased 24% in Alaska, 31% in New Jersey, and 39% in Rhode Island.

Future Perspective

Population Growth Projections

In 2011 the oldest of the baby boomer generation turned 65, marking the beginning of a tremendous demographic shift in the US population.² By 2056, the population of adults aged 65 and older is projected to surpass the population younger than 18 years.³ Each day through 2030, 10,000 baby boomers will turn 65, which will place a heavy burden on the health care system.² Adults aged 65 and older are the largest consumers of health care as the process of aging brings upon the need for more frequent health care.⁴

Using population projections published by Woods and Poole in 2015, the senior US population is expected to increase by 49.5% between 2016 and 2030. This amounts to a projected annual growth rate of 3.5% in the 65 years and older population. In addition to projected increase in the aging population, the US population is expected to become more racially and ethnically diverse. The aggregate minority population in the United States is projected to become the majority by 2043.³ The projected growth of the senior population in the United States will pose challenges to policymakers, Medicare, Medicaid, and Social Security, not to mention the effect it will have on families, communities, businesses, and health care providers.

The pressure that this demographic shift places on the nation is not evenly distributed among the states (Table 3), with some states expecting many more aging baby boomers than others.

The senior population is projected to increase by more than 50% in 25 states. Table 3 includes the 10 states with the highest annual growth rate and the 10 states with the lowest annual growth rate in the 65 and older population from 2016 to 2030. The growth rate and the corresponding percent growth for all states are provided on the website (www.americashealthrankings.org/reports/senior?tabname=future).

TABLE 3

Projected Population Growth Among Adults Aged 65 and Older from 2016 to 2030, Top 10 States and Bottom 10 States

Top 10 States	Annual Growth Rate (%)	Total Increase (%)
Alaska	6.1	85.1
New Hampshire	5.0	69.7
Texas	4.7	66.3
Nevada	4.7	65.4
Wyoming	4.5	63.3
Vermont	4.5	63.1
Georgia	4.4	61.4
North Dakota	4.3	60.4
New Mexico	4.3	60.4
Colorado	4.3	59.6

Bottom 10 States	Annual Growth Rate (%)	Total Increase (%)
New York	2.4	33.4
West Virginia	2.4	33.9
Iowa	2.7	37.1
Ohio	2.8	38.6
Oklahoma	2.8	39.4
Pennsylvania	2.8	39.5
Illinois	2.9	40.0
Kansas	2.9	40.3
Missouri	2.9	41.2
New Jersey	3.0	41.4

2. "Baby Boomers Retire." December 29, 2010. Pew Research Center. <http://www.pewresearch.org/daily-number/baby-boomers-retire/>. Accessed April 11, 2016.

3. Colby SL and Ortman JM. The Baby Boom Cohort in the United States: 2012 to 2060. Population Estimates and Projections. *Current Population Reports*. Issued May 2014.

4. Alemayehu B, Warner KE. The lifetime distribution of health care costs. *Health Services Research*. 39.3 (2004): 627-642.

Comparison of Health Estimates in the Middle-Aged Population, 1999 and 2014

Four health measures among the middle-aged (50-64 year olds) were examined for a broader context of the health of our nation and what's to come when viewed in conjunction with population growth projections. The prevalence of obesity, diabetes, smoking, and very good or excellent health status in middle-aged adults in 2014 were compared to middle-aged adults in 1999. Changes in these health indicators and the demographic shifts have significant, and largely unchangeable, impacts on the population's health.

With the increase in obesity and diabetes prevalence over the past 15 years, there has been a contemporaneous decrease in smoking prevalence. The percentage of adults aged 50-64 who smoke now is much less than the percentage in 1999. Self-reported health status has also experienced a modest decline.

The magnitude of change in obesity and diabetes prevalence between 1999 and 2014 in the middle-aged population demands our attention. Examining the estimated relative change can help states prepare for the expected economic, social, and health effects. Tables of obesity, diabetes, smoking, and health status prevalence among 50-64 year olds in 1999 and 2014, as well as the relative percentage changes for all states are available at www.americashealthrankings.org/reports/Senior?tabname=Future. See Appendix (page 141) for methodology.

Obesity

The national obesity prevalence in the middle-aged population increased 25% from 1999 to 2014. While all but one state's obesity rates have increased, they have not done so evenly. Idaho's rate increased the least at only 2%, while obesity rates in Arizona rose by 96%. In Colorado, the obesity rate of middle-aged adults decreased by 3% over the 15-year period.

Obesity contributes to a variety of other serious chronic diseases. States with higher obesity rates may presume further health challenges are ahead. Table 4 shows the top 10 states and bottom 10 states.

TABLE 4

Relative Change in Obesity Prevalence Among 50-64 Year Olds in 1999 compared to 2014, Top 10 States and Bottom 10 States

Top 10 States	1999 (%)	2014 (%)	Relative Change (%)
Colorado	26.9	26.1	-2.8
Idaho	31.8	32.4	2.0
Maine	30.6	31.8	4.1
Pennsylvania	32.1	33.9	5.6
Missouri	31.7	34.0	7.2
North Carolina	31.5	33.9	7.6
Vermont	26.8	29.0	8.2
Wisconsin	31.7	34.7	9.5
Alaska	31.1	34.7	11.5
Washington	28.5	32.1	12.5
Bottom 10 States	1999 (%)	2014 (%)	Relative Change (%)
Arizona	17.6	34.6	96.3
New York	20.9	32.5	55.4
Wyoming	21.5	33.3	55.0
New Mexico	20.8	31.6	51.9
Alabama	26.1	38.1	46.0
West Virginia	27.7	39.3	41.9
Texas	28.4	40.2	41.6
Minnesota	23.1	32.7	41.3
Maryland	26.0	36.0	38.4
Tennessee	28.3	38.5	36.4

Diabetes

Nationally, the prevalence of diabetes among the middle-aged population has increased dramatically from 1999 to 2014 with an almost 55% increase in the percentage of adults aged 50 to 64 who reported that a physician told them they had diabetes. This increase in diabetes prevalence is far more precipitous in some states than others, with nearly a 145% increase for middle-aged adults in Nebraska and a 138% increase in Colorado. Diabetes prevalence is estimated to double in six states. All states reported an increase in diabetes prevalence, with the smallest increase occurring in Montana with a single digit increase of 6%.

States with greater gains in diabetes prevalence can expect to face additional challenges over the coming years as a less healthy cohort of adults become seniors. Table 5 shows the top 10 states and bottom 10 states.

TABLE 5

Relative Change in Diabetes Prevalence Among 50-64 Year Olds from 1999 to 2014, Top 10 States and Bottom 10 States

Top 10 States	1999 (%)	2014 (%)	Relative Change (%)
Montana	11.0	11.7	6.3
Delaware	12.1	14.2	17.5
Illinois	12.2	14.8	21.0
New Hampshire	10.1	12.5	23.7
Oregon	9.2	11.4	24.4
Minnesota	8.1	10.1	25.3
Wyoming	9.0	11.4	26.6
Wisconsin	9.8	12.7	29.7
South Dakota	9.3	12.2	31.1
Utah	9.1	11.9	31.6

Bottom 10 States	1999 (%)	2014 (%)	Relative Change (%)
Nebraska	5.8	14.3	144.6
Colorado	4.7	11.2	137.7
Oklahoma	9.2	20.0	117.4
Kansas	7.2	15.2	110.2
Tennessee	9.6	19.8	105.9
Arizona	7.9	15.8	100.0
Georgia	9.7	19.1	97.9
Nevada	6.5	12.6	94.6
Arkansas	10.4	20.0	91.7
North Dakota	6.6	12.6	90.7

Smoking

Nationally, the prevalence of smoking in the middle-aged population decreased 50% from 1999 to 2014. The public's perception of the health risks associated with smoking have shifted over the past 15 years. Despite across the board decreases in smoking prevalence by state, there is some variation in the relative percentage change across states. Utah, Arizona, New Jersey, and Hawaii all achieved a percentage change decrease in smoking prevalence in the range of 61-67%. The relative change in the majority of other states fell somewhere between a 40-60% decrease in smoking prevalence. The smallest decrease occurred in Alabama where 31% fewer adults reported being current smokers in 2014 compared to 1999.

States with less steep declines and a higher prevalence of smokers compared to the national average can expect to face additional challenges over the coming years as the cost of chronic diseases associated with smoking are realized. The top 10 states and bottom 10 states are listed in Table 6.

TABLE 6

Relative Change in Smoking Prevalence Among 50-64 Year Olds from 1999 to 2014, Top 10 States and Bottom 10 states

Top 10 States	1999 (%)	2014 (%)	Relative Change (%)
Utah	31.8	10.4	-67.2
Arizona	50.6	17.6	-65.3
New Jersey	40.7	14.8	-63.5
Hawaii	40.1	15.0	-62.6
Minnesota	40.7	16.5	-59.4
Idaho	36.4	14.9	-59.0
New York	37.6	15.4	-58.9
Texas	37.8	15.6	-58.7
Nevada	43.5	18.6	-57.3
Vermont	34.1	14.6	-57.2
Bottom 10 States	1999 (%)	2014 (%)	Relative Change (%)
Alabama	34.3	23.7	-31.0
Louisiana	39.2	26.0	-33.7
Montana	30.9	19.9	-35.7
Arkansas	43.6	26.8	-38.6
Kentucky	45.0	26.8	-40.5
Wisconsin	33.0	19.6	-40.6
Virginia	33.2	19.5	-41.3
Ohio	37.3	21.8	-41.4
North Carolina	35.5	20.6	-42.1
West Virginia	47.0	26.9	-42.8

Health Status

Nationally, the percentage of adults aged 50 to 64 reporting very good or excellent health has decreased by 9.4% from 1999 to 2014. This drop in health status is far more dramatic in some states than others, with 18-19% fewer adults in Indiana, Kansas, New Mexico, Louisiana, and Oklahoma reporting very good or excellent health. A few states reported a modest increase in health status, with the largest percentage increase occurring in North Dakota where 2.2% more adults reported very good or excellent health. Missouri had no change in self-reported health status since 1999.

States with greater declines can expect to face additional challenges over the coming years as a less healthy cohort of adults ages. Table 7 shows the top 10 states and bottom 10 states.

TABLE 7

Relative Change in 50-64 Year Olds Reporting Very Good or Excellent Health from 1999 to 2014, Top 10 States and Bottom 10 states

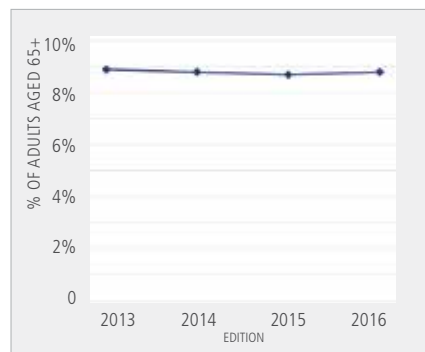
Top 10 States	1999 (%)	2014 (%)	Relative Change (%)
North Dakota	50.0	51.0	2.2
Wisconsin	50.0	50.6	1.2
Maryland	53.6	53.7	0.3
Missouri	47.9	48.0	0.0
Wyoming	52.9	52.7	-0.3
New Hampshire	59.4	59.2	-0.5
Hawaii	47.4	45.7	-3.6
Nebraska	55.6	53.2	-4.3
Tennessee	40.6	38.8	-4.5
Alaska	56.3	53.7	-4.5

Bottom 10 States	1999 (%)	2014 (%)	Relative Change (%)
Oklahoma	51.8	41.9	-19.1
Louisiana	48.6	39.7	-18.3
New Mexico	51.6	42.2	-18.2
Kansas	59.5	48.7	-18.1
Indiana	53.1	43.8	-17.6
Nevada	55.6	46.1	-17.1
Washington	58.8	49.3	-16.1
Mississippi	37.7	32.3	-14.5
Arkansas	40.6	34.7	-14.4
Michigan	55.0	47.8	-13.2

Core Measures

Smoking

Smoking is the leading cause of preventable death in the United States. On average, nonsmokers live 10 years longer than smokers. Smoking damages nearly every organ in the body and causes cataracts, respiratory disease, heart disease, stroke, and cancer. Smoking is also associated with accelerated cognitive decline; past smoking is a risk factor for dementia and premature impairment. Cessation, even in older smokers, can have profound benefits on current health status as well as improve long-term outcomes. Smoking is estimated to cost \$300 billion yearly in direct health care expenditures and productivity losses.

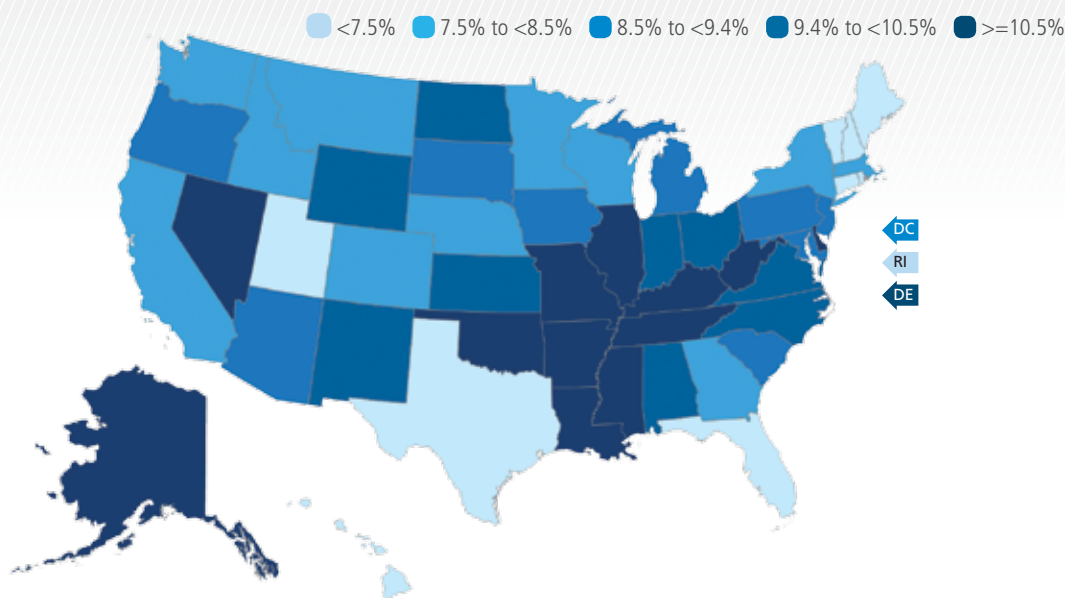


Data source: *Behavioral Risk Factor Surveillance System, 2014*

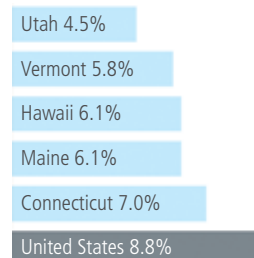
For details: www.americashealthrankings.org/ALL/smoking_sr

Smoking by State

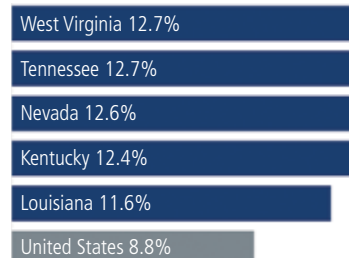
Percentage of adults aged 65 and older who are self-reported smokers (smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days)



Top 5 States



Bottom 5 States

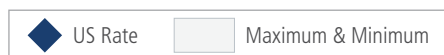


Ranking

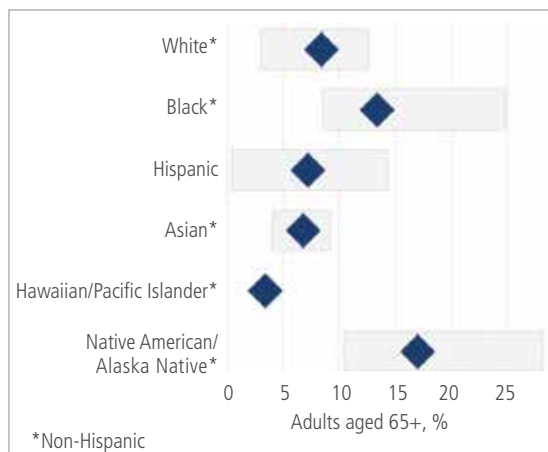
by Smoking

Rank	State	Value (%)
1	Utah	4.5
2	Vermont	5.8
3	Hawaii	6.1
3	Maine	6.1
5	Connecticut	7.0
6	Rhode Island	7.2
7	Florida	7.4
7	New Hampshire	7.4
7	Texas	7.4
10	Washington	7.5
10	Wisconsin	7.5
12	Massachusetts	7.7
12	New York	7.7
14	California	8.0
14	Idaho	8.0
16	Georgia	8.1
16	Minnesota	8.1
16	Nebraska	8.1
19	Colorado	8.3
19	Montana	8.3
21	Pennsylvania	8.5
21	South Dakota	8.5
23	Oregon	8.6
24	Maryland	8.7
24	South Carolina	8.7
26	Michigan	8.9
27	Arizona	9.0
27	New Jersey	9.0
29	Iowa	9.1
30	Alabama	9.4
31	Virginia	9.5
32	North Dakota	9.6
33	Indiana	9.7
33	North Carolina	9.7
35	Wyoming	9.8
36	Kansas	9.9
36	New Mexico	9.9
38	Ohio	10.2
39	Delaware	10.5
39	Mississippi	10.5
41	Illinois	10.6
42	Alaska	10.8
42	Missouri	10.8
44	Oklahoma	11.2
45	Arkansas	11.5
46	Louisiana	11.6
47	Kentucky	12.4
48	Nevada	12.6
49	Tennessee	12.7
49	West Virginia	12.7
	United States	8.8
	District of Columbia	9.0

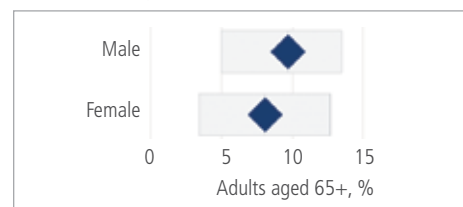
Disparities in Smoking



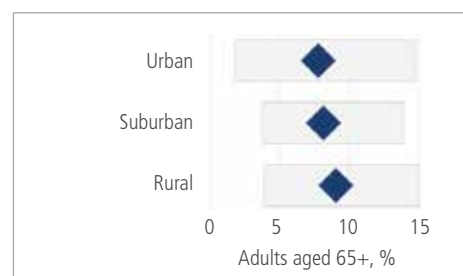
Prevalence by Race/Ethnicity



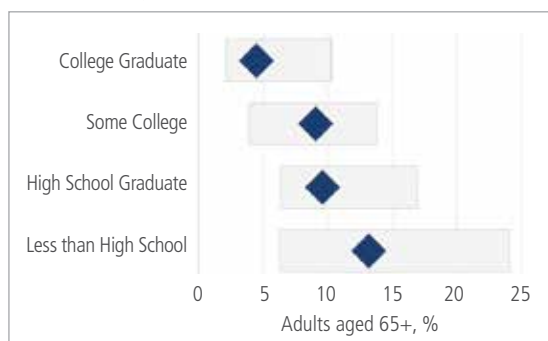
Prevalence by Gender



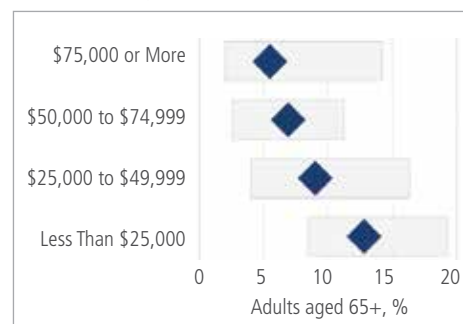
Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income

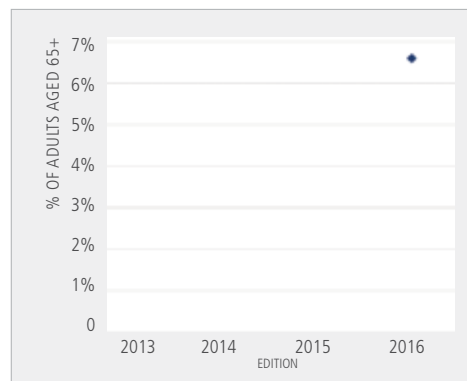


set a quit date • medication • nicotine patch • Nicotine Anonymous™
 • remove ash trays • support network • counseling • avoid triggers •
 manage withdrawal symptoms • choose smoke-free settings • patience

avoid triggers
 • lifestyle
 change
 support network
 medication • effort
 • counseling • patience
 PLAN TO QUIT

Excessive Drinking

Excessive alcohol consumption is the United States' third-leading cause of preventable death. The attributable death rate due to excessive alcohol among seniors is double the rate of the general population. Excessive alcohol consumption in seniors can lead to sleep disorders, depression, anxiety, suicide, liver disease, cardiovascular disease, and cancer. Heavy drinking can exacerbate health problems such as diabetes and high blood pressure. Alcoholism is also a significant risk factor for dementia. Acute impairment from heavy drinking can cause unintentional injuries and deaths. Bereavement, loneliness, and social isolation may contribute to excessive drinking. In 2010 excessive drinking cost \$249 billion in the United States.

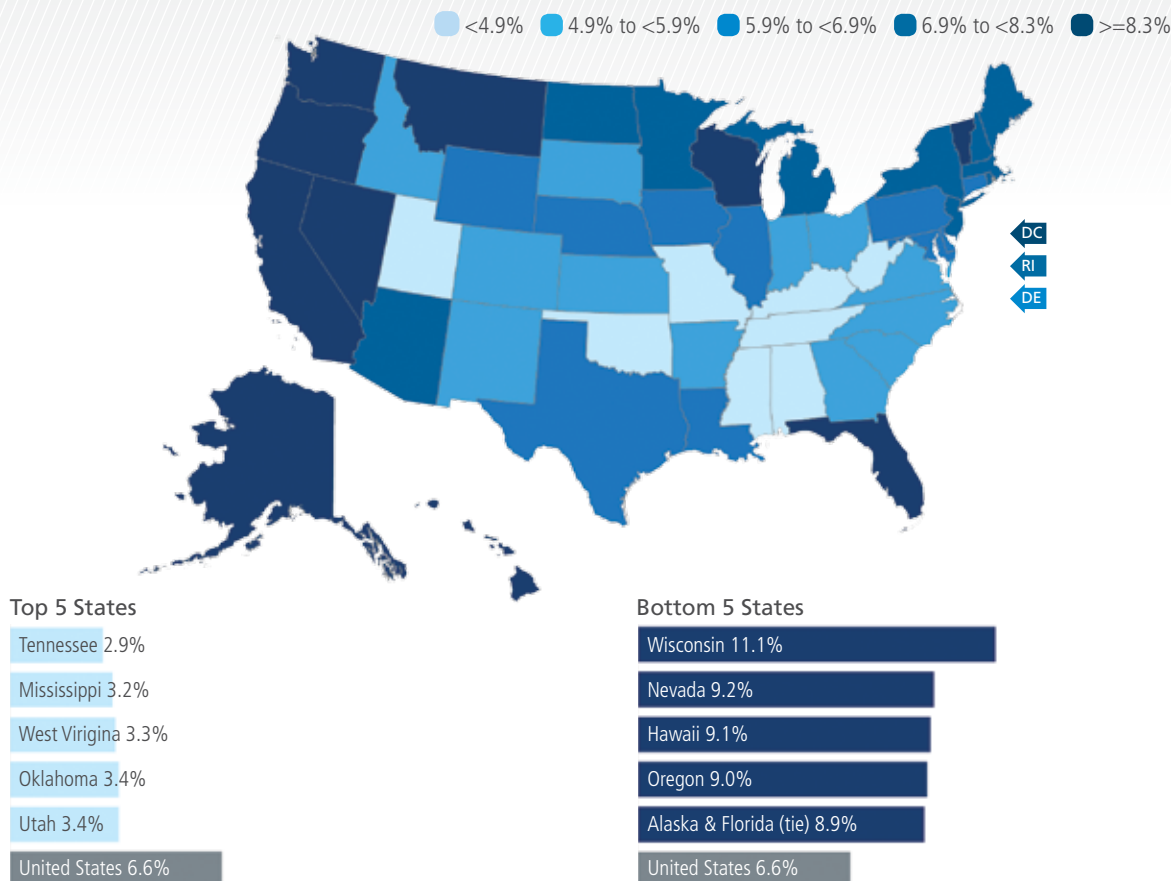


Data source: *Behavioral Risk Factor Surveillance System, 2014*

For details: www.americashealthrankings.org/ALL/ExcessDrink_Seniors

Excessive Drinking by State

Percentage of adults aged 65 and older who self-report either binge drinking (having five or more [men] or four or more [women] drinks on one occasion in the last month) or chronic drinking (having more than two drinks [men] or more than one drink [women] per day)

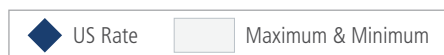


Ranking

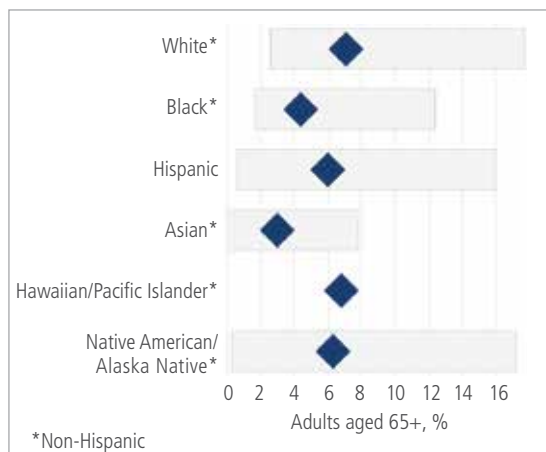
by Excessive Drinking

Rank	State	Value (%)
1	Tennessee	2.9
2	Mississippi	3.2
3	West Virginia	3.3
4	Oklahoma	3.4
4	Utah	3.4
6	Kentucky	4.0
7	Alabama	4.3
8	Missouri	4.7
9	Georgia	4.9
9	Indiana	4.9
9	Kansas	4.9
9	North Carolina	4.9
13	Idaho	5.1
13	South Dakota	5.1
15	Arkansas	5.4
15	Virginia	5.4
17	Colorado	5.7
17	Ohio	5.7
17	South Carolina	5.7
20	New Mexico	5.8
21	Nebraska	5.9
22	Pennsylvania	6.0
22	Texas	6.0
24	Wyoming	6.1
25	Delaware	6.4
25	Maryland	6.4
27	Illinois	6.5
28	Iowa	6.6
28	Louisiana	6.6
30	Connecticut	6.7
31	New York	6.9
31	North Dakota	6.9
33	New Jersey	7.0
34	New Hampshire	7.1
35	Arizona	7.2
35	Michigan	7.2
35	Rhode Island	7.2
38	Maine	7.7
39	Massachusetts	7.9
40	Minnesota	8.1
41	Montana	8.3
42	California	8.5
42	Vermont	8.5
44	Washington	8.6
45	Alaska	8.9
45	Florida	8.9
47	Oregon	9.0
48	Hawaii	9.1
49	Nevada	9.2
50	Wisconsin	11.1
	United States	6.6
	District of Columbia	9.8

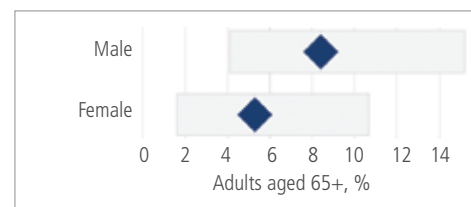
Disparities in Excessive Drinking



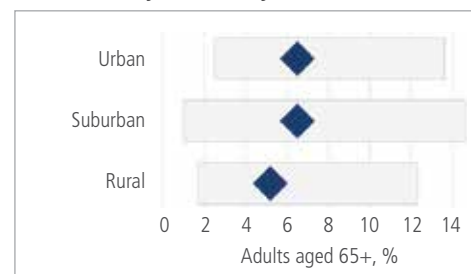
Prevalence by Race/Ethnicity



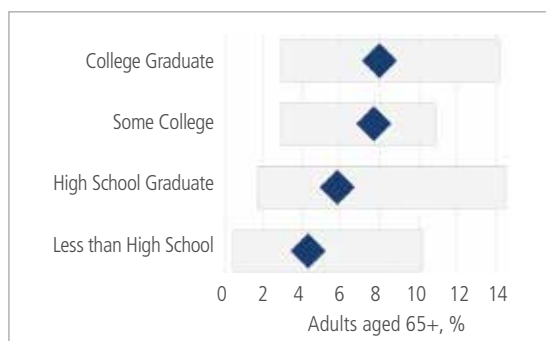
Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income

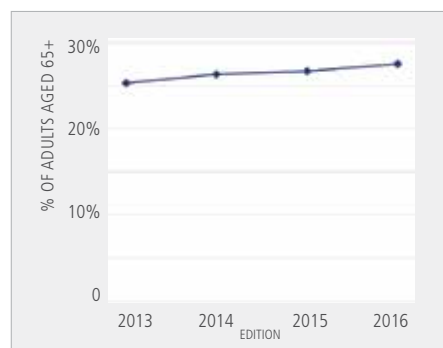


A
support
group
meeting

moderation • set goals • accountability • name a driver • ask for help • admit you have a problem • talk with loved ones • find a support network • make a plan • don't keep alcohol at home • recognize triggers • slow the pace • exercise • find productive ways to handle stress • fill your time with healthy activities • drink water between alcoholic beverages • set limits • drive sober • establish drinking rules • never drink alone • reward yourself for sobriety • avoid heavy drinkers

Obesity

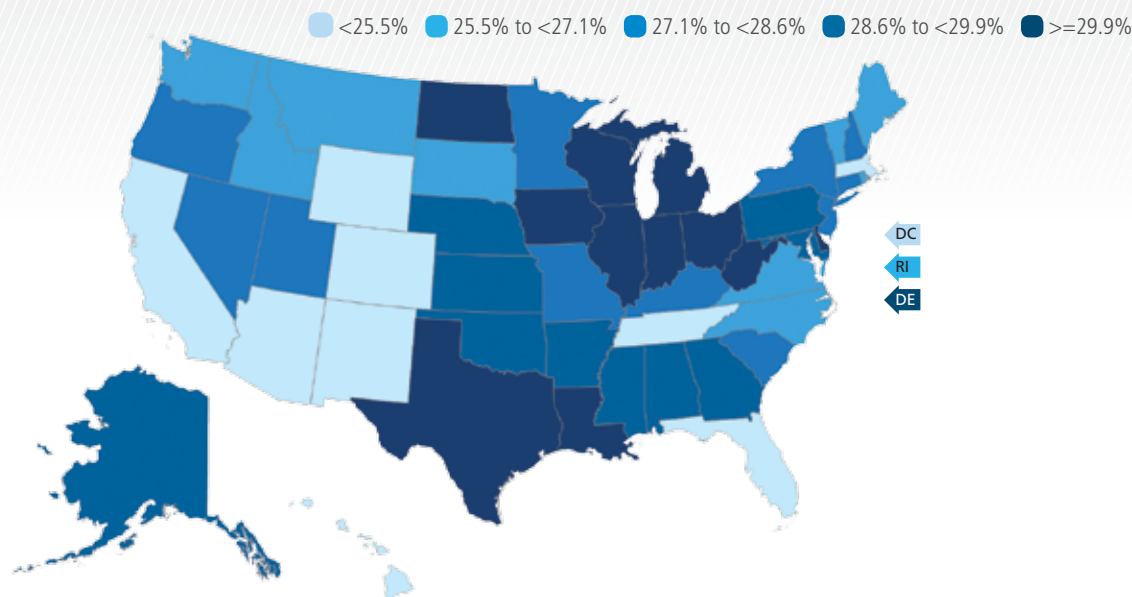
Obesity is a leading cause of preventable death that contributes to cognitive decline, heart disease, diabetes, stroke, and certain cancers; it may also lead to disability due to excess weight on joints. The effect of obesity on mortality risk increases significantly with age. Obese seniors experience more hospitalizations, emergency department visits, and use of outpatient health services than non-obese seniors, leading to higher health care costs. Physical activity, healthy diet, supportive communities and social networks, and an environment that encourages exercise all play a role in reducing obesity in older adults.



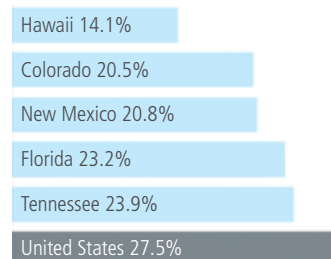
Data source: *Behavioral Risk Factor Surveillance System, 2014*
For details: www.americashealthrankings.org/ALL/obesity_sr

Obesity by State

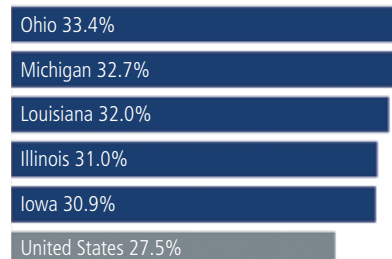
Percentage of adults aged 65 and older estimated to be obese (body mass index of 30.0 or higher) based on self-reported height and weight



Top 5 States



Bottom 5 States

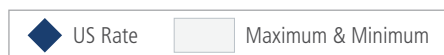


Ranking

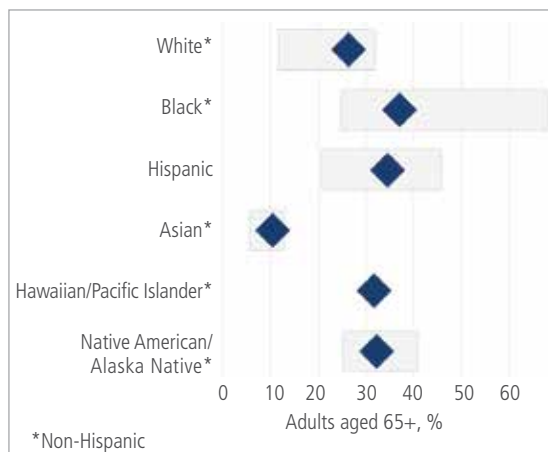
by Obesity

Rank	State	Value (%)
1	Hawaii	14.1
2	Colorado	20.5
3	New Mexico	20.8
4	Florida	23.2
5	Tennessee	23.9
6	California	24.1
7	Arizona	24.7
7	Wyoming	24.7
9	Massachusetts	25.1
10	Vermont	25.5
11	Maine	25.9
11	North Carolina	25.9
13	Idaho	26.1
13	Rhode Island	26.1
15	Washington	26.4
16	Montana	26.7
16	South Dakota	26.7
18	Virginia	26.9
19	Oregon	27.1
19	South Carolina	27.1
21	Connecticut	27.2
22	New Jersey	27.3
22	New York	27.3
24	Kentucky	27.5
25	Nevada	27.6
26	Missouri	27.9
27	New Hampshire	28.4
27	Utah	28.4
29	Minnesota	28.5
30	Nebraska	28.6
31	Kansas	28.7
32	Mississippi	28.8
33	Alabama	28.9
33	Oklahoma	28.9
35	Maryland	29.0
36	Arkansas	29.2
37	Georgia	29.5
37	Pennsylvania	29.5
39	Alaska	29.6
40	North Dakota	29.9
41	Indiana	30.2
42	Wisconsin	30.3
43	Delaware	30.5
44	Texas	30.7
45	West Virginia	30.8
46	Iowa	30.9
47	Illinois	31.0
48	Louisiana	32.0
49	Michigan	32.7
50	Ohio	33.4
	United States	27.5
	District of Columbia	23.7

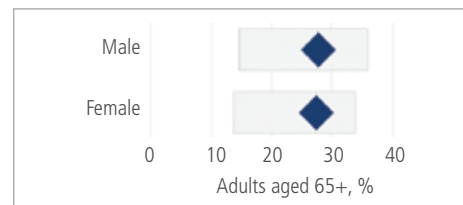
Disparities in Obesity



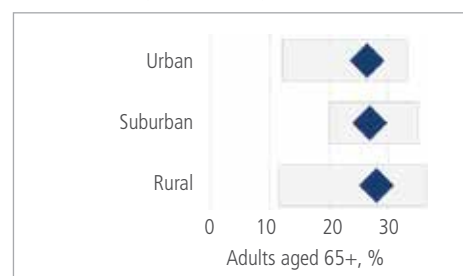
Prevalence by Race/Ethnicity



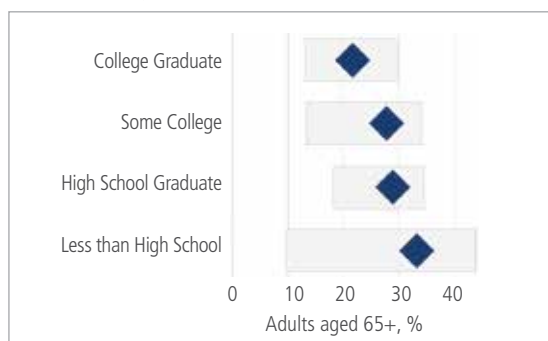
Prevalence by Gender



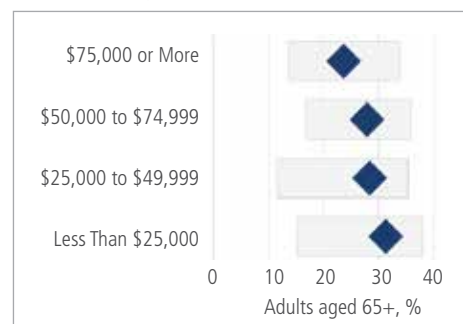
Prevalence by Urbanicity



Prevalence by Education

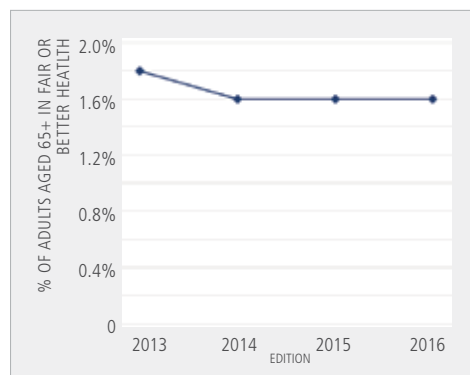


Prevalence by Income



Underweight

Underweight older adults may be frail, have more difficulties with activities of daily living, and need more caregiving assistance than older adults with healthy weight. They are at increased risk of acute illness and death. Poor nutrition is a main risk factor for being underweight. Social isolation, psychological disorders, poverty, physiological function, medications, and poor oral health are all factors that put older adults at an increased risk of being undernourished. Community meal services, education for adults at risk of being underweight, encouraging physical activity, and nutritional management training for care workers play a role in helping seniors maintain a healthy weight.

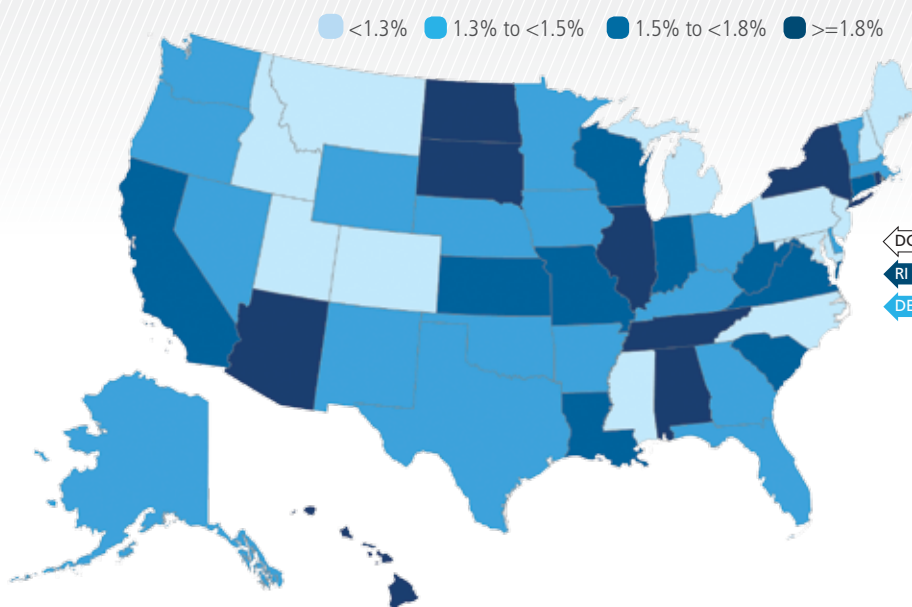


Data source: *Behavioral Risk Factor Surveillance System, 2014*

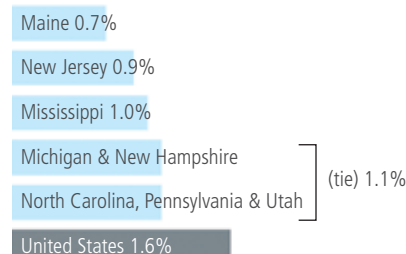
For details: www.americashealthrankings.org/ALL/underweight_sr

Underweight by State

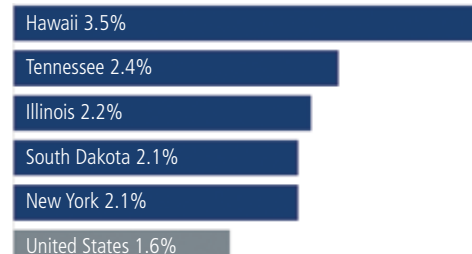
Percentage of adults aged 65 and older with fair or better health status estimated to be underweight (body mass index of 18.5 or less) based on self-reported height and weight



Top 5 States



Bottom 5 States

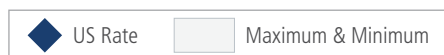


Ranking

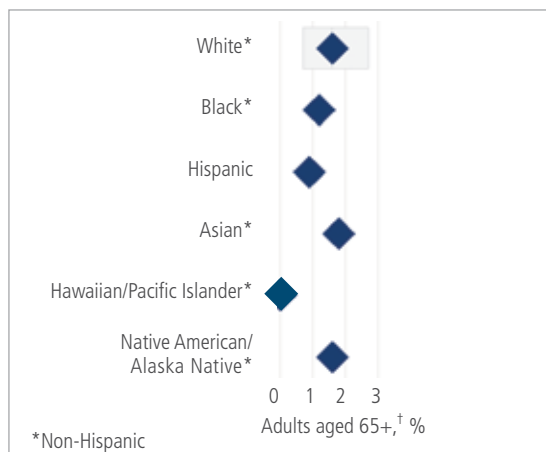
by Underweight

Rank	State	Value (%)
1	Maine	.7
2	New Jersey	.9
3	Mississippi	1.0
4	Michigan	1.1
4	New Hampshire	1.1
4	North Carolina	1.1
4	Pennsylvania	1.1
4	Utah	1.1
9	Idaho	1.2
10	Colorado	1.3
10	Maryland	1.3
10	Montana	1.3
13	Arkansas	1.4
13	Iowa	1.4
13	Massachusetts	1.4
13	Nebraska	1.4
13	Oregon	1.4
13	Texas	1.4
13	Wyoming	1.4
20	Alaska	1.5
20	Delaware	1.5
20	Florida	1.5
20	Georgia	1.5
20	Kentucky	1.5
20	Minnesota	1.5
20	Nevada	1.5
20	New Mexico	1.5
20	Ohio	1.5
20	Oklahoma	1.5
20	Vermont	1.5
20	Washington	1.5
32	California	1.6
32	Indiana	1.6
32	West Virginia	1.6
32	Wisconsin	1.6
36	Connecticut	1.7
36	Louisiana	1.7
36	Missouri	1.7
39	Kansas	1.8
39	South Carolina	1.8
39	Virginia	1.8
42	Arizona	1.9
42	Rhode Island	1.9
44	Alabama	2.0
44	North Dakota	2.0
46	New York	2.1
46	South Dakota	2.1
48	Illinois	2.2
49	Tennessee	2.4
50	Hawaii	3.5
	United States	1.6
	District of Columbia	1.7

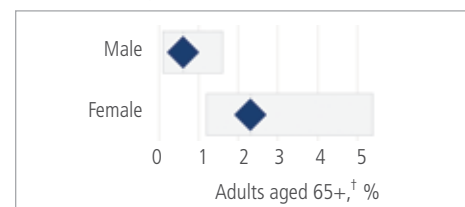
Disparities in Underweight



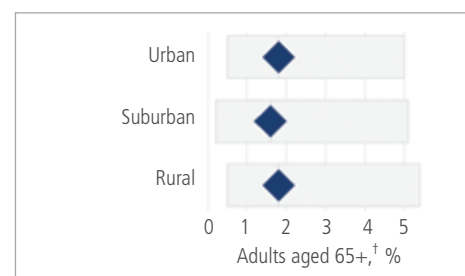
Prevalence by Race/Ethnicity



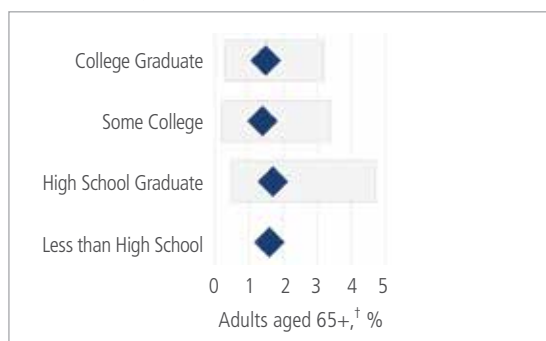
Prevalence by Gender



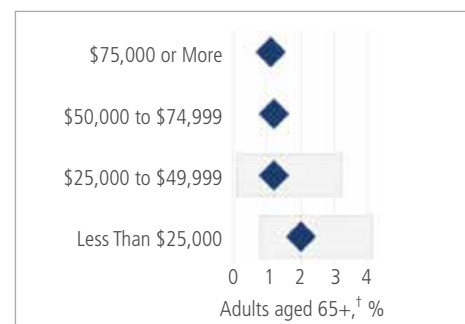
Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income

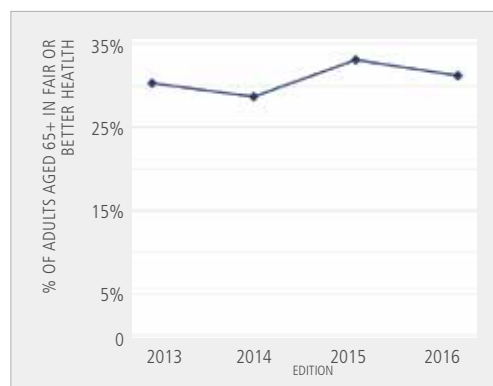


† In fair or better health



Physical Inactivity

Physical inactivity increases the risk of cardiovascular disease, cancer, diabetes, hypertension, obesity, and premature death. Aging causes muscle mass and strength to decrease which challenges older adults who want to remain active. Increasing physical activity prevents and helps manage numerous chronic diseases. Physical activity has also been shown to increase bone density, reduce falls, prevent memory loss, and decrease depression. Growing evidence illustrates the importance of environment and community design to promote physical activity for seniors. Inadequate levels of physical activity in American adults is associated with an estimated \$117 billion in health care expenditures per year after adjusting for body mass index.

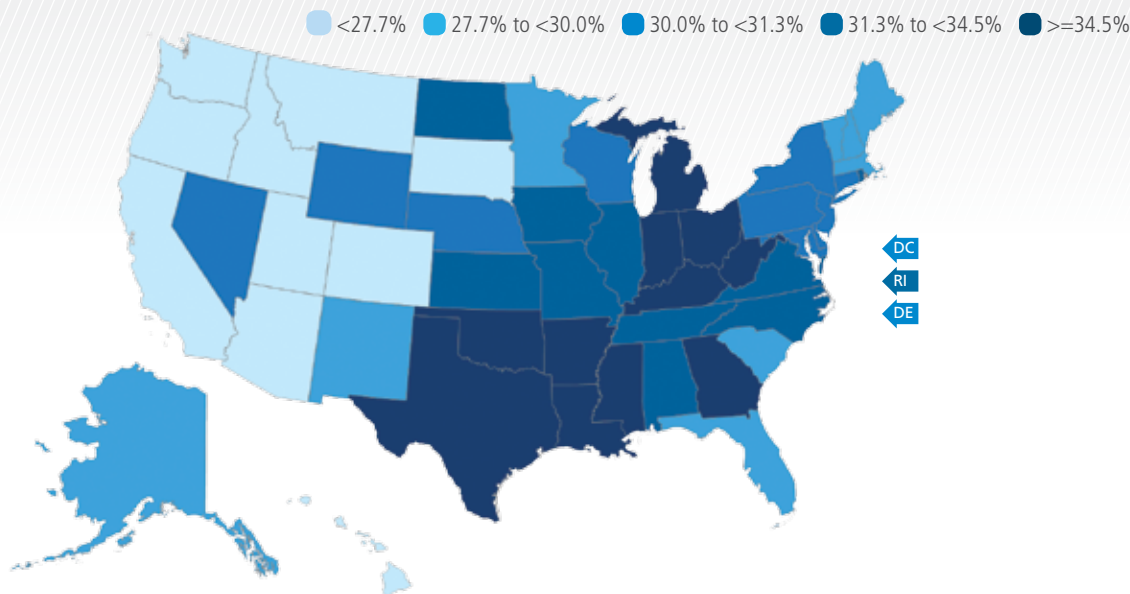


Data source: *Behavioral Risk Factor Surveillance System, 2014*

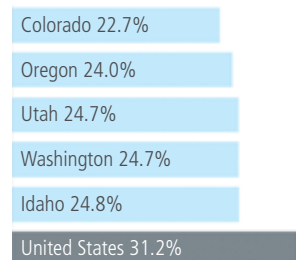
For details: www.americashealthrankings.org/ALL/physical_inactivity_sr

Physical Inactivity by State

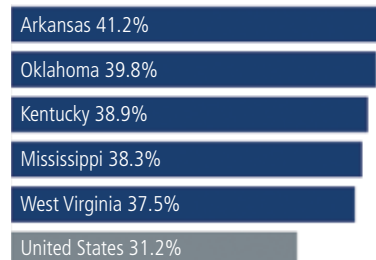
Percentage of adults aged 65 and older with fair or better health status who self-report doing no physical activity or exercise other than their regular job in the last 30 days



Top 5 States



Bottom 5 States

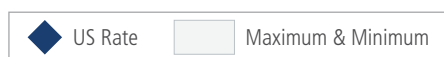


Ranking

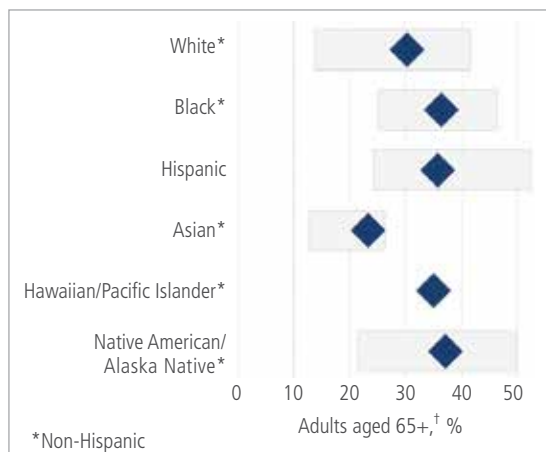
by Physical Inactivity

Rank	State	Value (%)
1	Colorado	22.7
2	Oregon	24.0
3	Utah	24.7
3	Washington	24.7
5	Idaho	24.8
6	Hawaii	26.1
7	California	26.2
8	South Dakota	26.6
9	Montana	26.8
10	Arizona	27.1
11	Vermont	27.7
12	Alaska	27.9
13	Maine	28.7
14	New Hampshire	29.0
15	Massachusetts	29.1
16	Minnesota	29.3
17	New Mexico	29.4
18	Florida	29.5
19	South Carolina	29.8
20	Connecticut	30.0
21	Nevada	30.1
21	New Jersey	30.1
23	Wisconsin	30.3
24	Nebraska	30.5
25	New York	30.6
26	Maryland	30.7
27	Pennsylvania	30.9
28	Delaware	31.2
28	Wyoming	31.2
30	Illinois	31.3
31	North Carolina	31.5
32	North Dakota	32.4
33	Iowa	32.6
34	Virginia	32.7
35	Kansas	33.1
36	Rhode Island	33.4
37	Alabama	33.7
38	Missouri	33.9
39	Tennessee	34.4
40	Michigan	34.5
41	Georgia	34.6
42	Ohio	34.7
43	Texas	34.8
44	Indiana	37.1
45	Louisiana	37.3
46	West Virginia	37.5
47	Mississippi	38.3
48	Kentucky	38.9
49	Oklahoma	39.8
50	Arkansas	41.2
	United States	31.2
	District of Columbia	29.7

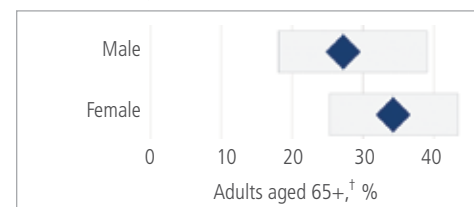
Disparities in Physical Inactivity



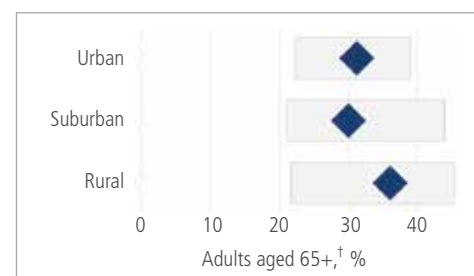
Prevalence by Race/Ethnicity



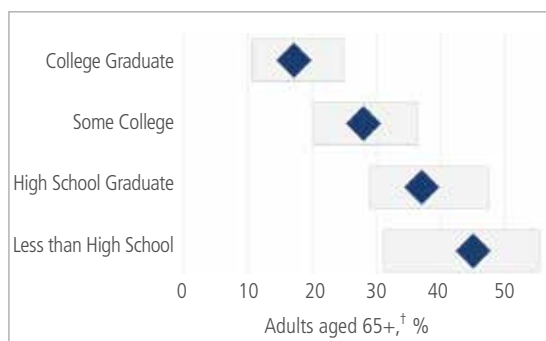
Prevalence by Gender



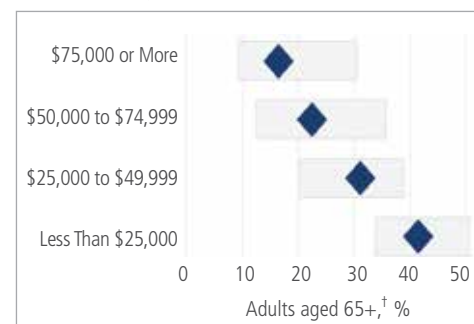
Prevalence by Urbanicity



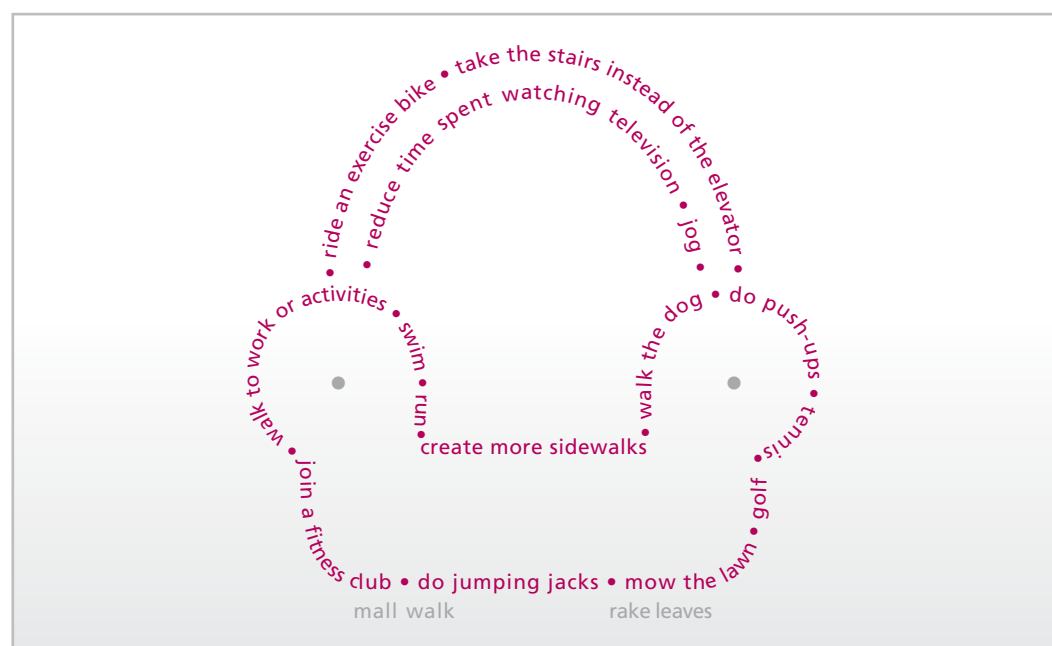
Prevalence by Education



Prevalence by Income



† In fair or better health

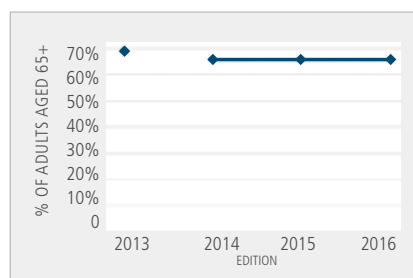


Dental Visits



Oral health naturally declines with age, and problems arise if routine care is not maintained. Poor oral health is associated with such chronic diseases as diabetes and cardiovascular disease, and can have a large impact on quality of life resulting in pain and affecting the ability to chew or speak. Gum disease affects nearly a quarter of adults aged 65 to 74 and more than 50,000 emergency department visits occur as a result of preventable dental conditions in adults aged 65 and older. Evidence indicates that older adults who use preventive dental care reduce

their dental bills and out-of-pocket payments because they have fewer visits for expensive non-preventive procedures.

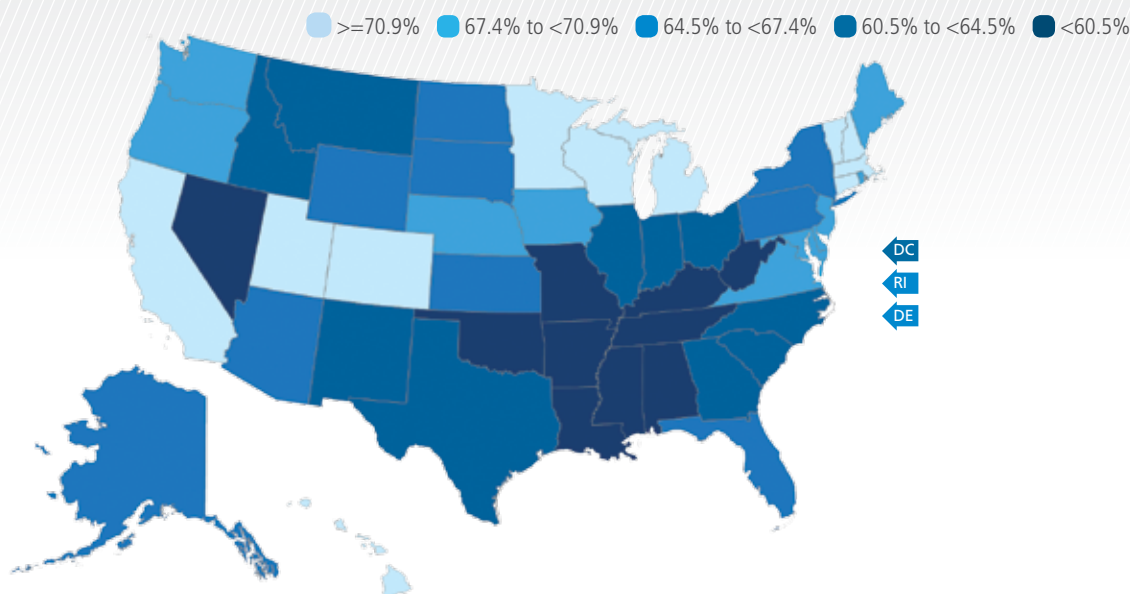


Data source: *Behavioral Risk Factor Surveillance System*, 2014

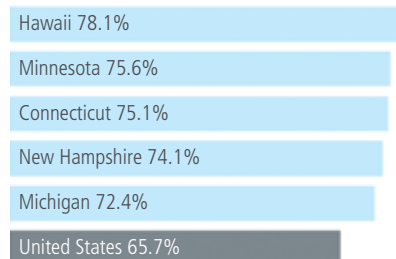
For details: www.americashealthrankings.org/ALL/dental_visit_sr

Dental Visits by State

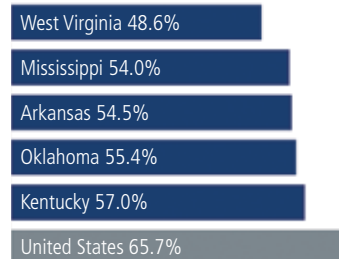
Percentage of adults aged 65 and older who self-report visiting the dentist or dental clinic within the past year for any reason



Top 5 States



Bottom 5 States

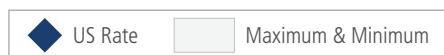


Ranking

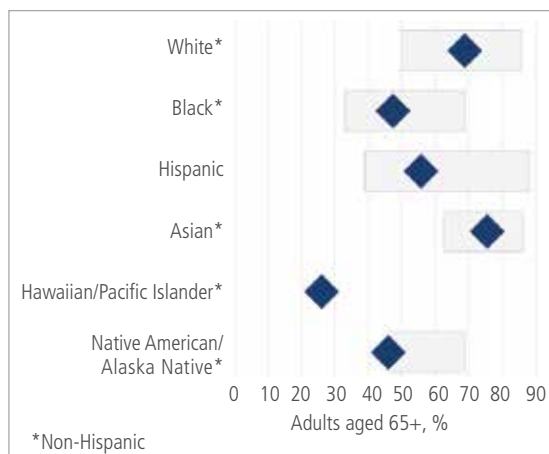
by Dental Visits

Rank	State	Value (%)
1	Hawaii	78.1
2	Minnesota	75.6
3	Connecticut	75.1
4	New Hampshire	74.1
5	Michigan	72.4
6	Massachusetts	71.9
6	Vermont	71.9
8	Wisconsin	71.6
9	California	71.3
10	Utah	71.0
11	Colorado	70.9
12	Washington	70.6
13	Virginia	70.5
14	Rhode Island	70.4
15	Iowa	70.0
15	New Jersey	70.0
17	Maryland	69.9
18	Delaware	69.7
19	Nebraska	68.0
20	Oregon	67.5
21	Maine	67.4
22	Kansas	66.7
23	North Dakota	66.4
24	Florida	66.2
24	Wyoming	66.2
26	New York	65.8
27	South Dakota	65.4
28	Arizona	65.3
29	Alaska	64.5
29	Pennsylvania	64.5
31	Ohio	63.7
32	Montana	63.5
33	North Carolina	63.4
34	New Mexico	63.2
35	Idaho	62.5
36	Illinois	62.2
37	Georgia	62.1
38	Texas	61.2
39	South Carolina	60.8
40	Indiana	60.5
41	Nevada	59.7
42	Missouri	58.8
43	Tennessee	58.6
44	Alabama	57.9
45	Louisiana	57.2
46	Kentucky	57.0
47	Oklahoma	55.4
48	Arkansas	54.5
49	Mississippi	54.0
50	West Virginia	48.6
	United States	65.7
	District of Columbia	65.1

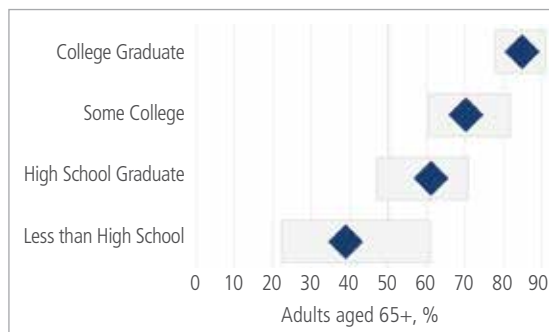
Disparities in Dental Visits



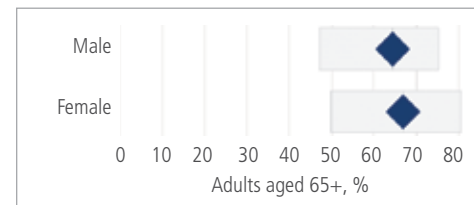
Prevalence by Race/Ethnicity



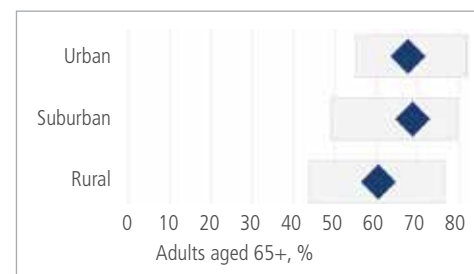
Prevalence by Education



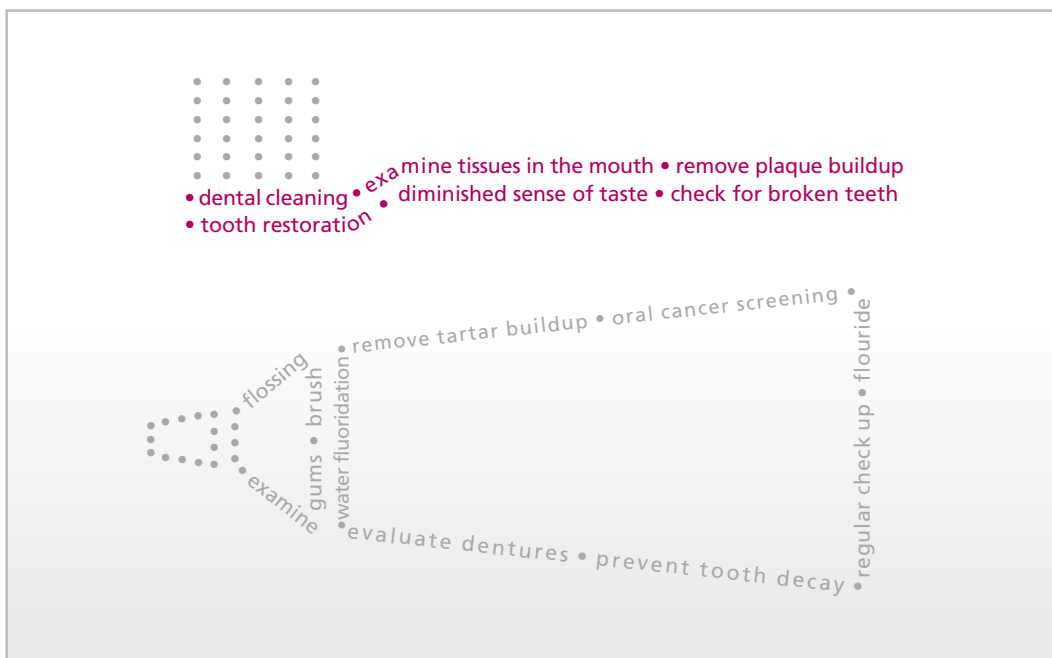
Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Income



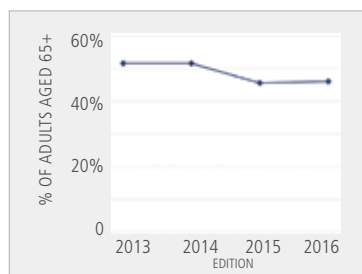
Pain Management



Data source: *Behavioral Risk Factor Surveillance System, 2013*
For details: www.americashealthrankings.org/ALL/pain_management_sr

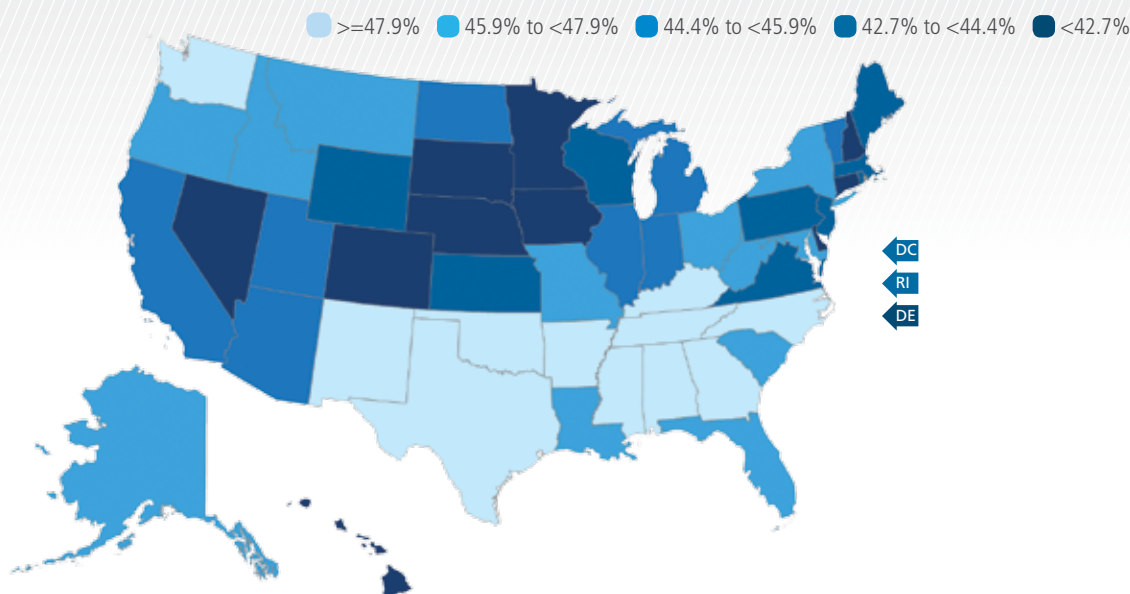
Osteoarthritis (OA), the most common form of arthritis, is a progressive degenerative joint disease more common in older, overweight individuals and those with a history of joint injury. It is associated with pain, aches, stiffness, and swelling. Many seniors believe that aches and pains are an inevitable part of aging, but risk factors can be prevented or modified to reduce pain caused by OA. Key factors that reduce risk include maintaining a healthy weight and regular physical activity, controlling blood sugar, and avoiding joint injuries. Physical activity

can reduce pain and improve function, mobility, mood, and quality of life for many adults with arthritis.

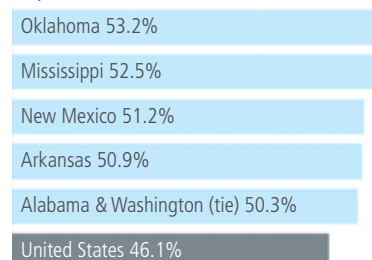


Pain Management by State

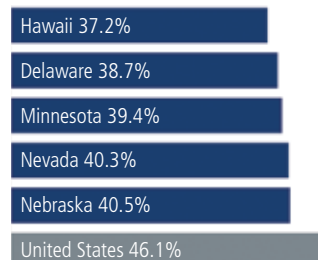
Percentage of adults aged 65 and older with arthritis who self-report arthritis or joint pain does not limit their usual activities



Top 5 States



Bottom 5 States

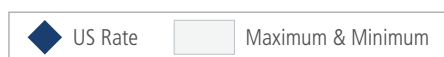


Ranking

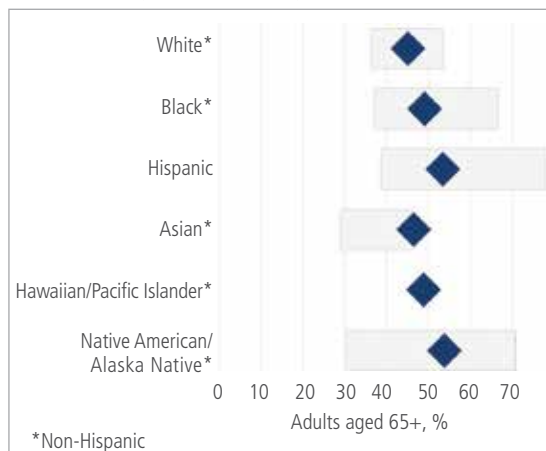
by Pain Management

Rank	State	Value (%)
1	Oklahoma	53.2
2	Mississippi	52.5
3	New Mexico	51.2
4	Arkansas	50.9
5	Alabama	50.3
5	Washington	50.3
7	Texas	49.9
8	Kentucky	49.3
9	Tennessee	48.9
10	North Carolina	48.8
11	Georgia	47.9
12	New York	47.7
13	Oregon	47.3
14	Florida	46.9
14	Idaho	46.9
16	Louisiana	46.8
17	Missouri	46.5
17	West Virginia	46.5
19	Montana	46.4
20	South Carolina	46.1
21	Alaska	45.9
21	Maryland	45.9
21	Ohio	45.9
24	North Dakota	45.8
25	Illinois	45.7
25	Utah	45.7
27	California	45.3
28	Vermont	45.2
29	Arizona	44.8
30	Michigan	44.5
31	Indiana	44.4
32	Massachusetts	44.1
33	Pennsylvania	43.9
34	Kansas	43.8
34	New Jersey	43.8
34	Rhode Island	43.8
37	Wyoming	43.2
38	Maine	42.9
39	Wisconsin	42.8
40	Virginia	42.7
41	Colorado	42.2
42	South Dakota	41.8
43	Connecticut	41.5
44	New Hampshire	41.2
45	Iowa	40.7
46	Nebraska	40.5
47	Nevada	40.3
48	Minnesota	39.4
49	Delaware	38.7
50	Hawaii	37.2
	United States	46.1
	District of Columbia	43.2

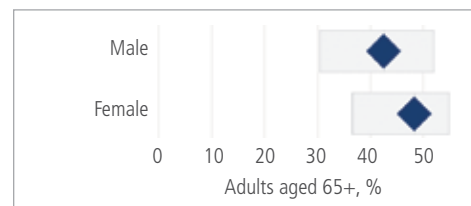
Disparities in Pain Management



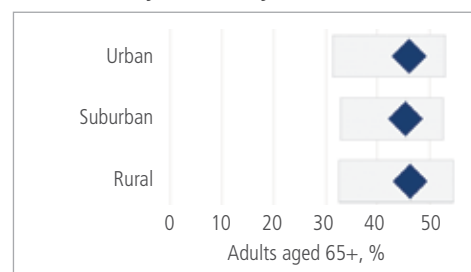
Prevalence by Race/Ethnicity



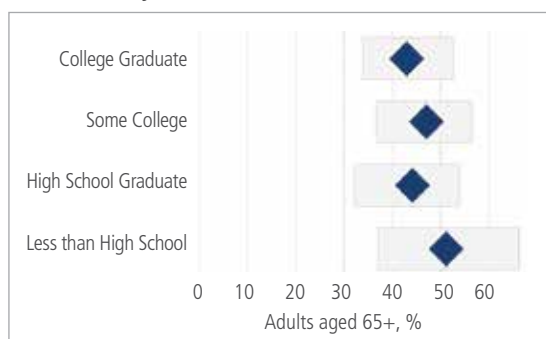
Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Education

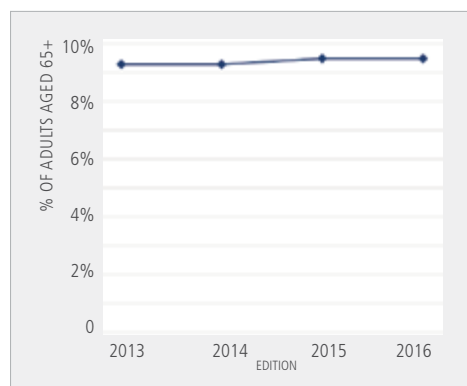


Prevalence by Income



Poverty

Including out-of-pocket medical expenses, about one in seven seniors lives in poverty. Poverty influences environmental exposures and health-related behaviors, and is associated with increased risk of mortality and chronic disease. Low-income seniors have a harder time paying for appropriate chronic disease management and preventive care, and often have low health literacy. Many seniors live on limited incomes, have modest savings, and struggle with rising costs of housing and health care as well as access to healthy food and reliable transportation. Among seniors, poverty rates increase with age, are higher for women than men, and for blacks and Hispanics versus whites.

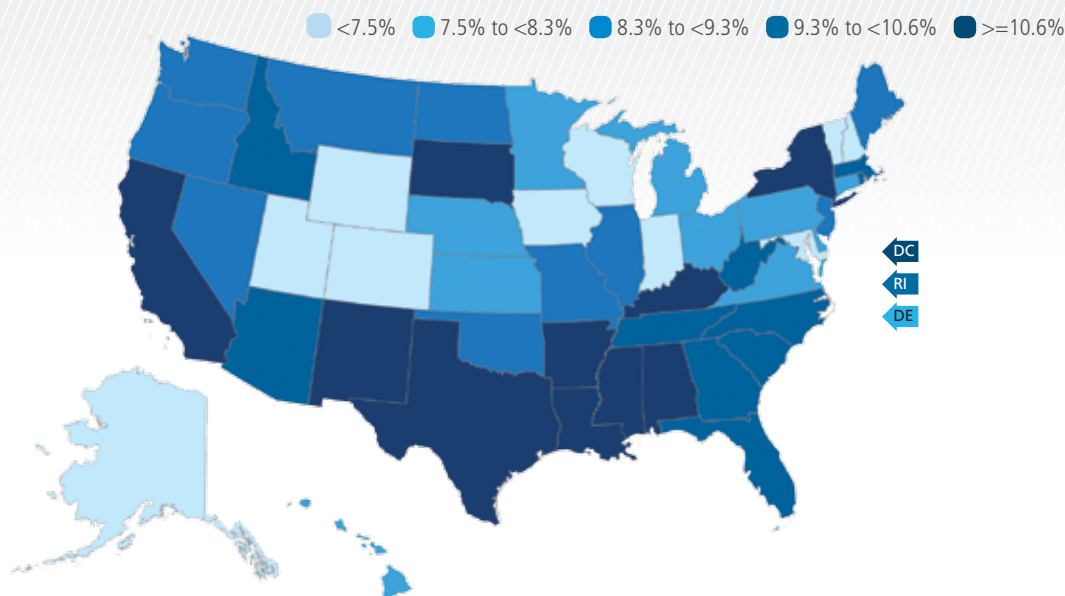


Data source: American Community Survey, 2014

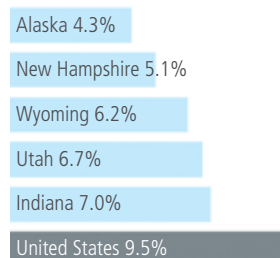
For details: http://www.americashealthrankings.org/ALL/poverty_sr

Poverty by State

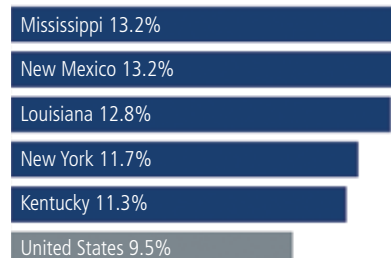
Percentage of adults aged 65 and older who live in households at or below 100% of the poverty threshold



Top 5 States



Bottom 5 States



Ranking

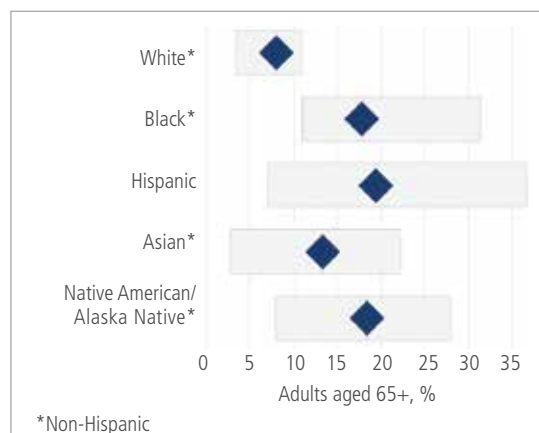
by Poverty

Rank	State	Value (%)
1	Alaska	4.3
1	New Hampshire	5.1
3	Wyoming	6.2
4	Utah	6.7
5	Indiana	7.0
6	Colorado	7.1
6	Vermont	7.1
8	Wisconsin	7.2
9	Iowa	7.4
9	Maryland	7.4
11	Delaware	7.5
11	Minnesota	7.5
13	Connecticut	7.8
13	Virginia	7.8
15	Kansas	7.9
15	Nebraska	7.9
17	Michigan	8.1
17	Ohio	8.1
17	Pennsylvania	8.1
20	Hawaii	8.2
21	Montana	8.3
21	Nevada	8.3
23	Washington	8.4
24	Oklahoma	8.5
25	New Jersey	8.6
26	North Dakota	8.7
27	Illinois	8.8
27	Oregon	8.8
29	Maine	8.9
30	Missouri	9.0
31	Massachusetts	9.3
31	South Carolina	9.3
31	West Virginia	9.3
34	Arizona	9.4
35	Idaho	9.5
36	North Carolina	9.7
36	Rhode Island	9.7
38	Tennessee	10.1
39	Georgia	10.4
40	Florida	10.5
41	Arkansas	10.6
41	California	10.6
41	South Dakota	10.6
44	Texas	10.9
45	Alabama	11.2
46	Kentucky	11.3
47	New York	11.7
48	Louisiana	12.8
49	Mississippi	13.2
49	New Mexico	13.2
	United States	9.5
	District of Columbia	14.5

Disparities in Poverty



Prevalence by Race/Ethnicity



Today, about 1 in 7 seniors live in poverty.



Volunteerism

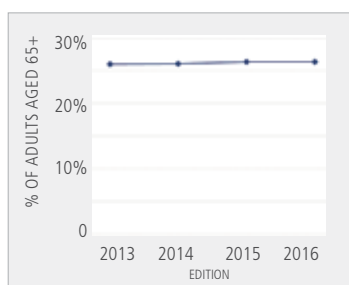


Data source: Cooperation for National & Community Service, 2012-2014

For details: http://www.americashealthrankings.org/ALL/volunteerism_sr

Retirement provides increased free time that some seniors fill with volunteering. Volunteering provides a service for communities and organizations. It provides seniors with positive social interactions, a greater level of social support, and often a sense of purpose. Studies show that older adults who volunteer have better cognitive performance, fewer depressive symptoms, higher activity levels, and better mental health than seniors who do not volunteer. The health benefits of volunteering may extend

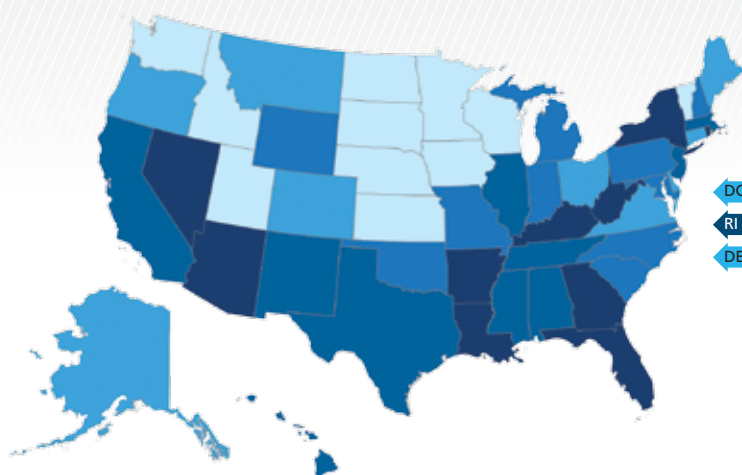
beyond psychological well-being; higher rates of volunteerism are associated with lower rates of mortality and heart disease, and a longer life span.



Volunteerism by State

Percentage of adults aged 65 and older who report volunteering through or for an organization in the past 12 months

Legend:
 Light Blue: $\geq 30.9\%$
 Medium Blue: 27.0% to $<30.9\%$
 Dark Blue: 24.2% to $<27.0\%$
 Very Dark Blue: 20.7% to $<24.2\%$
 Darkest Blue: $<20.7\%$



Top 5 States

Utah	46.3%
Minnesota	37.9%
North Dakota	37.4%
Kansas	37.3%
South Dakota	36.0%
United States	26.4%

Bottom 5 States

Louisiana	16.4%
New York	17.4%
Nevada	17.5%
West Virginia	18.3%
Rhode Island	18.9%
United States	26.4%

Ranking

by Volunteerism

Rank	State	Value (%)	Rank	State	Value (%)
1	Utah	46.3	26	South Carolina	25.5
2	Minnesota	37.9	28	Indiana	24.9
3	North Dakota	37.4	29	Oklahoma	24.3
4	Kansas	37.3	30	Michigan	24.2
5	South Dakota	36.0	31	Alabama	23.9
6	Nebraska	35.2	31	Illinois	23.9
7	Idaho	34.6	33	Mississippi	23.3
8	Vermont	33.6	34	New Mexico	23.2
9	Wisconsin	33.4	35	Massachusetts	22.8
10	Iowa	33.0	36	California	21.9
11	Washington	30.9	37	Tennessee	21.8
12	Delaware	30.1	38	Hawaii	21.0
13	Maine	29.3	38	Texas	21.0
14	Colorado	29.1	40	New Jersey	20.7
15	Oregon	28.7	41	Arizona	20.4
16	Alaska	28.2	42	Arkansas	19.6
17	Montana	27.8	43	Florida	19.4
18	Connecticut	27.6	44	Georgia	19.3
19	Virginia	27.1	45	Kentucky	19.0
20	Ohio	27.0	46	Rhode Island	18.9
21	Missouri	26.9	47	West Virginia	18.3
22	Pennsylvania	26.7	48	Nevada	17.5
23	Maryland	26.6	49	New York	17.4
24	North Carolina	26.1	50	Louisiana	16.4
25	Wyoming	26.0		United States	26.4
26	New Hampshire	25.5		District of Columbia	28.1

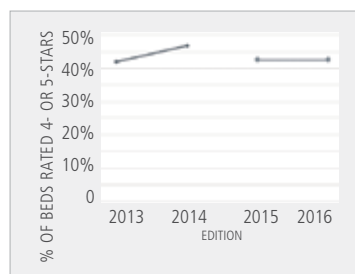
Nursing Home Quality



Data source: Centers for Medicare & Medicaid Services *Nursing Home Compare*, 2016
For details: http://www.americahealthrankings.org/ALL/nursing_home_quality_sr

Poor quality care in nursing homes, including elder abuse and exploitation, has an enormous impact on the health and finances of US nursing home residents and taxpayers. Millions of dollars are spent yearly for medical treatments and hospitalizations related to falls, pressure ulcers, urinary incontinence, malnutrition, dehydration, and ambulatory care-sensitive diagnoses. Quality nursing home practices can largely prevent these negative health outcomes, and nursing homes nationwide are making efforts toward systematic quality improvement. The

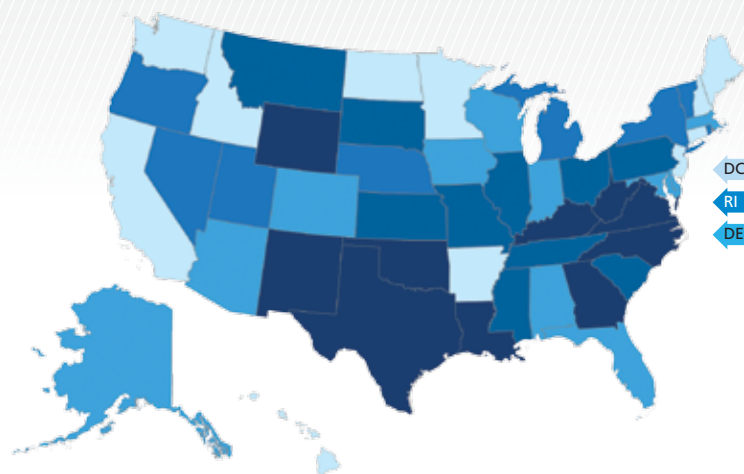
Centers for Medicare & Medicaid Services amended the *Nursing Home Compare* rating scale in 2015, raising quality standards in nursing homes across the country.



Nursing Home Quality by State

Percentage of certified nursing home beds rated 4- or 5-stars

■ $\geq 50.1\%$
■ 46.6% to $<50.1\%$
■ 43.6% to $<46.6\%$
■ 35.4% to $<43.6\%$
■ $<35.4\%$



Top 5 States

North Dakota 62.9%
 Hawaii 58.3%
 Maine 57.7%
 New Hampshire 54.7%
 Washington 53.8%
 United States 42.4%

Bottom 5 States

Louisiana 27.2%
 Texas 29.1%
 West Virginia 29.6%
 Kentucky 32.0%
 Oklahoma 32.5%
 United States 42.4%

Ranking

by Nursing Home Quality

Rank	State	Value (%)	Rank	State	Value (%)
1	North Dakota	62.9	27	New York	45.1
2	Hawaii	58.3	28	Nebraska	44.8
3	Maine	57.7	29	Vermont	44.1
4	New Hampshire	54.7	30	Nevada	43.6
5	Washington	53.8	31	South Dakota	43.3
6	New Jersey	53.1	32	Missouri	42.2
7	Idaho	52.5	33	South Carolina	41.5
8	Connecticut	51.2	34	Kansas	41.2
9	Minnesota	50.6	35	Montana	40.9
10	Arkansas	50.1	36	Tennessee	40.7
10	California	50.1	37	Ohio	38.0
12	Indiana	49.8	38	Pennsylvania	37.3
12	Wisconsin	49.8	39	Illinois	36.9
14	Iowa	49.6	40	Mississippi	35.4
15	Massachusetts	49.5	41	North Carolina	34.9
16	Colorado	48.7	42	Georgia	34.6
17	Florida	47.5	43	Virginia	34.3
18	Alaska	47.3	44	Wyoming	33.4
19	Alabama	47.1	45	New Mexico	32.7
20	Arizona	46.6	46	Oklahoma	32.5
20	Delaware	46.6	47	Kentucky	32.0
20	Maryland	46.6	48	West Virginia	29.6
23	Oregon	46.5	49	Texas	29.1
24	Rhode Island	46.2	50	Louisiana	27.2
25	Utah	46.1		United States	42.4
26	Michigan	45.9		District of Columbia	51.7

Home-Delivered Meals

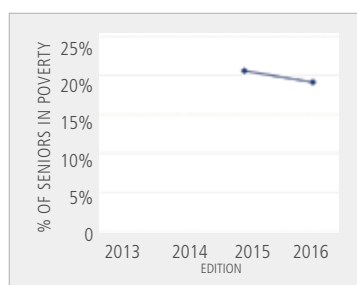


Data source: Administration on Aging, *State Program Reports*, 2013

For details: http://www.americashealthrankings.org/ALL/home_delivered_meals

Access to healthy food is a struggle for some older adults and is of particular concern for seniors living at home. The Elderly Nutrition Program provides grant funding to states to administer home- and community-meal services. These programs target seniors at high risk for undernutrition and food insecurity due to illness, disability, isolation, or poverty. Home-delivered meal programs can enhance quality of life, provide a stable source of nutrition, increase nutrient intake, and help

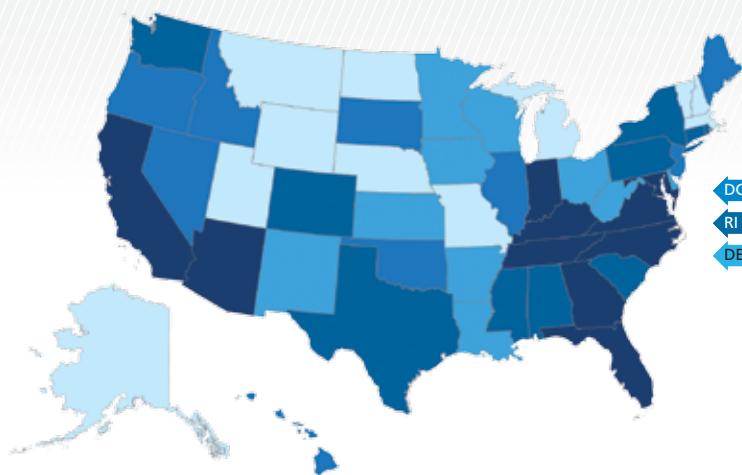
older adults remain independent and in their homes despite functional limitations, resulting in a projected cost savings of \$109 million.



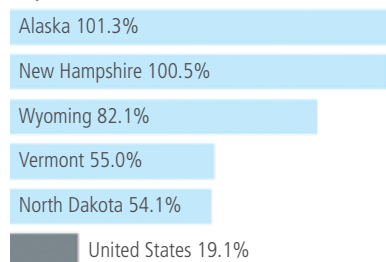
Home-Delivered Meals by State

Number of persons served a home-delivered meal as a percentage of adults aged 65 and older living in poverty

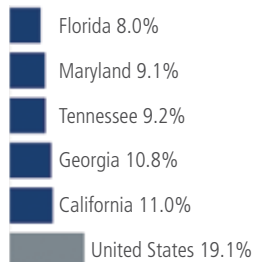
Legend:
 Light Blue: ≥35.9%
 Medium Blue: 24.5% to <35.9%
 Dark Blue: 18.2% to <24.5%
 Very Dark Blue: 14.7% to <18.2%
 Darkest Blue: <14.7%



Top 5 States



Bottom 5 States



Ranking

by Home-Delivered Meals

Rank	State	Value (%)	Rank	State	Value (%)
1	Alaska	101.3	27	Idaho	20.1
2	New Hampshire	100.5	28	Oklahoma	19.0
3	Wyoming	82.1	29	Hawaii	18.3
4	Vermont	55.0	30	Nevada	18.2
5	North Dakota	54.1	31	Mississippi	18.1
6	Massachusetts	53.6	32	Texas	17.6
7	Utah	47.9	33	Alabama	17.3
8	Montana	44.6	34	Colorado	17.2
9	Michigan	43.1	35	Pennsylvania	16.9
10	Missouri	37.1	36	New York	16.8
11	Nebraska	35.9	37	Washington	15.8
12	Kansas	35.1	38	Connecticut	15.7
13	Delaware	34.8	39	Rhode Island	14.7
14	Iowa	33.5	39	South Carolina	14.7
15	Arkansas	30.7	41	Virginia	14.2
16	West Virginia	30.0	42	North Carolina	13.7
17	New Mexico	26.6	43	Kentucky	13.4
18	Wisconsin	26.4	44	Indiana	13.3
19	Louisiana	25.5	45	Arizona	11.1
20	Ohio	24.9	46	California	11.0
21	Minnesota	24.5	47	Georgia	10.8
22	South Dakota	23.7	48	Tennessee	9.2
23	Oregon	23.2	49	Maryland	9.1
24	New Jersey	23.0	50	Florida	8.0
25	Illinois	22.2		United States	19.1
26	Maine	20.3		District of Columbia	19.0

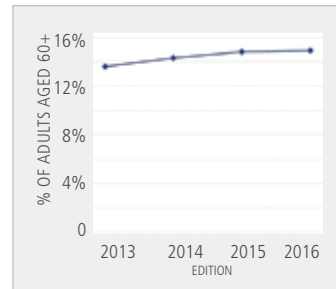
Food Insecurity



Data source: *The State of Senior Hunger in America 2013: An Annual Report*, April 2015
For details: http://www.americashealthrankings.org/ALL/food_insecurity_sr

An estimated 9.6 million seniors faced the threat of hunger in 2013. Compared with younger adults, seniors living at home are at increased risk of hunger due to health conditions, poor food-management skills, limited mobility, lack of reliable social support, and poverty. Food-insecure seniors may have significantly reduced intakes of vital nutrients, which could have negative implications for overall health. There are numerous food assistance programs and community meal-delivery

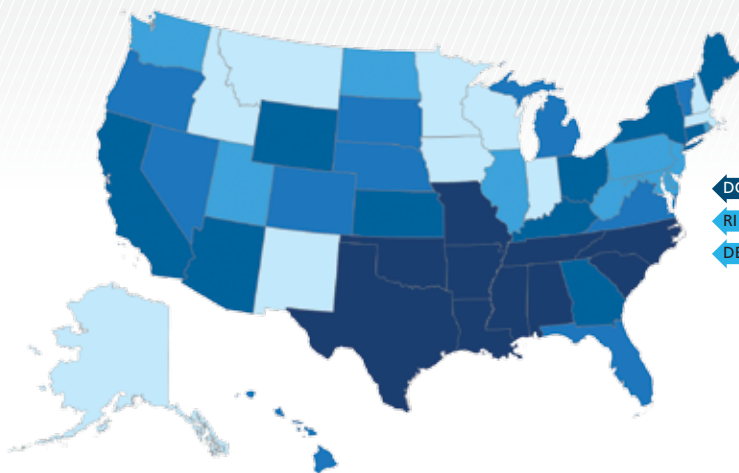
options that can help older adults maintain food security. Hunger among all Americans was estimated to cost the nation at least \$167.5 billion in 2010.



Food Insecurity by State

Percentage of adults aged 60 and older who faced the threat of hunger in the last 12 months

Legend:
■ <11.8%
■ 11.8% to <13.9%
■ 13.9% to <15.4%
■ 15.4% to <17.1%
■ ≥17.1%



Top 5 States

Minnesota	8.3%
Alaska	8.9%
New Mexico	9.5%
New Hampshire	10.3%
Idaho	10.4%
United States	15.5%

Bottom 5 States

Arkansas	26.1%
Louisiana	24.4%
Mississippi	24.3%
Texas	20.3%
Tennessee	19.7%
United States	15.5%

Ranking

by Food Insecurity

Rank	State	Value (%)	Rank	State	Value (%)
1	Minnesota	8.3	27	Oregon	14.9
2	Alaska	8.9	28	Michigan	15.3
3	New Mexico	9.5	28	Nebraska	15.3
4	New Hampshire	10.3	28	Vermont	15.3
5	Idaho	10.4	31	Arizona	15.4
6	Massachusetts	11.0	31	Connecticut	15.4
6	Wisconsin	11.0	33	Maine	15.5
8	Iowa	11.5	34	Kansas	15.6
9	Montana	11.6	34	Wyoming	15.6
10	Indiana	11.7	36	Kentucky	15.8
11	New Jersey	11.8	37	Georgia	16.0
11	Pennsylvania	11.8	38	California	16.3
13	Washington	11.9	38	New York	16.3
14	North Dakota	12.0	38	Ohio	16.3
15	West Virginia	12.1	41	Oklahoma	17.1
16	Delaware	12.6	42	Alabama	17.2
16	Rhode Island	12.6	43	North Carolina	18.4
18	Utah	13.4	44	South Carolina	18.8
19	Illinois	13.6	45	Missouri	19.1
19	Maryland	13.6	46	Tennessee	19.7
21	Virginia	13.9	47	Texas	20.3
22	South Dakota	14.0	48	Mississippi	24.3
23	Florida	14.1	49	Louisiana	24.4
24	Hawaii	14.4	50	Arkansas	26.1
25	Colorado	14.6		United States	15.5
26	Nevada	14.8		District of Columbia	20.3

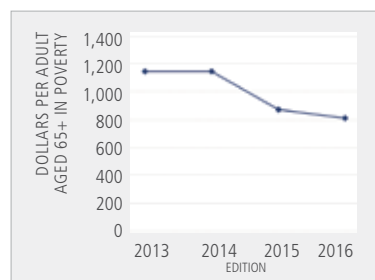
Community Support



States receive federal funding and allocate state resources to help older adults remain at home using home- and community-based services. Specifically, states may support senior programs that address services such as personal care, congregate meals, transportation, and health promotion.

The Older Americans Act (OAA), governed by the Administration on Aging, has provided funding for home- and community-based services since 1965. Community public health spending varies substantially by state and is associated with reducing preventable mortality, especially

in low-resource communities. Increased OAA spending in a state is associated with fewer low-care nursing home residents.



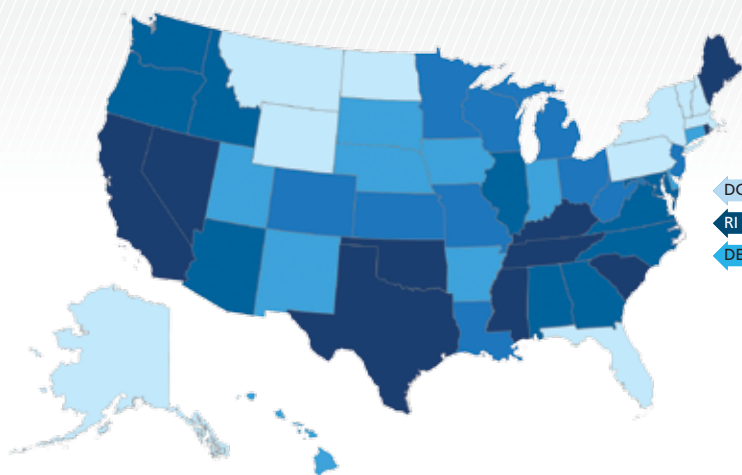
Data source: Administration on Aging, *State Program Reports*, 2013

For details: http://www.americashealthrankings.org/ALL/community_support_sr

Community Support by State

Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty

Legend:
 >=\$1,278 (Lightest Blue)
 \$720 to <\$1,278 (Light Blue)
 \$579 to <\$720 (Medium Blue)
 \$428 to <\$579 (Dark Blue)
 <\$428 (Darkest Blue)



Top 5 States

Alaska	\$6,701
Massachusetts	\$4,053
Wyoming	\$3,034
New Hampshire	\$2,983
Vermont	\$2,060
United States	\$811

Bottom 5 States

Mississippi	\$261
Texas	\$315
Nevada	\$335
South Carolina	\$339
Rhode Island	\$376
United States	\$811

Ranking

by Community Support

Rank	State	Value (\$)	Rank	State	Value (\$)
1	Alaska	6,701	27	Ohio	599
2	Massachusetts	4,053	28	Colorado	594
3	Wyoming	3,034	29	New Jersey	580
4	New Hampshire	2,983	30	Wisconsin	579
5	Vermont	2,060	31	Illinois	536
6	Florida	1,629	32	Virginia	523
7	Pennsylvania	1,594	33	Alabama	493
8	North Dakota	1,379	34	Maryland	488
9	Montana	1,350	35	North Carolina	472
10	New York	1,278	36	Idaho	453
11	Nebraska	1,220	37	Georgia	452
12	Utah	1,190	38	Washington	448
13	South Dakota	1,079	39	Arizona	429
14	Delaware	974	40	Oregon	428
15	New Mexico	864	41	Maine	421
16	Iowa	847	42	California	419
17	Hawaii	800	43	Tennessee	411
18	Indiana	781	44	Oklahoma	397
19	Connecticut	779	45	Kentucky	382
20	Arkansas	720	46	Rhode Island	376
21	Kansas	686	47	South Carolina	339
22	West Virginia	675	48	Nevada	335
23	Minnesota	662	49	Texas	315
23	Missouri	662	50	Mississippi	261
25	Michigan	638		United States	811
26	Louisiana	623		District of Columbia	1,524

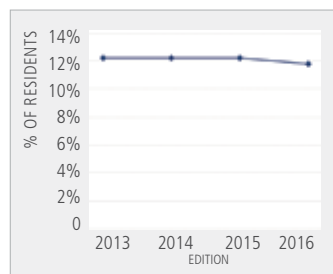
Low-Care Nursing Home Residents



Data source: Brown University, *Shaping Long Term Care in America Project*, 2014
For details: www.americahealthrankings.org/ALL/low_care_nursing_home_residents_sr

Low-care nursing home residents do not require the full suite of services provided by nursing homes and may be able to live in a less restrictive environment with the aid of community support. Community-based services, such as Meals on Wheels, visiting home health aides, transportation programs, and technology-delivered health care programs, may allow older adults to be cared for and remain in a less restrictive and more appropriate setting. Research suggests providing at-home meals to 1% more seniors in every state could

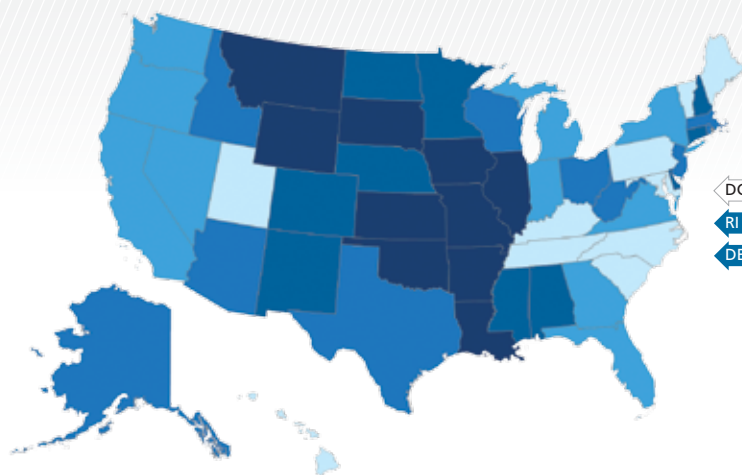
save more than \$100 million nationally by decreasing low-care prevalence. Beyond cost, aging in place has emotional, social, and health benefits.



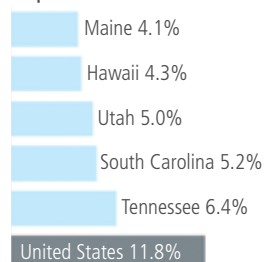
Low-Care Nursing Home Residents by State

Percentage of nursing home residents who were low care, according to the broad definition (no physical assistance required for late-loss activities of daily life (ADLs))

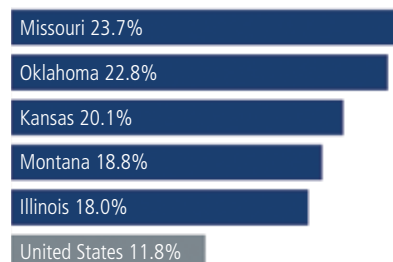
Legend: <8.0% (lightest blue), 8.0% to <10.8% (light blue), 10.8% to <12.6% (medium blue), 12.6% to <15.1% (dark blue), >=15.1% (darkest blue)



Top 5 States



Bottom 5 States



Ranking

by Low-Care Nursing Home Residents

Rank	State	Value (%)	Rank	State	Value (%)
1	Maine	4.1	26	Wisconsin	11.8
2	Hawaii	4.3	28	Texas	12.1
3	Utah	5.0	29	West Virginia	12.2
4	South Carolina	5.2	30	Rhode Island	12.6
5	Tennessee	6.4	31	Alabama	12.7
6	North Carolina	6.8	32	New Mexico	13.0
7	Kentucky	7.0	33	Delaware	13.2
8	Maryland	7.4	33	New Hampshire	13.2
8	Pennsylvania	7.4	35	Colorado	13.4
10	Vermont	7.6	35	Mississippi	13.4
11	Indiana	8.1	37	Connecticut	13.5
12	Washington	8.4	38	Nebraska	14.8
13	Florida	8.7	39	North Dakota	15.0
13	New York	8.7	40	Minnesota	15.1
13	Oregon	8.7	41	Wyoming	15.2
16	Virginia	9.1	42	Arkansas	15.9
17	Michigan	9.8	43	Louisiana	16.5
17	Nevada	9.8	44	Iowa	16.8
19	Georgia	10.0	44	South Dakota	16.8
20	California	10.7	46	Illinois	18.0
21	Idaho	10.8	47	Montana	18.8
22	Arizona	10.9	48	Kansas	20.1
23	Massachusetts	11.0	49	Missouri	23.7
24	New Jersey	11.1	49	Oklahoma	22.8
25	Ohio	11.2		United States	11.8
26	Alaska	11.8		District of Columbia	NA

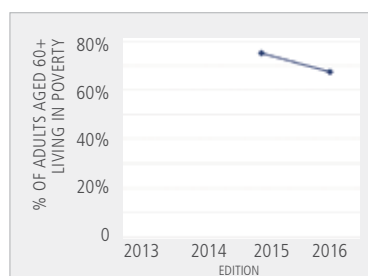
NA = not available

SNAP Reach



The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition program, helping millions of low-income Americans access food and improve economic security. More than four million low-income households with adults aged 60 and older rely on SNAP to stretch their monthly food budget. On average, senior SNAP beneficiaries received \$129 per month in 2014 to help put food on the table. The Food and Nutrition Service works with states to promote SNAP; however, just 41% of eligible seniors enroll in the program, which may be due

to transportation and mobility issues, stigma, and misunderstanding about who is eligible, and how SNAP works.



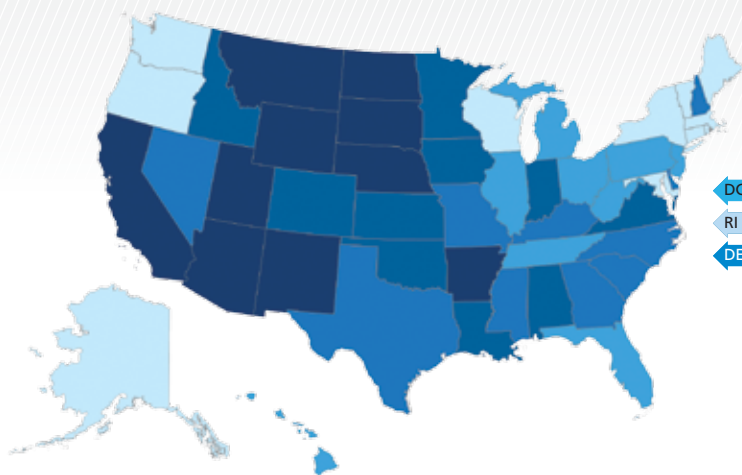
Data source: Food and Nutrition Service, 2014

For details: www.americashealthrankings.org/ALL/SNAP_reach

SNAP Reach by State

Number of adults aged 60 and older who participate in Supplemental Nutrition Assistance Plan (SNAP) as a percentage of adults age 60 and older living in poverty

Legend:
 Light Blue: $\geq 82.7\%$
 Medium Blue: 73.4% to $<82.7\%$
 Dark Blue: 57.1% to $<73.4\%$
 Very Dark Blue: 47.4% to $<57.1\%$
 Darkest Blue: $<47.4\%$



Top 5 States

Vermont	124.4%
New York	116.5%
Alaska	110.4%
Oregon	107.2%
Rhode Island	105.7%
United States	67.4%

Bottom 5 States

Wyoming	23.0%
California	23.3%
North Dakota	38.4%
South Dakota	40.0%
Utah	41.6%
United States	67.4%

Ranking

by SNAP Reach

Rank	State	Value (%)	Rank	State	Value (%)
1	Vermont	124.4	27	New Hampshire	62.9
2	New York	116.5	28	Missouri	61.3
3	Alaska	110.4	29	Kentucky	58.1
4	Oregon	107.2	30	Delaware	57.1
5	Rhode Island	105.7	31	Minnesota	56.8
6	Massachusetts	100.3	32	Iowa	56.5
7	Maine	94.6	33	Oklahoma	55.9
8	Washington	87.2	34	Colorado	54.4
9	Maryland	85.6	35	Indiana	53.0
10	Wisconsin	84.8	36	Alabama	51.9
11	Connecticut	82.7	37	Louisiana	50.7
12	Illinois	82.5	38	Virginia	49.4
13	Tennessee	80.7	39	Idaho	48.8
14	Florida	79.4	40	Kansas	47.4
15	Hawaii	78.5	41	Montana	46.9
16	Michigan	77.7	42	Arkansas	45.2
17	Pennsylvania	75.4	43	New Mexico	44.7
18	New Jersey	74.7	44	Nebraska	42.8
19	West Virginia	73.9	45	Arizona	42.5
20	Ohio	73.4	46	Utah	41.6
21	Georgia	69.3	47	South Dakota	40.0
22	North Carolina	68.2	48	North Dakota	38.4
23	Nevada	65.7	49	California	23.3
24	South Carolina	65.3	50	Wyoming	23.0
25	Mississippi	65.2		United States	67.4
26	Texas	64.8		District of Columbia	78.7

Prescription Drug Coverage

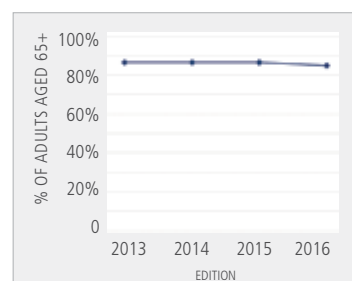


Data source: The Henry J Kaiser Family Foundation, *State Health Facts*, 2012
For details: www.americahealthrankings.org/ALL/credible_drug_coverage_sr

Prescription drug coverage decreases financial strain and increases medication adherence. Medicare beneficiaries can obtain Medicare Part D, a voluntary Medicare drug benefit, through two types of private plans, a stand-alone prescription drug plan or a Medicare Advantage (Part C) plan that covers prescription drugs. Medicare Part D plans vary by state in cost and coverage.

Medicare beneficiaries in 2010 spent \$4,734 out-of-pocket for health care spending, on average, and 11%

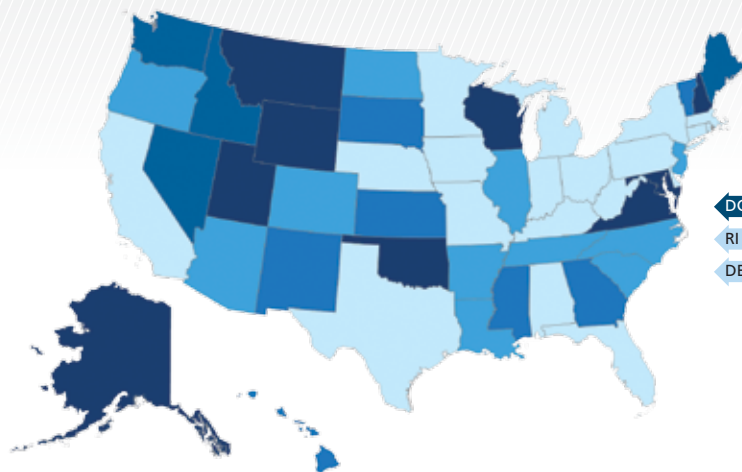
of that was spent on prescription drugs. Prescription drug coverage is associated with a 10% reduction in nonadherence due to cost.



Prescription Drug Coverage by State

Percentage of adults aged 65 and older who have a creditable prescription drug plan

Legend:
■ ≥86.0%
■ 85.0% to <86.0%
■ 84.0% to <85.0%
■ 82.0% to <84.0%
■ <82.0%



Top 5 States

Iowa	
Connecticut	
Minnesota	(tie) 88.0%
New York	
Ohio	
United States	85.0%

Bottom 5 States

Maryland	76.0%
Alaska	79.0%
New Hampshire	79.0%
Virginia	79.0%
Wyoming	79.0%
United States	85.0%

Ranking

by Prescription Drug Coverage

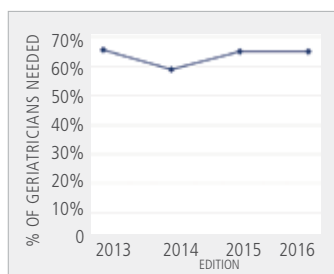
Rank	State	Value (%)	Rank	State	Value (%)
1	Connecticut	88.0	22	North Dakota	85.0
1	Iowa	88.0	22	Oregon	85.0
1	Minnesota	88.0	22	Tennessee	85.0
1	New York	88.0	30	Louisiana	85.0
1	Ohio	88.0	31	Mississippi	84.0
6	Nebraska	87.0	31	South Dakota	84.0
6	Pennsylvania	87.0	31	Vermont	84.0
8	California	87.0	34	Georgia	84.0
8	Michigan	87.0	34	Hawaii	84.0
10	Alabama	86.0	34	Kansas	84.0
10	Delaware	86.0	34	New Mexico	84.0
10	Florida	86.0	38	Idaho	83.0
10	Indiana	86.0	38	Nevada	83.0
10	Kentucky	86.0	38	Washington	83.0
10	Massachusetts	86.0	41	Maine	82.0
10	Missouri	86.0	42	Montana	81.0
10	Rhode Island	86.0	42	Oklahoma	81.0
10	Texas	86.0	42	Utah	81.0
10	West Virginia	86.0	45	Wisconsin	80.0
20	Colorado	85.0	46	Wyoming	79.0
20	South Carolina	85.0	47	Alaska	79.0
22	Arizona	85.0	47	New Hampshire	79.0
22	Arkansas	85.0	47	Virginia	79.0
22	Illinois	85.0	50	Maryland	76.0
22	New Jersey	85.0		United States	85.0
22	North Carolina	85.0		District of Columbia	67.0

Geriatrician Shortfall



Geriatricians are vital to the health of seniors in outpatient and inpatient settings. Compared with standard hospital care, seniors receiving care in special geriatric units have better function at the time of discharge, and inpatient rehabilitative services involving geriatricians result in lower nursing home admissions and improved function at follow-up. In outpatient settings, geriatricians tend to provide better medication management than other clinicians. With aging baby boomers and increasing life expectancy, the number of needed geriatricians will continue to rise. Although the American

Geriatrics Society identifies a need to train an additional 1,500 geriatricians yearly, only 75 internal medicine or family medicine residents entered geriatrics fellowship programs in 2010.



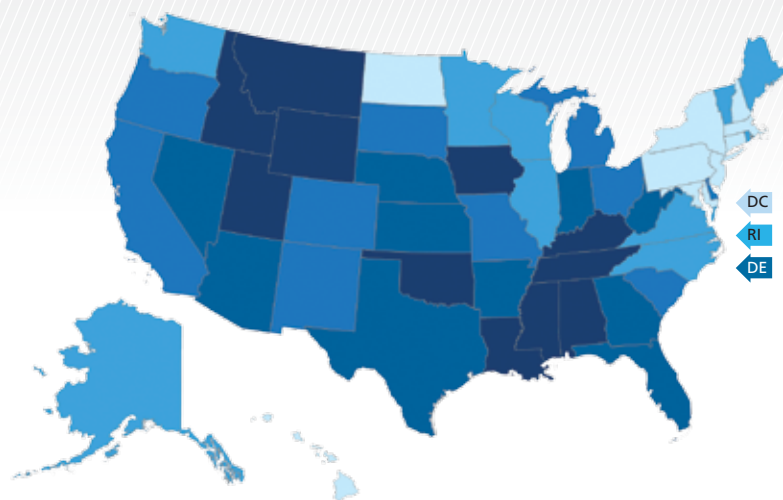
Data source: American Geriatrics Society, 2015

For details: www.americashealthrankings.org/ALL/geriatrician_shortfall_sr

Geriatrician Shortfall by State

Percentage of geriatricians required to meet estimated need

Legend: <53.3% (lightest blue), 53.3% to <65.4% (light blue), 65.4% to <72.0% (medium blue), 72.0% to <76.9% (dark blue), >=76.9% (darkest blue)



Top 5 States

Hawaii	25.8%
Maryland	39.8%
Massachusetts	40.8%
New York	41.6%
Connecticut	45.7%
United States	65.1%

Bottom 5 States

Idaho	89.4%
Montana	87.8%
Oklahoma	86.1%
Mississippi	86.0%
Tennessee	81.2%
United States	65.1%

Ranking

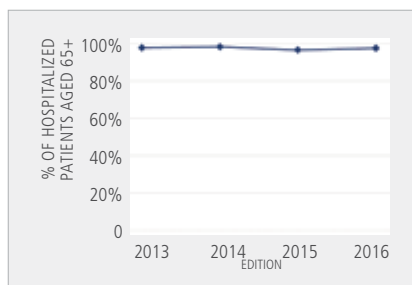
by Geriatrician Shortfall

Rank	State	Value (%)	Rank	State	Value (%)
1	Hawaii	25.8	27	Ohio	70.0
2	Maryland	39.8	28	South Carolina	71.2
3	Massachusetts	40.8	29	Delaware	71.9
4	New York	41.6	30	Texas	72.0
5	Connecticut	45.7	31	Arkansas	73.1
6	Pennsylvania	46.4	32	Georgia	73.5
7	North Dakota	47.8	33	Kansas	74.4
8	New Hampshire	50.5	34	West Virginia	74.5
9	New Jersey	52.4	35	Nebraska	75.0
10	Rhode Island	53.3	36	Arizona	75.5
11	Maine	55.1	37	Florida	76.1
12	Minnesota	56.3	38	Indiana	76.5
13	Illinois	59.1	39	Nevada	76.8
14	Wisconsin	60.8	40	Iowa	76.9
15	Vermont	61.2	41	Wyoming	78.9
16	Alaska	62.5	42	Kentucky	79.9
17	North Carolina	63.3	43	Louisiana	80.3
18	Virginia	63.8	44	Utah	80.8
18	Washington	63.8	45	Alabama	81.1
20	Colorado	65.4	46	Tennessee	81.2
21	Michigan	65.6	47	Mississippi	86.0
22	New Mexico	66.0	48	Oklahoma	86.1
22	Oregon	66.0	49	Montana	87.8
24	California	66.3	50	Idaho	89.4
25	Missouri	66.8		United States	65.1
26	South Dakota	67.3		District of Columbia	19.2

Recommended Hospital Care

Receiving appropriate hospital care for heart attack, heart failure, pneumonia, and surgical procedures denotes high quality and generates cost savings. Hospitals with low complication rates tend to spend less per episode than those with high complication rates, indicating that foregoing proper care can be more costly.

The conditions assessed in this measure are part of the Centers for Medicare & Medicaid Services quality initiative and were chosen for their validity and general acceptance as markers of quality. Despite making up only 14% of the population, seniors account for 35% of hospital stays.



Data source: IPRO, WhyNotTheBest.org, Q1/2014-Q4/2014

For details: www.americashealthrankings.org/ALL/recommended_hospital_care_sr

Ranking

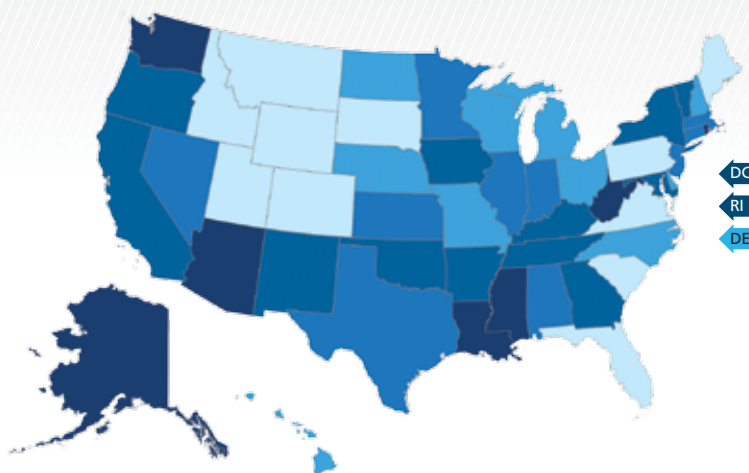
by Recommended Hospital Care

Rank	State	Value (%)
1	Maine	98.7
2	Utah	98.5
3	Virginia	98.4
4	Florida	98.3
5	Idaho	98.2
5	South Carolina	98.2
5	South Dakota	98.2
8	Colorado	98.1
8	Montana	98.1
8	Wyoming	98.1
11	Pennsylvania	98.0
12	Delaware	97.9
12	Wisconsin	97.9
14	Hawaii	97.8
14	Nebraska	97.8
14	New Hampshire	97.8
14	North Carolina	97.8
14	North Dakota	97.8
19	Michigan	97.7
19	Missouri	97.7
19	Ohio	97.7
22	Connecticut	97.6
22	Kansas	97.6
22	Massachusetts	97.6
22	Texas	97.6
26	Indiana	97.5
26	Nevada	97.5
26	New Jersey	97.5
29	Alabama	97.4
29	Illinois	97.4
29	Minnesota	97.4
32	California	97.3
32	Georgia	97.3
32	New Mexico	97.3
32	Oregon	97.3
36	Iowa	97.1
37	Tennessee	97.0
37	Vermont	97.0
39	Maryland	96.8
39	New York	96.8
41	Arkansas	96.7
41	Kentucky	96.7
41	Oklahoma	96.7
44	Louisiana	96.6
44	Washington	96.6
46	Arizona	96.5
47	West Virginia	96.3
48	Rhode Island	96.2
49	Alaska	95.6
50	Mississippi	95.5
	United States	97.4
	District of Columbia	93.9

Recommended Hospital Care by State

Percentage of hospitalized patients aged 65 and older who received the recommended care for heart attack, heart failure, pneumonia, and surgical procedures

Legend: ■ ≥98.0% ■ 97.7% to <98.0% ■ 97.4% to <97.7% ■ 96.7% to <97.4% ■ <96.7%



Top 5 States

Maine 98.7%
Utah 98.5%
Virginia 98.4%
Florida 98.3%
Idaho, South Carolina & South Dakota (tie) 98.2%
United States 97.4%

Bottom 5 States

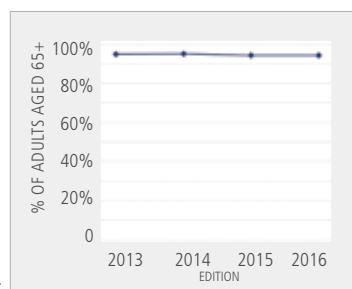
Mississippi 95.5%
Alaska 95.6%
Rhode Island 96.2%
West Virginia 96.3%
Arizona 96.5%
United States 97.4%

Dedicated Health Care Provider



Older adults with a dedicated health care provider—compared with those without—are better positioned to receive care that can prevent, detect, and manage disease or other health conditions. Having a regular health care provider has been associated with improvements in preventive care and overall health status as well as improvements in chronic care management for asthma, hypertension, and diabetes. Individuals without a dedicated health care provider are more likely to visit the emergency department for non-urgent or avoidable problems. Seniors

face numerous obstacles in obtaining a dedicated health care provider including limited access, financial constraints, and a general lack of knowledge of the services and providers available.

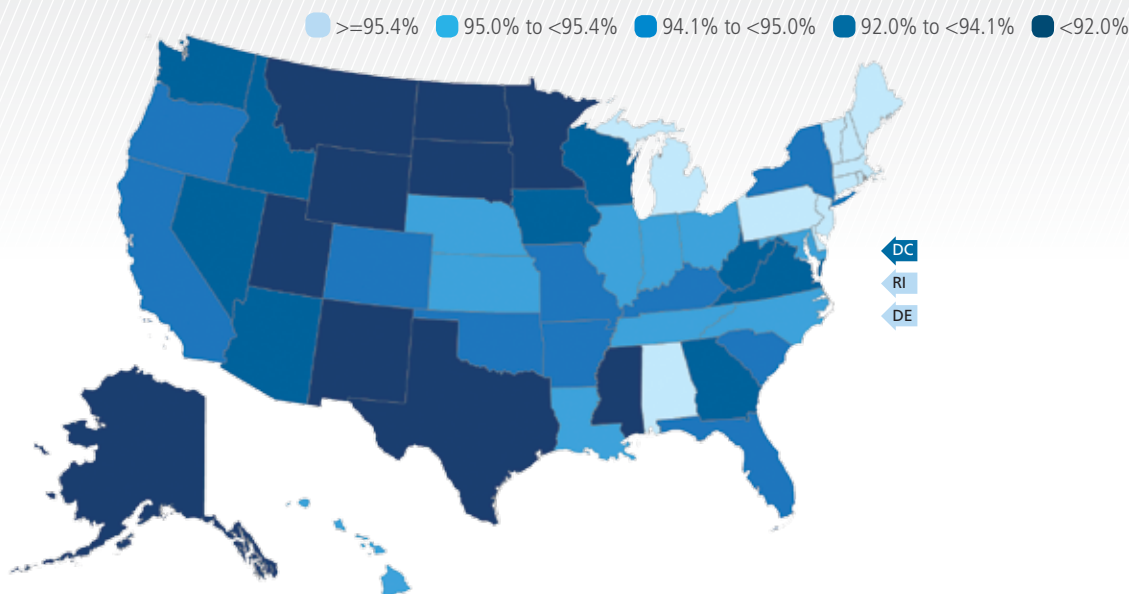


Data source: *Behavioral Risk Factor Surveillance System*, 2014

For details: www.americashealthrankings.org/ALL/dedicated_health_care_provider_sr

Dedicated Health Care Provider by State

Percentage of adults aged 65 and older who self-report having a personal doctor or health care provider



Top 5 States

Massachusetts	96.9%
Pennsylvania	96.7%
Rhode Island	(tie) 96.6%
Maine	
Michigan	
United States	94.3%

Bottom 5 States

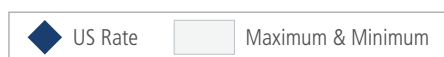
Alaska	86.2%
New Mexico	88.0%
Wyoming	88.6%
South Dakota	90.2%
Texas	90.7%
United States	94.3%

Ranking

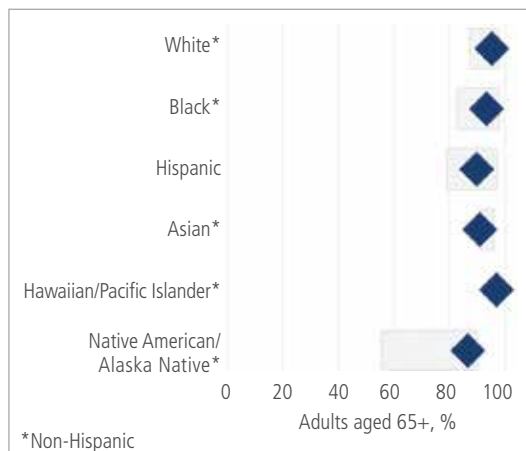
by Dedicated Health Care Provider

Rank	State	Value (%)
1	Massachusetts	96.9
2	Pennsylvania	96.7
3	Maine	96.6
3	Michigan	96.6
3	Rhode Island	96.6
6	Vermont	96.1
7	Alabama	96.0
7	New Hampshire	96.0
9	Connecticut	95.9
10	Delaware	95.4
10	New Jersey	95.4
12	Illinois	95.3
12	North Carolina	95.3
14	Maryland	95.2
14	Ohio	95.2
16	Hawaii	95.1
16	Kansas	95.1
16	Nebraska	95.1
19	Indiana	95.0
19	Louisiana	95.0
19	Tennessee	95.0
22	Arkansas	94.9
23	Florida	94.8
23	Missouri	94.8
23	New York	94.8
26	Colorado	94.7
26	Kentucky	94.7
26	Oklahoma	94.7
29	South Carolina	94.6
30	California	94.2
31	Oregon	94.1
32	Iowa	93.8
32	Wisconsin	93.8
34	Washington	93.4
35	Georgia	93.1
35	Virginia	93.1
37	Arizona	93.0
38	West Virginia	92.9
39	Nevada	92.3
40	Idaho	92.1
41	Minnesota	91.8
42	North Dakota	91.5
43	Mississippi	91.3
44	Utah	91.2
45	Montana	90.8
46	Texas	90.7
47	South Dakota	90.2
48	Wyoming	88.6
49	New Mexico	88.0
50	Alaska	86.2
	United States	94.3
	District of Columbia	92.0

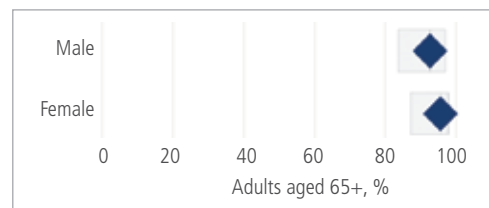
Disparities in Dedicated Health Care Provider



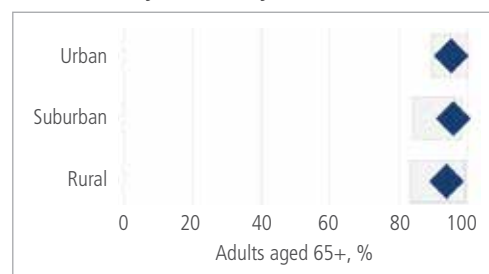
Prevalence by Race/Ethnicity



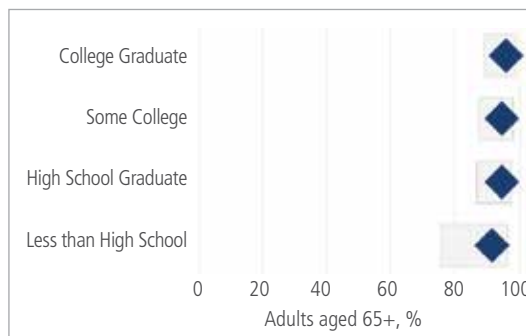
Prevalence by Gender



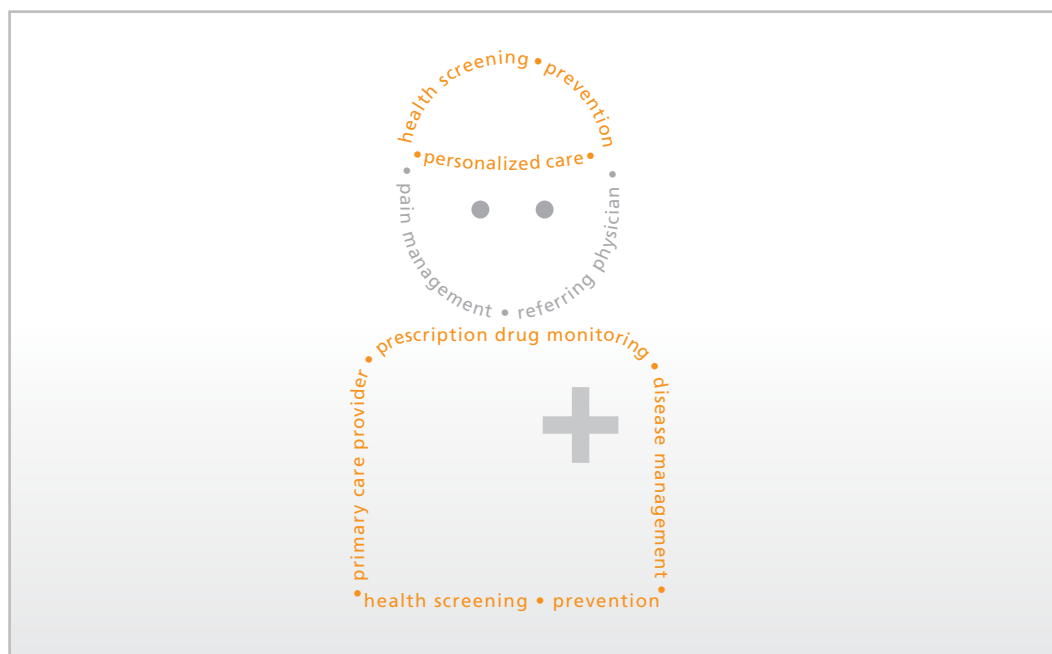
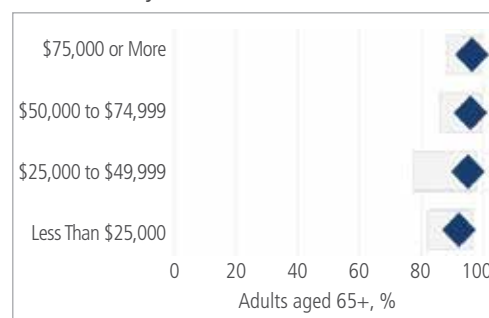
Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income

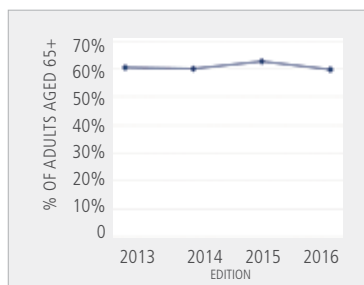


Flu Vaccine



The flu vaccine helps protect individuals against seasonal influenza virus, a contagious respiratory infection that can lead to severe illness in older adults. Seniors are encouraged to receive the vaccine because they are at increased risk of contracting the virus. Additionally, almost 90% of flu-related deaths and more than half of hospitalizations are among older adults. Two forms of the flu vaccine are available for seniors: a regular-dose shot and a high-dose shot that elicits a stronger immune response. Flu vaccination is a highly cost-

effective intervention and significantly reduces the number of hospitalizations in older adults. Medicare covers the cost of a single flu vaccination per year.

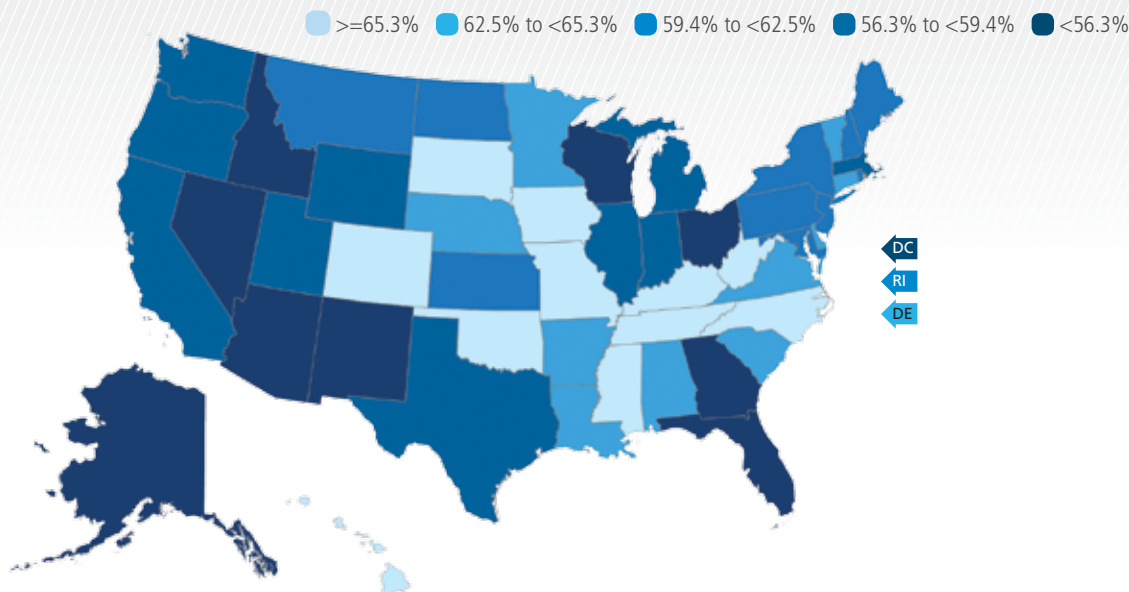


Data source: *Behavioral Risk Factor Surveillance System*, 2014

For details: www.americashealthrankings.org/ALL/flu_vaccine_sr

Flu Vaccine by State

Percentage of adults aged 65 and older who self-report receiving a flu vaccine in the last year



Top 5 States

South Dakota	70.7%
West Virginia	69.8%
Kentucky	68.9%
North Carolina	68.8%
Missouri	68.3%
United States	59.8%

Bottom 5 States

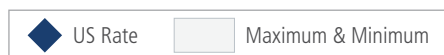
Alaska	51.6%
Florida	52.8%
Nevada	52.9%
Wisconsin	53.8%
Idaho	54.0%
United States	59.8%

Ranking

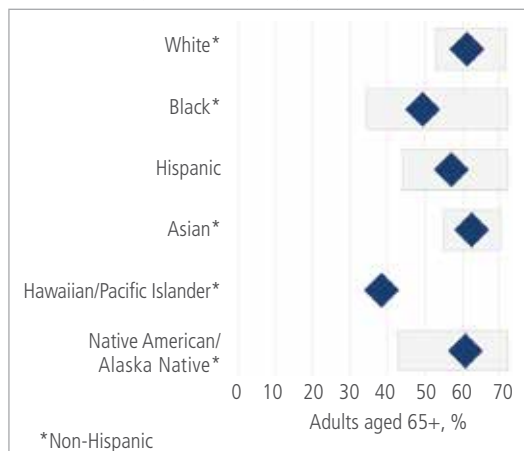
by Flu Vaccine

Rank	State	Value (%)
1	South Dakota	70.7
2	West Virginia	69.8
3	Kentucky	68.9
4	North Carolina	68.8
5	Missouri	68.3
6	Tennessee	67.2
7	Colorado	67.0
7	Oklahoma	67.0
9	Iowa	66.8
10	Mississippi	66.6
11	Hawaii	65.3
12	Louisiana	65.1
13	Connecticut	64.7
13	Nebraska	64.7
15	Minnesota	64.3
16	Alabama	64.1
17	Delaware	63.8
18	South Carolina	63.6
19	Arkansas	63.5
20	Vermont	62.8
21	Virginia	62.5
22	Rhode Island	62.3
23	Maryland	62.1
24	North Dakota	61.4
25	Maine	61.2
26	Kansas	60.8
26	Montana	60.8
26	New Hampshire	60.8
29	New York	60.0
30	Pennsylvania	59.6
31	New Jersey	59.4
32	Washington	59.2
33	Texas	58.7
34	California	58.2
35	Utah	57.9
35	Wyoming	57.9
37	Massachusetts	57.8
38	Michigan	57.6
39	Illinois	56.9
40	Oregon	56.5
41	Indiana	56.3
42	New Mexico	56.2
43	Arizona	56.1
44	Ohio	55.7
45	Georgia	54.7
46	Idaho	54.0
47	Wisconsin	53.8
48	Nevada	52.9
49	Florida	52.8
50	Alaska	51.6
	United States	59.8
	District of Columbia	55.7

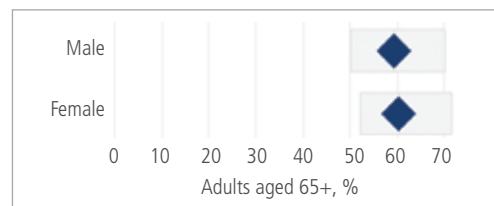
Disparities in Flu Vaccine



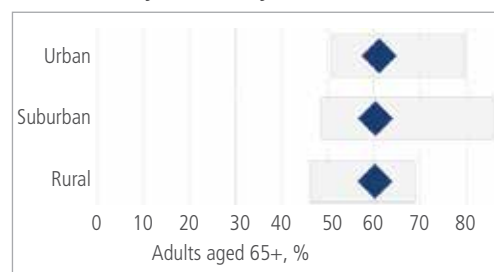
Prevalence by Race/Ethnicity



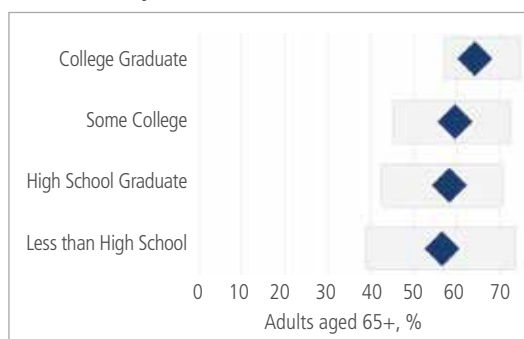
Prevalence by Gender



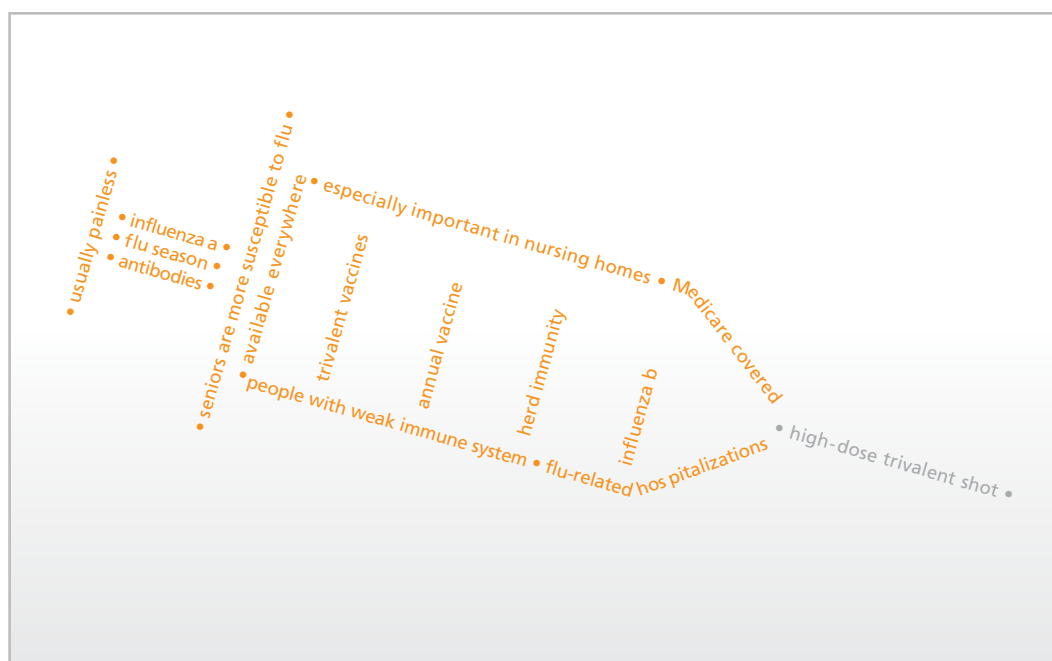
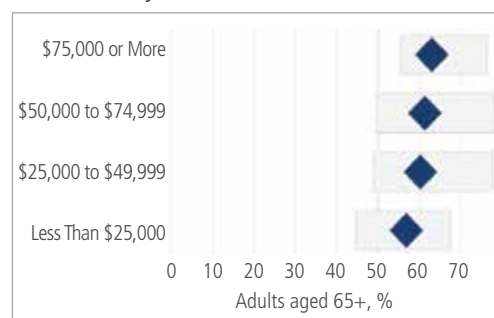
Prevalence by Urbanicity



Prevalence by Education



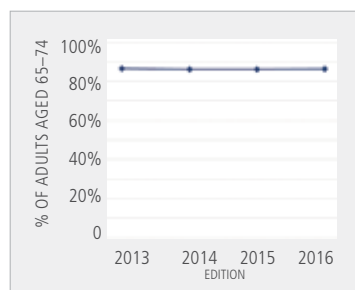
Prevalence by Income



Health Screenings



Health screenings detect disease early when treatment is easiest. The US Preventive Services Task Force recommends screening for breast and colon cancer up to ages 74 and 75 respectively. Colon cancer risk increases with age, and more than half of breast cancer deaths occur in women aged 65 and older. Adults with health insurance or a usual source of care were more likely to report having received recommended cancer screenings



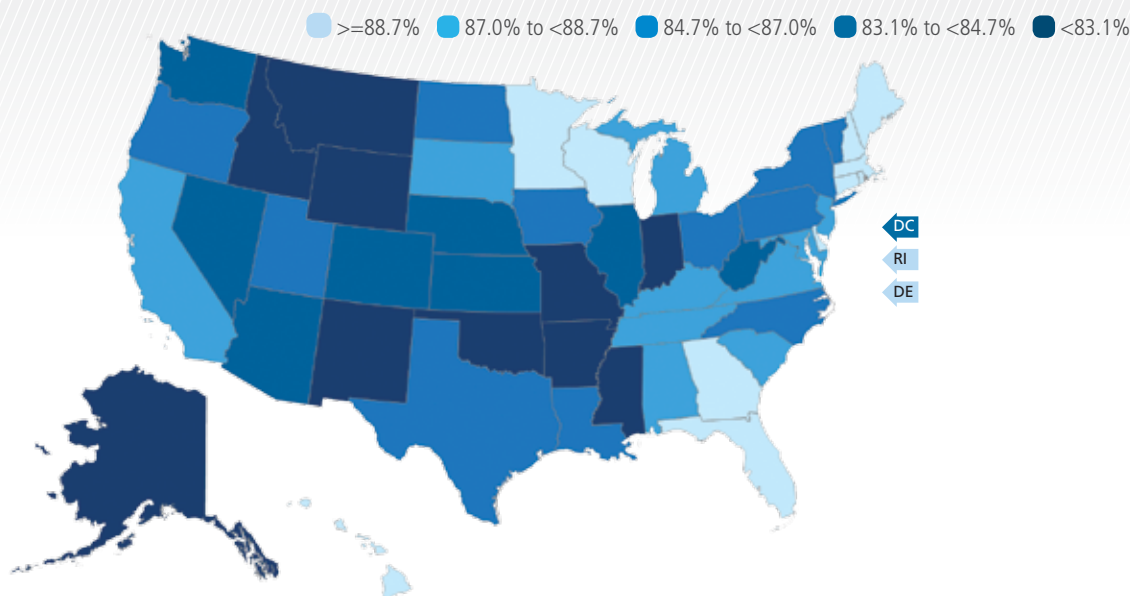
than those without insurance or a usual source of care in 2013. Older adults are also recommended to have regular blood pressure, cholesterol, and diabetes screenings.

Data source: *Behavioral Risk Factor Surveillance System, 2014*

For details: www.americashealthrankings.org/ALL/health_screenings_sr

Health Screenings by State

Percentage of adults aged 65 to 74 who self-report having a mammogram and/or fecal occult/colonoscopy/sigmoidoscopy screens within the recommended time period



Top 5 States

Massachusetts	92.3%
Rhode Island	91.0%
Wisconsin	90.5%
Maine	90.3%
New Hampshire	90.3%
United States	86.3%

Bottom 5 States

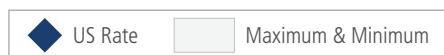
Mississippi	78.5%
Oklahoma	79.9%
Wyoming	80.1%
Idaho	80.3%
New Mexico	80.5%
United States	86.3%

Ranking

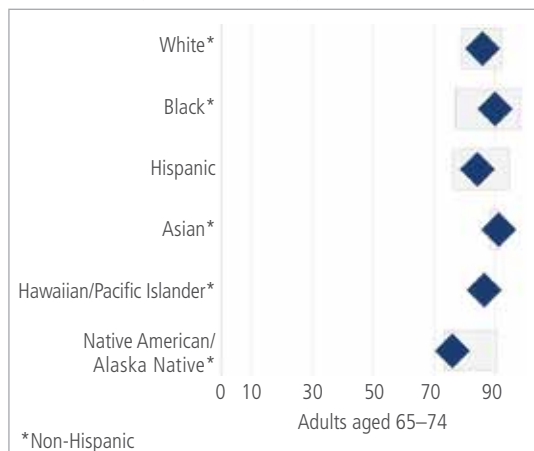
by Health Screenings

Rank	State	Value (%)
1	Massachusetts	92.3
2	Rhode Island	91.0
3	Wisconsin	90.5
4	Maine	90.3
4	New Hampshire	90.3
6	Delaware	89.8
7	Hawaii	89.6
8	Connecticut	89.3
8	Florida	89.3
10	Minnesota	89.1
11	Georgia	88.7
12	Maryland	88.6
12	South Dakota	88.6
14	Alabama	88.2
15	Michigan	88.0
16	California	87.9
17	Kentucky	87.6
18	Tennessee	87.3
18	Virginia	87.3
20	New Jersey	87.0
20	South Carolina	87.0
22	Louisiana	86.3
23	Iowa	86.1
24	North Carolina	86.0
25	Utah	85.5
26	Oregon	85.3
27	Pennsylvania	85.2
27	Vermont	85.2
29	North Dakota	85.1
30	Ohio	85.0
31	New York	84.7
31	Texas	84.7
33	Kansas	84.4
33	Nebraska	84.4
33	Washington	84.4
36	Arizona	84.3
37	Illinois	84.1
38	Colorado	83.9
39	Nevada	83.7
40	West Virginia	83.1
41	Alaska	82.7
42	Arkansas	82.2
43	Indiana	82.1
44	Montana	81.9
45	Missouri	81.7
46	New Mexico	80.5
47	Idaho	80.3
48	Wyoming	80.1
49	Oklahoma	79.9
50	Mississippi	78.5
	United States	86.3
	District of Columbia	84.2

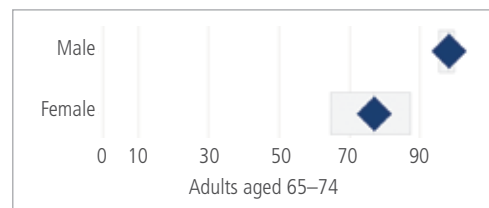
Disparities in Health Screenings



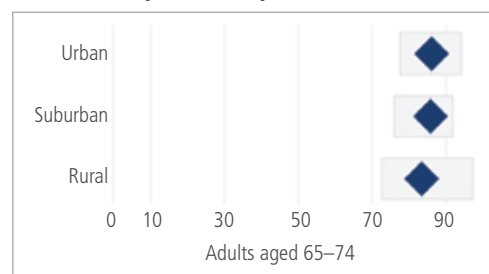
Prevalence by Race/Ethnicity



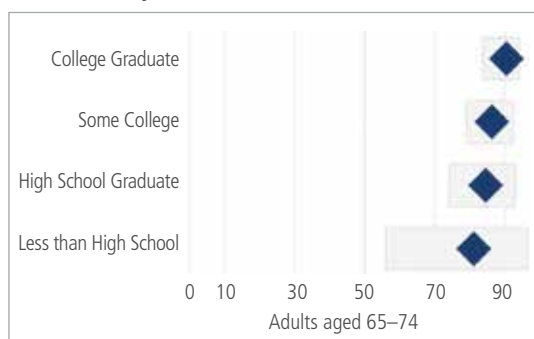
Prevalence by Gender



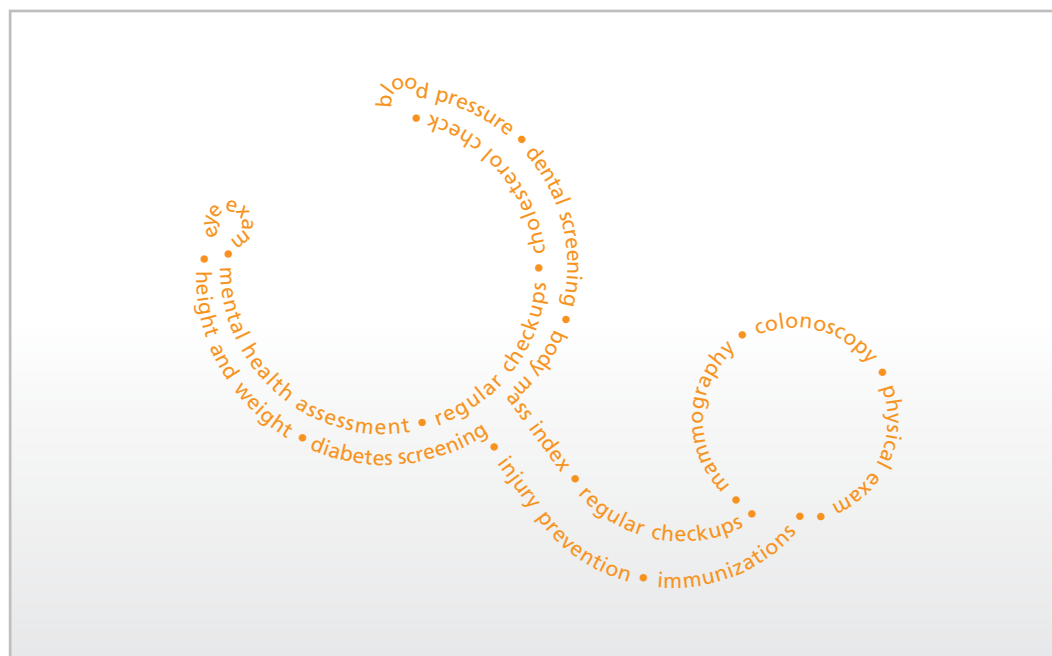
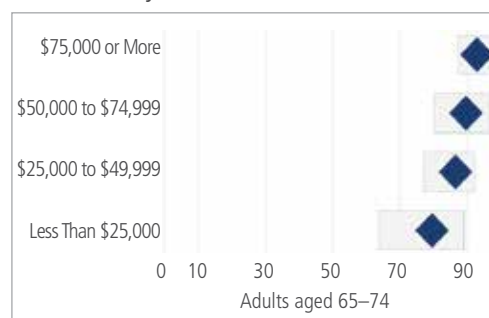
Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income



Diabetes Management

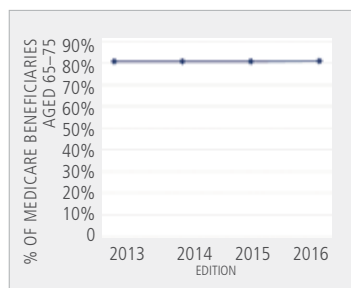


Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/diabetes_management_sr

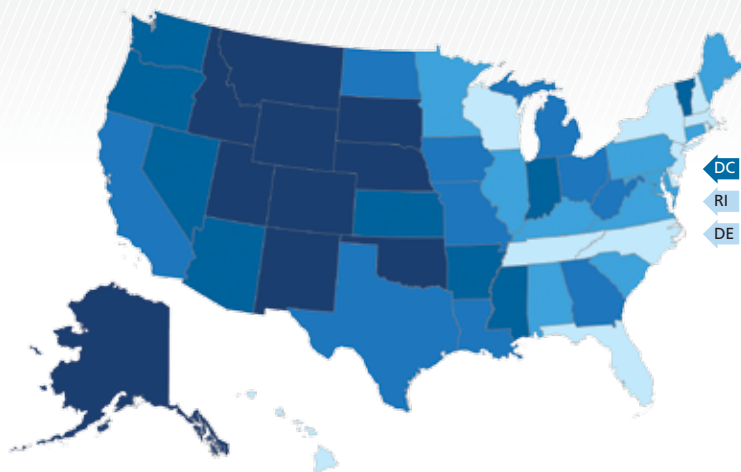
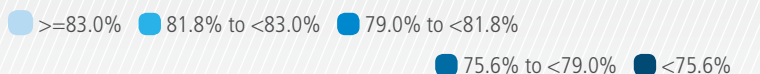
Diabetes is the seventh-leading cause of death in the United States and contributes to heart disease and stroke, the leading and fifth-leading causes of death respectively. It is the leading cause of kidney failure, non-traumatic lower limb amputations, and blindness in adults. Type 2 diabetes is a largely preventable condition that may be managed through lifestyle interventions and medications. The risk of diabetes increases with age; 25.9% of adults aged 65 and older have diagnosed or undiagnosed diabetes, compared

with 16.2% of adults aged 45 to 64. Almost 60% of health care expenditures attributable to diabetes are for seniors, which amounts to an average annual per person cost of \$11,825.



Diabetes Management by State

Percentage of Medicare beneficiaries aged 65 to 75 with diabetes receiving a blood lipids test



Top 5 States

Florida	86.2%
Massachusetts	86.2%
New Jersey	84.7%
Hawaii	84.3%
Delaware & Wisconsin (tie)	84.2%
United States	81.0%

Bottom 5 States

Wyoming	60.2%
Alaska	65.1%
New Mexico	68.3%
Montana	70.8%
Oklahoma	72.5%
United States	81.0%

Ranking

by Diabetes Management

Rank	State	Value (%)	Rank	State	Value (%)
1	Florida	86.2	27	Michigan	79.9
1	Massachusetts	86.2	28	Ohio	79.4
3	New Jersey	84.7	28	West Virginia	79.4
4	Hawaii	84.3	30	California	79.3
5	Delaware	84.2	31	Louisiana	79.0
5	Wisconsin	84.2	32	Washington	78.9
7	New York	83.9	33	Oregon	78.8
8	New Hampshire	83.6	34	Indiana	78.4
9	North Carolina	83.5	35	Mississippi	77.1
10	Rhode Island	83.0	36	Nevada	76.6
10	Tennessee	83.0	37	Vermont	76.5
12	Pennsylvania	82.8	38	Arkansas	76.3
13	Connecticut	82.7	39	Arizona	76.0
14	Minnesota	82.5	40	Kansas	75.6
15	Virginia	82.3	41	Nebraska	75.1
16	Maine	82.2	42	Utah	75.0
16	Maryland	82.2	43	Colorado	74.9
16	South Carolina	82.2	44	South Dakota	73.9
19	Kentucky	81.9	45	Idaho	73.1
20	Alabama	81.8	46	Oklahoma	72.5
20	Illinois	81.8	47	Montana	70.8
22	Texas	81.7	48	New Mexico	68.3
23	Georgia	81.5	49	Alaska	65.1
24	Iowa	80.8	50	Wyoming	60.2
25	North Dakota	80.1		United States	81.0
26	Missouri	80.0		District of Columbia	75.6

Home Health Care

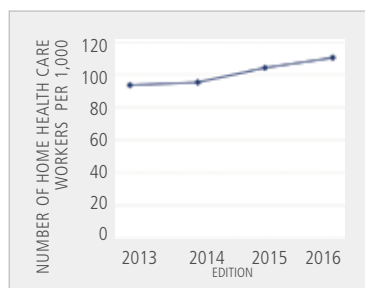


Data source: Bureau of Labor Statistics, 2015

For details: www.americashealthrankings.org/ALL/home_health_care_sr

Home health and personal care aides enable seniors to remain in their homes after aging-related functional losses make independence difficult. A range of assistance is available, from skilled nursing services to basic assistance with activities of daily living. In-home and community-based services are less expensive than institutional services. National annual spending on long-term care services was estimated to be over \$147 billion in 2009 with over 77% for nursing home care and only 23% for non-institutional

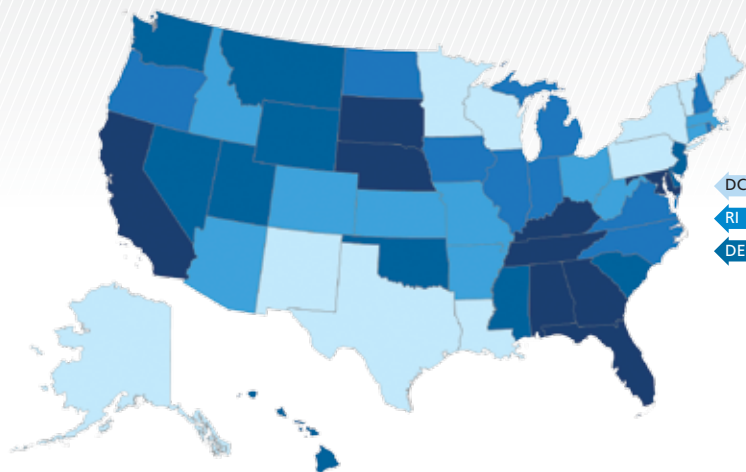
services delivered in a person's home. Providing more home-based services may reduce spending growth in the long-term care sector.



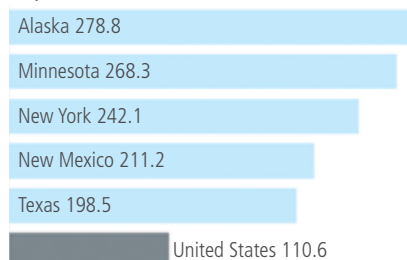
Home Health Care by State

Number of personal care and home health aides per 1,000 adults aged 75 or older

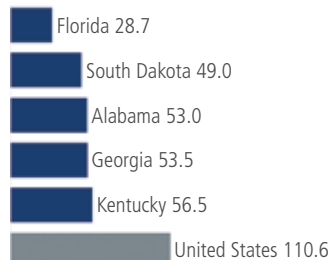
Legend:
 Light Blue: ≥ 127.4
 Medium Blue: 108.4 to <127.4
 Dark Blue: 84.2 to <108.4
 Very Dark Blue: 76.7 to <84.2
 Darkest Blue: <76.7



Top 5 States



Bottom 5 States



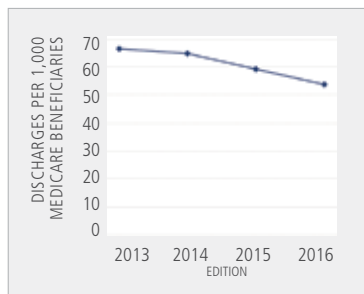
Ranking

by Home Health Care

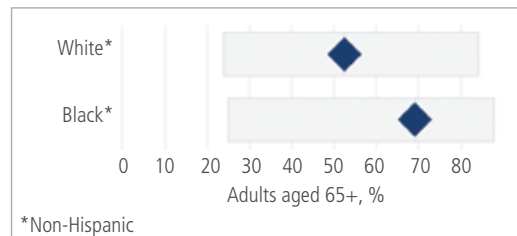
Rank	State	Value (per 1,000)	Rank	State	Value (per 1,000)
1	Alaska	278.8	27	Oregon	95.8
2	Minnesota	268.3	28	Rhode Island	93.5
3	New York	242.1	29	Iowa	86.6
4	New Mexico	211.2	30	New Hampshire	84.2
5	Texas	198.5	31	Mississippi	83.7
6	Vermont	172.3	32	Delaware	83.5
7	Wisconsin	164.5	33	Washington	83.1
8	Louisiana	159.7	34	Oklahoma	82.5
9	Maine	152.2	35	Montana	80.2
10	Pennsylvania	127.4	36	Hawaii	80.0
11	Colorado	123.4	37	Utah	78.9
12	West Virginia	122.5	38	South Carolina	78.7
13	Idaho	120.8	39	Nevada	78.0
14	Massachusetts	120.6	40	New Jersey	76.7
15	Kansas	119.2	40	Wyoming	76.7
16	Missouri	116.9	42	California	72.4
17	Connecticut	114.2	42	Maryland	72.4
18	Arkansas	111.5	44	Nebraska	61.8
19	Ohio	109.4	45	Tennessee	61.2
20	Arizona	108.4	46	Kentucky	56.5
21	North Carolina	107.1	47	Georgia	53.5
22	North Dakota	105.7	48	Alabama	53.0
23	Illinois	103.4	49	South Dakota	49.0
24	Virginia	101.9	50	Florida	28.7
25	Michigan	99.6		United States	110.6
26	Indiana	99.3		District of Columbia	301.7

Preventable Hospitalizations

Preventable hospitalizations is an indicator of primary care quality. Seeking routine care in outpatient settings for non-emergent acute or chronic conditions could prevent complications, more severe disease, and the need for hospitalization. Discharges for ambulatory care-sensitive services are highly correlated with general admissions, reflecting general overuse of the hospital as a site for care. Hospital care makes up the largest component of national health spending, costing nearly \$972 billion in 2014, and the majority of preventable hospital stays are among adults aged 65 and older. Preventable hospitalizations impose a nonessential financial burden on health care systems and can be avoided with less costly interventions.



Prevalence by Race/Ethnicity



*Non-Hispanic

◆ US Rate Maximum & Minimum

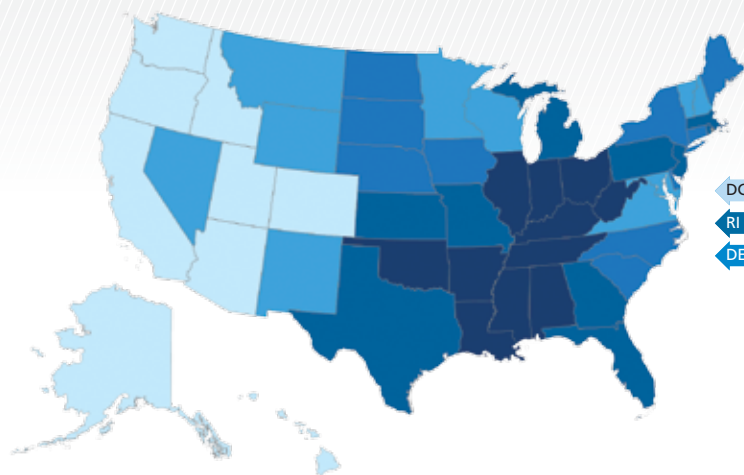
Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/preventable_hospitalizations_sr

Preventable Hospitalizations by State

Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare beneficiaries

Legend: <41.2, 41.2 to <49.8, 49.8 to <54.0, 54.0 to <59.4, ≥59.4



Top 5 States

Hawaii	24.4
Utah	31.1
Colorado	33.2
Idaho	33.3
Oregon	34.5
United States	53.8

Bottom 5 States

Kentucky	85.1
West Virginia	81.2
Mississippi	73.6
Louisiana	73.3
Arkansas	65.9
United States	53.8

Ranking

by Preventable Hospitalizations

Rank	State	Value (per 1,000)	Rank	State	Value (per 1,000)
1	Hawaii	24.4	27	South Dakota	51.8
2	Utah	31.1	28	Delaware	53.3
3	Colorado	33.2	29	New York	53.3
4	Idaho	33.3	30	Rhode Island	54.0
5	Oregon	34.5	31	Kansas	54.5
6	Washington	35.6	32	Georgia	55.1
7	Alaska	40.1	33	Florida	55.3
7	Arizona	40.1	34	New Jersey	55.5
9	California	40.7	35	Massachusetts	56.2
10	Minnesota	41.2	36	Pennsylvania	57.1
11	Vermont	43.2	37	Texas	57.6
12	Montana	43.7	38	Missouri	59.0
13	New Mexico	45.5	39	Michigan	59.1
14	Nevada	45.7	40	Illinois	59.4
15	New Hampshire	46.3	41	Oklahoma	62.6
16	Wisconsin	47.9	42	Indiana	63.2
16	Wyoming	47.9	43	Tennessee	64.8
18	Virginia	49.0	44	Ohio	64.9
19	Maryland	49.7	45	Alabama	65.4
20	South Carolina	49.8	46	Arkansas	65.9
21	Connecticut	50.1	47	Louisiana	73.3
22	Maine	50.5	48	Mississippi	73.6
23	North Dakota	50.6	49	West Virginia	81.2
24	Iowa	50.9	50	Kentucky	85.1
25	North Carolina	51.1		United States	53.8
26	Nebraska	51.3		District of Columbia	40.7

Hospital Readmissions

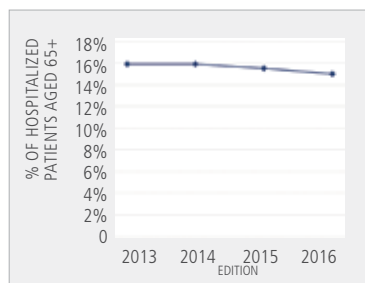


Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/hospital_readmissions_sr

Confusion about prescribed medications, miscommunication of important information, and improper follow-up care are among the many reasons patients are readmitted to the hospital. Some readmissions are unavoidable, but many are preventable and there are steps hospitals can take to reduce them. The Affordable Care Act established the Hospital Readmissions Reduction Program under which the Centers for Medicare & Medicaid Services is required to reduce payments to hospitals with excess readmissions. Hospital readmissions for Medicare patients

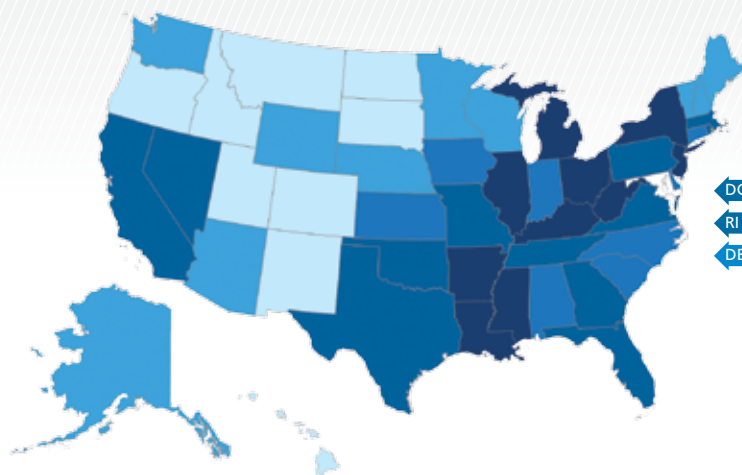
alone cost about \$26 billion annually; cases that may have been avoided with proper care cost \$17 billion.



Hospital Readmissions by State

Percentage of patients aged 65 and older who were readmitted within 30 days of discharge

Legend:
■ <14.0%
■ 14.0% to <14.5%
■ 14.5% to <14.9%
■ 14.9% to <15.3%
■ ≥15.3%



Top 5 States

Utah	12.4%
South Dakota	12.6%
Idaho	12.6%
Hawaii	12.9%
Colorado	13.1%
United States	15.0%

Bottom 5 States

West Virginia	16.3%
Louisiana	16.2%
Kentucky	16.0%
New Jersey	15.9%
New York	15.8%
United States	15.0%

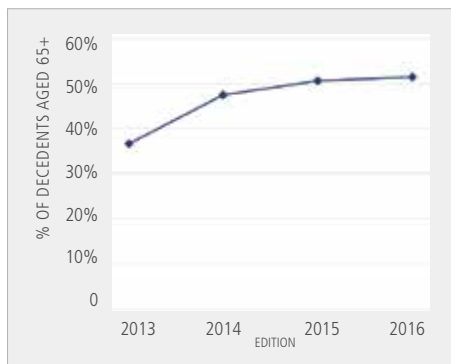
Ranking

by Hospital Readmissions

Rank	State	Value (%)	Rank	State	Value (%)
1	Utah	12.4	27	Connecticut	14.8
2	Idaho	12.6	28	California	14.9
2	South Dakota	12.6	28	Georgia	14.9
4	Hawaii	12.9	28	Massachusetts	14.9
5	Colorado	13.1	28	Pennsylvania	14.9
6	Montana	13.5	28	Rhode Island	14.9
6	New Mexico	13.5	28	Texas	14.9
8	Oregon	13.6	34	Nevada	15.1
9	North Dakota	13.9	35	Missouri	15.2
10	Maine	14.0	35	Tennessee	15.2
10	Minnesota	14.0	35	Virginia	15.2
10	New Hampshire	14.0	38	Florida	15.3
10	Wyoming	14.0	38	Oklahoma	15.3
14	Washington	14.1	40	Illinois	15.4
15	Alaska	14.2	40	Michigan	15.4
15	Nebraska	14.2	40	Ohio	15.4
15	Wisconsin	14.2	43	Mississippi	15.5
18	Arizona	14.4	44	Arkansas	15.7
18	Vermont	14.4	45	New York	15.8
20	Iowa	14.5	46	New Jersey	15.9
20	North Carolina	14.5	47	Kentucky	16.0
22	Alabama	14.6	48	Louisiana	16.2
22	Delaware	14.6	49	West Virginia	16.3
24	Indiana	14.7	NA	Maryland	NA
24	Kansas	14.7		United States	15.0
24	South Carolina	14.7		District of Columbia	15.3

Hospice Care

Hospice care is intended for terminally ill patients and emphasizes pain control and emotional support for patients and families. It can be provided in a health care facility or in a patient's home. In 2014, seniors accounted for 84% of hospice patients and 85% of hospice patients were covered by the Medicare hospice benefit. The number of individuals receiving this care as well as the number of Medicare-certified hospices has dramatically increased in the past decade. Medicare covers certified services for patients with a life expectancy of six months or less. Expenditures for this benefit have rapidly increased over the past two decades to \$13.8 billion in 2011.



Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/hospice_care_sr

Ranking

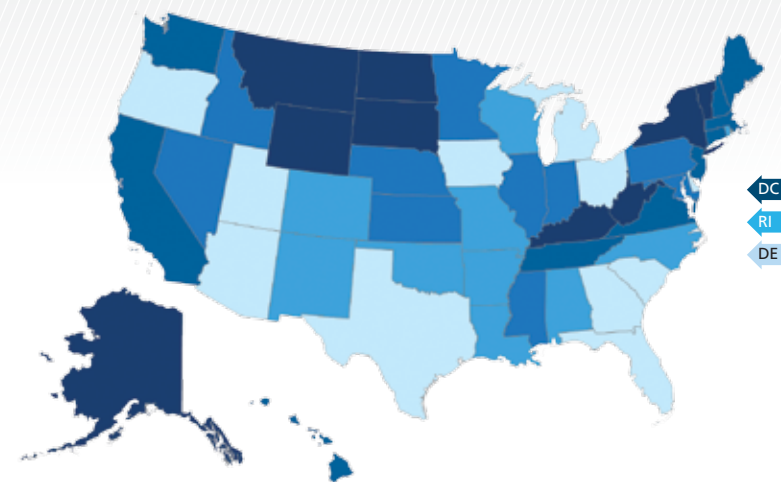
by Hospice Care

Rank	State	Value (%)
1	Arizona	65.5
2	Utah	64.5
3	Florida	61.4
4	Delaware	61.3
5	Georgia	60.3
6	Ohio	59.6
7	Iowa	59.2
8	South Carolina	58.3
9	Texas	58.0
10	Oregon	57.6
11	Michigan	57.0
12	Rhode Island	56.7
13	Colorado	56.3
14	Louisiana	55.4
15	Oklahoma	55.1
16	Alabama	54.8
17	Missouri	53.1
18	North Carolina	53.0
19	Wisconsin	52.9
20	Arkansas	52.7
20	New Mexico	52.7
22	Kansas	52.0
23	Idaho	51.8
24	Nebraska	51.4
25	Illinois	51.2
26	Nevada	50.8
27	Minnesota	50.5
28	Pennsylvania	50.0
29	Indiana	49.0
30	Mississippi	48.9
31	Maryland	48.5
32	Maine	48.3
33	New Jersey	48.1
34	New Hampshire	47.9
35	Virginia	47.7
36	Massachusetts	46.9
37	Washington	46.4
38	Connecticut	46.3
39	California	45.6
39	Tennessee	45.6
41	Hawaii	44.4
42	Montana	43.7
43	West Virginia	43.5
44	Kentucky	42.8
45	South Dakota	38.1
46	Wyoming	34.7
47	Vermont	34.4
48	New York	32.4
49	Alaska	30.9
50	North Dakota	30.3
	United States	51.4
	District of Columbia	43.9

Hospice Care by State

Percentage of decedents aged 65 and older who were enrolled in hospice during the last 6 months of life after diagnosis of condition with high probability of death

■ ≥57.0%
 ■ 52.7% to <57.0%
 ■ 48.5% to <52.7%
 ■ 44.4% to <48.5%
 ■ <44.4%



Top 5 States

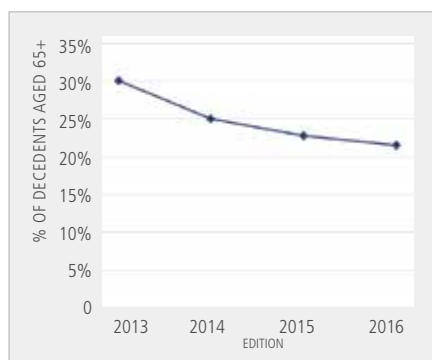
Arizona	65.5%
Utah	64.5%
Florida	61.4%
Delaware	61.3%
Georgia	60.3%
United States	51.4%

Bottom 5 States

North Dakota	30.3%
Alaska	30.9%
New York	32.4%
Vermont	34.4%
Wyoming	34.7%
United States	51.4%

Hospital Deaths

Despite a societal preference for death at home or in a free-standing hospice facility, many seniors die in a hospital. In many circumstances dying in a hospital is avoidable through alternatives such as in-home hospice care. Studies show that patients who lack caregivers are more likely to die in an institution than patients with caregivers. In the past decade, the percentage of chronically ill Medicare patients dying in hospitals has declined, though this trend varies substantially by geography. End-of-life care in a hospital carries a high economic burden.



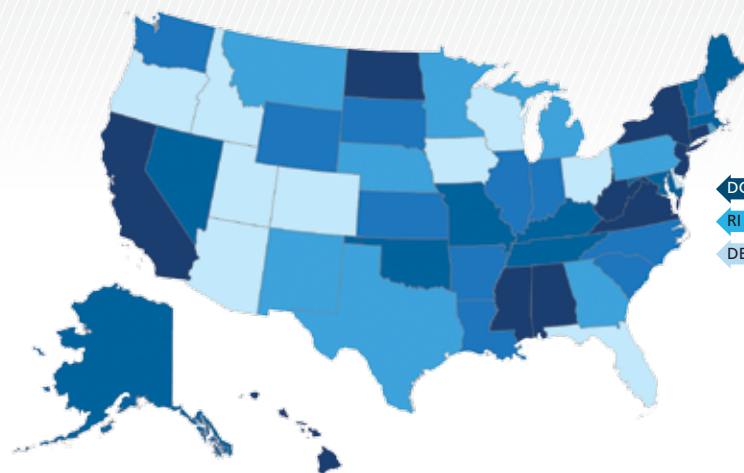
Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/hospital_deaths_sr

Hospital Deaths by State

Percentage of decedents aged 65 and older who died in a hospital

Legend:
■ <18.5%
■ 18.5% to <20.3%
■ 20.3% to <21.8%
■ 21.8% to <23.8%
■ ≥23.8%



Top 5 States

Arizona	15.3%
Utah	15.7%
Iowa	16.4%
Colorado	16.6%
Ohio	17.2%
United States	21.5%

Bottom 5 States

New York	30.9%
Hawaii	26.6%
New Jersey	25.4%
California	25.4%
Connecticut	24.6%
United States	21.5%

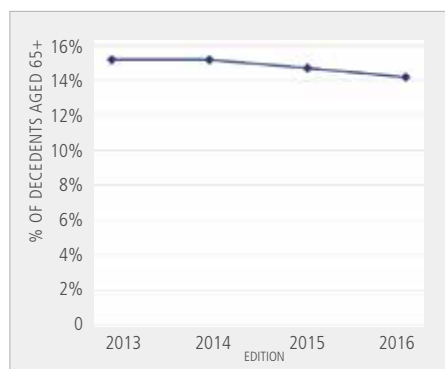
Ranking

by Hospital Deaths

Rank	State	Value (%)
1	Arizona	15.3
2	Utah	15.7
3	Iowa	16.4
4	Colorado	16.6
5	Ohio	17.2
6	Idaho	17.5
7	Delaware	17.8
8	Wisconsin	18.1
9	Oregon	18.3
10	Florida	18.4
11	Michigan	18.5
12	Montana	18.8
12	Rhode Island	18.8
14	Georgia	19.1
14	Texas	19.1
16	New Mexico	19.3
17	Minnesota	19.5
18	Nebraska	20.0
19	Pennsylvania	20.1
20	Indiana	20.3
20	New Hampshire	20.3
20	South Dakota	20.3
23	Arkansas	20.4
24	South Carolina	20.7
25	Louisiana	20.9
26	Washington	21.0
27	Kansas	21.2
28	Illinois	21.3
29	North Carolina	21.5
29	Wyoming	21.5
31	Oklahoma	21.8
32	Maine	22.1
32	Missouri	22.1
34	Maryland	22.7
35	Nevada	22.8
35	Tennessee	22.8
37	Vermont	22.9
38	Massachusetts	23.0
39	Kentucky	23.1
40	Alaska	23.5
41	North Dakota	23.8
42	Mississippi	24.0
42	Virginia	24.0
44	Alabama	24.2
45	West Virginia	24.4
46	Connecticut	24.6
47	California	25.4
47	New Jersey	25.4
49	Hawaii	26.6
50	New York	30.9
	United States	21.5
	District of Columbia	26.2

ICU Use

Overusing the critical care system often goes against the wishes of dying patients and is costly. Research indicates many patients receive care they would not choose in their final days. While not correlated with better outcomes or longer life, intensive care unit (ICU) use is correlated with availability of ICU beds; this could indicate a supply-induced demand. Areas with higher ICU use are high-use areas in other aspects as well, including physician visits and hospitalizations. End-of-life care accounts for a fourth of all Medicare spending, which means that minimizing ICU use offers a chance for meaningful cost savings and better adherence to patient preferences.



Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.americashealthrankings.org/ALL/icu_sr

Ranking

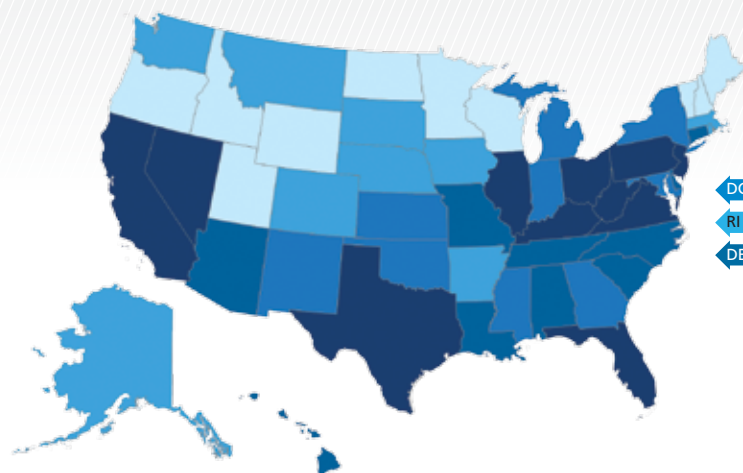
by ICU Use

Rank	State	Value (%)
1	North Dakota	4.4
2	Vermont	4.7
3	Oregon	5.2
4	Idaho	5.3
5	Maine	5.5
6	Minnesota	6.2
6	Wyoming	6.2
8	Utah	6.4
9	Wisconsin	6.5
10	New Hampshire	7.2
11	Montana	7.4
12	Iowa	7.6
13	Alaska	8.1
13	Rhode Island	8.1
15	Massachusetts	8.2
15	South Dakota	8.2
17	Washington	8.8
18	Colorado	8.9
19	Arkansas	9.5
20	Nebraska	10.4
21	Kansas	10.6
22	Maryland	11.5
23	New Mexico	11.6
24	Mississippi	11.7
25	New York	11.9
25	Oklahoma	11.9
27	Georgia	12.3
28	Michigan	13.0
29	Indiana	13.3
30	Hawaii	13.5
30	North Carolina	13.5
32	Louisiana	13.6
33	Missouri	13.9
34	Delaware	14.1
35	Tennessee	14.2
36	South Carolina	14.3
37	Alabama	14.4
38	Connecticut	14.7
39	Arizona	15.0
40	Ohio	15.1
41	Pennsylvania	15.4
42	Virginia	16.1
43	Texas	16.3
44	Kentucky	16.6
45	Illinois	16.7
46	West Virginia	16.8
47	Nevada	17.2
48	California	18.3
49	Florida	20.8
50	New Jersey	22.7
	United States	14.2
	District of Columbia	13.2

ICU Use by State

Percentage of decedents aged 65 and older spending 7 or more days in the intensive care or critical care unit during the last 6 months of life

Legend: <7.4% (lightest blue), 7.4% to <10.6% (light blue), 10.6% to <13.5% (medium blue), 13.5% to <15.1% (dark blue), >=15.1% (darkest blue)



Top 5 States

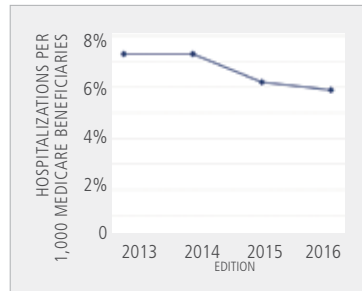
North Dakota	4.4%
Vermont	4.7%
Oregon	5.2%
Idaho	5.3%
Maine	5.5%
United States	14.2%

Bottom 5 States

New Jersey	22.7%
Florida	20.8%
California	18.3%
Nevada	17.2%
West Virginia	16.8%
United States	14.2%

Hip Fracture

More than 250,000 adults aged 65 and older are hospitalized each year for hip fractures. Besides hospitalization, hip fractures often lead to surgery and extensive rehabilitation. A hip fracture may signal the end of independence; one in four previously independent seniors remain in a long-term care facility one year after injury. Osteoporosis, physical inactivity, poor vision, certain medications, and general frailty contribute to falls and hip fractures. Common prevention interventions include nutrition supplements, medications, and exercise regimens to maintain mobility, balance, and strength. The estimated lifetime cost of a hip fracture is \$81,300, with approximately 44% of that associated with nursing-facility expenses.



Data source: The Dartmouth Atlas of Health Care, 2013

For details: www.america'shealthrankings.org/ALL/hip_fractures_sr

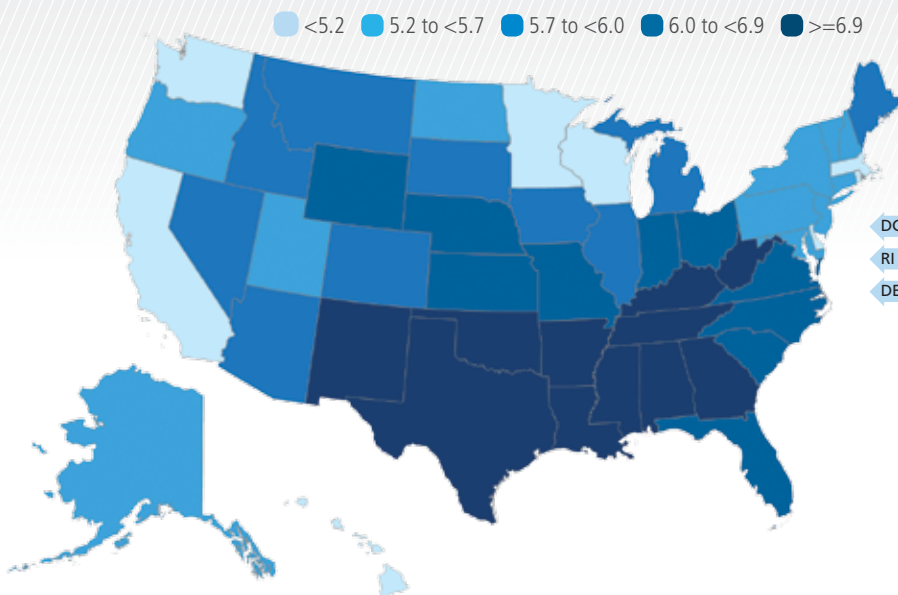
Ranking

by Hip Fracture

Rank	State	Value (per 1,000)
1	Hawaii	3.1
2	Washington	4.9
3	California	5.0
3	Delaware	5.0
3	Massachusetts	5.0
3	Rhode Island	5.0
7	Minnesota	5.1
7	Wisconsin	5.1
9	Connecticut	5.2
9	New Jersey	5.2
9	New York	5.2
9	Oregon	5.2
9	Vermont	5.2
14	Alaska	5.3
14	Maryland	5.3
16	Utah	5.4
17	New Hampshire	5.5
17	North Dakota	5.5
17	Pennsylvania	5.5
20	Arizona	5.7
20	Idaho	5.7
20	Illinois	5.7
20	Maine	5.7
20	Michigan	5.7
25	Montana	5.8
25	Nevada	5.8
27	Colorado	5.9
27	Iowa	5.9
27	South Dakota	5.9
30	Florida	6.0
30	Virginia	6.0
32	Nebraska	6.1
33	Indiana	6.2
33	Ohio	6.2
35	Kansas	6.3
36	North Carolina	6.5
37	South Carolina	6.6
37	Wyoming	6.6
39	Missouri	6.7
40	New Mexico	6.9
40	Texas	6.9
42	Georgia	7.0
42	Louisiana	7.0
44	West Virginia	7.1
45	Arkansas	7.3
45	Kentucky	7.3
45	Mississippi	7.3
48	Alabama	7.4
48	Tennessee	7.4
50	Oklahoma	7.7
	United States	5.9
	District of Columbia	5.0

Hip Fracture by State

Rate of hospitalization for hip fracture per 1,000 Medicare beneficiaries



Top 5 States

Hawaii	3.1%
Washington	4.9%
Rhode Island	5.0%
Massachusetts	5.0%
California, Delaware, Massachusetts & Rhode Island (tie)	5.0%
United States	5.9%

Bottom 5 States

Oklahoma	7.7%
Tennessee	7.4%
Alabama	7.4%
Arkansas & Kentucky	(tie) 7.3%
Mississippi	(tie) 7.3%
United States	5.9%

Falls

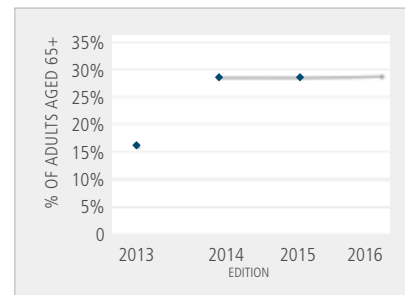


Data source: *Behavioral Risk Factor Surveillance System*, 2014

For details: www.americashealthrankings.org/ALL/falls_sr

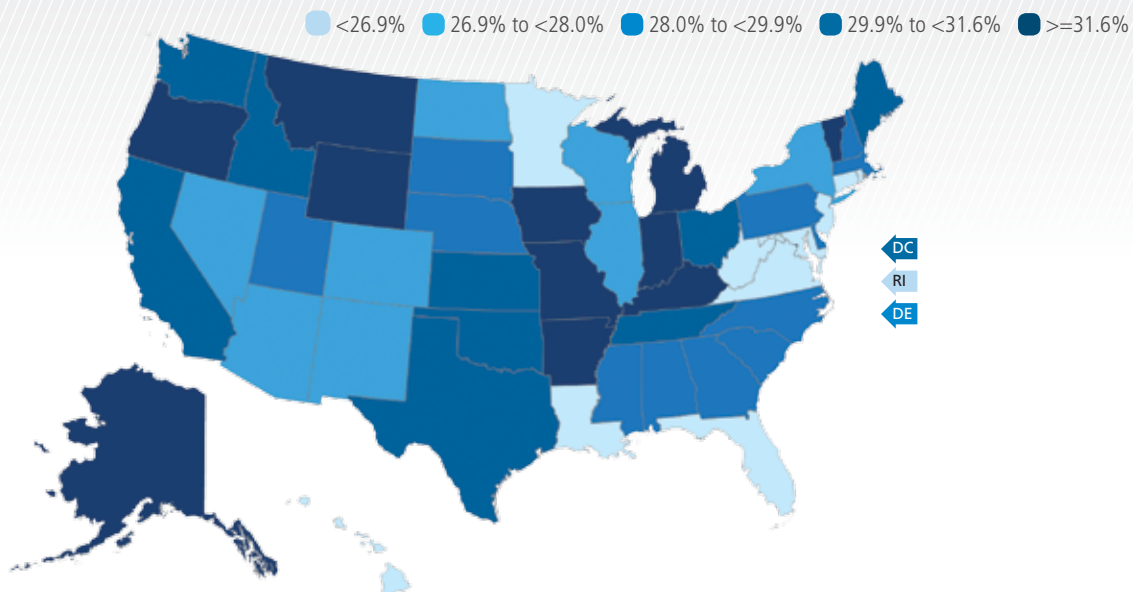
Annually, more than 12 million adults aged 65 and older fall. One out of five falls causes serious damage such as head injury or broken bones including costly hip fractures that severely limit mobility for long periods of time. Falls and their resulting injuries may contribute to social isolation and even cause premature death. The risk of falls and injury increases with age, making falls particularly problematic for persons older than age 75. Medicare pays for 78% of fall-related medical expenses which totaled

approximately \$34 billion in 2013, with each fall costing an average of \$9,000 to \$13,000.

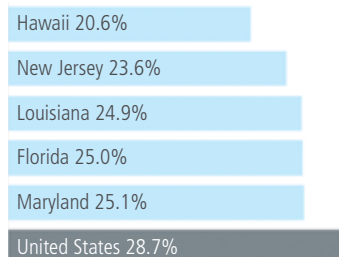


Falls by State

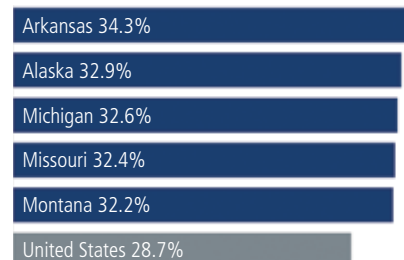
Percentage of adults aged 65 and older who self-report having had a fall within the last 12 months



Top 5 States



Bottom 5 States

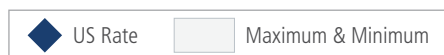


Ranking

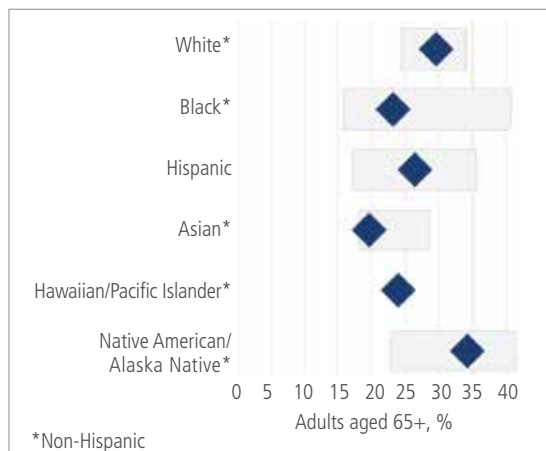
by Falls

Rank	State	Value (%)
1	Hawaii	20.6
2	New Jersey	23.6
3	Louisiana	24.9
4	Florida	25.0
5	Maryland	25.1
6	Virginia	25.6
7	Minnesota	26.1
8	Connecticut	26.5
9	West Virginia	26.6
10	Rhode Island	26.8
11	Nevada	26.9
12	Colorado	27.1
13	North Dakota	27.2
14	Illinois	27.4
15	Arizona	27.5
16	New York	27.7
17	New Mexico	27.8
17	Wisconsin	27.8
19	Delaware	28.0
19	Mississippi	28.0
19	New Hampshire	28.0
19	North Carolina	28.0
23	Nebraska	28.1
24	South Dakota	28.5
25	Georgia	28.6
25	Massachusetts	28.6
25	Pennsylvania	28.6
28	South Carolina	29.2
29	Alabama	29.4
30	Utah	29.6
31	Idaho	29.9
31	Maine	29.9
33	Ohio	30.1
33	Tennessee	30.1
35	Texas	30.3
36	Kansas	30.5
37	California	30.7
38	Oklahoma	30.8
39	Washington	31.2
40	Iowa	31.6
41	Oregon	31.7
41	Vermont	31.7
43	Indiana	31.8
44	Kentucky	32.1
44	Wyoming	32.1
46	Montana	32.2
47	Missouri	32.4
48	Michigan	32.6
49	Alaska	32.9
50	Arkansas	34.3
	United States	28.7
	District of Columbia	30.1

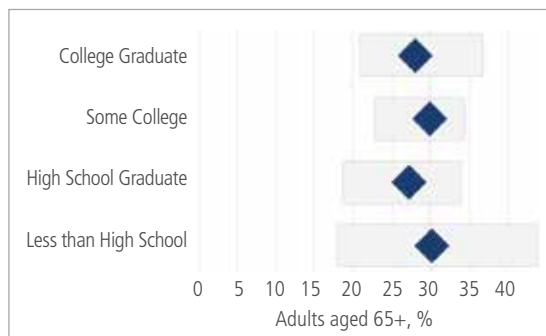
Disparities in Falls



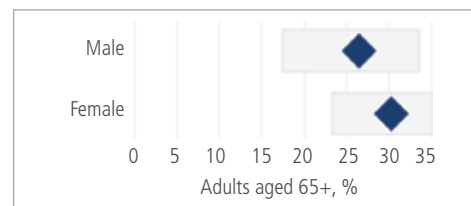
Prevalence by Race/Ethnicity



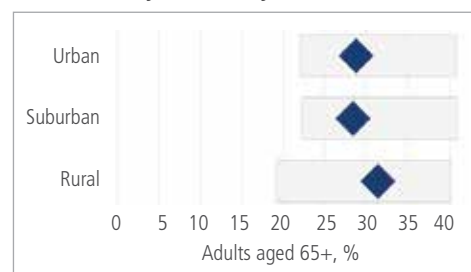
Prevalence by Education



Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Income

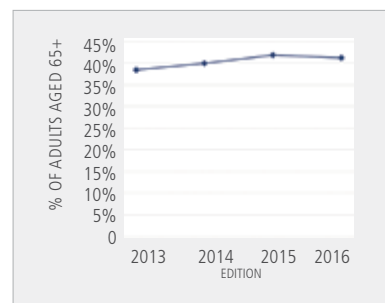


exercise regularly • reduce tripping hazards • use a cane • proper footwear • use a wheelchair • take it slow • check vision quality • avoid uneven floors • keep floors picked up • use railings • review medication side-effects • get adequate calcium and vitamin d • personal alert systems

Health Status



Self-reported health status is an indicator of the population's self-perceived health and is an independent predictor of mortality. It is a subjective measure that is not limited to certain health conditions or outcomes. It has been validated as a useful indicator of health for a variety of populations and allows for useful comparisons across different populations. It is influenced by life experience, the health of loved ones, social support, and similar factors that affect overall well-being.

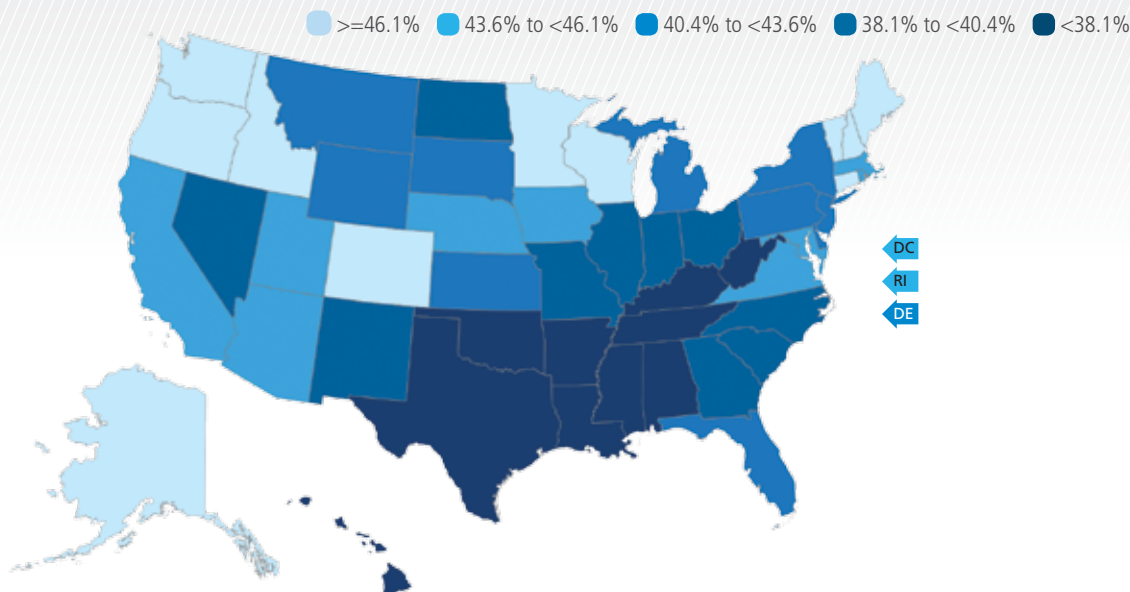


Data source: *Behavioral Risk Factor Surveillance System*, 2014

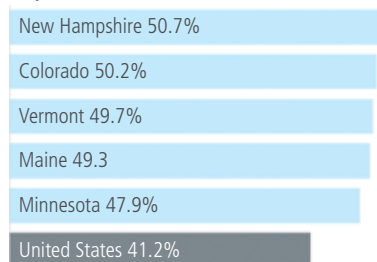
For details: www.americashealthrankings.org/ALL/health_status_sr

Health Status by State

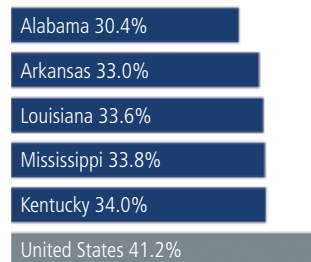
Percentage of adults aged 65 and older who self-report very good or excellent health



Top 5 States



Bottom 5 States

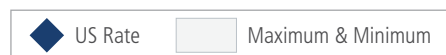


Ranking

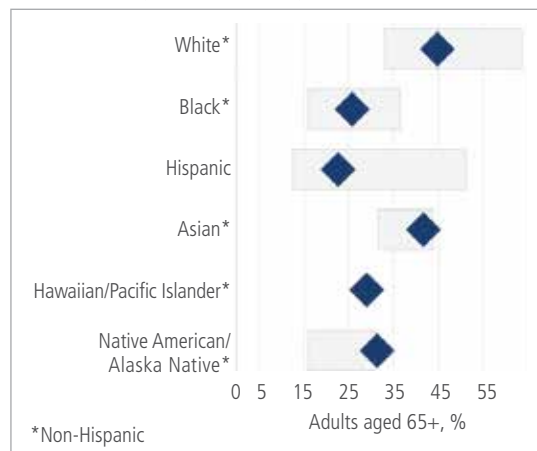
by Health Status

Rank	State	Value (%)
1	New Hampshire	50.7
2	Colorado	50.2
3	Vermont	49.7
4	Maine	49.3
5	Minnesota	47.9
6	Connecticut	47.2
6	Oregon	47.2
8	Washington	46.8
9	Alaska	46.5
10	Idaho	46.1
10	Wisconsin	46.1
12	Massachusetts	45.9
13	Nebraska	45.5
14	Utah	45.1
15	Maryland	44.9
16	Virginia	44.6
17	Arizona	44.5
18	Iowa	44.1
19	California	44.0
20	Rhode Island	43.6
21	Montana	43.5
22	Wyoming	43.0
23	Michigan	41.5
24	Florida	41.4
24	New York	41.4
24	Pennsylvania	41.4
27	Kansas	41.2
28	New Jersey	41.1
28	South Dakota	41.1
30	Delaware	40.4
31	Illinois	40.3
32	Nevada	39.9
32	New Mexico	39.9
34	Missouri	39.1
34	Ohio	39.1
36	North Dakota	38.9
37	North Carolina	38.8
38	Indiana	38.3
39	South Carolina	38.2
40	Georgia	38.1
41	Texas	37.8
42	Hawaii	37.7
43	Tennessee	35.0
44	Oklahoma	34.9
45	West Virginia	34.4
46	Kentucky	34.0
47	Mississippi	33.8
48	Louisiana	33.6
49	Arkansas	33.0
50	Alabama	30.4
	United States	41.2
	District of Columbia	44.3

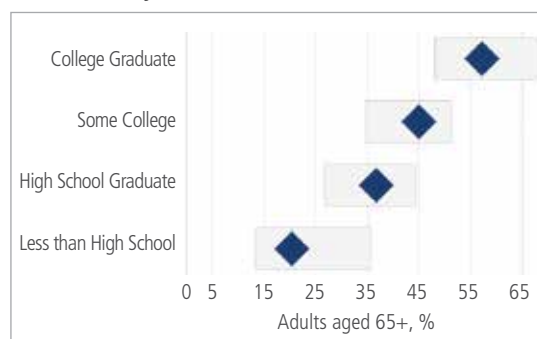
Disparities in Health Status



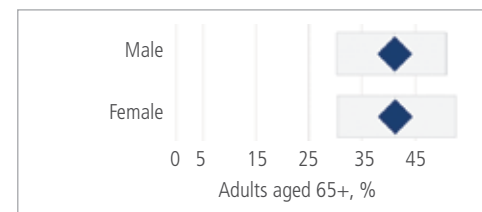
Prevalence by Race/Ethnicity



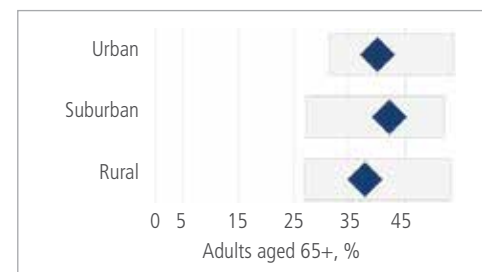
Prevalence by Education



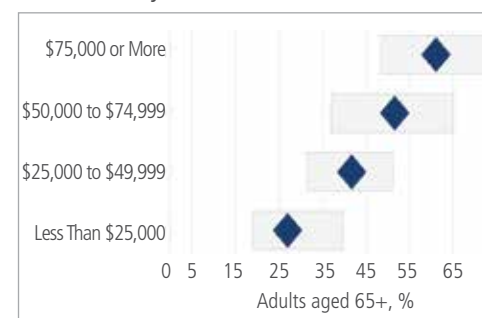
Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Income

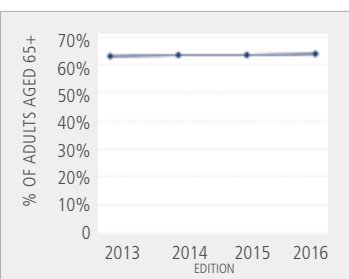


Able-bodied



Nearly 39% of adults aged 65 and older have one or more disabilities. Chronic diseases such as diabetes and congestive heart failure are often precursors to disability. Arthritis is the most common cause of disability in older adults, accounting for more than 20% of cases. Seniors with a disability are more likely to require hospitalization and long-term care than those without a disability, and medical care costs are three times higher for disabled than nondisabled seniors. While some disabilities are largely unavoidable, the extent to which they interfere

with a person's life can be mitigated through exercise, special equipment or aids, and community support programs.



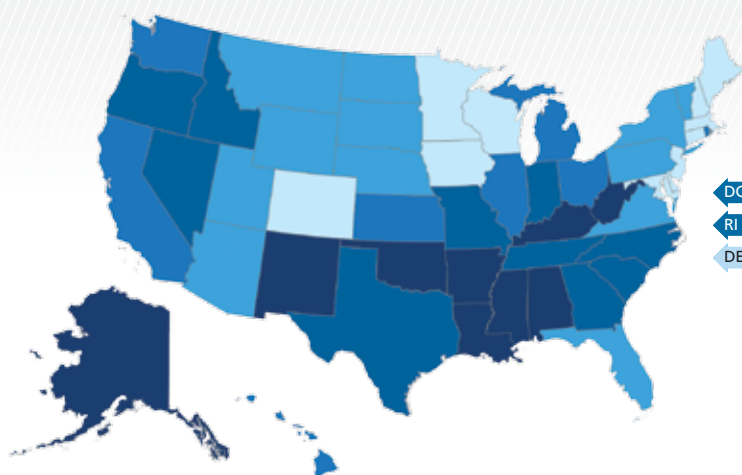
Data source: American Community Survey, 2014

For details: www.americashealthrankings.org/ALL/able_bodied_sr

Able-bodied by State

Percentage of adults aged 65 and older with no disability

Legend:
 >=66.5% (Lightest Blue)
 65.0% to <66.5% (Light Blue)
 63.4% to <65.0% (Medium Blue)
 60.6% to <63.4% (Dark Blue)
 <60.6% (Darkest Blue)



Top 5 States

Delaware	69.6%
Wisconsin	68.4%
Iowa	68.2%
Minnesota	68.2%
Connecticut	68.1%
United States	64.0%

Bottom 5 States

Mississippi	55.5%
West Virginia	55.7%
Kentucky	56.9%
Arkansas	57.4%
Oklahoma	57.6%
United States	64.0%

Ranking

by Able-bodied

Rank	State	Value (%)	Rank	State	Value (%)
1	Delaware	69.6	27	Kansas	64.2
2	Wisconsin	68.4	28	Hawaii	64.0
3	Iowa	68.2	29	Michigan	63.9
3	Minnesota	68.2	30	Rhode Island	63.7
5	Connecticut	68.1	31	Washington	63.4
6	Maryland	68.0	32	Missouri	63.3
7	New Hampshire	67.5	32	Nevada	63.3
8	Massachusetts	67.4	34	North Carolina	62.9
9	Colorado	66.9	35	Idaho	62.8
9	New Jersey	66.9	36	South Carolina	62.7
11	Maine	66.5	37	Indiana	62.5
12	Florida	66.3	38	Georgia	62.2
13	Montana	66.1	39	Oregon	62.0
14	North Dakota	65.9	40	Tennessee	60.6
14	Virginia	65.9	40	Texas	60.6
16	Utah	65.8	42	Louisiana	59.7
17	South Dakota	65.5	43	New Mexico	59.3
17	Vermont	65.5	44	Alaska	58.9
19	Pennsylvania	65.4	45	Alabama	58.2
20	New York	65.3	46	Oklahoma	57.6
21	Arizona	65.0	47	Arkansas	57.4
21	Nebraska	65.0	48	Kentucky	56.9
21	Wyoming	65.0	49	West Virginia	55.7
24	Illinois	64.9	50	Mississippi	55.5
25	Ohio	64.6		United States	64.0
26	California	64.3		District of Columbia	63.4

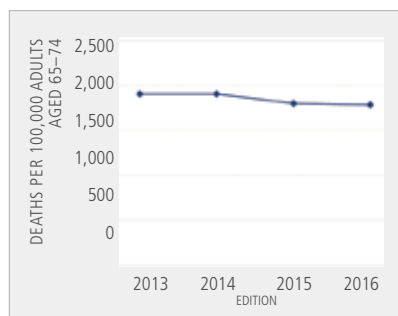
Premature Death

Premature death is a mortality measure reflecting the rate of death for seniors under age 75 and how those deaths burden the population. According to 2013 mortality data, heart disease, cancer, chronic lower respiratory disease, cerebrovascular disease, and Alzheimer's disease are the United States' top five causes of death among adults aged 65 to 74. Many of these premature deaths are preventable through lifestyle changes.

Evidence-based smoking interventions can greatly decrease premature deaths attributable to cancer. Heart disease is tied to modifiable risk factors including obesity, diabetes, and physical inactivity. Intervention strategies that encourage healthy lifestyles and preventive care can be effective in decreasing premature death in seniors.

Data source: CDC, National Center for Health Statistics, 2014

For details: www.america'shealthrankings.org/ALL/premature_death_sr



Ranking

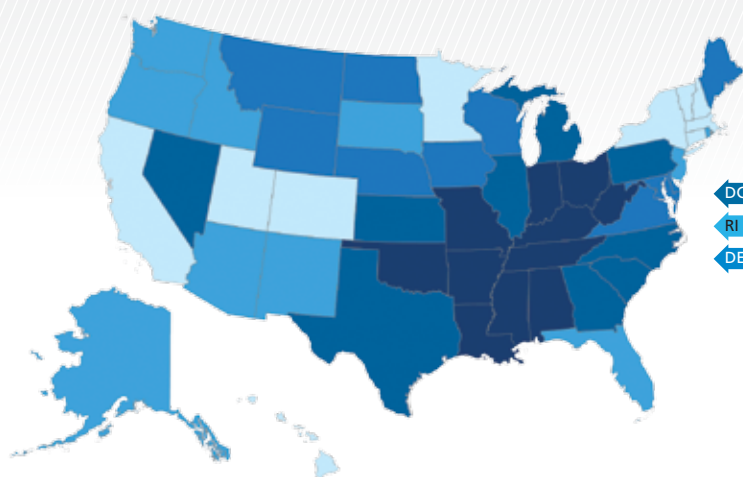
by Premature Death

Rank	State	Value (per 100,000)
1	Hawaii	1,394
2	California	1,456
3	Connecticut	1,460
4	Utah	1,468
5	Colorado	1,508
5	Minnesota	1,508
7	Massachusetts	1,543
8	Vermont	1,555
9	New York	1,571
10	New Hampshire	1,578
11	Washington	1,586
12	Arizona	1,591
13	Florida	1,592
13	South Dakota	1,592
15	New Jersey	1,619
16	Alaska	1,633
17	Oregon	1,666
18	Rhode Island	1,668
19	Idaho	1,673
20	New Mexico	1,675
21	Wisconsin	1,686
22	Delaware	1,707
23	Maryland	1,711
24	Montana	1,718
25	North Dakota	1,721
26	Maine	1,725
27	Nebraska	1,749
28	Virginia	1,753
29	Wyoming	1,782
30	Iowa	1,813
31	Illinois	1,824
32	Pennsylvania	1,852
33	Texas	1,876
34	Kansas	1,913
35	Michigan	1,924
36	North Carolina	1,936
37	Nevada	1,955
38	South Carolina	2,007
39	Georgia	2,017
40	Missouri	2,031
41	Ohio	2,050
42	Indiana	2,083
43	Tennessee	2,227
43	Louisiana	2,277
45	Arkansas	2,282
46	Alabama	2,307
47	Oklahoma	2,332
48	West Virginia	2,343
49	Kentucky	2,359
50	Mississippi	2,442
	United States	1,786
	District of Columbia	1,991

Premature Death by State

Deaths per 100,000 in adults aged 65 to 74 years

■ <1,586
 ■ 1,586 to <1,686
 ■ 1,686 to <1,824
 ■ 1,824 to <2,031
 ■ >=2,031



Top 5 States

Hawaii	1,394
California	1,456
Connecticut	1,460
Utah	1,468
Colorado & Minnesota (tie)	1,508
United States	1,786

Bottom 5 States

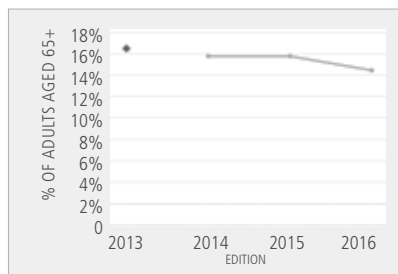
Mississippi	2,442
Kentucky	2,359
West Virginia	2,343
Oklahoma	2,332
Alabama	2,307
United States	1,786

Teeth Extractions



Untreated dental caries and periodontal disease are the most common causes of teeth extractions, but other causes include trauma, crowding, and disease. Preventable risk factors include poor diet and tobacco use. Older adults without natural teeth are at increased risk of heart disease and stroke. Absence of natural teeth affects nutrition; dentures are less efficient for chewing than are natural teeth, so people using dentures may choose foods softer than fruits and vegetables. The percentage of older adults without natural teeth is decreasing, likely due to improved

access to oral health care, public water-fluoridation programs, and reduced smoking rates.

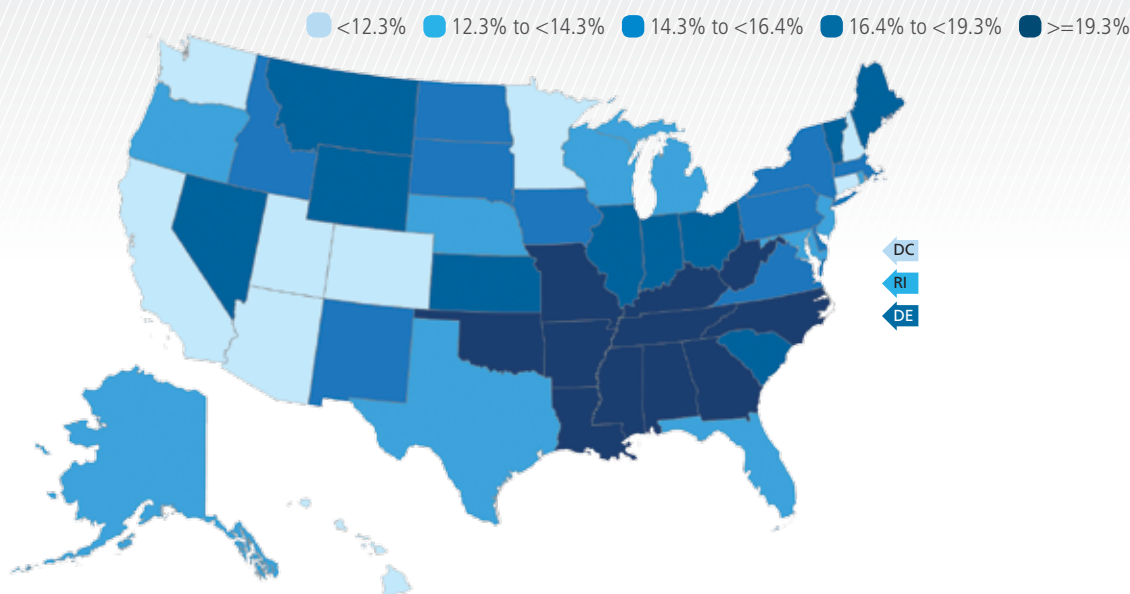


Data source: *Behavioral Risk Factor Surveillance System*, 2014

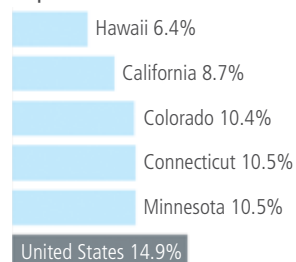
For details: www.americashealthrankings.org/ALL/teeth_extractions_sr

Teeth Extractions by State

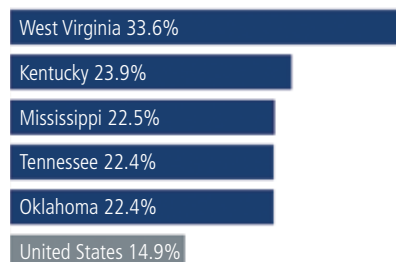
Percentage of adults aged 65 and older who self-report having had all teeth removed due to tooth decay or gum disease



Top 5 States



Bottom 5 States

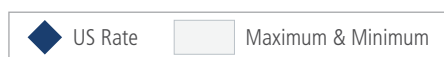


Ranking

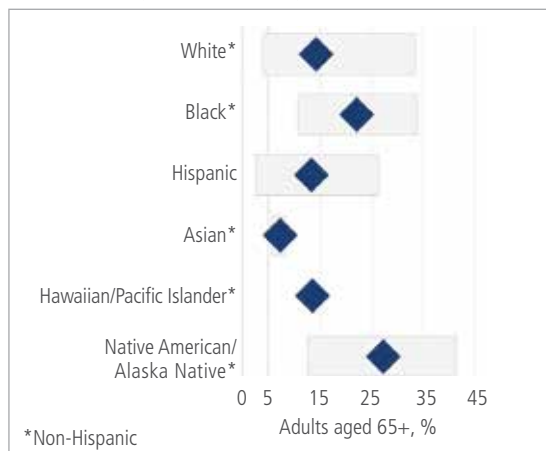
by Teeth Extractions

Rank	State	Value (%)
1	Hawaii	6.4
2	California	8.7
3	Colorado	10.4
4	Connecticut	10.5
4	Minnesota	10.5
6	Washington	11.1
7	Utah	11.2
8	Arizona	12.2
8	New Hampshire	12.2
10	Texas	12.3
11	Maryland	12.9
11	Michigan	12.9
11	Oregon	12.9
14	Florida	13.0
14	New Jersey	13.0
16	Alaska	13.4
17	Wisconsin	13.6
18	Rhode Island	13.8
19	Nebraska	14.1
20	North Dakota	14.3
21	Massachusetts	14.4
22	Idaho	14.9
22	New York	14.9
24	Iowa	15.0
25	Virginia	15.1
26	New Mexico	15.7
26	Pennsylvania	15.7
28	Delaware	16.0
29	South Dakota	16.1
30	Kansas	16.4
31	Illinois	16.5
32	Montana	16.7
33	Vermont	16.9
34	Nevada	17.0
35	Wyoming	17.2
36	Maine	17.5
37	Indiana	18.0
38	Ohio	18.1
38	South Carolina	18.1
40	Georgia	19.3
41	North Carolina	19.6
42	Missouri	19.9
43	Louisiana	20.5
44	Arkansas	21.7
45	Alabama	22.2
46	Oklahoma	22.4
46	Tennessee	22.4
48	Mississippi	22.5
49	Kentucky	23.9
50	West Virginia	33.6
	United States	14.9
	District of Columbia	11.0

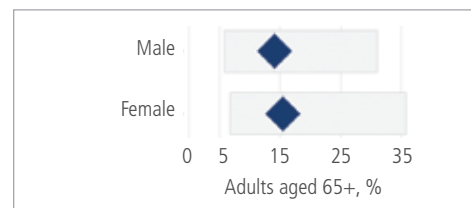
Disparities in Teeth Extractions



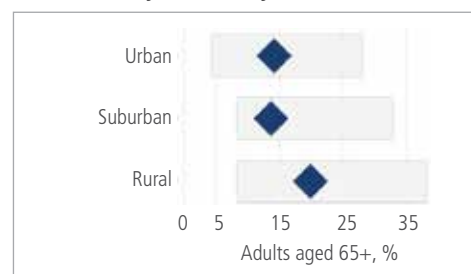
Prevalence by Race/Ethnicity



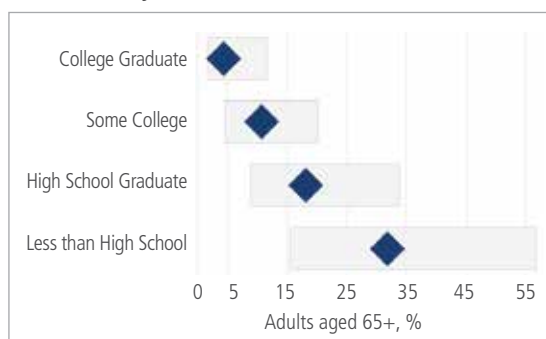
Prevalence by Gender



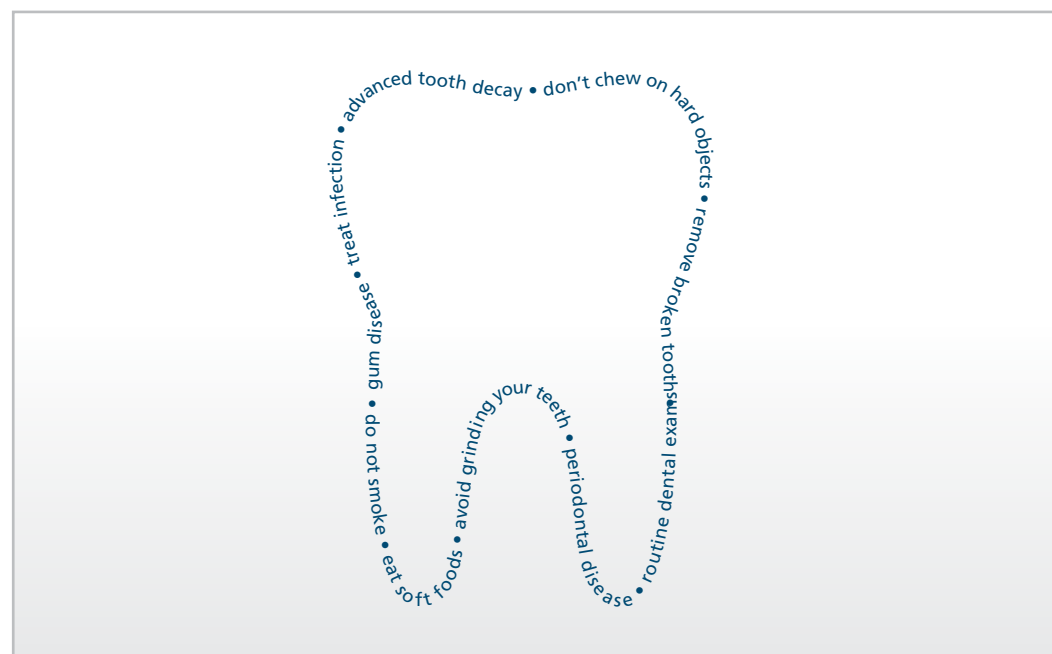
Prevalence by Urbanicity



Prevalence by Education

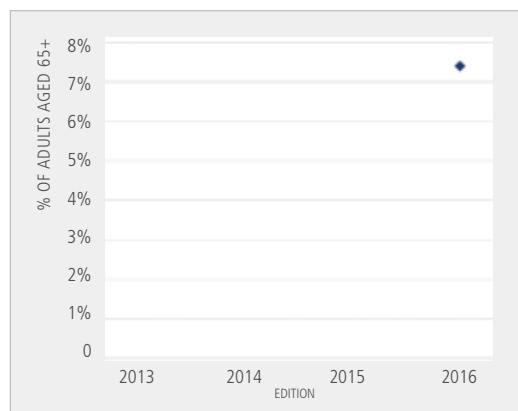


Prevalence by Income



Frequent Mental Distress

Frequent Mental Distress (FMD) emphasizes the burden of *chronic* and likely *severe* mental health issues and is an indicator of health-related quality of life, perceived mental distress, and the burden of mental illness on seniors. Older adults with FMD are more likely to have frequent insufficient sleep and are at increased risk of obesity. Depressive symptoms that contribute to frequent mental distress closely relate to impaired cognitive functioning and may reduce seniors' likelihood of utilizing treatment for their mental health issues. Chronic and severe mental health episodes are treatable and may be preventable through simple, cost-effective and time-efficient screening procedures, early interventions, and quality care.

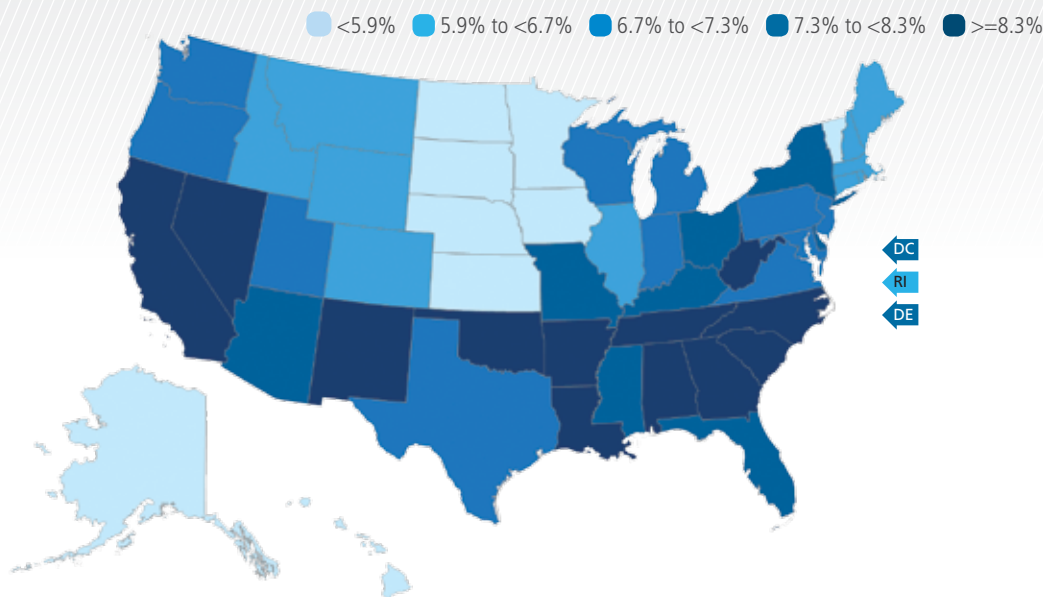


Data source: *Behavioral Risk Factor Surveillance System, 2014*

For details: www.americashealthrankings.org/ALL/mental_health_days_sr

Frequent Mental Distress by State

Percentage of adults aged 65 and older who self-report their mental health was not good 14 or more days during the past 30 days



Top 5 States

Hawaii	4.7%
South Dakota	4.7%
Vermont	4.8%
Minnesota	5.0%
Kansas & Nebraska (tie)	5.1%
United States	7.4%

Bottom 5 States

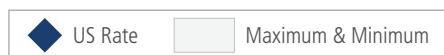
West Virginia	10.1%
Tennessee	9.9%
Alabama	9.4%
California	8.9%
New Mexico	8.8%
United States	7.4%

Ranking

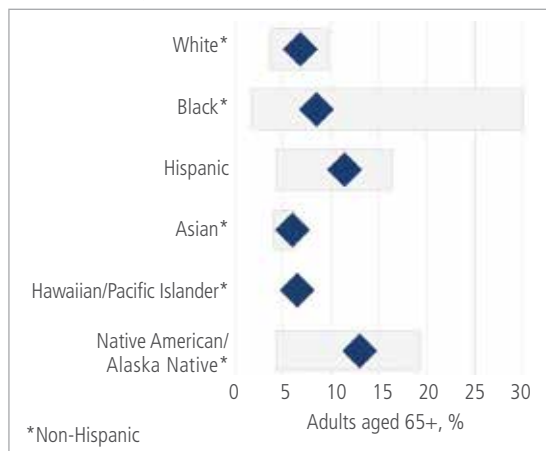
by Frequent Mental Distress

Rank	State	Value (%)
1	Hawaii	4.7
1	South Dakota	4.7
3	Vermont	4.8
4	Minnesota	5.0
5	Kansas	5.1
5	Nebraska	5.1
7	Iowa	5.5
8	Alaska	5.7
8	North Dakota	5.7
10	Colorado	5.9
10	Montana	5.9
12	Massachusetts	6.0
12	New Hampshire	6.0
14	Rhode Island	6.2
15	Illinois	6.3
16	Connecticut	6.4
16	Idaho	6.4
16	Maine	6.4
19	Wyoming	6.5
20	Maryland	6.7
20	Texas	6.7
20	Virginia	6.7
20	Wisconsin	6.7
24	New Jersey	6.8
24	Utah	6.8
26	Oregon	6.9
27	Michigan	7.0
28	Indiana	7.1
29	Pennsylvania	7.2
29	Washington	7.2
31	Florida	7.3
31	Kentucky	7.3
33	Arizona	7.4
33	Mississippi	7.4
33	Ohio	7.4
36	Delaware	7.5
37	New York	7.6
38	Missouri	8.1
39	Arkansas	8.3
39	South Carolina	8.3
41	Georgia	8.4
42	Louisiana	8.5
43	Oklahoma	8.6
44	Nevada	8.7
44	North Carolina	8.7
46	New Mexico	8.8
47	California	8.9
48	Alabama	9.4
49	Tennessee	9.9
50	West Virginia	10.1
	United States	7.4
	District of Columbia	7.7

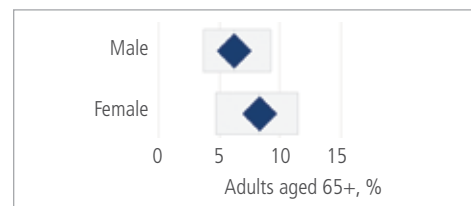
Disparities in Frequent Mental Distress



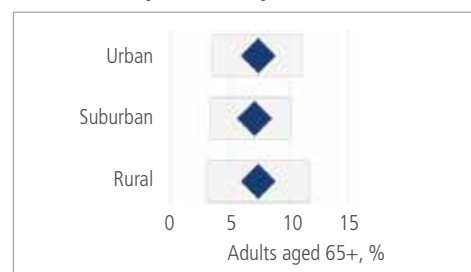
Prevalence by Race/Ethnicity



Prevalence by Gender



Prevalence by Urbanicity



Prevalence by Education



Prevalence by Income



Supplemental Measures

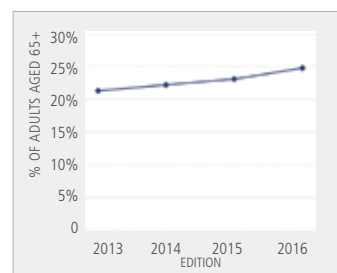
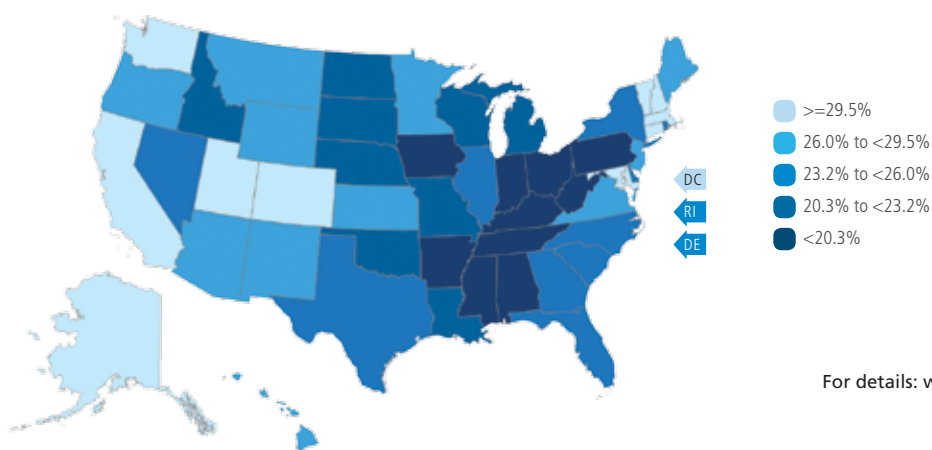
Education

Behaviors

Education fosters health; it enables people to learn about, create, and maintain a healthy lifestyle. Education is a strong predictor of life expectancy as well as overall well-being. Individuals with more education are more likely to have higher incomes, better health insurance coverage, and increased access to preventive health care. Increasing educational attainment

has been shown to improve the health status of the population as a whole; each additional year of education is associated with an increase in health-promoting behaviors and decreased mortality risk. Investments in early childhood education can positively influence long-term health and reduce health care expenditures.

Percentage of adults aged 65 and older with a college degree



Data source: American Community Survey, 2014

For details: www.americashealthrankings.org/ALL/education_sr

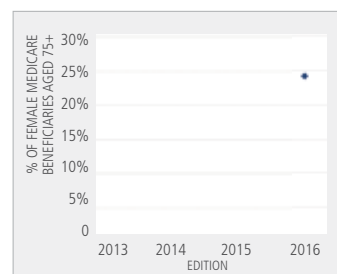
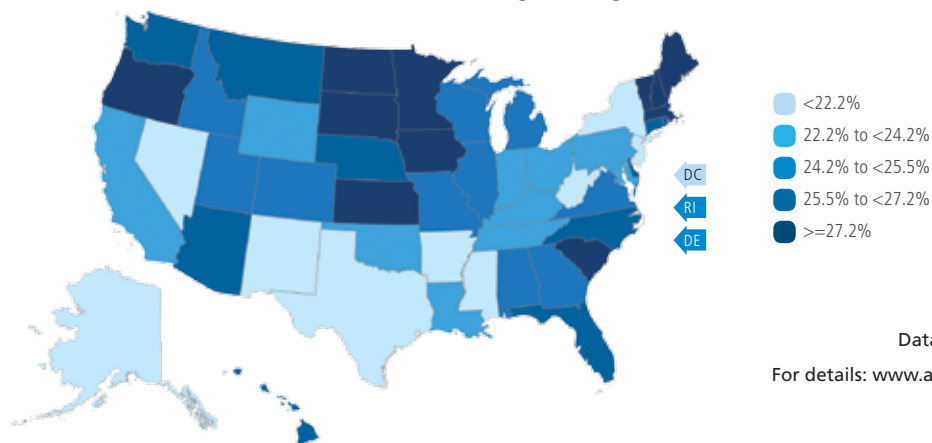
Overuse — Mammography

Clinical Care

Mammography screening has been widely accepted as an important part of breast cancer detection and mortality reduction, but professional opinions are changing in light of evidence that benefits don't always outweigh the harms for women at average risk. Despite increased breast cancer risk with advancing age, the US Preventive Services Task Force does not recommend for or against mammography screening

in women aged 75 years and older. The predominant risk of mammography screening in women aged 75 and older is over diagnosis. For frail elderly women who have cognitive or functional impairments, over diagnosis and the resulting overtreatment can be especially burdensome, leading to psychological harms and costly follow-up.

Percentage of female Medicare beneficiaries aged 75 and older who had at least one screening mammogram



Data source: The Dartmouth Atlas of Healthcare, 2012

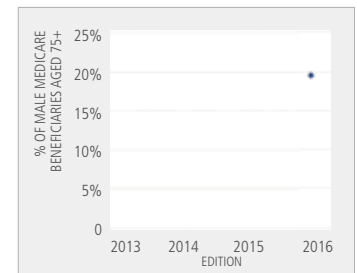
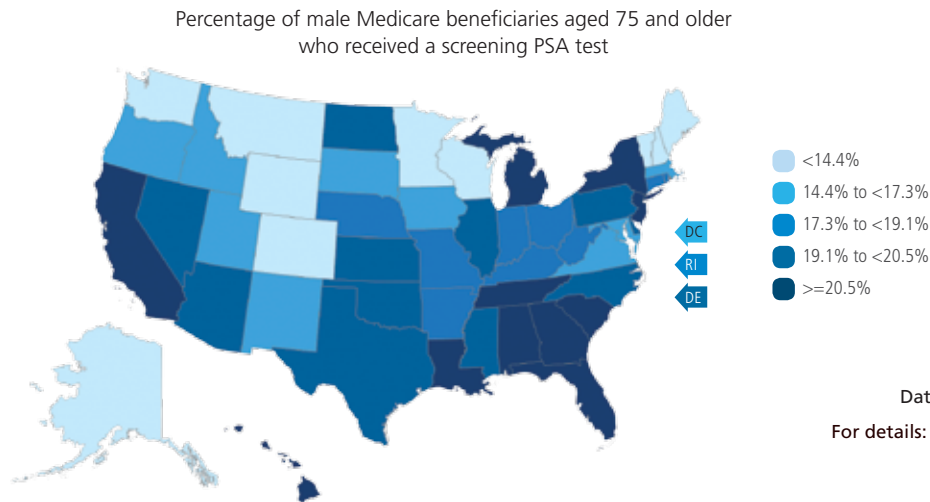
For details: www.americashealthrankings.org/ALL/mammography_sr

Overuse — PSA Test

Clinical Care

Age is the strongest risk factor for the development of prostate cancer. Men aged 75 years and older account for 70% of deaths due to prostate cancer. Randomized controlled trials of prostate cancer screening and treatment have not shown a significant reduction in prostate cancer mortality among men older than 70. No organizations currently endorse routine prostate cancer

screening for men at average risk due to concerns about the high rate of over diagnosis and potential for serious side effects associated with treatment. The US Preventive Services Task Force recommends against prostate-specific antigen (PSA) screening in all age groups stating the benefits do not outweigh the harms to men in the general US population.



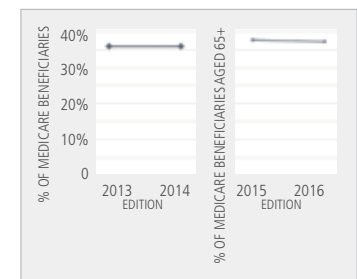
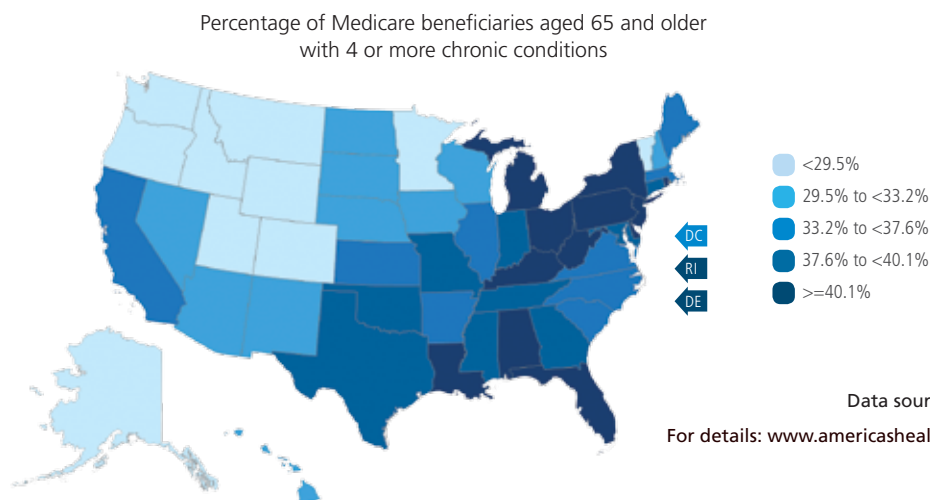
Data source: The Dartmouth Atlas of Healthcare, 2012
For details: www.americashealthrankings.org/ALL/PSA_test_sr

Multiple Chronic Conditions

Clinical Care

Chronic conditions negatively impact daily functioning and contribute to increased mortality risk. The prevalence of multiple chronic conditions (MCC) among older adults is much higher than the prevalence in the general population. Adults aged 65 and older with three or more chronic conditions, when compared with those with none, spend an additional

\$35,000 on medical care over a lifetime and their lives are 5.3 years shorter on average. Many common chronic conditions are largely preventable. Tobacco use, poor diet, insufficient exercise, and alcohol consumption are modifiable behaviors that contribute significantly to multiple chronic conditions.



Data source: Centers for Medicare & Medicaid Services, 2014
For details: www.americashealthrankings.org/ALL/multiple_chronic_conditions_sr

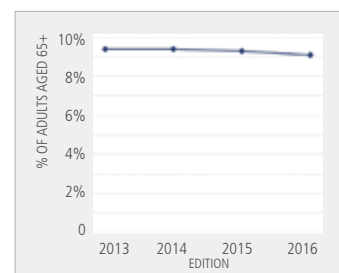
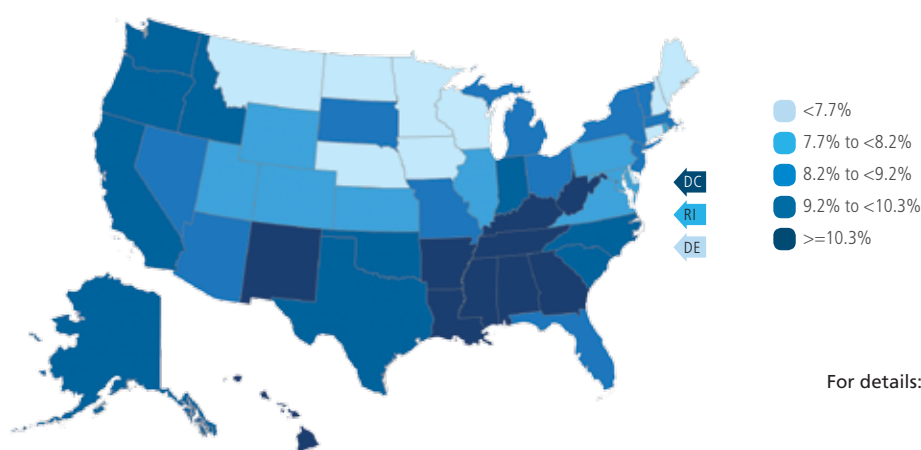
Cognition

Clinical Care

More than 16 million US individuals have cognitive impairment (CI). Mild CI, marked by memory decline, affects nearly 25% of seniors living at home. Alzheimer's disease, a severe form of CI, affects nearly 5.1 million adults nationwide. Age is the greatest risk factor for CI, and with the growing baby boomer population, demand is soaring for support services related to

cognitive issues. Cognitive impairment carries a large cost as individuals with CI have three times as many hospitalizations as those without. Evidence suggests that keeping intellectually engaged and physically active promote healthy cognitive aging.

Percentage of adults aged 65 and older who report having a cognitive difficulty



Data source: American Community Survey, 2014

For details: www.americashealthrankings.org/ALL/cognition_sr

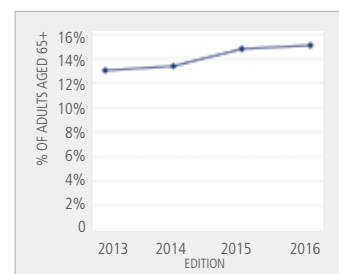
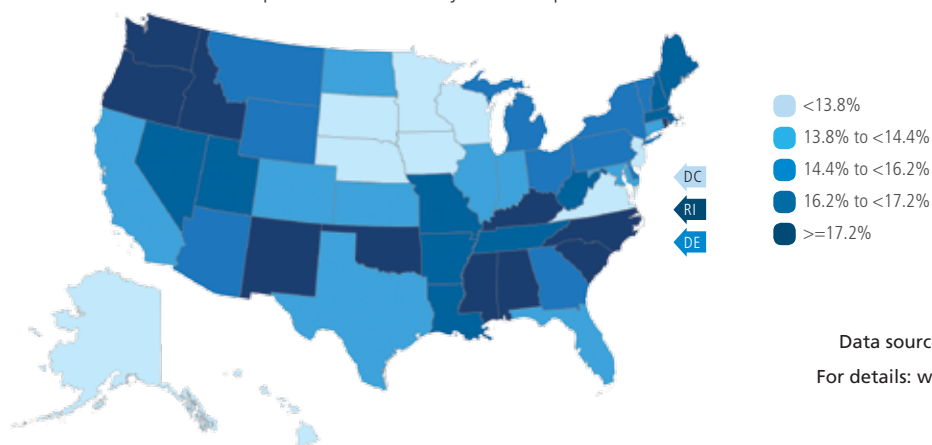
Depression

Clinical Care

Depression affects an individual's quality of life and can impair physical, mental, and social functioning. Risk factors include lack of social support, chronic disease, pain, and loss of a loved one. Estimates of the prevalence of depression among seniors vary widely, with higher rates found among those living in long-term care facilities. Seniors with even mild to moderate depression

are less likely to seek mental health care and often experience poorer health outcomes than their nondepressed peers. Compared with those who seek treatment, these individuals may use more medications, incur higher outpatient charges, and stay longer in the hospital.

Percentage of adults aged 65 and older who were told by a health professional that they have a depressive disorder



Data source: Behavioral Risk Factor Surveillance System, 2014

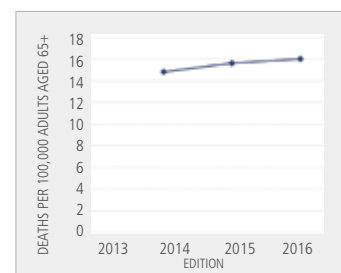
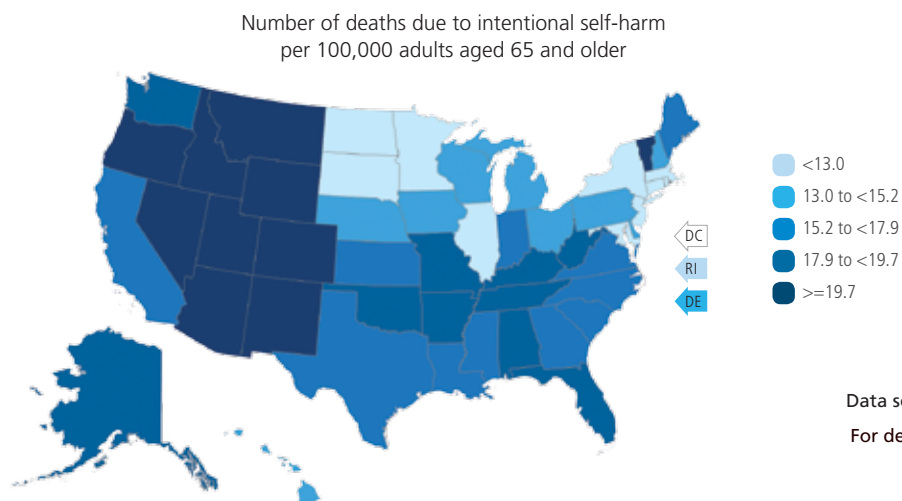
For details: www.americashealthrankings.org/ALL/depression_sr

Suicide

Clinical Care

Suicide is the 10th-leading cause of death in the United States. Risk factors in older adults include psychiatric illness, substance abuse, physical illness and disability, cognitive decline, and social isolation. In 2014 the general-population suicide rate was 13.4 deaths per 100,000. That same year, the rate was 15.7 deaths

per 100,000 adults aged 65 to 74; 17.7 deaths per 100,000 adults aged 75 to 84; and 19.3 deaths per 100,000 adults aged 85 and older. In 2010, suicide among those 65 and older had an estimated lifetime cost of \$1.1 billion.



Data source: National Center for Health Statistics, 2012-2014

For details: www.americashealthrankings.org/ALL/Suicide_sr

State Summaries

Alabama

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.4	30	4.5
Excessive Drinking (% of adults aged 65+)	4.3	7	2.9
Obesity (% of adults aged 65+)	28.9	33	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)	33.7	37	22.7
Dental Visit (% of adults aged 65+)	57.9	44	78.1
Pain Management (% of adults aged 65+ with joint pain)	50.3	5	53.2
Behaviors Total	-0.037	32	
Community & Environment			
Poverty (% of adults aged 65+)	11.2	45	4.3
Volunteerism (% of adults aged 65+)	23.9	31	46.3
Nursing Home Quality (% of 4- & 5-star beds)	47.1	19	62.9
Community & Environment—Macro Total	-0.024	37	
Home-Delivered Meals (% of adults aged 65+ in poverty)	17.3	33	101.3
Food Insecurity (% of adults aged 60+)	17.2	42	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$493	33	\$6,701
Community & Environment—Micro Total	-0.028	41	
Community & Environment Total	-0.052	38	
Policy			
Low-Care Nursing Home Residents (% of residents)	12.7	31	4.1
SNAP Reach (% of adults aged 60+ in poverty)	51.9	36	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	81.1	45	25.8
Policy Total	-0.062	36	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.0	7	96.9
Flu Vaccine (% of adults aged 65+)	64.1	16	70.7
Health Screenings (% of adults aged 65 to 74)	88.2	14	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.4	29	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.8	20	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	53.0	48	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	65.4	45	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	22	12.4
Hospice Care (% of decedents aged 65+)	54.8	16	65.5
Hospital Deaths (% of decedents aged 65+)	24.2	44	15.3
Clinical Care Total	0.005	26	
All Determinants	-0.146	40	
Outcomes			
ICU Use (% of decedents aged 65+)	14.4	37	4.4
Falls (% of adults aged 65+)	29.4	29	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.4	48	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	30.4	50	50.7
Able-bodied (% of adults aged 65+)	58.2	45	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,307	46	1,394
Teeth Extractions (% of adults aged 65+)	22.2	45	6.4
Frequent Mental Distress (% of adults aged 65+)	9.4	48	4.7
All Outcomes	-0.329	49	
Overall	-0.475	44	
Supplemental Measures			
Education (% of adults aged 65+)	19.0	46	34.0
Overuse—Mammography (% women aged 75+)	25.3	28	18.6
Overuse—PSA Test (% men aged 75+)	24.2	49	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.0	43	22.0
Cognition (% of adults aged 65+)	11.4	47	6.3
Depression (% of adults aged 65+)	18.0	44	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.0	31	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	41.6	49.5



Overall Rank: 44

Change: ▼ 2
Determinants Rank: 40
Outcomes Rank: 49

Strengths:

- Low prevalence of excessive drinking
- High percentage of seniors with dedicated provider
- High prescription drug coverage

Challenges:

- Low health status
- High prevalence of frequent mental distress
- Limited availability of home health care workers

Highlights:

- In the past year, SNAP reach decreased 26% from 69.8% to 51.9% of adults aged 65+ in poverty.
- In the past year, poverty increased 6% from 10.6% to 11.2% of adults aged 65+.
- In the past 2 years, hip fractures decreased 16% from 8.8 to 7.4 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 12% from 47.2 to 53.0 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, premature death decreased 4% from 2,403 to 2,307 deaths per 100,000 adults aged 65 to 74.

Ranking:

Alabama ranks 44th in *America's Health Rankings® Senior Report*; it was 42nd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 46th.

State Health Department Website:
www.adph.org

Alaska

Overall Rank: 21

Change: ▲ 10

Determinants Rank: 21

Outcomes Rank: 26

Strengths:

- Low percentage of seniors living in poverty
- Ready availability of home health care workers
- High community support expenditures

Challenges:

- Low percentage of diabetes management
- Low hospice care use
- Low percentage of seniors with dedicated provider

Highlights:

- In the past year, nursing home quality increased 37% from 34.6% to 47.3% of beds rated 4- or 5-stars.
- In the past year, hospital deaths decreased 13% from 27.0% to 23.5% of decedents aged 65+.
- In the past 2 years, hospice care use increased 39% from 22.2% to 30.9% of decedents aged 65+.
- In the past 3 years, food insecurity decreased 44% from 16.0% to 8.9% of adults aged 60+.
- In the past 3 years, hip fractures decreased 27% from 7.3 to 5.3 hospitalizations per 1,000 Medicare beneficiaries.

Ranking:

Alaska ranks 21st in *America's Health Rankings® Senior Report*; it was 31st last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 27th.

State Health Department Website:

dhss.alaska.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.8	42	4.5
Excessive Drinking (% of adults aged 65+)	8.9	45	2.9
Obesity (% of adults aged 65+)	29.6	39	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)	27.9	12	22.7
Dental Visit (% of adults aged 65+)	64.5	29	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
Behaviors Total	-0.080	40	

Community & Environment			
Poverty (% of adults aged 65+)	4.3	1	4.3
Volunteerism (% of adults aged 65+)	28.2	16	46.3
Nursing Home Quality (% of 4- & 5-star beds)	47.3	18	62.9
Community & Environment—Macro Total	0.096	7	
Home-Delivered Meals (% of adults aged 65+ in poverty)	101.3	1	101.3
Food Insecurity (% of adults aged 60+)	8.9	2	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$6,701	1	\$6,701
Community & Environment—Micro Total	0.192	1	
Community & Environment Total	0.288	2	

Policy			
Low-Care Nursing Home Residents (% of residents)	11.8	26	4.1
SNAP Reach (% of adults aged 60+ in poverty)	110.4	3	124.4
Prescription Drug Coverage (% of adults aged 65+)	79.0	47	88.0
Geriatrician Shortfall (% of needed geriatricians)	62.5	16	25.8
Policy Total	0.002	20	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	86.2	50	96.9
Flu Vaccine (% of adults aged 65+)	51.6	50	70.7
Health Screenings (% of adults aged 65 to 74)	82.7	41	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.6	49	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	65.1	49	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	278.8	1	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	40.1	7	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.2	15	12.4
Hospice Care (% of decedents aged 65+)	30.9	49	65.5
Hospital Deaths (% of decedents aged 65+)	23.5	40	15.3
Clinical Care Total	-0.111	49	
All Determinants	0.099	21	

Outcomes			
ICU Use (% of decedents aged 65+)	8.1	13	4.4
Falls (% of adults aged 65+)	32.9	49	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.3	14	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	46.5	9	50.7
Able-bodied (% of adults aged 65+)	58.9	44	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,633	16	1,394
Teeth Extractions (% of adults aged 65+)	13.4	16	6.4
Frequent Mental Distress (% of adults aged 65+)	5.7	8	4.7
All Outcomes	0.073	26	
Overall	0.171	21	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.4	4	34.0
Overuse—Mammography (% women aged 75+)	18.6	1	18.6
Overuse—PSA Test (% men aged 75+)	13.7	5	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	22.3	2	22.0
Cognition (% of adults aged 65+)	9.9	34	6.3
Depression (% of adults aged 65+)	11.9	2	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.2	33	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	85.1	49.5

Arizona



Overall Rank: 27

Change: ▼ 5
Determinants Rank: 32
Outcomes Rank: 22

Strengths:

- High hospice care use
- Low rate of preventable hospitalizations
- Low prevalence of obesity

Challenges:

- Low flu vaccination coverage
- Low SNAP enrollment
- Limited availability of home-delivered meals

Highlights:

- In the past year, SNAP reach decreased 37% from 67.0% to 42.5% of adults aged 65+ in poverty.
- In the past year, home-delivered meals decreased 21% from 14.1% to 11.1% of seniors in poverty.
- In the past 2 years, volunteerism increased 16% from 17.6% to 20.4% of adults aged 65+.
- In the past 3 years, poverty increased 15% from 8.2% to 9.4% of adults aged 65+.
- In the past 3 years, preventable hospitalizations decreased 24% from 52.9 to 40.1 discharges per 1,000 Medicare beneficiaries.

Ranking:

Arizona ranks 27th in *America's Health Rankings® Senior Report*; it was 22nd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 30th.

State Health Department Website:
www.azdhs.gov

	2016 Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.0	27	4.5
Excessive Drinking (% of adults aged 65+)	7.2	35	2.9
Obesity (% of adults aged 65+)	24.7	7	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	42	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.1	10	22.7
Dental Visit (% of adults aged 65+)	65.3	28	78.1
Pain Management (% of adults aged 65+ with joint pain)	44.8	29	53.2
Behaviors Total	0.009	21	
Community & Environment			
Poverty (% of adults aged 65+)	9.4	34	4.3
Volunteerism (% of adults aged 65+)	20.4	41	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.6	20	62.9
Community & Environment—Macro Total	-0.012	33	
Home-Delivered Meals (% of adults aged 65+ in poverty)	11.1	45	101.3
Food Insecurity (% of adults aged 60+)	15.4	31	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$429	39	\$6,701
Community & Environment—Micro Total	-0.023	38	
Community & Environment Total	-0.035	35	
Policy			
Low-Care Nursing Home Residents (% of residents)	10.9	22	4.1
SNAP Reach (% of adults aged 60+ in poverty)	42.5	45	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	75.5	36	25.8
Policy Total	-0.061	35	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.0	37	96.9
Flu Vaccine (% of adults aged 65+)	56.1	43	70.7
Health Screenings (% of adults aged 65 to 74)	84.3	36	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.5	46	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	76.0	39	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	108.4	20	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	40.1	7	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.4	18	12.4
Hospice Care (% of decedents aged 65+)	65.5	1	65.5
Hospital Deaths (% of decedents aged 65+)	15.3	1	15.3
Clinical Care Total	0.019	19	
All Determinants	-0.067	32	
Outcomes			
ICU Use (% of decedents aged 65+)	15.0	39	4.4
Falls (% of adults aged 65+)	27.5	15	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.7	20	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.5	17	50.7
Able-bodied (% of adults aged 65+)	65.0	21	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,591	12	1,394
Teeth Extractions (% of adults aged 65+)	12.2	8	6.4
Frequent Mental Distress (% of adults aged 65+)	7.4	33	4.7
All Outcomes	0.085	22	
Overall	0.018	27	
Supplemental Measures			
Education (% of adults aged 65+)	27.3	16	34.0
Overuse—Mammography (% women aged 75+)	26.9	37	18.6
Overuse—PSA Test (% men aged 75+)	20.1	37	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.7	15	22.0
Cognition (% of adults aged 65+)	8.7	26	6.3
Depression (% of adults aged 65+)	14.9	22	8.2
Suicide (deaths per 100,000 adults aged 65+)	22.7	44	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		58.8	49.5

Arkansas

Overall Rank: 47



Change: no change
Determinants Rank: 47
Outcomes Rank: 47

Strengths:

- Low prevalence of activity-limiting joint pain
- High percentage of quality nursing home beds
- Low prevalence of excessive drinking

Challenges:

- High prevalence of food insecurity
- High prevalence of physical inactivity
- High prevalence of falls

Highlights:

- In the past year, obesity increased 11% from 26.4% to 29.2% of adults aged 65+.
- In the past year, nursing home quality increased 12% from 44.7% to 50.1% of beds rated 4- or 5-stars.
- In the past year, flu vaccination coverage increased 9% from 58.0% to 63.5% of adults aged 65+.
- In the past 2 years, ICU use in last 6 months of life decreased 20% from 11.9% to 9.5% of decedents aged 65+.
- In the past 3 years, preventable hospitalizations decreased 17% from 79.3 to 65.9 discharges per 1,000 Medicare beneficiaries.

Ranking:

Arkansas ranks 47th in *America's Health Rankings® Senior Report*; it was 47th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 48th.

State Health Department Website:
www.healthy.arkansas.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	11.5	45	4.5
Excessive Drinking (% of adults aged 65+)	5.4	15	2.9
Obesity (% of adults aged 65+)	29.2	36	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	41.2	50	22.7
Dental Visit (% of adults aged 65+)	54.5	48	78.1
Pain Management (% of adults aged 65+ with joint pain)	50.9	4	53.2
Behaviors Total	-0.118	45	

Community & Environment			
Poverty (% of adults aged 65+)	10.6	41	4.3
Volunteerism (% of adults aged 65+)	19.6	42	46.3
Nursing Home Quality (% of 4- & 5-star beds)	50.1	10	62.9
Community & Environment—Macro Total	-0.023	36	
Home-Delivered Meals (% of adults aged 65+ in poverty)	30.7	15	101.3
Food Insecurity (% of adults aged 60+)	26.1	50	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$720	20	\$6,701
Community & Environment—Micro Total	-0.051	46	
Community & Environment Total	-0.074	43	

Policy			
Low-Care Nursing Home Residents (% of residents)	15.9	42	4.1
SNAP Reach (% of adults aged 60+ in poverty)	45.2	42	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	73.1	31	25.8
Policy Total	-0.092	43	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.9	22	96.9
Flu Vaccine (% of adults aged 65+)	63.5	19	70.7
Health Screenings (% of adults aged 65 to 74)	82.2	42	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.7	41	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	76.3	38	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	111.5	18	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	65.9	46	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.7	44	12.4
Hospice Care (% of decedents aged 65+)	52.7	20	65.5
Hospital Deaths (% of decedents aged 65+)	20.4	23	15.3
Clinical Care Total	-0.051	42	
All Determinants	-0.335	47	

Outcomes			
ICU Use (% of decedents aged 65+)	9.5	19	4.4
Falls (% of adults aged 65+)	34.3	50	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.3	45	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	33.0	49	50.7
Able-bodied (% of adults aged 65+)	57.4	47	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,282	45	1,394
Teeth Extractions (% of adults aged 65+)	21.7	44	6.4
Frequent Mental Distress (% of adults aged 65+)	8.3	39	4.7
All Outcomes	-0.313	47	
Overall	-0.648	47	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	17.7	48	34.0
Overuse—Mammography (% women aged 75+)	20.7	3	18.6
Overuse—PSA Test (% men aged 75+)	18.9	25	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	35.8	25	22.0
Cognition (% of adults aged 65+)	10.6	43	6.3
Depression (% of adults aged 65+)	16.5	32	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.0	31	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	42.7	49.5

California



Overall Rank: 28

Change: ▲ 1
Determinants Rank: 30
Outcomes Rank: 28

Strengths:

- Low prevalence of obesity
- Low hip fracture rate
- High prescription drug coverage

Challenges:

- Low SNAP enrollment
- High prevalence of frequent mental distress
- High percentage of hospital deaths

Highlights:

- In the past year, home health care increased 11% from 65.1 to 72.4 home health care workers per 1,000 adults aged 75+.
- In the past year, nursing home quality increased 7% from 46.7% to 50.1% of beds rated 4- or 5-stars.
- In the past 2 years, smoking increased 36% from 5.9% to 8.0% of adults aged 65+.
- In the past 2 years, obesity increased 14% from 21.1% to 24.1% of adults aged 65+.
- In the past 3 years, hospice care increased 41% from 32.4% to 45.6% of decedents aged 65+.

Ranking:

California ranks 28th in *America's Health Rankings® Senior Report*; it was 29th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 16th.

State Health Department Website:
www.cdph.ca.gov

	2016 Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.0	14	4.5
Excessive Drinking (% of adults aged 65+)	8.5	42	2.9
Obesity (% of adults aged 65+)	24.1	6	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	32	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.2	7	22.7
Dental Visit (% of adults aged 65+)	71.3	9	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.3	27	53.2
Behaviors Total	0.081	9	
Community & Environment			
Poverty (% of adults aged 65+)	10.6	41	4.3
Volunteerism (% of adults aged 65+)	21.9	36	46.3
Nursing Home Quality (% of 4- & 5-star beds)	50.1	10	62.9
Community & Environment—Macro Total	-0.011	32	
Home-Delivered Meals (% of adults aged 65+ in poverty)	11.0	46	101.3
Food Insecurity (% of adults aged 60+)	16.3	38	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$419	42	\$6,701
Community & Environment—Micro Total	-0.032	43	
Community & Environment Total	-0.043	36	
Policy			
Low-Care Nursing Home Residents (% of residents)	10.7	20	4.1
SNAP Reach (% of adults aged 60+ in poverty)	23.3	49	124.4
Prescription Drug Coverage (% of adults aged 65+)	87.0	8	88.0
Geriatrician Shortfall (% of needed geriatricians)	66.3	24	25.8
Policy Total	-0.039	31	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.2	30	96.9
Flu Vaccine (% of adults aged 65+)	58.2	34	70.7
Health Screenings (% of adults aged 65 to 74)	87.9	16	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.3	32	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.3	30	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	72.4	42	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	40.7	9	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	45.6	39	65.5
Hospital Deaths (% of decedents aged 65+)	25.4	47	15.3
Clinical Care Total	-0.027	38	
All Determinants	-0.028	30	
Outcomes			
ICU Use (% of decedents aged 65+)	18.3	48	4.4
Falls (% of adults aged 65+)	30.7	37	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	3	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.0	19	50.7
Able-bodied (% of adults aged 65+)	64.3	26	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,456	2	1,394
Teeth Extractions (% of adults aged 65+)	8.7	2	6.4
Frequent Mental Distress (% of adults aged 65+)	8.9	47	4.7
All Outcomes	0.044	28	
Overall	0.016	28	
Supplemental Measures			
Education (% of adults aged 65+)	29.5	10	34.0
Overuse—Mammography (% women aged 75+)	22.3	12	18.6
Overuse—PSA Test (% men aged 75+)	20.5	40	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.4	23	22.0
Cognition (% of adults aged 65+)	10.2	38	6.3
Depression (% of adults aged 65+)	14.1	14	8.2
Suicide (deaths per 100,000 adults aged 65+)	17.0	27	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		53.4	49.5

Colorado

Overall Rank: 7

Change: ▲ 1

Determinants Rank: 6

Outcomes Rank: 4

Strengths:

- Low prevalence of physical inactivity
- Low rate of preventable hospitalizations
- High health status

Challenges:

- Low percentage of diabetes management
- High percentage of low-care nursing home residents
- Low percentage of health screenings

Highlights:

- In the past year, SNAP reach decreased 25% from 72.3% to 54.4% of adults aged 65+ in poverty.
- In the past year, full-mouth teeth extractions decreased 16% from 12.4% to 10.4% of adults aged 65+.
- In the past 2 years, preventable hospitalizations decreased 24% from 43.7 to 33.2 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, food insecurity increased 27% from 11.5% to 14.6% of adults aged 60+.
- In the past 3 years, very good or excellent health status increased 12% from 44.9% to 50.2% of adults aged 65+.

Ranking:

Colorado ranks 7th in *America's Health Rankings® Senior Report*; it was 8th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 8th.

State Health Department Website:

www.cdphe.state.co.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.3	19	4.5
Excessive Drinking (% of adults aged 65+)	5.7	17	2.9
Obesity (% of adults aged 65+)	20.5	2	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	22.7	1	22.7
Dental Visit (% of adults aged 65+)	70.9	11	78.1
Pain Management (% of adults aged 65+ with joint pain)	42.2	41	53.2
Behaviors Total	0.185	2	

Community & Environment			
Poverty (% of adults aged 65+)	7.1	6	4.3
Volunteerism (% of adults aged 65+)	29.1	14	46.3
Nursing Home Quality (% of 4- & 5-star beds)	48.7	16	62.9
Community & Environment—Macro Total	0.083	13	
Home-Delivered Meals (% of adults aged 65+ in poverty)	17.2	34	101.3
Food Insecurity (% of adults aged 60+)	14.6	25	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$594	28	\$6,701
Community & Environment—Micro Total	-0.002	30	
Community & Environment Total	0.081	18	

Policy			
Low-Care Nursing Home Residents (% of residents)	13.4	35	4.1
SNAP Reach (% of adults aged 60+ in poverty)	54.4	34	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	20	88.0
Geriatrician Shortfall (% of needed geriatricians)	65.4	20	25.8
Policy Total	-0.035	30	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.7	26	96.9
Flu Vaccine (% of adults aged 65+)	67.0	7	70.7
Health Screenings (% of adults aged 65 to 74)	83.9	38	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.1	8	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	74.9	43	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	123.4	11	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	33.2	3	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	13.1	5	12.4
Hospice Care (% of decedents aged 65+)	56.3	13	65.5
Hospital Deaths (% of decedents aged 65+)	16.6	4	15.3
Clinical Care Total	0.102	1	
All Determinants	0.333	6	

Outcomes			
ICU Use (% of decedents aged 65+)	8.9	18	4.4
Falls (% of adults aged 65+)	27.1	12	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.9	27	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	50.2	2	50.7
Able-bodied (% of adults aged 65+)	66.9	9	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,508	5	1,394
Teeth Extractions (% of adults aged 65+)	10.4	3	6.4
Frequent Mental Distress (% of adults aged 65+)	5.9	10	4.7
All Outcomes	0.234	4	
Overall	0.567	7	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	34.0	1	34.0
Overuse—Mammography (% women aged 75+)	24.3	22	18.6
Overuse—PSA Test (% men aged 75+)	14.3	10	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	25.8	5	22.0
Cognition (% of adults aged 65+)	7.8	12	6.3
Depression (% of adults aged 65+)	14.1	14	8.2
Suicide (deaths per 100,000 adults aged 65+)	23.4	46	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	59.6	49.5

Connecticut

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.0	5	4.5
Excessive Drinking (% of adults aged 65+)	6.7	30	2.9
Obesity (% of adults aged 65+)	27.2	21	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	36	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.0	20	22.7
Dental Visit (% of adults aged 65+)	75.1	3	78.1
Pain Management (% of adults aged 65+ with joint pain)	41.5	43	53.2
Behaviors Total	0.045	16	
Community & Environment			
Poverty (% of adults aged 65+)	7.8	13	4.3
Volunteerism (% of adults aged 65+)	27.6	18	46.3
Nursing Home Quality (% of 4- & 5-star beds)	51.2	8	62.9
Community & Environment—Macro Total	0.073	15	
Home-Delivered Meals (% of adults aged 65+ in poverty)	15.7	38	101.3
Food Insecurity (% of adults aged 60+)	15.4	31	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$779	19	\$6,701
Community & Environment—Micro Total	-0.005	33	
Community & Environment Total	0.067	21	
Policy			
Low-Care Nursing Home Residents (% of residents)	13.5	37	4.1
SNAP Reach (% of adults aged 60+ in poverty)	82.7	11	124.4
Prescription Drug Coverage (% of adults aged 65+)	88.0	1	88.0
Geriatrician Shortfall (% of needed geriatricians)	45.7	5	25.8
Policy Total	0.103	6	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.9	9	96.9
Flu Vaccine (% of adults aged 65+)	64.7	13	70.7
Health Screenings (% of adults aged 65 to 74)	89.3	8	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.6	22	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.7	13	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	114.2	17	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	50.1	21	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.8	27	12.4
Hospice Care (% of decedents aged 65+)	46.3	38	65.5
Hospital Deaths (% of decedents aged 65+)	24.6	46	15.3
Clinical Care Total	0.032	17	
All Determinants	0.247	9	
Outcomes			
ICU Use (% of decedents aged 65+)	14.7	38	4.4
Falls (% of adults aged 65+)	26.5	8	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	47.2	6	50.7
Able-bodied (% of adults aged 65+)	68.1	5	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,460	3	1,394
Teeth Extractions (% of adults aged 65+)	10.5	4	6.4
Frequent Mental Distress (% of adults aged 65+)	6.4	16	4.7
All Outcomes	0.212	5	
Overall	0.459	9	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.4	4	34.0
Overuse—Mammography (% women aged 75+)	25.5	30	18.6
Overuse—PSA Test (% men aged 75+)	17.3	20	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.6	36	22.0
Cognition (% of adults aged 65+)	7.6	9	6.3
Depression (% of adults aged 65+)	14.0	13	8.2
Suicide (deaths per 100,000 adults aged 65+)	10.7	7	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	43.2	49.5

Overall Rank: 9



Change: ▲ 1
Determinants Rank: 9
Outcomes Rank: 5

Strengths:

- High percentage of dental visits
- Low geriatrician shortfall
- High percentage of able-bodied seniors

Challenges:

- High percentage of hospital deaths
- High prevalence of activity-limiting joint pain
- Limited availability of home-delivered meals

Highlights:

- In the past year, nursing home quality increased 11% from 46.2% to 51.2% of beds rated 4- or 5-stars.
- In the past year, preventable hospitalizations decreased 12% from 56.7 to 50.1 discharges per 1,000 Medicare beneficiaries.
- In the past year, low-care nursing home residents decreased 11% from 15.1% to 13.5% of residents.
- In the past 2 years, poverty increased 16% from 6.7% to 7.8% of adults aged 65+.
- In the past 3 years, hospital deaths decreased 24% from 32.2% to 24.6% of decedents aged 65+.

Ranking:

Connecticut ranks 9th in *America's Health Rankings® Senior Report*; it was 10th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 6th.

State Health Department Website:
www.dph.state.ct.us

Delaware

Overall Rank: 22

Change: ▼ 4

Determinants Rank: 24

Outcomes Rank: 23

Strengths:

- High percentage of health screenings
- High percentage of able-bodied seniors
- High hospice care use

Challenges:

- High prevalence of obesity
- High percentage of low-care nursing home residents
- High prevalence of frequent mental distress

Highlights:

- In the past year, home health care increased 32% from 63.3 to 83.5 home health care workers per 1,000 adults aged 75+.
- In the past year, smoking increased 25% from 8.4% to 10.5% of adults aged 65+.
- In the past year, nursing home quality decreased 19% from 57.6% to 46.6% of beds rated 4- or 5-stars.
- In the past 2 years, food insecurity increased 25% from 10.1% to 12.6% of adults aged 60+.
- In the past 3 years, hospital deaths decreased 39% from 29.1% to 17.8% of decedents aged 65+.

Ranking:

Delaware ranks 22nd in *America's Health Rankings® Senior Report*; it was 18th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 32nd.

State Health Department Website:

www.dhss.delaware.gov/dhss

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.5	39	4.5
Excessive Drinking (% of adults aged 65+)	6.4	25	2.9
Obesity (% of adults aged 65+)	30.5	43	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)	31.2	28	22.7
Dental Visit (% of adults aged 65+)	69.7	18	78.1
Pain Management (% of adults aged 65+ with joint pain)	38.7	49	53.2
Behaviors Total	-0.102	43	

Community & Environment			
Poverty (% of adults aged 65+)	7.5	11	4.3
Volunteerism (% of adults aged 65+)	30.1	12	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.6	20	62.9
Community & Environment—Macro Total	0.073	15	
Home-Delivered Meals (% of adults aged 65+ in poverty)	34.8	13	101.3
Food Insecurity (% of adults aged 60+)	12.6	16	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$974	14	\$6,701
Community & Environment—Micro Total	0.056	12	
Community & Environment Total	0.128	11	

Policy			
Low-Care Nursing Home Residents (% of residents)	13.2	33	4.1
SNAP Reach (% of adults aged 60+ in poverty)	57.1	30	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	71.9	29	25.8
Policy Total	-0.033	29	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.4	10	96.9
Flu Vaccine (% of adults aged 65+)	63.8	17	70.7
Health Screenings (% of adults aged 65 to 74)	89.8	6	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.9	12	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	84.2	5	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	83.5	32	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	53.3	28	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	22	12.4
Hospice Care (% of decedents aged 65+)	61.3	4	65.5
Hospital Deaths (% of decedents aged 65+)	17.8	7	15.3
Clinical Care Total	0.089	3	
All Determinants	0.083	24	

Outcomes			
ICU Use (% of decedents aged 65+)	14.1	34	4.4
Falls (% of adults aged 65+)	28.0	19	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	3	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	40.4	30	50.7
Able-bodied (% of adults aged 65+)	69.6	1	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,707	22	1,394
Teeth Extractions (% of adults aged 65+)	16.0	28	6.4
Frequent Mental Distress (% of adults aged 65+)	7.5	36	4.7
All Outcomes	0.084	23	
Overall	0.167	22	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	25.7	22	34.0
Overuse—Mammography (% women aged 75+)	26.7	35	18.6
Overuse—PSA Test (% men aged 75+)	20.0	35	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.6	42	22.0
Cognition (% of adults aged 65+)	7.6	9	6.3
Depression (% of adults aged 65+)	14.4	20	8.2
Suicide (deaths per 100,000 adults aged 65+)	14.9	18	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	47.5	49.5

Florida

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.4	7	4.5
Excessive Drinking (% of adults aged 65+)	8.9	45	2.9
Obesity (% of adults aged 65+)	23.2	4	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)	29.5	18	22.7
Dental Visit (% of adults aged 65+)	66.2	24	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.9	14	53.2
Behaviors Total	0.062	12	
Community & Environment			
Poverty (% of adults aged 65+)	10.5	40	4.3
Volunteerism (% of adults aged 65+)	19.4	43	46.3
Nursing Home Quality (% of 4- & 5-star beds)	47.5	17	62.9
Community & Environment—Macro Total	-0.033	39	
Home-Delivered Meals (% of adults aged 65+ in poverty)	8.0	50	101.3
Food Insecurity (% of adults aged 60+)	14.1	23	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,629	6	\$6,701
Community & Environment—Micro Total	0.019	23	
Community & Environment Total	-0.014	32	
Policy			
Low-Care Nursing Home Residents (% of residents)	8.7	13	4.1
SNAP Reach (% of adults aged 60+ in poverty)	79.4	14	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	76.1	37	25.8
Policy Total	0.030	17	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.8	23	96.9
Flu Vaccine (% of adults aged 65+)	52.8	49	70.7
Health Screenings (% of adults aged 65 to 74)	89.3	8	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.3	4	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	86.2	1	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	28.7	50	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	55.3	33	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	38	12.4
Hospice Care (% of decedents aged 65+)	61.4	3	65.5
Hospital Deaths (% of decedents aged 65+)	18.4	10	15.3
Clinical Care Total	0.034	15	
All Determinants	0.111	20	
Outcomes			
ICU Use (% of decedents aged 65+)	20.8	49	4.4
Falls (% of adults aged 65+)	25.0	4	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.0	30	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.4	24	50.7
Able-bodied (% of adults aged 65+)	66.3	12	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,592	13	1,394
Teeth Extractions (% of adults aged 65+)	13.0	14	6.4
Frequent Mental Distress (% of adults aged 65+)	7.3	31	4.7
All Outcomes	0.053	27	
Overall	0.164	24	
Supplemental Measures			
Education (% of adults aged 65+)	25.6	24	34.0
Overuse—Mammography (% women aged 75+)	27.0	38	18.6
Overuse—PSA Test (% men aged 75+)	24.2	49	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	44.7	50	22.0
Cognition (% of adults aged 65+)	8.8	27	6.3
Depression (% of adults aged 65+)	14.3	19	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.6	39	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	54.9	49.5

Overall Rank: 24

Change: ▲ 3

Determinants Rank: 20

Outcomes Rank: 27

Strengths:

- High percentage of diabetes management
- Low prevalence of obesity
- Low prevalence of falls

Challenges:

- High prevalence of excessive drinking
- Limited availability of home health care workers
- Low flu vaccination coverage

Highlights:

- In the past year, SNAP reach decreased 14% from 92.2% to 79.4% of adults aged 65+ in poverty.
- In the past year, full-mouth teeth extractions decreased 18% from 15.8% to 13.0% of adults aged 65+.
- In the past year, smoking decreased 15% from 8.7% to 7.4% of adults aged 65+.
- In the past 3 years, flu vaccination coverage decreased 8% from 57.6% to 52.8% of adults aged 65+.
- In the past 3 years, hospice care use increased 24% from 49.5% to 61.4% of decedents aged 65+.

Ranking:

Florida ranks 24th in *America's Health Rankings® Senior Report*; it was 27th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 33rd.

State Health Department Website:
www.floridahealth.gov

Georgia

Overall Rank: 39



Change: no change
Determinants Rank: 37
Outcomes Rank: 41

Strengths:

- Low prevalence of excessive drinking
- High hospice care use
- High percentage of health screenings

Challenges:

- Low flu vaccination coverage
- High hip fracture rate
- Low percentage of quality nursing home beds

Highlights:

- In the past year, SNAP reach decreased 21% from 87.7% to 69.3% of adults aged 65+ in poverty.
- In the past year, nursing home quality increased 22% from 28.4% to 34.6% of beds rated 4- or 5-stars.
- In the past 2 years, preventable hospitalizations decreased 15% from 65.2 to 55.1 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, smoking decreased 25% from 10.8% to 8.1% of adults aged 65+.
- In the past 3 years, very good or excellent health status increased 16% from 32.9% to 38.1% of adults aged 65+.

Ranking:

Georgia ranks 39th in *America's Health Rankings® Senior Report*; it was 39th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 40th.

State Health Department Website:
dph.georgia.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.1	16	4.5
Excessive Drinking (% of adults aged 65+)	4.9	9	2.9
Obesity (% of adults aged 65+)	29.5	37	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)	34.6	41	22.7
Dental Visit (% of adults aged 65+)	62.1	37	78.1
Pain Management (% of adults aged 65+ with joint pain)	47.9	11	53.2
Behaviors Total	0.003	24	

Community & Environment			
Poverty (% of adults aged 65+)	10.4	39	4.3
Volunteerism (% of adults aged 65+)	19.3	44	46.3
Nursing Home Quality (% of 4- & 5-star beds)	34.6	42	62.9
Community & Environment—Macro Total	-0.085	44	
Home-Delivered Meals (% of adults aged 65+ in poverty)	10.8	47	101.3
Food Insecurity (% of adults aged 60+)	16.0	37	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$452	37	\$6,701
Community & Environment—Micro Total	-0.028	42	
Community & Environment Total	-0.113	46	

Policy			
Low-Care Nursing Home Residents (% of residents)	10.0	19	4.1
SNAP Reach (% of adults aged 60+ in poverty)	69.3	21	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	34	88.0
Geriatrician Shortfall (% of needed geriatricians)	73.5	32	25.8
Policy Total	-0.018	26	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.1	35	96.9
Flu Vaccine (% of adults aged 65+)	54.7	45	70.7
Health Screenings (% of adults aged 65 to 74)	88.7	11	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.3	32	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.5	23	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	53.5	47	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	55.1	32	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	60.3	5	65.5
Hospital Deaths (% of decedents aged 65+)	19.1	14	15.3
Clinical Care Total	-0.001	28	
All Determinants	-0.130	37	

Outcomes			
ICU Use (% of decedents aged 65+)	12.3	27	4.4
Falls (% of adults aged 65+)	28.6	25	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.0	42	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	38.1	40	50.7
Able-bodied (% of adults aged 65+)	62.2	38	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,017	39	1,394
Teeth Extractions (% of adults aged 65+)	19.3	40	6.4
Frequent Mental Distress (% of adults aged 65+)	8.4	41	4.7
All Outcomes	-0.137	41	
Overall	-0.267	39	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	23.2	30	34.0
Overuse—Mammography (% women aged 75+)	25.0	27	18.6
Overuse—PSA Test (% men aged 75+)	23.1	48	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.8	32	22.0
Cognition (% of adults aged 65+)	10.3	41	6.3
Depression (% of adults aged 65+)	15.9	29	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.3	22	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	61.4	49.5

Hawaii

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	6.1	3	4.5
Excessive Drinking (% of adults aged 65+)	9.1	48	2.9
Obesity (% of adults aged 65+)	14.1	1	14.1
Underweight (% of adults aged 65+ in fair or better health)	3.5	50	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.1	6	22.7
Dental Visit (% of adults aged 65+)	78.1	1	78.1
Pain Management (% of adults aged 65+ with joint pain)	37.2	50	53.2
Behaviors Total	0.045	17	
Community & Environment			
Poverty (% of adults aged 65+)	8.2	20	4.3
Volunteerism (% of adults aged 65+)	21.0	38	46.3
Nursing Home Quality (% of 4- & 5-star beds)	58.3	2	62.9
Community & Environment—Macro Total	0.060	18	
Home-Delivered Meals (% of adults aged 65+ in poverty)	18.3	29	101.3
Food Insecurity (% of adults aged 60+)	14.4	24	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$800	17	\$6,701
Community & Environment—Micro Total	0.008	26	
Community & Environment Total	0.068	20	
Policy			
Low-Care Nursing Home Residents (% of residents)	4.3	2	4.1
SNAP Reach (% of adults aged 60+ in poverty)	78.5	15	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	34	88.0
Geriatrician Shortfall (% of needed geriatricians)	25.8	1	25.8
Policy Total	0.143	2	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.1	16	96.9
Flu Vaccine (% of adults aged 65+)	65.3	11	70.7
Health Screenings (% of adults aged 65 to 74)	89.6	7	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	84.3	4	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	80.0	36	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	24.4	1	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	12.9	4	12.4
Hospice Care (% of decedents aged 65+)	44.4	41	65.5
Hospital Deaths (% of decedents aged 65+)	26.6	49	15.3
Clinical Care Total	0.068	7	
All Determinants	0.324	7	
Outcomes			
ICU Use (% of decedents aged 65+)	13.5	30	4.4
Falls (% of adults aged 65+)	20.6	1	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	3.1	1	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	37.7	42	50.7
Able-bodied (% of adults aged 65+)	64.0	28	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,394	1	1,394
Teeth Extractions (% of adults aged 65+)	6.4	1	6.4
Frequent Mental Distress (% of adults aged 65+)	4.7	1	4.7
All Outcomes	0.272	2	
Overall	0.596	5	
Supplemental Measures			
Education (% of adults aged 65+)	27.8	14	34.0
Overuse—Mammography (% women aged 75+)	26.2	32	18.6
Overuse—PSA Test (% men aged 75+)	21.9	45	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.7	20	22.0
Cognition (% of adults aged 65+)	12.2	49	6.3
Depression (% of adults aged 65+)	8.2	1	8.2
Suicide (deaths per 100,000 adults aged 65+)	13.2	13	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	45.5	49.5

Overall
Rank: 5

Change: ▼ 1
Determinants Rank: 7
Outcomes Rank: 2

Strengths:

- Low prevalence of obesity
- Low rate of preventable hospitalizations
- Low hip fracture rate

Challenges:

- High prevalence of excessive drinking
- High percentage of hospital deaths
- Low health status

Highlights:

- In the past year, SNAP reach decreased 23% from 102.5% to 78.5% of adults aged 65+ in poverty.
- In the past year, community support decreased 17% from \$967 to \$800 per adult aged 65+ in poverty.
- In the past year, home health care increased 20% from 66.8 to 80.0 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, hospice care use increased 107% from 21.5% to 44.4% of decedents aged 65+.
- In the past 3 years, ICU use in last 6 months of life increased 11% from 12.2% to 13.5% of decedents aged 65+.

Ranking:

Hawaii ranks 5th in *America's Health Rankings® Senior Report*; it was 4th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 1st.

State Health Department Website:
health.hawaii.gov

Idaho

Overall
Rank: 15

Change: ▲ 5

Determinants Rank: 14

Outcomes Rank: 17

Strengths:

- Low prevalence of physical inactivity
- Low percentage of hospital readmissions
- Low ICU use in last 6 months of life

Challenges:

- Low flu vaccination coverage
- Low percentage of health screenings
- High geriatrician shortfall

Highlights:

- In the past year, obesity decreased 13% from 29.9% to 26.1% of adults aged 65+.
- In the past year, hospice care use increased 6% from 48.9% to 51.8% of decedents aged 65+.
- In the past 2 years, community support increased 16% from \$389 to \$453 per adult aged 65+ in poverty.
- In the past 3 years, poverty increased 27% from 7.5% to 9.5% of adults aged 65+.
- In the past 3 years, low-care nursing home residents increased 42% from 7.6% to 10.8% of residents.

Ranking:

Idaho ranks 15th in *America's Health Rankings® Senior Report*; it was 20th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 17th.

State Health Department Website:

www.healthandwelfare.idaho.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.0	14	4.5
Excessive Drinking (% of adults aged 65+)	5.1	13	2.9
Obesity (% of adults aged 65+)	26.1	13	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.2	9	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	24.8	5	22.7
Dental Visit (% of adults aged 65+)	62.5	35	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.9	14	53.2
Behaviors Total	0.136	4	

Community & Environment			
Poverty (% of adults aged 65+)	9.5	35	4.3
Volunteerism (% of adults aged 65+)	34.6	7	46.3
Nursing Home Quality (% of 4- & 5-star beds)	52.5	7	62.9
Community & Environment—Macro Total	0.084	11	
Home-Delivered Meals (% of adults aged 65+ in poverty)	20.1	27	101.3
Food Insecurity (% of adults aged 60+)	10.4	5	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$453	36	\$6,701
Community & Environment—Micro Total	0.036	17	
Community & Environment Total	0.120	13	

Policy			
Low-Care Nursing Home Residents (% of residents)	10.8	21	4.1
SNAP Reach (% of adults aged 60+ in poverty)	48.8	39	124.4
Prescription Drug Coverage (% of adults aged 65+)	83.0	38	88.0
Geriatrician Shortfall (% of needed geriatricians)	89.4	50	25.8
Policy Total	-0.114	46	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	92.1	40	96.9
Flu Vaccine (% of adults aged 65+)	54.0	46	70.7
Health Screenings (% of adults aged 65 to 74)	80.3	47	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.2	5	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	73.1	45	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	120.8	13	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	33.3	4	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	12.6	2	12.4
Hospice Care (% of decedents aged 65+)	51.8	23	65.5
Hospital Deaths (% of decedents aged 65+)	17.5	6	15.3
Clinical Care Total	0.014	21	
All Determinants	0.156	14	

Outcomes			
ICU Use (% of decedents aged 65+)	5.3	4	4.4
Falls (% of adults aged 65+)	29.9	31	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.7	20	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	46.1	10	50.7
Able-bodied (% of adults aged 65+)	62.8	35	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,673	19	1,394
Teeth Extractions (% of adults aged 65+)	14.9	22	6.4
Frequent Mental Distress (% of adults aged 65+)	6.4	16	4.7
All Outcomes	0.112	17	
Overall	0.268	15	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	23.1	32	34.0
Overuse—Mammography (% women aged 75+)	25.4	29	18.6
Overuse—PSA Test (% men aged 75+)	15.8	16	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	26.6	6	22.0
Cognition (% of adults aged 65+)	9.8	33	6.3
Depression (% of adults aged 65+)	17.2	40	8.2
Suicide (deaths per 100,000 adults aged 65+)	21.7	42	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	58.3	49.5

Illinois



Overall Rank: 36

Change: ▲ 1
Determinants Rank: 42
Outcomes Rank: 31

Strengths:

- High SNAP enrollment
- Low prevalence of frequent mental distress
- High percentage of seniors with dedicated provider

Challenges:

- High prevalence of obesity
- High ICU use in last 6 months of life
- High percentage of low-care nursing home residents

Highlights:

- In the past year, smoking increased 23% from 8.6% to 10.6% of adults aged 65+.
- In the past year, obesity increased 8% from 28.8% to 31.0% of adults aged 65+.
- In the past year, preventable hospitalizations decreased 9% from 65.2 to 59.4 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, low-care nursing home residents decreased 33% from 26.7% to 18.0% of residents.
- In the past 3 years, home health care increased 33% from 77.7 to 103.4 home health care workers per 1,000 adults aged 75+.

Ranking:

Illinois ranks 36th in *America's Health Rankings® Senior Report*; it was 37th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 28th.

State Health Department Website:
www.dph.illinois.gov

	2016 Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.6	41	4.5
Excessive Drinking (% of adults aged 65+)	6.5	27	2.9
Obesity (% of adults aged 65+)	31.0	47	14.1
Underweight (% of adults aged 65+ in fair or better health)	2.2	48	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.3	30	22.7
Dental Visit (% of adults aged 65+)	62.2	36	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.7	25	53.2
Behaviors Total	-0.144	46	
Community & Environment			
Poverty (% of adults aged 65+)	8.8	27	4.3
Volunteerism (% of adults aged 65+)	23.9	31	46.3
Nursing Home Quality (% of 4- & 5-star beds)	36.9	39	62.9
Community & Environment—Macro Total	-0.023	35	
Home-Delivered Meals (% of adults aged 65+ in poverty)	22.2	25	101.3
Food Insecurity (% of adults aged 60+)	13.6	19	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$536	31	\$6,701
Community & Environment—Micro Total	0.013	25	
Community & Environment Total	-0.010	31	
Policy			
Low-Care Nursing Home Residents (% of residents)	18.0	46	4.1
SNAP Reach (% of adults aged 60+ in poverty)	82.5	12	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	59.1	13	25.8
Policy Total	-0.011	24	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.3	12	96.9
Flu Vaccine (% of adults aged 65+)	56.9	39	70.7
Health Screenings (% of adults aged 65 to 74)	84.1	37	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.4	29	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.8	20	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	103.4	23	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	59.4	40	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.4	40	12.4
Hospice Care (% of decedents aged 65+)	51.2	25	65.5
Hospital Deaths (% of decedents aged 65+)	21.3	28	15.3
Clinical Care Total	-0.024	36	
All Determinants	-0.189	42	
Outcomes			
ICU Use (% of decedents aged 65+)	16.7	45	4.4
Falls (% of adults aged 65+)	27.4	14	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.7	20	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	40.3	31	50.7
Able-bodied (% of adults aged 65+)	64.9	24	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,824	31	1,394
Teeth Extractions (% of adults aged 65+)	16.5	31	6.4
Frequent Mental Distress (% of adults aged 65+)	6.3	15	4.7
All Outcomes	0.018	31	
Overall	-0.172	36	
Supplemental Measures			
Education (% of adults aged 65+)	24.2	27	34.0
Overuse—Mammography (% women aged 75+)	24.2	20	18.6
Overuse—PSA Test (% men aged 75+)	19.6	33	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.1	28	22.0
Cognition (% of adults aged 65+)	8.1	15	6.3
Depression (% of adults aged 65+)	13.8	10	8.2
Suicide (deaths per 100,000 adults aged 65+)	12.2	9	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	40.0	49.5

Indiana

Overall Rank: 37

Change: ▲ 3

Determinants Rank: 33

Outcomes Rank: 39



Strengths:

- Low prevalence of excessive drinking
- Low percentage of seniors living in poverty
- Low percentage of low-care nursing home residents

Challenges:

- High prevalence of physical inactivity
- Low percentage of health screenings
- High prevalence of falls

Highlights:

- In the past year, nursing home quality increased 11% from 44.8% to 49.8% of beds rated 4- or 5-stars.
- In the past year, home-delivered meals decreased 16% from 15.9% to 13.3% of seniors in poverty.
- In the past 3 years, obesity increased 14% from 26.6% to 30.2% of adults aged 65+.
- In the past 3 years, home health care increased 24% from 80.2 to 99.3 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, hospice care use increased 39% from 35.2% to 49.0% of decedents aged 65+.

Ranking:

Indiana ranks 37th in *America's Health Rankings® Senior Report*; it was 40th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 41st.

State Health Department Website:

www.in.gov/isdh

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.7	33	4.5
Excessive Drinking (% of adults aged 65+)	4.9	9	2.9
Obesity (% of adults aged 65+)	30.2	41	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	32	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	37.1	44	22.7
Dental Visit (% of adults aged 65+)	60.5	40	78.1
Pain Management (% of adults aged 65+ with joint pain)	44.4	31	53.2
Behaviors Total	-0.109	44	

Community & Environment			
Poverty (% of adults aged 65+)	7.0	5	4.3
Volunteerism (% of adults aged 65+)	24.9	28	46.3
Nursing Home Quality (% of 4- & 5-star beds)	49.8	12	62.9
Community & Environment—Macro Total	0.067	17	
Home-Delivered Meals (% of adults aged 65+ in poverty)	13.3	44	101.3
Food Insecurity (% of adults aged 60+)	11.7	10	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$781	18	\$6,701
Community & Environment—Micro Total	0.023	21	
Community & Environment Total	0.091	17	

Policy			
Low-Care Nursing Home Residents (% of residents)	8.1	11	4.1
SNAP Reach (% of adults aged 60+ in poverty)	53.0	35	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	76.5	38	25.8
Policy Total	-0.009	23	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.0	19	96.9
Flu Vaccine (% of adults aged 65+)	56.3	41	70.7
Health Screenings (% of adults aged 65 to 74)	82.1	43	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.5	26	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	78.4	34	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	99.3	26	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	63.2	42	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	24	12.4
Hospice Care (% of decedents aged 65+)	49.0	29	65.5
Hospital Deaths (% of decedents aged 65+)	20.3	20	15.3
Clinical Care Total	-0.040	41	
All Determinants	-0.067	33	

Outcomes			
ICU Use (% of decedents aged 65+)	13.3	29	4.4
Falls (% of adults aged 65+)	31.8	43	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.2	33	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	38.3	38	50.7
Able-bodied (% of adults aged 65+)	62.5	37	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,083	42	1,394
Teeth Extractions (% of adults aged 65+)	18.0	37	6.4
Frequent Mental Distress (% of adults aged 65+)	7.1	28	4.7
All Outcomes	-0.117	39	
Overall	-0.185	37	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	18.9	47	34.0
Overuse—Mammography (% women aged 75+)	22.4	13	18.6
Overuse—PSA Test (% men aged 75+)	18.5	23	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.1	34	22.0
Cognition (% of adults aged 65+)	9.2	31	6.3
Depression (% of adults aged 65+)	13.8	10	8.2
Suicide (deaths per 100,000 adults aged 65+)	15.2	20	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	42.4	49.5

Iowa

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.1	29	4.5
Excessive Drinking (% of adults aged 65+)	6.6	28	2.9
Obesity (% of adults aged 65+)	30.9	46	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.6	33	22.7
Dental Visit (% of adults aged 65+)	70.0	15	78.1
Pain Management (% of adults aged 65+ with joint pain)	40.7	45	53.2
Behaviors Total	-0.067	36	
Community & Environment			
Poverty (% of adults aged 65+)	7.4	9	4.3
Volunteerism (% of adults aged 65+)	33.0	10	46.3
Nursing Home Quality (% of 4- & 5-star beds)	49.6	14	62.9
Community & Environment—Macro Total	0.101	6	
Home-Delivered Meals (% of adults aged 65+ in poverty)	33.5	14	101.3
Food Insecurity (% of adults aged 60+)	11.5	8	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$847	16	\$6,701
Community & Environment—Micro Total	0.059	11	
Community & Environment Total	0.161	8	
Policy			
Low-Care Nursing Home Residents (% of residents)	16.8	44	4.1
SNAP Reach (% of adults aged 60+ in poverty)	56.5	32	124.4
Prescription Drug Coverage (% of adults aged 65+)	88.0	1	88.0
Geriatrician Shortfall (% of needed geriatricians)	76.9	40	25.8
Policy Total	-0.051	33	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.8	32	96.9
Flu Vaccine (% of adults aged 65+)	66.8	9	70.7
Health Screenings (% of adults aged 65 to 74)	86.1	23	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.1	36	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	80.8	24	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	86.6	29	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	50.9	24	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	20	12.4
Hospice Care (% of decedents aged 65+)	59.2	7	65.5
Hospital Deaths (% of decedents aged 65+)	16.4	3	15.3
Clinical Care Total	0.054	10	
All Determinants	0.097	22	
Outcomes			
ICU Use (% of decedents aged 65+)	7.6	12	4.4
Falls (% of adults aged 65+)	31.6	40	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.9	27	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.1	18	50.7
Able-bodied (% of adults aged 65+)	68.2	3	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,813	30	1,394
Teeth Extractions (% of adults aged 65+)	15.0	24	6.4
Frequent Mental Distress (% of adults aged 65+)	5.5	7	4.7
All Outcomes	0.109	19	
Overall	0.206	19	
Supplemental Measures			
Education (% of adults aged 65+)	20.1	42	34.0
Overuse—Mammography (% women aged 75+)	27.7	44	18.6
Overuse—PSA Test (% men aged 75+)	15.2	14	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.4	14	22.0
Cognition (% of adults aged 65+)	6.3	1	6.3
Depression (% of adults aged 65+)	13.7	8	8.2
Suicide (deaths per 100,000 adults aged 65+)	13.0	11	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	37.1	49.5

Overall
Rank: 19

Change: ▼ 4

Determinants Rank: 22

Outcomes Rank: 19

Strengths:

- High prescription drug coverage
- High hospice care use
- High percentage of able-bodied seniors

Challenges:

- High prevalence of obesity
- High percentage of low-care nursing home residents
- High prevalence of falls

Highlights:

- In the past year, nursing home quality increased 18% from 42.0% to 49.6% of beds rated 4- or 5-stars.
- In the past year, food insecurity decreased 10% from 12.8% to 11.5% of adults aged 60+.
- In the past year, smoking increased 14% from 8.0% to 9.1% of adults aged 65+.
- In the past 2 years, preventable hospitalizations decreased 16% from 60.5 to 50.9 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 21% from 71.4 to 86.6 home health care workers per 1,000 adults aged 75+.

Ranking:

Iowa ranks 19th in *America's Health Rankings® Senior Report*; it was 15th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 22nd.

State Health Department Website:

idph.iowa.gov

Kansas

Overall Rank: 32

Change: ▼ 8

Determinants Rank: 35

Outcomes Rank: 29

Strengths:

- High volunteerism
- Low prevalence of frequent mental distress
- Low prevalence of excessive drinking

Challenges:

- Low percentage of diabetes management
- High percentage of low-care nursing home residents
- High prevalence of smoking

Highlights:

- In the past year, obesity increased 11% from 25.9% to 28.7% of adults aged 65+.
- In the past year, food insecurity increased 16% from 13.4% to 15.6% of adults aged 60+.
- In the past 2 years, flu vaccination coverage decreased 9% from 66.7% to 60.8% of adults aged 65+.
- In the past 2 years, physical inactivity increased 17% from 28.2% to 33.1% of adults aged 65+ in fair or better health.
- In the past 2 years, preventable hospitalizations decreased 16% from 64.5 to 54.5 discharges per 1,000 Medicare beneficiaries.

Ranking:

Kansas ranks 32nd in *America's Health Rankings® Senior Report*; it was 24th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 26th.

State Health Department Website:

www.kdheks.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.9	36	4.5
Excessive Drinking (% of adults aged 65+)	4.9	9	2.9
Obesity (% of adults aged 65+)	28.7	31	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	39	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.1	35	22.7
Dental Visit (% of adults aged 65+)	66.7	22	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
Behaviors Total	-0.050	35	

Community & Environment			
Poverty (% of adults aged 65+)	7.9	15	4.3
Volunteerism (% of adults aged 65+)	37.3	4	46.3
Nursing Home Quality (% of 4- & 5-star beds)	41.2	34	62.9
Community & Environment—Macro Total	0.080	14	
Home-Delivered Meals (% of adults aged 65+ in poverty)	35.1	12	101.3
Food Insecurity (% of adults aged 60+)	15.6	34	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$686	21	\$6,701
Community & Environment—Micro Total	0.021	22	
Community & Environment Total	0.101	16	

Policy			
Low-Care Nursing Home Residents (% of residents)	20.1	48	4.1
SNAP Reach (% of adults aged 60+ in poverty)	47.4	40	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	34	88.0
Geriatrician Shortfall (% of needed geriatricians)	74.4	33	25.8
Policy Total	-0.141	47	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.1	16	96.9
Flu Vaccine (% of adults aged 65+)	60.8	26	70.7
Health Screenings (% of adults aged 65 to 74)	84.4	33	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.6	22	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	75.6	40	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	119.2	15	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	54.5	31	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	24	12.4
Hospice Care (% of decedents aged 65+)	52.0	22	65.5
Hospital Deaths (% of decedents aged 65+)	21.2	27	15.3
Clinical Care Total	-0.003	29	
All Determinants	-0.093	35	

Outcomes			
ICU Use (% of decedents aged 65+)	10.6	21	4.4
Falls (% of adults aged 65+)	30.5	36	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.3	35	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.2	27	50.7
Able-bodied (% of adults aged 65+)	64.2	27	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,913	34	1,394
Teeth Extractions (% of adults aged 65+)	16.4	30	6.4
Frequent Mental Distress (% of adults aged 65+)	5.1	5	4.7
All Outcomes	0.025	29	
Overall	-0.069	32	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	26.0	20	34.0
Overuse—Mammography (% women aged 75+)	27.9	45	18.6
Overuse—PSA Test (% men aged 75+)	20.1	37	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.2	22	22.0
Cognition (% of adults aged 65+)	7.7	11	6.3
Depression (% of adults aged 65+)	13.9	12	8.2
Suicide (deaths per 100,000 adults aged 65+)	17.9	30	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	40.3	49.5

Kentucky

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	12.4	47	4.5
Excessive Drinking (% of adults aged 65+)	4.0	6	2.9
Obesity (% of adults aged 65+)	27.5	24	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)	38.9	48	22.7
Dental Visit (% of adults aged 65+)	57.0	46	78.1
Pain Management (% of adults aged 65+ with joint pain)	49.3	8	53.2
Behaviors Total	-0.093	42	
Community & Environment			
Poverty (% of adults aged 65+)	11.3	46	4.3
Volunteerism (% of adults aged 65+)	19.0	45	46.3
Nursing Home Quality (% of 4- & 5-star beds)	32.0	47	62.9
Community & Environment—Macro Total	-0.113	48	
Home-Delivered Meals (% of adults aged 65+ in poverty)	13.4	43	101.3
Food Insecurity (% of adults aged 60+)	15.8	36	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$382	45	\$6,701
Community & Environment—Micro Total	-0.025	39	
Community & Environment Total	-0.138	47	
Policy			
Low-Care Nursing Home Residents (% of residents)	7.0	7	4.1
SNAP Reach (% of adults aged 60+ in poverty)	58.1	29	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	79.9	42	25.8
Policy Total	-0.001	21	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.7	26	96.9
Flu Vaccine (% of adults aged 65+)	68.9	3	70.7
Health Screenings (% of adults aged 65 to 74)	87.6	17	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.7	41	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.9	19	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	56.5	46	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	85.1	50	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	16.0	47	12.4
Hospice Care (% of decedents aged 65+)	42.8	44	65.5
Hospital Deaths (% of decedents aged 65+)	23.1	39	15.3
Clinical Care Total	-0.061	44	
All Determinants	-0.292	44	
Outcomes			
ICU Use (% of decedents aged 65+)	16.6	44	4.4
Falls (% of adults aged 65+)	32.1	44	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.3	45	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	34.0	46	50.7
Able-bodied (% of adults aged 65+)	56.9	48	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,359	49	1,394
Teeth Extractions (% of adults aged 65+)	23.9	49	6.4
Frequent Mental Distress (% of adults aged 65+)	7.3	31	4.7
All Outcomes	-0.335	50	
Overall	-0.628	45	
Supplemental Measures			
Education (% of adults aged 65+)	17.1	49	34.0
Overuse—Mammography (% women aged 75+)	22.9	16	18.6
Overuse—PSA Test (% men aged 75+)	18.9	25	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.9	46	22.0
Cognition (% of adults aged 65+)	11.1	45	6.3
Depression (% of adults aged 65+)	18.1	45	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.1	38	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		44.0	49.5

Overall Rank: 45



Change: ▲ 3

Determinants Rank: 44

Outcomes Rank: 50

Strengths:

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- High flu vaccination coverage

Challenges:

- High prevalence of physical inactivity
- High rate of preventable hospitalizations
- High prevalence of full-mouth teeth extractions

Highlights:

- In the past year, SNAP reach decreased 13% from 66.4% to 58.1% of adults aged 65+ in poverty.
- In the past year, dental visit increased 8% from 53.0% to 57.0% of adults aged 65+.
- In the past 2 years, flu vaccination coverage increased 11% from 61.8% to 68.9% of adults aged 65+.
- In the past 3 years, hip fractures decreased 17% from 8.8 to 7.3 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 54% from 36.6 to 56.5 home health care workers per 1,000 adults aged 75+.

Ranking:

Kentucky ranks 45th in *America's Health Rankings® Senior Report*; it was 48th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 44th.

State Health Department Website:

www.chfs.ky.gov/dph/

Louisiana

Overall Rank: 50



Change: no change
Determinants Rank: 50
Outcomes Rank: 43

Strengths:

- High flu vaccination coverage
- Low prevalence of falls
- Ready availability of home health care workers

Challenges:

- High percentage of hospital readmissions
- High prevalence of obesity
- Low percentage of quality nursing home beds

Highlights:

- In the past year, dental visit increased 12% from 51.0% to 57.2% of adults aged 65+.
- In the past year, SNAP reach decreased 18% from 62.1% to 50.7% of adults aged 65+ in poverty.
- In the past year, full-mouth teeth extractions decreased 29% from 28.7% to 20.5% of adults aged 65+.
- In the past 3 years, low-care nursing home residents decreased 28% from 22.8% to 16.5% of residents.
- In the past 3 years, preventable hospitalizations decreased 20% from 92.1 to 73.3 discharges per 1,000 Medicare beneficiaries.

Ranking:

Louisiana ranks 50th in *America's Health Rankings® Senior Report*; it was 50th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 50th.

State Health Department Website:
dhh.louisiana.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	11.6	46	4.5
Excessive Drinking (% of adults aged 65+)	6.6	28	2.9
Obesity (% of adults aged 65+)	32.0	48	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	36	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	37.3	45	22.7
Dental Visit (% of adults aged 65+)	57.2	45	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.8	16	53.2
Behaviors Total	-0.204	50	

Community & Environment			
Poverty (% of adults aged 65+)	12.8	48	4.3
Volunteerism (% of adults aged 65+)	16.4	50	46.3
Nursing Home Quality (% of 4- & 5-star beds)	27.2	50	62.9
Community & Environment—Macro Total	-0.173	50	
Home-Delivered Meals (% of adults aged 65+ in poverty)	25.5	19	101.3
Food Insecurity (% of adults aged 60+)	24.4	49	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$623	26	\$6,701
Community & Environment—Micro Total	-0.062	48	
Community & Environment Total	-0.235	50	

Policy			
Low-Care Nursing Home Residents (% of residents)	16.5	43	4.1
SNAP Reach (% of adults aged 60+ in poverty)	50.7	37	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	30	88.0
Geriatrician Shortfall (% of needed geriatricians)	80.3	43	25.8
Policy Total	-0.107	45	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.0	19	96.9
Flu Vaccine (% of adults aged 65+)	65.1	12	70.7
Health Screenings (% of adults aged 65 to 74)	86.3	22	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.6	44	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.0	31	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	159.7	8	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	73.3	47	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	16.2	48	12.4
Hospice Care (% of decedents aged 65+)	55.4	14	65.5
Hospital Deaths (% of decedents aged 65+)	20.9	25	15.3
Clinical Care Total	-0.022	34	
All Determinants	-0.568	50	

Outcomes			
ICU Use (% of decedents aged 65+)	13.6	32	4.4
Falls (% of adults aged 65+)	24.9	3	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.0	42	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	33.6	48	50.7
Able-bodied (% of adults aged 65+)	59.7	42	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,277	44	1,394
Teeth Extractions (% of adults aged 65+)	20.5	43	6.4
Frequent Mental Distress (% of adults aged 65+)	8.5	42	4.7
All Outcomes	-0.193	43	
Overall	-0.761	50	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	20.3	38	34.0
Overuse—Mammography (% women aged 75+)	22.8	15	18.6
Overuse—PSA Test (% men aged 75+)	20.7	41	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	42.6	48	22.0
Cognition (% of adults aged 65+)	11.0	44	6.3
Depression (% of adults aged 65+)	16.6	35	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.7	25	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	46.9	49.5

Maine

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	6.1	3	4.5
Excessive Drinking (% of adults aged 65+)	7.7	38	2.9
Obesity (% of adults aged 65+)	25.9	11	14.1
Underweight (% of adults aged 65+ in fair or better health)	0.7	1	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	28.7	13	22.7
Dental Visit (% of adults aged 65+)	67.4	21	78.1
Pain Management (% of adults aged 65+ with joint pain)	42.9	38	53.2
Behaviors Total	0.118	6	
Community & Environment			
Poverty (% of adults aged 65+)	8.9	29	4.3
Volunteerism (% of adults aged 65+)	29.3	13	46.3
Nursing Home Quality (% of 4- & 5-star beds)	57.7	3	62.9
Community & Environment—Macro Total	0.088	9	
Home-Delivered Meals (% of adults aged 65+ in poverty)	20.3	26	101.3
Food Insecurity (% of adults aged 60+)	15.5	33	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$421	41	\$6,701
Community & Environment—Micro Total	-0.010	37	
Community & Environment Total	0.079	19	
Policy			
Low-Care Nursing Home Residents (% of residents)	4.1	1	4.1
SNAP Reach (% of adults aged 60+ in poverty)	94.6	7	124.4
Prescription Drug Coverage (% of adults aged 65+)	82.0	41	88.0
Geriatrician Shortfall (% of needed geriatricians)	55.1	11	25.8
Policy Total	0.095	8	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.6	3	96.9
Flu Vaccine (% of adults aged 65+)	61.2	25	70.7
Health Screenings (% of adults aged 65 to 74)	90.3	4	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.7	1	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.2	16	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	152.2	9	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	50.5	22	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.0	10	12.4
Hospice Care (% of decedents aged 65+)	48.3	32	65.5
Hospital Deaths (% of decedents aged 65+)	22.1	32	15.3
Clinical Care Total	0.092	2	
All Determinants	0.383	4	
Outcomes			
ICU Use (% of decedents aged 65+)	5.5	5	4.4
Falls (% of adults aged 65+)	29.9	31	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.7	20	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	49.3	4	50.7
Able-bodied (% of adults aged 65+)	66.5	11	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,725	26	1,394
Teeth Extractions (% of adults aged 65+)	17.5	36	6.4
Frequent Mental Distress (% of adults aged 65+)	6.4	16	4.7
All Outcomes	0.139	13	
Overall	0.523	8	
Supplemental Measures			
Education (% of adults aged 65+)	26.4	17	34.0
Overuse—Mammography (% women aged 75+)	29.0	47	18.6
Overuse—PSA Test (% men aged 75+)	11.5	1	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	33.2	21	22.0
Cognition (% of adults aged 65+)	7.1	6	6.3
Depression (% of adults aged 65+)	17.1	39	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.9	26	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		58.1	49.5

Overall Rank: 8



Change: ▲ 3
Determinants Rank: 4
Outcomes Rank: 13

Strengths:

- Low percentage of low-care nursing home residents
- High percentage of seniors with dedicated provider
- High percentage of health screenings

Challenges:

- High prevalence of excessive drinking
- Low prescription drug coverage
- Low community support expenditures

Highlights:

- In the past year, smoking decreased 10% from 6.8% to 6.1% of adults aged 65+.
- In the past year, full-mouth teeth extractions decreased 21% from 22.1% to 17.5% of adults aged 65+.
- In the past year, community support decreased 34% from \$639 to \$421 per adult aged 65+ in poverty.
- In the past 2 years, home health care increased 43% from 106.3 to 152.2 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, hospice care use increased 91% from 25.3% to 48.3% of decedents aged 65+.

Ranking:

Maine ranks 8th in *America's Health Rankings® Senior Report*; it was 11th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 15th.

State Health Department Website:
www.maine.gov/dhhs

Maryland

Overall Rank: 14

Change: ▼ 1

Determinants Rank: 16

Outcomes Rank: 10

Strengths:

- High percentage of able-bodied seniors
- Low prevalence of falls
- Low percentage of low-care nursing home residents

Challenges:

- Low prescription drug coverage
- Limited availability of home-delivered meals
- High prevalence of obesity

Highlights:

- In the past year, community support increased 55% from \$314 to \$488 per adult aged 65+ in poverty.
- In the past year, obesity increased 7% from 27.0% to 29.0% of adults aged 65+.
- In the past year, SNAP reach decreased 11% from 95.8% to 85.6% of adults aged 65+ in poverty.
- In the past 2 years, hip fractures decreased 23% from 6.9 to 5.3 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 2 years, hospice care use increased 11% from 43.7% to 48.5% of decedents aged 65+.

Ranking:

Maryland ranks 14th in *America's Health Rankings® Senior Report*; it was 13th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 18th.

State Health Department Website:

dhmh.maryland.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.7	24	4.5
Excessive Drinking (% of adults aged 65+)	6.4	25	2.9
Obesity (% of adults aged 65+)	29.0	35	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.7	26	22.7
Dental Visit (% of adults aged 65+)	69.9	17	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
Behaviors Total	0.040	18	

Community & Environment			
Poverty (% of adults aged 65+)	7.4	9	4.3
Volunteerism (% of adults aged 65+)	26.6	23	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.6	20	62.9
Community & Environment—Macro Total	0.056	19	
Home-Delivered Meals (% of adults aged 65+ in poverty)	9.1	49	101.3
Food Insecurity (% of adults aged 60+)	13.6	19	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$488	34	\$6,701
Community & Environment—Micro Total	-0.009	35	
Community & Environment Total	0.047	26	

Policy			
Low-Care Nursing Home Residents (% of residents)	7.4	8	4.1
SNAP Reach (% of adults aged 60+ in poverty)	85.6	9	124.4
Prescription Drug Coverage (% of adults aged 65+)	76.0	50	88.0
Geriatrician Shortfall (% of needed geriatricians)	39.8	2	25.8
Policy Total	0.059	11	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.2	14	96.9
Flu Vaccine (% of adults aged 65+)	62.1	23	70.7
Health Screenings (% of adults aged 65 to 74)	88.6	12	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	39	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.2	16	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	72.4	42	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	49.7	19	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	NA	NA	12.4
Hospice Care (% of decedents aged 65+)	48.5	31	65.5
Hospital Deaths (% of decedents aged 65+)	22.7	34	15.3
Clinical Care Total	-0.004	31	
All Determinants	0.142	16	

Outcomes			
ICU Use (% of decedents aged 65+)	11.5	22	4.4
Falls (% of adults aged 65+)	25.1	5	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.3	14	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.9	15	50.7
Able-bodied (% of adults aged 65+)	68.0	6	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,711	23	1,394
Teeth Extractions (% of adults aged 65+)	12.9	11	6.4
Frequent Mental Distress (% of adults aged 65+)	6.7	20	4.7
All Outcomes	0.179	10	
Overall	0.321	14	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	31.9	2	34.0
Overuse—Mammography (% women aged 75+)	24.1	19	18.6
Overuse—PSA Test (% men aged 75+)	17.0	18	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.6	30	22.0
Cognition (% of adults aged 65+)	8.1	15	6.3
Depression (% of adults aged 65+)	14.1	14	8.2
Suicide (deaths per 100,000 adults aged 65+)	12.9	10	7.6

NA = not available

Senior Population Growth	State	US
Projected Increase 2016 to 2030	51.7	49.5

Massachusetts

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.7	12	4.5
Excessive Drinking (% of adults aged 65+)	7.9	39	2.9
Obesity (% of adults aged 65+)	25.1	9	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	29.1	15	22.7
Dental Visit (% of adults aged 65+)	71.9	6	78.1
Pain Management (% of adults aged 65+ with joint pain)	44.1	32	53.2
Behaviors Total	0.071	10	
Community & Environment			
Poverty (% of adults aged 65+)	9.3	31	4.3
Volunteerism (% of adults aged 65+)	22.8	35	46.3
Nursing Home Quality (% of 4- & 5-star beds)	49.5	15	62.9
Community & Environment—Macro Total	0.014	26	
Home-Delivered Meals (% of adults aged 65+ in poverty)	53.6	6	101.3
Food Insecurity (% of adults aged 60+)	11.0	6	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$4,053	2	\$6,701
Community & Environment—Micro Total	0.161	3	
Community & Environment Total	0.175	7	
Policy			
Low-Care Nursing Home Residents (% of residents)	11.0	23	4.1
SNAP Reach (% of adults aged 60+ in poverty)	100.3	6	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	40.8	3	25.8
Policy Total	0.139	3	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.9	1	96.9
Flu Vaccine (% of adults aged 65+)	57.8	37	70.7
Health Screenings (% of adults aged 65 to 74)	92.3	1	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.6	22	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	86.2	1	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	120.6	14	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	56.2	35	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	46.9	36	65.5
Hospital Deaths (% of decedents aged 65+)	23.0	38	15.3
Clinical Care Total	0.043	14	
All Determinants	0.428	1	
Outcomes			
ICU Use (% of decedents aged 65+)	8.2	15	4.4
Falls (% of adults aged 65+)	28.6	25	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	3	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	45.9	12	50.7
Able-bodied (% of adults aged 65+)	67.4	8	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,543	7	1,394
Teeth Extractions (% of adults aged 65+)	14.4	21	6.4
Frequent Mental Distress (% of adults aged 65+)	6.0	12	4.7
All Outcomes	0.199	6	
Overall	0.627	1	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.0	9	34.0
Overuse—Mammography (% women aged 75+)	29.1	48	18.6
Overuse—PSA Test (% men aged 75+)	16.9	17	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.2	29	22.0
Cognition (% of adults aged 65+)	8.6	24	6.3
Depression (% of adults aged 65+)	16.3	31	8.2
Suicide (deaths per 100,000 adults aged 65+)	7.6	1	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	43.2	49.5

Overall Rank: 1



Change: ▲ 5
Determinants Rank: 1
Outcomes Rank: 6

Strengths:

- High health status
- High percentage of diabetes management
- Low hip fracture rate

Challenges:

- High prevalence of excessive drinking
- Low volunteerism
- High percentage of hospital deaths

Highlights:

- In the past year, smoking decreased 20% from 9.6% to 7.7% of adults aged 65+.
- In the past year, physical inactivity decreased 12% from 33.1% to 29.1% of adults aged 65+ in fair or better health.
- In the past year, flu vaccination coverage decreased 13% from 66.1% to 57.8% of adults aged 65+.
- In the past 2 years, hip fractures decreased 23% from 6.5 to 5.0 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 42% from 84.7 to 120.6 home health care workers per 1,000 adults aged 75+.

Ranking:

Massachusetts ranks 1st in *America's Health Rankings® Senior Report*; it was 6th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 3rd.

State Health Department Website:
www.mass.gov/eohhs/gov/departments/dph/

Michigan

Overall Rank: 26



Change: ▼ 9

Determinants Rank: 18

Outcomes Rank: 33

Strengths:

- High percentage of dental visits
- Ready availability of home-delivered meals
- High percentage of seniors with dedicated provider

Challenges:

- High prevalence of obesity
- High percentage of hospital readmissions
- High prevalence of falls

Highlights:

- In the past year, physical inactivity increased 12% from 30.8% to 34.5% of adults aged 65+ in fair or better health.
- In the past year, food insecurity increased 26% from 12.1% to 15.3% of adults aged 60+.
- In the past 2 years, community support decreased 47% from \$1213 to \$638 per adult aged 65+ in poverty.
- In the past 2 years, preventable hospitalizations decreased 16% from 70.3 to 59.1 discharges per 1,000 Medicare beneficiaries.
- In the past 2 years, falls increased 101% from 16.2% to 32.6% of adults aged 65+.

Ranking:

Michigan ranks 26th in *America's Health Rankings® Senior Report*; it was 17th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 35th.

State Health Department Website:

www.michigan.gov/mdhhs

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.9	26	4.5
Excessive Drinking (% of adults aged 65+)	7.2	35	2.9
Obesity (% of adults aged 65+)	32.7	49	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)	34.5	40	22.7
Dental Visit (% of adults aged 65+)	72.4	5	78.1
Pain Management (% of adults aged 65+ with joint pain)	44.5	30	53.2
Behaviors Total	-0.034	31	

Community & Environment			
Poverty (% of adults aged 65+)	8.1	17	4.3
Volunteerism (% of adults aged 65+)	24.2	30	46.3
Nursing Home Quality (% of 4- & 5-star beds)	45.9	26	62.9
Community & Environment—Macro Total	0.028	23	
Home-Delivered Meals (% of adults aged 65+ in poverty)	43.1	9	101.3
Food Insecurity (% of adults aged 60+)	15.3	28	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$638	25	\$6,701
Community & Environment—Micro Total	0.035	18	
Community & Environment Total	0.063	22	

Policy			
Low-Care Nursing Home Residents (% of residents)	9.8	17	4.1
SNAP Reach (% of adults aged 60+ in poverty)	77.7	16	124.4
Prescription Drug Coverage (% of adults aged 65+)	87.0	8	88.0
Geriatrician Shortfall (% of needed geriatricians)	65.6	21	25.8
Policy Total	0.059	10	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.6	3	96.9
Flu Vaccine (% of adults aged 65+)	57.6	38	70.7
Health Screenings (% of adults aged 65 to 74)	88.0	15	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.7	19	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.9	27	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	99.6	25	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	59.1	39	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.4	40	12.4
Hospice Care (% of decedents aged 65+)	57.0	11	65.5
Hospital Deaths (% of decedents aged 65+)	18.5	11	15.3
Clinical Care Total	0.029	18	
All Determinants	0.116	18	

Outcomes			
ICU Use (% of decedents aged 65+)	13.0	28	4.4
Falls (% of adults aged 65+)	32.6	48	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.7	20	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.5	23	50.7
Able-bodied (% of adults aged 65+)	63.9	29	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,924	35	1,394
Teeth Extractions (% of adults aged 65+)	12.9	11	6.4
Frequent Mental Distress (% of adults aged 65+)	7.0	27	4.7
All Outcomes	-0.021	33	
Overall	0.095	26	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	21.8	34	34.0
Overuse—Mammography (% women aged 75+)	24.6	23	18.6
Overuse—PSA Test (% men aged 75+)	22.4	47	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.2	44	22.0
Cognition (% of adults aged 65+)	8.8	27	6.3
Depression (% of adults aged 65+)	15.0	24	8.2
Suicide (deaths per 100,000 adults aged 65+)	13.4	14	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	42.4	49.5

Minnesota

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.1	16	4.5
Excessive Drinking (% of adults aged 65+)	8.1	40	2.9
Obesity (% of adults aged 65+)	28.5	29	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)	29.3	16	22.7
Dental Visit (% of adults aged 65+)	75.6	2	78.1
Pain Management (% of adults aged 65+ with joint pain)	39.4	48	53.2
Behaviors Total	-0.014	28	
Community & Environment			
Poverty (% of adults aged 65+)	7.5	11	4.3
Volunteerism (% of adults aged 65+)	37.9	2	46.3
Nursing Home Quality (% of 4- & 5-star beds)	50.6	9	62.9
Community & Environment—Macro Total	0.129	3	
Home-Delivered Meals (% of adults aged 65+ in poverty)	24.5	21	101.3
Food Insecurity (% of adults aged 60+)	8.3	1	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$662	24	\$6,701
Community & Environment—Micro Total	0.068	9	
Community & Environment Total	0.197	5	
Policy			
Low-Care Nursing Home Residents (% of residents)	15.1	40	4.1
SNAP Reach (% of adults aged 60+ in poverty)	56.8	31	124.4
Prescription Drug Coverage (% of adults aged 65+)	88.0	1	88.0
Geriatrician Shortfall (% of needed geriatricians)	56.3	12	25.8
Policy Total	0.019	19	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	91.8	41	96.9
Flu Vaccine (% of adults aged 65+)	64.3	15	70.7
Health Screenings (% of adults aged 65 to 74)	89.1	10	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.4	29	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.5	14	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	268.3	2	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	41.2	10	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.0	10	12.4
Hospice Care (% of decedents aged 65+)	50.5	27	65.5
Hospital Deaths (% of decedents aged 65+)	19.5	17	15.3
Clinical Care Total	0.085	4	
All Determinants	0.288	8	
Outcomes			
ICU Use (% of decedents aged 65+)	6.2	6	4.4
Falls (% of adults aged 65+)	26.1	7	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.1	7	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	47.9	5	50.7
Able-bodied (% of adults aged 65+)	68.2	3	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,508	6	1,394
Teeth Extractions (% of adults aged 65+)	10.5	4	6.4
Frequent Mental Distress (% of adults aged 65+)	5.0	4	4.7
All Outcomes	0.312	1	
Overall	0.599	4	
Supplemental Measures			
Education (% of adults aged 65+)	26.2	18	34.0
Overuse—Mammography (% women aged 75+)	27.4	42	18.6
Overuse—PSA Test (% men aged 75+)	12.3	4	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	28.4	10	22.0
Cognition (% of adults aged 65+)	7.2	7	6.3
Depression (% of adults aged 65+)	13.4	6	8.2
Suicide (deaths per 100,000 adults aged 65+)	11.9	8	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	59.0	49.5

Overall Rank: 4



Change: ▼ 1
Determinants Rank: 8
Outcomes Rank: 1

Strengths:

- Low prevalence of food insecurity
- Ready availability of home health care workers
- High percentage of dental visits

Challenges:

- Low percentage of seniors with dedicated provider
- High percentage of low-care nursing home residents
- High prevalence of excessive drinking

Highlights:

- In the past year, obesity increased 15% from 24.8% to 28.5% of adults aged 65+.
- In the past year, preventable hospitalizations decreased 8% from 44.9 to 41.2 discharges per 1,000 Medicare beneficiaries.
- In the past 2 years, community support increased 22% from \$542 to \$662 per adult aged 65+ in poverty.
- In the past 2 years, hip fractures decreased 20% from 6.4 to 5.1 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, hospital deaths decreased 23% from 25.4% to 19.5% of decedents aged 65+.

Ranking:

Minnesota ranks 4th in *America's Health Rankings® Senior Report*; it was 3rd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 4th.

State Health Department Website:
www.health.state.mn.us

Mississippi

Overall Rank: 48



Change: ▲ 1

Determinants Rank: 49

Outcomes Rank: 44

Strengths:

- Low prevalence of excessive drinking
- High flu vaccination coverage
- Low prevalence of activity-limiting joint pain

Challenges:

- Low community support expenditures
- Low percentage of health screenings
- High premature death rate

Highlights:

- In the past year, very good or excellent health status increased 19% from 28.4% to 33.8% of adults aged 65+.
- In the past year, low-care nursing home residents decreased 18% from 16.3% to 13.4% of residents.
- In the past year, smoking decreased 19% from 12.9% to 10.5% of adults aged 65+.
- In the past 3 years, home health care increased 44% from 58.2 to 83.7 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, hospice care use increased 39% from 35.1% to 48.9% of decedents aged 65+.

Ranking:

Mississippi ranks 48th in *America's Health Rankings® Senior Report*; it was 49th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 49th.

State Health Department Website:

www.msdc.state.ms.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.5	39	4.5
Excessive Drinking (% of adults aged 65+)	3.2	2	2.9
Obesity (% of adults aged 65+)	28.8	32	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.0	3	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	38.3	47	22.7
Dental Visit (% of adults aged 65+)	54.0	49	78.1
Pain Management (% of adults aged 65+ with joint pain)	52.5	2	53.2
Behaviors Total	0.006	22	

Community & Environment			
Poverty (% of adults aged 65+)	13.2	49	4.3
Volunteerism (% of adults aged 65+)	23.3	33	46.3
Nursing Home Quality (% of 4- & 5-star beds)	35.4	40	62.9
Community & Environment—Macro Total	-0.111	47	
Home-Delivered Meals (% of adults aged 65+ in poverty)	18.1	31	101.3
Food Insecurity (% of adults aged 60+)	24.3	48	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$261	50	\$6,701
Community & Environment—Micro Total	-0.085	50	
Community & Environment Total	-0.196	49	

Policy			
Low-Care Nursing Home Residents (% of residents)	13.4	35	4.1
SNAP Reach (% of adults aged 60+ in poverty)	65.2	25	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	31	88.0
Geriatrician Shortfall (% of needed geriatricians)	86.0	47	25.8
Policy Total	-0.087	42	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	91.3	43	96.9
Flu Vaccine (% of adults aged 65+)	66.6	10	70.7
Health Screenings (% of adults aged 65 to 74)	78.5	50	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.5	50	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	77.1	35	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	83.7	31	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	73.6	48	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.5	43	12.4
Hospice Care (% of decedents aged 65+)	48.9	30	65.5
Hospital Deaths (% of decedents aged 65+)	24.0	42	15.3
Clinical Care Total	-0.125	50	
All Determinants	-0.401	49	

Outcomes			
ICU Use (% of decedents aged 65+)	11.7	24	4.4
Falls (% of adults aged 65+)	28.0	19	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.3	45	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	33.8	47	50.7
Able-bodied (% of adults aged 65+)	55.5	50	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,442	50	1,394
Teeth Extractions (% of adults aged 65+)	22.5	48	6.4
Frequent Mental Distress (% of adults aged 65+)	7.4	33	4.7
All Outcomes	-0.247	44	
Overall	-0.648	48	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	19.1	45	34.0
Overuse—Mammography (% women aged 75+)	21.4	5	18.6
Overuse—PSA Test (% men aged 75+)	20.1	37	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.0	33	22.0
Cognition (% of adults aged 65+)	13.2	50	6.3
Depression (% of adults aged 65+)	17.2	40	8.2
Suicide (deaths per 100,000 adults aged 65+)	15.2	20	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	43.8	49.5

Missouri

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.8	42	4.5
Excessive Drinking (% of adults aged 65+)	4.7	8	2.9
Obesity (% of adults aged 65+)	27.9	26	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	36	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.9	38	22.7
Dental Visit (% of adults aged 65+)	58.8	42	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.5	17	53.2
Behaviors Total	-0.072	38	
Community & Environment			
Poverty (% of adults aged 65+)	9.0	30	4.3
Volunteerism (% of adults aged 65+)	26.9	21	46.3
Nursing Home Quality (% of 4- & 5-star beds)	42.2	32	62.9
Community & Environment—Macro Total	0.011	27	
Home-Delivered Meals (% of adults aged 65+ in poverty)	37.1	10	101.3
Food Insecurity (% of adults aged 60+)	19.1	45	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$662	23	\$6,701
Community & Environment—Micro Total	-0.007	34	
Community & Environment Total	0.004	29	
Policy			
Low-Care Nursing Home Residents (% of residents)	23.7	49	4.1
SNAP Reach (% of adults aged 60+ in poverty)	61.3	28	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	66.8	25	25.8
Policy Total	-0.076	39	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.8	23	96.9
Flu Vaccine (% of adults aged 65+)	68.3	5	70.7
Health Screenings (% of adults aged 65 to 74)	81.7	45	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.7	19	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	80.0	26	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	116.9	16	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	59.0	38	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.2	35	12.4
Hospice Care (% of decedents aged 65+)	53.1	17	65.5
Hospital Deaths (% of decedents aged 65+)	22.1	32	15.3
Clinical Care Total	0.004	27	
All Determinants	-0.140	38	
Outcomes			
ICU Use (% of decedents aged 65+)	13.9	33	4.4
Falls (% of adults aged 65+)	32.4	47	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.7	39	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	39.1	34	50.7
Able-bodied (% of adults aged 65+)	63.3	32	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,031	40	1,394
Teeth Extractions (% of adults aged 65+)	19.9	42	6.4
Frequent Mental Distress (% of adults aged 65+)	8.1	38	4.7
All Outcomes	-0.166	42	
Overall	-0.306	40	
Supplemental Measures			
Education (% of adults aged 65+)	20.3	38	34.0
Overuse—Mammography (% women aged 75+)	24.9	26	18.6
Overuse—PSA Test (% men aged 75+)	18.5	23	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.7	31	22.0
Cognition (% of adults aged 65+)	8.4	23	6.3
Depression (% of adults aged 65+)	16.8	38	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.3	34	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	41.2	49.5

Overall
Rank: 40

Change: ▼ 2
Determinants Rank: 38
Outcomes Rank: 42

Strengths:

- High flu vaccination coverage
- Low prevalence of excessive drinking
- Ready availability of home-delivered meals

Challenges:

- High percentage of low-care nursing home residents
- Low percentage of health screenings
- High prevalence of falls

Highlights:

- In the past year, food insecurity increased 15% from 16.6% to 19.1% of adults aged 60+.
- In the past year, low-care nursing home residents increased 12% from 21.1% to 23.7% of residents.
- In the past year, full-mouth teeth extractions decreased 20% from 24.9% to 19.9% of adults aged 65+.
- In the past 2 years, hip fractures decreased 18% from 8.2 to 6.7 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, home health care increased 44% from 80.9 to 116.9 home health care workers per 1,000 adults aged 75+.

Ranking:

Missouri ranks 40th in *America's Health Rankings® Senior Report*; it was 38th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 36th.

State Health Department Website:
www.dhss.mo.gov

Montana

Overall Rank: 31



Change: ▲ 3

Determinants Rank: 34

Outcomes Rank: 25

Strengths:

- Low prevalence of physical inactivity
- Low prevalence of food insecurity
- Low percentage of hospital readmissions

Challenges:

- High geriatrician shortfall
- Low percentage of diabetes management
- High prevalence of falls

Highlights:

- In the past year, nursing home quality increased 24% from 33.1% to 40.9% of beds rated 4- or 5-stars.
- In the past year, ICU use in last 6 months of life decreased 11% from 8.3% to 7.4% of decedents aged 65+.
- In the past 2 years, home health care decreased 24% from 105.9 to 80.2 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, low-care nursing home residents increased 23% from 15.3% to 18.8% of residents.
- In the past 3 years, obesity increased 22% from 21.9% to 26.7% of adults aged 65+.

Ranking:

Montana ranks 31st in *America's Health Rankings® Senior Report*; it was 34th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 23rd.

State Health Department Website:

www.dphhs.mt.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.3	19	4.5
Excessive Drinking (% of adults aged 65+)	8.3	41	2.9
Obesity (% of adults aged 65+)	26.7	16	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.8	9	22.7
Dental Visit (% of adults aged 65+)	63.5	32	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.4	19	53.2
Behaviors Total	0.036	19	

Community & Environment			
Poverty (% of adults aged 65+)	8.3	21	4.3
Volunteerism (% of adults aged 65+)	27.8	17	46.3
Nursing Home Quality (% of 4- & 5-star beds)	40.9	35	62.9
Community & Environment—Macro Total	0.023	24	
Home-Delivered Meals (% of adults aged 65+ in poverty)	44.6	8	101.3
Food Insecurity (% of adults aged 60+)	11.6	9	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,350	9	\$6,701
Community & Environment—Micro Total	0.091	7	
Community & Environment Total	0.114	14	

Policy			
Low-Care Nursing Home Residents (% of residents)	18.8	47	4.1
SNAP Reach (% of adults aged 60+ in poverty)	46.9	41	124.4
Prescription Drug Coverage (% of adults aged 65+)	81.0	42	88.0
Geriatrician Shortfall (% of needed geriatricians)	87.8	49	25.8
Policy Total	-0.207	49	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	90.8	45	96.9
Flu Vaccine (% of adults aged 65+)	60.8	26	70.7
Health Screenings (% of adults aged 65 to 74)	81.9	44	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.1	8	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	70.8	47	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	80.2	35	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	43.7	12	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	13.5	6	12.4
Hospice Care (% of decedents aged 65+)	43.7	42	65.5
Hospital Deaths (% of decedents aged 65+)	18.8	12	15.3
Clinical Care Total	-0.026	37	
All Determinants	-0.083	34	

Outcomes			
ICU Use (% of decedents aged 65+)	7.4	11	4.4
Falls (% of adults aged 65+)	32.2	46	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.8	25	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	43.5	21	50.7
Able-bodied (% of adults aged 65+)	66.1	13	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,718	24	1,394
Teeth Extractions (% of adults aged 65+)	16.7	32	6.4
Frequent Mental Distress (% of adults aged 65+)	5.9	10	4.7
All Outcomes	0.074	25	
Overall	-0.008	31	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	26.1	19	34.0
Overuse—Mammography (% women aged 75+)	27.0	38	18.6
Overuse—PSA Test (% men aged 75+)	14.2	9	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	24.6	3	22.0
Cognition (% of adults aged 65+)	7.0	5	6.3
Depression (% of adults aged 65+)	15.8	28	8.2
Suicide (deaths per 100,000 adults aged 65+)	23.3	45	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	57.4	49.5

Nebraska

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.1	16	4.5
Excessive Drinking (% of adults aged 65+)	5.9	21	2.9
Obesity (% of adults aged 65+)	28.6	30	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.5	24	22.7
Dental Visit (% of adults aged 65+)	68.0	19	78.1
Pain Management (% of adults aged 65+ with joint pain)	40.5	46	53.2
Behaviors Total	-0.005	26	
Community & Environment			
Poverty (% of adults aged 65+)	7.9	15	4.3
Volunteerism (% of adults aged 65+)	35.2	6	46.3
Nursing Home Quality (% of 4- & 5-star beds)	44.8	28	62.9
Community & Environment—Macro Total	0.084	11	
Home-Delivered Meals (% of adults aged 65+ in poverty)	35.9	11	101.3
Food Insecurity (% of adults aged 60+)	15.3	28	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,220	11	\$6,701
Community & Environment—Micro Total	0.041	16	
Community & Environment Total	0.125	12	
Policy			
Low-Care Nursing Home Residents (% of residents)	14.8	38	4.1
SNAP Reach (% of adults aged 60+ in poverty)	42.8	44	124.4
Prescription Drug Coverage (% of adults aged 65+)	87.0	6	88.0
Geriatrician Shortfall (% of needed geriatricians)	75.0	35	25.8
Policy Total	-0.065	38	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.1	16	96.9
Flu Vaccine (% of adults aged 65+)	64.7	13	70.7
Health Screenings (% of adults aged 65 to 74)	84.4	33	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	75.1	41	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	61.8	44	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	51.3	26	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.2	15	12.4
Hospice Care (% of decedents aged 65+)	51.4	24	65.5
Hospital Deaths (% of decedents aged 65+)	20.0	18	15.3
Clinical Care Total	0.014	22	
All Determinants	0.068	26	
Outcomes			
ICU Use (% of decedents aged 65+)	10.4	20	4.4
Falls (% of adults aged 65+)	28.1	23	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.1	32	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	45.5	13	50.7
Able-bodied (% of adults aged 65+)	65.0	21	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,749	27	1,394
Teeth Extractions (% of adults aged 65+)	14.1	19	6.4
Frequent Mental Distress (% of adults aged 65+)	5.1	5	4.7
All Outcomes	0.127	15	
Overall	0.195	20	
Supplemental Measures			
Education (% of adults aged 65+)	20.7	36	34.0
Overuse—Mammography (% women aged 75+)	26.8	36	18.6
Overuse—PSA Test (% men aged 75+)	17.6	21	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	30.5	13	22.0
Cognition (% of adults aged 65+)	7.3	8	6.3
Depression (% of adults aged 65+)	13.6	7	8.2
Suicide (deaths per 100,000 adults aged 65+)	14.1	16	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		42.4	49.5

Overall
Rank: 20

Change: ▼ 4

Determinants Rank: 26

Outcomes Rank: 15

Strengths:

- High volunteerism
- High prescription drug coverage
- Low prevalence of frequent mental distress

Challenges:

- Low SNAP enrollment
- Limited availability of home health care workers
- Low percentage of diabetes management

Highlights:

- In the past year, SNAP reach decreased 21% from 54.4% to 42.8% of adults aged 65+ in poverty.
- In the past year, nursing home quality decreased 7% from 48.3% to 44.8% of beds rated 4- or 5-stars.
- In the past 3 years, food insecurity increased 99% from 7.7% to 15.3% of adults aged 60+.
- In the past 3 years, very good or excellent health status increased 13% from 40.2% to 45.5% of adults aged 65+.
- In the past 3 years, preventable hospitalizations decreased 22% from 65.4 to 51.3 discharges per 1,000 Medicare beneficiaries.

Ranking:

Nebraska ranks 20th in *America's Health Rankings® Senior Report*; it was 16th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 10th.

State Health Department Website:

www.dhhs.ne.gov/

Nevada

Overall Rank: 42

Change: ▲ 1

Determinants Rank: 46

Outcomes Rank: 34

Strengths:

- Low prevalence of falls
- Low rate of preventable hospitalizations
- Low percentage of low-care nursing home residents

Challenges:

- High prevalence of excessive drinking
- Low community support expenditures
- Low flu vaccination coverage

Highlights:

- In the past year, very good or excellent health status decreased 13% from 46.0% to 39.9% of adults aged 65+.
- In the past year, smoking decreased 18% from 15.4% to 12.6% of adults aged 65+.
- In the past year, obesity increased 15% from 23.9% to 27.6% of adults aged 65+.
- In the past 2 years, community support increased 18% from \$283 to \$335 per adult aged 65+ in poverty.
- In the past 3 years, preventable hospitalizations decreased 21% from 58.1 to 45.7 discharges per 1,000 Medicare beneficiaries.

Ranking:

Nevada ranks 42nd in *America's Health Rankings® Senior Report*; it was 43rd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 38th.

State Health Department Website:

dhhs.nv.gov/

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	12.6	48	4.5
Excessive Drinking (% of adults aged 65+)	9.2	49	2.9
Obesity (% of adults aged 65+)	27.6	25	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)	30.1	21	22.7
Dental Visit (% of adults aged 65+)	59.7	41	78.1
Pain Management (% of adults aged 65+ with joint pain)	40.3	47	53.2
Behaviors Total	-0.198	49	

Community & Environment			
Poverty (% of adults aged 65+)	8.3	21	4.3
Volunteerism (% of adults aged 65+)	17.5	48	46.3
Nursing Home Quality (% of 4- & 5-star beds)	43.6	30	62.9
Community & Environment—Macro Total	-0.020	34	
Home-Delivered Meals (% of adults aged 65+ in poverty)	18.2	30	101.3
Food Insecurity (% of adults aged 60+)	14.8	26	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$335	48	\$6,701
Community & Environment—Micro Total	-0.009	36	
Community & Environment Total	-0.029	34	

Policy			
Low-Care Nursing Home Residents (% of residents)	9.8	17	4.1
SNAP Reach (% of adults aged 60+ in poverty)	65.7	23	124.4
Prescription Drug Coverage (% of adults aged 65+)	83.0	38	88.0
Geriatrician Shortfall (% of needed geriatricians)	76.8	39	25.8
Policy Total	-0.044	32	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	92.3	39	96.9
Flu Vaccine (% of adults aged 65+)	52.9	48	70.7
Health Screenings (% of adults aged 65 to 74)	83.7	39	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.5	26	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	76.6	36	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	78.0	39	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	45.7	14	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.1	34	12.4
Hospice Care (% of decedents aged 65+)	50.8	26	65.5
Hospital Deaths (% of decedents aged 65+)	22.8	35	15.3
Clinical Care Total	-0.063	46	
All Determinants	-0.334	46	

Outcomes			
ICU Use (% of decedents aged 65+)	17.2	47	4.4
Falls (% of adults aged 65+)	26.9	11	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.8	25	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	39.9	32	50.7
Able-bodied (% of adults aged 65+)	63.3	32	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,955	37	1,394
Teeth Extractions (% of adults aged 65+)	17.0	34	6.4
Frequent Mental Distress (% of adults aged 65+)	8.7	44	4.7
All Outcomes	-0.075	34	
Overall	-0.409	42	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	23.6	29	34.0
Overuse—Mammography (% women aged 75+)	21.1	4	18.6
Overuse—PSA Test (% men aged 75+)	19.1	29	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.8	16	22.0
Cognition (% of adults aged 65+)	9.1	30	6.3
Depression (% of adults aged 65+)	16.7	36	8.2
Suicide (deaths per 100,000 adults aged 65+)	28.9	50	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	65.4	49.5

New Hampshire

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.4	7	4.5
Excessive Drinking (% of adults aged 65+)	7.1	34	2.9
Obesity (% of adults aged 65+)	28.4	27	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)	29.0	14	22.7
Dental Visit (% of adults aged 65+)	74.1	4	78.1
Pain Management (% of adults aged 65+ with joint pain)	41.2	44	53.2
Behaviors Total	0.066	11	
Community & Environment			
Poverty (% of adults aged 65+)	5.1	1	4.3
Volunteerism (% of adults aged 65+)	25.5	26	46.3
Nursing Home Quality (% of 4- & 5-star beds)	54.7	4	62.9
Community & Environment—Macro Total	0.112	4	
Home-Delivered Meals (% of adults aged 65+ in poverty)	100.5	2	101.3
Food Insecurity (% of adults aged 60+)	10.3	4	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$2,983	4	\$6,701
Community & Environment—Micro Total	0.178	2	
Community & Environment Total	0.290	1	
Policy			
Low-Care Nursing Home Residents (% of residents)	13.2	33	4.1
SNAP Reach (% of adults aged 60+ in poverty)	62.9	27	124.4
Prescription Drug Coverage (% of adults aged 65+)	79.0	47	88.0
Geriatrician Shortfall (% of needed geriatricians)	50.5	8	25.8
Policy Total	-0.055	34	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.0	7	96.9
Flu Vaccine (% of adults aged 65+)	60.8	26	70.7
Health Screenings (% of adults aged 65 to 74)	90.3	4	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	83.6	8	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	84.2	30	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	46.3	15	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.0	10	12.4
Hospice Care (% of decedents aged 65+)	47.9	34	65.5
Hospital Deaths (% of decedents aged 65+)	20.3	20	15.3
Clinical Care Total	0.066	8	
All Determinants	0.367	5	
Outcomes			
ICU Use (% of decedents aged 65+)	7.2	10	4.4
Falls (% of adults aged 65+)	28.0	19	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+)	50.7	1	50.7
Able-bodied (% of adults aged 65+)	67.5	7	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,578	10	1,394
Teeth Extractions (% of adults aged 65+)	12.2	8	6.4
Frequent Mental Distress (% of adults aged 65+)	6.0	12	4.7
All Outcomes	0.235	3	
Overall	0.602	3	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.4	4	34.0
Overuse—Mammography (% women aged 75+)	28.5	46	18.6
Overuse—PSA Test (% men aged 75+)	13.8	6	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.9	17	22.0
Cognition (% of adults aged 65+)	6.8	4	6.3
Depression (% of adults aged 65+)	16.2	30	8.2
Suicide (deaths per 100,000 adults aged 65+)	13.8	15	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	69.7	49.5

Overall Rank: 3



Change: ▼ 1
Determinants Rank: 5
Outcomes Rank: 3

Strengths:

- High percentage of health screenings
- High percentage of dental visits
- Ready availability of home-delivered meals

Challenges:

- Low prescription drug coverage
- Low hospice care use
- High prevalence of excessive drinking

Highlights:

- In the past year, obesity increased 11% from 25.5% to 28.4% of adults aged 65+.
- In the past year, poverty decreased 16% from 6.1% to 5.1% of adults aged 65+.
- In the past year, low-care nursing home residents increased 7% from 12.3% to 13.2% of residents.
- In the past 2 years, preventable hospitalizations decreased 20% from 58.2 to 46.3 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, hospital deaths decreased 26% from 27.3% to 20.3% of decedents aged 65+.

Ranking:

New Hampshire ranks 3rd in *America's Health Rankings® Senior Report*; it was 2nd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 5th.

State Health Department Website:
www.dhhs.state.nh.us

New Jersey

Overall Rank: 16

Change: ▲ 10

Determinants Rank: 15

Outcomes Rank: 20



Strengths:

- High percentage of diabetes management
- Low prevalence of falls
- High percentage of quality nursing home beds

Challenges:

- High percentage of hospital readmissions
- High ICU use in last 6 months of life
- Low volunteerism

Highlights:

- In the past year, nursing home quality increased 20% from 44.2% to 53.1% of beds rated 4- or 5-stars.
- In the past year, food insecurity decreased 14% from 13.7% to 11.8% of adults aged 60+.
- In the past year, low-care nursing home residents decreased 15% from 13.0% to 11.1% of residents.
- In the past 2 years, physical inactivity decreased 10% from 33.3% to 30.1% of adults aged 65+ in fair or better health.
- In the past 3 years, preventable hospitalizations decreased 19% from 68.8 to 55.5 discharges per 1,000 Medicare beneficiaries.

Ranking:

New Jersey ranks 16th in *America's Health Rankings® Senior Report*; it was 26th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 11th.

State Health Department Website:

www.state.nj.us/health

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.0	27	4.5
Excessive Drinking (% of adults aged 65+)	7.0	33	2.9
Obesity (% of adults aged 65+)	27.3	22	14.1
Underweight (% of adults aged 65+ in fair or better health)	0.9	2	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.1	21	22.7
Dental Visit (% of adults aged 65+)	70.0	15	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
Behaviors Total	0.058	14	

Community & Environment			
Poverty (% of adults aged 65+)	8.6	25	4.3
Volunteerism (% of adults aged 65+)	20.7	40	46.3
Nursing Home Quality (% of 4- & 5-star beds)	53.1	6	62.9
Community & Environment—Macro Total	0.030	22	
Home-Delivered Meals (% of adults aged 65+ in poverty)	23.0	24	101.3
Food Insecurity (% of adults aged 60+)	11.8	11	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$580	29	\$6,701
Community & Environment—Micro Total	0.032	19	
Community & Environment Total	0.062	24	

Policy			
Low-Care Nursing Home Residents (% of residents)	11.1	24	4.1
SNAP Reach (% of adults aged 60+ in poverty)	74.7	18	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	52.4	9	25.8
Policy Total	0.052	12	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.4	10	96.9
Flu Vaccine (% of adults aged 65+)	59.4	31	70.7
Health Screenings (% of adults aged 65 to 74)	87.0	20	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.5	26	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	84.7	3	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	76.7	40	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	55.5	34	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.9	46	12.4
Hospice Care (% of decedents aged 65+)	48.1	33	65.5
Hospital Deaths (% of decedents aged 65+)	25.4	47	15.3
Clinical Care Total	-0.030	39	
All Determinants	0.143	15	

Outcomes			
ICU Use (% of decedents aged 65+)	22.7	50	4.4
Falls (% of adults aged 65+)	23.6	2	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.1	28	50.7
Able-bodied (% of adults aged 65+)	66.9	9	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,619	15	1,394
Teeth Extractions (% of adults aged 65+)	13.0	14	6.4
Frequent Mental Distress (% of adults aged 65+)	6.8	24	4.7
All Outcomes	0.094	20	
Overall	0.237	16	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	27.5	15	34.0
Overuse—Mammography (% women aged 75+)	21.5	6	18.6
Overuse—PSA Test (% men aged 75+)	21.8	44	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	43.4	49	22.0
Cognition (% of adults aged 65+)	8.2	20	6.3
Depression (% of adults aged 65+)	12.7	5	8.2
Suicide (deaths per 100,000 adults aged 65+)	9.1	2	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	41.4	49.5

New Mexico

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.9	36	4.5
Excessive Drinking (% of adults aged 65+)	5.8	20	2.9
Obesity (% of adults aged 65+)	20.8	3	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)	29.4	17	22.7
Dental Visit (% of adults aged 65+)	63.2	34	78.1
Pain Management (% of adults aged 65+ with joint pain)	51.2	3	53.2
Behaviors Total	0.126	5	
Community & Environment			
Poverty (% of adults aged 65+)	13.2	49	4.3
Volunteerism (% of adults aged 65+)	23.2	34	46.3
Nursing Home Quality (% of 4- & 5-star beds)	32.7	45	62.9
Community & Environment—Macro Total	-0.123	49	
Home-Delivered Meals (% of adults aged 65+ in poverty)	26.6	17	101.3
Food Insecurity (% of adults aged 60+)	9.5	3	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$864	15	\$6,701
Community & Environment—Micro Total	0.067	10	
Community & Environment Total	-0.056	40	
Policy			
Low-Care Nursing Home Residents (% of residents)	13.0	32	4.1
SNAP Reach (% of adults aged 60+ in poverty)	44.7	43	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	34	88.0
Geriatrician Shortfall (% of needed geriatricians)	66.0	22	25.8
Policy Total	-0.063	37	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	88.0	49	96.9
Flu Vaccine (% of adults aged 65+)	56.2	42	70.7
Health Screenings (% of adults aged 65 to 74)	80.5	46	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.3	32	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	68.3	48	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	211.2	4	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	45.5	13	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	13.5	6	12.4
Hospice Care (% of decedents aged 65+)	52.7	20	65.5
Hospital Deaths (% of decedents aged 65+)	19.3	16	15.3
Clinical Care Total	-0.024	35	
All Determinants	-0.017	29	
Outcomes			
ICU Use (% of decedents aged 65+)	11.6	23	4.4
Falls (% of adults aged 65+)	27.8	17	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.9	40	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	39.9	32	50.7
Able-bodied (% of adults aged 65+)	59.3	43	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,675	20	1,394
Teeth Extractions (% of adults aged 65+)	15.7	26	6.4
Frequent Mental Distress (% of adults aged 65+)	8.8	46	4.7
All Outcomes	-0.080	35	
Overall	-0.096	33	
Supplemental Measures			
Education (% of adults aged 65+)	28.8	12	34.0
Overuse—Mammography (% women aged 75+)	19.5	2	18.6
Overuse—PSA Test (% men aged 75+)	15.0	13	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	29.5	11	22.0
Cognition (% of adults aged 65+)	11.8	48	6.3
Depression (% of adults aged 65+)	18.3	46	8.2
Suicide (deaths per 100,000 adults aged 65+)	26.2	48	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		60.4	49.5

Overall Rank: 33



Change: no change
Determinants Rank: 29
Outcomes Rank: 35

Strengths:

- Low prevalence of obesity
- Low prevalence of food insecurity
- Ready availability of home health care workers

Challenges:

- Low percentage of seniors with dedicated provider
- High percentage of seniors in poverty
- High prevalence of frequent mental distress

Highlights:

- In the past year, physical inactivity increased 15% from 25.6% to 29.4% of adults aged 65+ in fair or better health.
- In the past year, falls decreased 13% from 32.0% to 27.8% of adults aged 65+.
- In the past 2 years, hip fractures decreased 14% from 8.0 to 6.9 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, food insecurity decreased 55% from 21.2% to 9.5% of adults aged 60+.
- In the past 3 years, preventable hospitalizations decreased 17% from 54.9 to 45.5 discharges per 1,000 Medicare beneficiaries.

Ranking:

New Mexico ranks 33rd in *America's Health Rankings® Senior Report*; it was 33rd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 37th.

State Health Department Website:
www.health.state.nm.us

New York

Overall Rank: 23



Change: ▼ 2

Determinants Rank: 25

Outcomes Rank: 21

Strengths:

- High prescription drug coverage
- High SNAP enrollment
- Ready availability of home health care workers

Challenges:

- High percentage of seniors in poverty
- Low hospice care use
- High percentage of hospital deaths

Highlights:

- In the past year, preventable hospitalizations decreased 10% from 59.2 to 53.3 discharges per 1,000 Medicare beneficiaries.
- In the past year, very good or excellent health status increased 10% from 37.8% to 41.4% of adults aged 65+.
- In the past 2 years, food insecurity increased 10% from 14.8% to 16.3% of adults aged 60+.
- In the past 2 years, home health care increased 23% from 196.9 to 242.1 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, hospital deaths decreased 21% from 39.0% to 30.9% of decedents aged 65+.

Ranking:

New York ranks 23rd in *America's Health Rankings® Senior Report*; it was 21st last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 13th.

State Health Department Website:

www.health.state.ny.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.7	12	4.5
Excessive Drinking (% of adults aged 65+)	6.9	31	2.9
Obesity (% of adults aged 65+)	27.3	22	14.1
Underweight (% of adults aged 65+ in fair or better health)	2.1	46	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.6	25	22.7
Dental Visit (% of adults aged 65+)	65.8	26	78.1
Pain Management (% of adults aged 65+ with joint pain)	47.7	12	53.2
Behaviors Total	-0.001	25	

Community & Environment			
Poverty (% of adults aged 65+)	11.7	47	4.3
Volunteerism (% of adults aged 65+)	17.4	49	46.3
Nursing Home Quality (% of 4- & 5-star beds)	45.1	27	62.9
Community & Environment—Macro Total	-0.075	43	
Home-Delivered Meals (% of adults aged 65+ in poverty)	16.8	36	101.3
Food Insecurity (% of adults aged 60+)	16.3	38	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,278	10	\$6,701
Community & Environment—Micro Total	0.003	28	
Community & Environment Total	-0.072	42	

Policy			
Low-Care Nursing Home Residents (% of residents)	8.7	13	4.1
SNAP Reach (% of adults aged 60+ in poverty)	116.5	2	124.4
Prescription Drug Coverage (% of adults aged 65+)	88.0	1	88.0
Geriatrician Shortfall (% of needed geriatricians)	41.6	4	25.8
Policy Total	0.204	1	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.8	23	96.9
Flu Vaccine (% of adults aged 65+)	60.0	29	70.7
Health Screenings (% of adults aged 65 to 74)	84.7	31	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	39	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	83.9	7	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	242.1	3	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	53.3	28	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.8	45	12.4
Hospice Care (% of decedents aged 65+)	32.4	48	65.5
Hospital Deaths (% of decedents aged 65+)	30.9	50	15.3
Clinical Care Total	-0.052	43	
All Determinants	0.079	25	

Outcomes			
ICU Use (% of decedents aged 65+)	11.9	25	4.4
Falls (% of adults aged 65+)	27.7	16	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.4	24	50.7
Able-bodied (% of adults aged 65+)	65.3	20	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,571	9	1,394
Teeth Extractions (% of adults aged 65+)	14.9	22	6.4
Frequent Mental Distress (% of adults aged 65+)	7.6	37	4.7
All Outcomes	0.086	21	
Overall	0.165	23	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	25.7	22	34.0
Overuse—Mammography (% women aged 75+)	21.7	7	18.6
Overuse—PSA Test (% men aged 75+)	22.3	46	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.9	46	22.0
Cognition (% of adults aged 65+)	9.0	29	6.3
Depression (% of adults aged 65+)	14.8	21	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	33.4	49.5

North Carolina

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.7	33	4.5
Excessive Drinking (% of adults aged 65+)	4.9	9	2.9
Obesity (% of adults aged 65+)	25.9	11	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)	31.5	31	22.7
Dental Visit (% of adults aged 65+)	63.4	33	78.1
Pain Management (% of adults aged 65+ with joint pain)	48.8	10	53.2
Behaviors Total	0.085	8	
Community & Environment			
Poverty (% of adults aged 65+)	9.7	36	4.3
Volunteerism (% of adults aged 65+)	26.1	24	46.3
Nursing Home Quality (% of 4- & 5-star beds)	34.9	41	62.9
Community & Environment—Macro Total	-0.036	41	
Home-Delivered Meals (% of adults aged 65+ in poverty)	13.7	42	101.3
Food Insecurity (% of adults aged 60+)	18.4	43	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$472	35	\$6,701
Community & Environment—Micro Total	-0.044	44	
Community & Environment Total	-0.080	44	
Policy			
Low-Care Nursing Home Residents (% of residents)	6.8	6	4.1
SNAP Reach (% of adults aged 60+ in poverty)	68.2	22	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	63.3	17	25.8
Policy Total	0.048	13	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.3	12	96.9
Flu Vaccine (% of adults aged 65+)	68.8	4	70.7
Health Screenings (% of adults aged 65 to 74)	86.0	24	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.8	14	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	83.5	9	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	107.1	21	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	51.1	25	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	20	12.4
Hospice Care (% of decedents aged 65+)	53.0	18	65.5
Hospital Deaths (% of decedents aged 65+)	21.5	29	15.3
Clinical Care Total	0.061	9	
All Determinants	0.113	19	
Outcomes			
ICU Use (% of decedents aged 65+)	13.5	30	4.4
Falls (% of adults aged 65+)	28.0	19	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.5	36	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	38.8	37	50.7
Able-bodied (% of adults aged 65+)	62.9	34	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,936	36	1,394
Teeth Extractions (% of adults aged 65+)	19.6	41	6.4
Frequent Mental Distress (% of adults aged 65+)	8.7	44	4.7
All Outcomes	-0.113	38	
Overall	0.001	30	
Supplemental Measures			
Education (% of adults aged 65+)	23.2	30	34.0
Overuse—Mammography (% women aged 75+)	26.4	34	18.6
Overuse—PSA Test (% men aged 75+)	19.8	34	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	36.7	27	22.0
Cognition (% of adults aged 65+)	9.3	32	6.3
Depression (% of adults aged 65+)	18.4	48	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.3	22	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	53.9	49.5



Overall Rank: 30

Change: ▲ 2

Determinants Rank: 19

Outcomes Rank: 38

Strengths:

- High flu vaccination coverage
- Low percentage of low-care nursing home residents
- Low prevalence of excessive drinking

Challenges:

- High prevalence of frequent mental distress
- High prevalence of food insecurity
- Low percentage of quality nursing home beds

Highlights:

- In the past year, SNAP reach increased 11% from 61.4% to 68.2% of adults aged 65+ in poverty.
- In the past year, preventable hospitalizations decreased 10% from 56.7 to 51.1 discharges per 1,000 Medicare beneficiaries.
- In the past 2 years, hip fractures decreased 22% from 8.3 to 6.5 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, food insecurity increased 17% from 15.7% to 18.4% of adults aged 60+.
- In the past 3 years, hospice care use increased 55% from 34.3% to 53.0% of decedents aged 65+.

Ranking:

North Carolina ranks 30th in *America's Health Rankings® Senior Report*; it was 32nd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 31st.

State Health Department Website:

www.dhhs.state.nc.us

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

Ohio

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	10.2	38	4.5
Excessive Drinking (% of adults aged 65+)	5.7	17	2.9
Obesity (% of adults aged 65+)	33.4	50	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)	34.7	42	22.7
Dental Visit (% of adults aged 65+)	63.7	31	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
Behaviors Total	-0.149	47	
Community & Environment			
Poverty (% of adults aged 65+)	8.1	17	4.3
Volunteerism (% of adults aged 65+)	27.0	20	46.3
Nursing Home Quality (% of 4- & 5-star beds)	38.0	37	62.9
Community & Environment—Macro Total	0.010	28	
Home-Delivered Meals (% of adults aged 65+ in poverty)	24.9	20	101.3
Food Insecurity (% of adults aged 60+)	16.3	38	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$599	27	\$6,701
Community & Environment—Micro Total	-0.004	32	
Community & Environment Total	0.006	28	
Policy			
Low-Care Nursing Home Residents (% of residents)	11.2	25	4.1
SNAP Reach (% of adults aged 60+ in poverty)	73.4	20	124.4
Prescription Drug Coverage (% of adults aged 65+)	88.0	1	88.0
Geriatrician Shortfall (% of needed geriatricians)	70.0	27	25.8
Policy Total	0.042	14	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.2	14	96.9
Flu Vaccine (% of adults aged 65+)	55.7	44	70.7
Health Screenings (% of adults aged 65 to 74)	85.0	30	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.7	19	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.4	28	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	109.4	19	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	64.9	44	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.4	40	12.4
Hospice Care (% of decedents aged 65+)	59.6	6	65.5
Hospital Deaths (% of decedents aged 65+)	17.2	5	15.3
Clinical Care Total	0.005	25	
All Determinants	-0.095	36	
Outcomes			
ICU Use (% of decedents aged 65+)	15.1	40	4.4
Falls (% of adults aged 65+)	30.1	33	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.2	33	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	39.1	34	50.7
Able-bodied (% of adults aged 65+)	64.6	25	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,050	41	1,394
Teeth Extractions (% of adults aged 65+)	18.1	38	6.4
Frequent Mental Distress (% of adults aged 65+)	7.4	33	4.7
All Outcomes	-0.090	36	
Overall	-0.185	38	
Supplemental Measures			
Education (% of adults aged 65+)	19.7	44	34.0
Overuse—Mammography (% women aged 75+)	23.2	18	18.6
Overuse—PSA Test (% men aged 75+)	18.9	25	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.1	39	22.0
Cognition (% of adults aged 65+)	8.2	20	6.3
Depression (% of adults aged 65+)	15.4	26	8.2
Suicide (deaths per 100,000 adults aged 65+)	15.1	19	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		38.6	49.5

Overall
Rank: 38

Change: ▼ 8

Determinants Rank: 36

Outcomes Rank: 36

Strengths:

- High prescription drug coverage
- High hospice care use
- Low percentage of hospital deaths

Challenges:

- High prevalence of obesity
- High prevalence of physical inactivity
- Low flu vaccination coverage

Highlights:

- In the past year, food insecurity increased 26% from 12.9% to 16.3% of adults aged 60+.
- In the past year, obesity increased 17% from 28.6% to 33.4% of adults aged 65+.
- In the past year, flu vaccination coverage decreased 11% from 62.6% to 55.7% of adults aged 65+.
- In the past 2 years, preventable hospitalizations decreased 17% from 78.5 to 64.9 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, hip fractures decreased 14% from 7.2 to 6.2 hospitalizations per 1,000 Medicare beneficiaries.

Ranking:

Ohio ranks 38th in *America's Health Rankings® Senior Report*; it was 30th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 39th.

State Health Department Website:
www.odh.ohio.gov

Oklahoma

Overall Rank: 49

Change: ▼ 3

Determinants Rank: 48

Outcomes Rank: 46

Strengths:

- Low prevalence of excessive drinking
- Low prevalence of activity-limiting joint pain
- High flu vaccination coverage

Challenges:

- High prevalence of physical inactivity
- Low percentage of health screenings
- High hip fracture rate

Highlights:

- In the past year, smoking increased 13% from 9.9% to 11.2% of adults aged 65+.
- In the past year, food insecurity increased 11% from 15.4% to 17.1% of adults aged 60+.
- In the past year, full-mouth teeth extractions increased 7% from 21.0% to 22.4% of adults aged 65+.
- In the past 3 years, volunteerism increased 10% from 22.0% to 24.3% of adults aged 65+.
- In the past 3 years, hospice care use increased 24% from 44.4% to 55.1% of decedents aged 65+.

Ranking:

Oklahoma ranks 49th in *America's Health Rankings® Senior Report*; it was 46th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 45th.

State Health Department Website:
www.ok.gov/health

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	11.2	44	4.5
Excessive Drinking (% of adults aged 65+)	3.4	4	2.9
Obesity (% of adults aged 65+)	28.9	33	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)	39.8	49	22.7
Dental Visit (% of adults aged 65+)	55.4	47	78.1
Pain Management (% of adults aged 65+ with joint pain)	53.2	1	53.2
Behaviors Total	-0.050	34	

Community & Environment			
Poverty (% of adults aged 65+)	8.5	24	4.3
Volunteerism (% of adults aged 65+)	24.3	29	46.3
Nursing Home Quality (% of 4- & 5-star beds)	32.5	46	62.9
Community & Environment—Macro Total	-0.034	40	
Home-Delivered Meals (% of adults aged 65+ in poverty)	19.0	28	101.3
Food Insecurity (% of adults aged 60+)	17.1	41	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$397	44	\$6,701
Community & Environment—Micro Total	-0.026	40	
Community & Environment Total	-0.060	41	

Policy			
Low-Care Nursing Home Residents (% of residents)	22.8	49	4.1
SNAP Reach (% of adults aged 60+ in poverty)	55.9	33	124.4
Prescription Drug Coverage (% of adults aged 65+)	81.0	42	88.0
Geriatrician Shortfall (% of needed geriatricians)	86.1	48	25.8
Policy Total	-0.204	48	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.7	26	96.9
Flu Vaccine (% of adults aged 65+)	67.0	7	70.7
Health Screenings (% of adults aged 65 to 74)	79.9	49	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.7	41	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	72.5	46	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	82.5	34	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	62.6	41	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	38	12.4
Hospice Care (% of decedents aged 65+)	55.1	15	65.5
Hospital Deaths (% of decedents aged 65+)	21.8	31	15.3
Clinical Care Total	-0.062	45	
All Determinants	-0.376	48	

Outcomes			
ICU Use (% of decedents aged 65+)	11.9	25	4.4
Falls (% of adults aged 65+)	30.8	38	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.7	50	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	34.9	44	50.7
Able-bodied (% of adults aged 65+)	57.6	46	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,332	47	1,394
Teeth Extractions (% of adults aged 65+)	22.4	46	6.4
Frequent Mental Distress (% of adults aged 65+)	8.6	43	4.7
All Outcomes	-0.306	46	
Overall	-0.682	49	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	21.3	35	34.0
Overuse—Mammography (% women aged 75+)	23.0	17	18.6
Overuse—PSA Test (% men aged 75+)	19.5	31	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.7	37	22.0
Cognition (% of adults aged 65+)	9.9	34	6.3
Depression (% of adults aged 65+)	18.3	46	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.6	39	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	39.4	49.5

Oregon

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.6	23	4.5
Excessive Drinking (% of adults aged 65+)	9.0	47	2.9
Obesity (% of adults aged 65+)	27.1	19	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	24.0	2	22.7
Dental Visit (% of adults aged 65+)	67.5	20	78.1
Pain Management (% of adults aged 65+ with joint pain)	47.3	13	53.2
Behaviors Total	0.052	15	
Community & Environment			
Poverty (% of adults aged 65+)	8.8	27	4.3
Volunteerism (% of adults aged 65+)	28.7	15	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.5	23	62.9
Community & Environment—Macro Total	0.041	20	
Home-Delivered Meals (% of adults aged 65+ in poverty)	23.2	23	101.3
Food Insecurity (% of adults aged 60+)	14.9	27	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$428	40	\$6,701
Community & Environment—Micro Total	0.001	29	
Community & Environment Total	0.042	27	
Policy			
Low-Care Nursing Home Residents (% of residents)	8.7	13	4.1
SNAP Reach (% of adults aged 60+ in poverty)	107.2	4	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	66.0	22	25.8
Policy Total	0.089	9	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.1	31	96.9
Flu Vaccine (% of adults aged 65+)	56.5	40	70.7
Health Screenings (% of adults aged 65 to 74)	85.3	26	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.3	32	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	78.8	33	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	95.8	27	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	34.5	5	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	13.6	8	12.4
Hospice Care (% of decedents aged 65+)	57.6	10	65.5
Hospital Deaths (% of decedents aged 65+)	18.3	9	15.3
Clinical Care Total	0.045	12	
All Determinants	0.228	11	
Outcomes			
ICU Use (% of decedents aged 65+)	5.2	3	4.4
Falls (% of adults aged 65+)	31.7	41	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	47.2	6	50.7
Able-bodied (% of adults aged 65+)	62.0	39	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,666	17	1,394
Teeth Extractions (% of adults aged 65+)	12.9	11	6.4
Frequent Mental Distress (% of adults aged 65+)	6.9	26	4.7
All Outcomes	0.110	18	
Overall	0.338	12	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	28.3	13	34.0
Overuse—Mammography (% women aged 75+)	27.2	40	18.6
Overuse—PSA Test (% men aged 75+)	14.5	12	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	26.6	6	22.0
Cognition (% of adults aged 65+)	10.1	36	6.3
Depression (% of adults aged 65+)	18.6	49	8.2
Suicide (deaths per 100,000 adults aged 65+)	24.4	47	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	48.9	49.5

Overall Rank: 12



Change: ▼ 3
Determinants Rank: 11
Outcomes Rank: 18

Strengths:

- Low prevalence of physical inactivity
- High SNAP enrollment
- Low ICU use in last 6 months of life

Challenges:

- High prevalence of excessive drinking
- Low community support expenditures
- Low flu vaccination coverage

Highlights:

- In the past year, falls increased 72% from 18.4% to 31.7% of adults aged 65+.
- In the past year, low-care nursing home residents increased 34% from 6.5% to 8.7% of residents.
- In the past year, home health care increased 8% from 88.9 to 95.8 home health care workers per 1,000 adults aged 75+.
- In the past 2 years, poverty increased 14% from 7.7% to 8.8% of adults aged 65+.
- In the past 3 years, food insecurity increased 19% from 12.5% to 14.9% of adults aged 60+.

Ranking:

Oregon ranks 12th in *America's Health Rankings® Senior Report*; it was 9th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 20th.

State Health Department Website:
public.health.oregon.gov/

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

Rhode Island

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.2	6	4.5
Excessive Drinking (% of adults aged 65+)	7.2	35	2.9
Obesity (% of adults aged 65+)	26.1	13	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	42	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.4	36	22.7
Dental Visit (% of adults aged 65+)	70.4	14	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
Behaviors Total	0.061	13	
Community & Environment			
Poverty (% of adults aged 65+)	9.7	36	4.3
Volunteerism (% of adults aged 65+)	18.9	46	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.2	24	62.9
Community & Environment—Macro Total	-0.027	38	
Home-Delivered Meals (% of adults aged 65+ in poverty)	14.7	39	101.3
Food Insecurity (% of adults aged 60+)	12.6	16	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$376	46	\$6,701
Community & Environment—Micro Total	0.006	27	
Community & Environment Total	-0.021	33	
Policy			
Low-Care Nursing Home Residents (% of residents)	12.6	30	4.1
SNAP Reach (% of adults aged 60+ in poverty)	105.7	5	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	53.3	10	25.8
Policy Total	0.101	7	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.6	3	96.9
Flu Vaccine (% of adults aged 65+)	62.3	22	70.7
Health Screenings (% of adults aged 65 to 74)	91.0	2	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.2	48	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	83.0	10	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	93.5	28	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	54.0	30	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	56.7	12	65.5
Hospital Deaths (% of decedents aged 65+)	18.8	12	15.3
Clinical Care Total	0.044	13	
All Determinants	0.184	13	
Outcomes			
ICU Use (% of decedents aged 65+)	8.1	13	4.4
Falls (% of adults aged 65+)	26.8	10	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	3	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	43.6	20	50.7
Able-bodied (% of adults aged 65+)	63.7	30	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,668	18	1,394
Teeth Extractions (% of adults aged 65+)	13.8	18	6.4
Frequent Mental Distress (% of adults aged 65+)	6.2	14	4.7
All Outcomes	0.158	11	
Overall	0.341	11	
Supplemental Measures			
Education (% of adults aged 65+)	25.4	25	34.0
Overuse—Mammography (% women aged 75+)	26.2	32	18.6
Overuse—PSA Test (% men aged 75+)	18.2	22	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.1	39	22.0
Cognition (% of adults aged 65+)	7.9	14	6.3
Depression (% of adults aged 65+)	17.3	42	8.2
Suicide (deaths per 100,000 adults aged 65+)	9.6	3	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	42.9	49.5

Overall Rank: 11



Change: ▲ 3

Determinants Rank: 13

Outcomes Rank: 11

Strengths:

- High percentage of health screenings
- Low hip fracture rate
- High SNAP enrollment

Challenges:

- Limited availability of home-delivered meals
- Low volunteerism
- Low community support expenditures

Highlights:

- In the past year, food insecurity decreased 22% from 16.2% to 12.6% of adults aged 60+.
- In the past year, low-care nursing home residents decreased 30% from 18.0% to 12.6% of residents.
- In the past year, hospital deaths decreased 11% from 21.2% to 18.8% of decedents aged 65+.
- In the past 2 years, ICU use in last 6 months of life decreased 28% from 11.3% to 8.1% of decedents aged 65+.
- In the past 3 years, obesity increased 18% from 22.2% to 26.1% of adults aged 65+.

Ranking:

Rhode Island ranks 11th in *America's Health Rankings® Senior Report*; it was 14th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 14th.

State Health Department Website:

www.health.state.ri.us

South Carolina



Overall Rank: 34

Change: ▲ 2

Determinants Rank: 27

Outcomes Rank: 40

Strengths:

- Low percentage of low-care nursing home residents
- High hospice care use
- High percentage of diabetes management

Challenges:

- High prevalence of food insecurity
- High prevalence of frequent mental distress
- Low percentage of dental visits

Highlights:

- In the past year, low-care nursing home residents decreased 9% from 5.7% to 5.2% of residents.
- In the past year, poverty decreased 9% from 10.2% to 9.3% of adults aged 65+.
- In the past 2 years, hip fractures decreased 20% from 8.3 to 6.6 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, preventable hospitalizations decreased 19% from 61.2 to 49.8 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, hospice care use increased 64% from 35.6% to 58.3% of decedents aged 65+.

Ranking:

South Carolina ranks 34th in *America's Health Rankings® Senior Report*; it was 36th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 42nd.

State Health Department Website:
www.scdhec.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.7	24	4.5
Excessive Drinking (% of adults aged 65+)	5.7	17	2.9
Obesity (% of adults aged 65+)	27.1	19	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	39	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	29.8	19	22.7
Dental Visit (% of adults aged 65+)	60.8	39	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.1	20	53.2
Behaviors Total	-0.017	30	

Community & Environment			
Poverty (% of adults aged 65+)	9.3	31	4.3
Volunteerism (% of adults aged 65+)	25.5	26	46.3
Nursing Home Quality (% of 4- & 5-star beds)	41.5	33	62.9
Community & Environment—Macro Total	-0.005	31	
Home-Delivered Meals (% of adults aged 65+ in poverty)	14.7	39	101.3
Food Insecurity (% of adults aged 60+)	18.8	44	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$339	47	\$6,701
Community & Environment—Micro Total	-0.050	45	
Community & Environment Total	-0.055	39	

Policy			
Low-Care Nursing Home Residents (% of residents)	5.2	4	4.1
SNAP Reach (% of adults aged 60+ in poverty)	65.3	24	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	20	88.0
Geriatrician Shortfall (% of needed geriatricians)	71.2	28	25.8
Policy Total	0.036	16	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.6	29	96.9
Flu Vaccine (% of adults aged 65+)	63.6	18	70.7
Health Screenings (% of adults aged 65 to 74)	87.0	20	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.2	5	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.2	16	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	78.7	38	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	49.8	20	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	24	12.4
Hospice Care (% of decedents aged 65+)	58.3	8	65.5
Hospital Deaths (% of decedents aged 65+)	20.7	24	15.3
Clinical Care Total	0.053	11	
All Determinants	0.017	27	

Outcomes			
ICU Use (% of decedents aged 65+)	14.3	36	4.4
Falls (% of adults aged 65+)	29.2	28	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.6	37	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	38.2	39	50.7
Able-bodied (% of adults aged 65+)	62.7	36	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,007	38	1,394
Teeth Extractions (% of adults aged 65+)	18.1	38	6.4
Frequent Mental Distress (% of adults aged 65+)	8.3	39	4.7
All Outcomes	-0.130	40	
Overall	-0.113	34	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	23.9	28	34.0
Overuse—Mammography (% women aged 75+)	27.6	43	18.6
Overuse—PSA Test (% men aged 75+)	20.9	42	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	36.6	26	22.0
Cognition (% of adults aged 65+)	10.2	38	6.3
Depression (% of adults aged 65+)	17.3	42	8.2
Suicide (deaths per 100,000 adults aged 65+)	17.7	29	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	53.5	49.5

South Dakota

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.5	21	4.5
Excessive Drinking (% of adults aged 65+)	5.1	13	2.9
Obesity (% of adults aged 65+)	26.7	16	14.1
Underweight (% of adults aged 65+ in fair or better health)	2.1	46	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.6	8	22.7
Dental Visit (% of adults aged 65+)	65.4	27	78.1
Pain Management (% of adults aged 65+ with joint pain)	41.8	42	53.2
Behaviors Total	0.021	20	

Community & Environment			
Poverty (% of adults aged 65+)	10.6	41	4.3
Volunteerism (% of adults aged 65+)	36.0	5	46.3
Nursing Home Quality (% of 4- & 5-star beds)	43.3	31	62.9
Community & Environment—Macro Total	0.034	21	
Home-Delivered Meals (% of adults aged 65+ in poverty)	23.7	22	101.3
Food Insecurity (% of adults aged 60+)	14.0	22	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,079	13	\$6,701
Community & Environment—Micro Total	0.029	20	
Community & Environment Total	0.062	23	

Policy			
Low-Care Nursing Home Residents (% of residents)	16.8	44	4.1
SNAP Reach (% of adults aged 60+ in poverty)	40.0	47	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	31	88.0
Geriatrician Shortfall (% of needed geriatricians)	67.3	26	25.8
Policy Total	-0.106	44	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	90.2	47	96.9
Flu Vaccine (% of adults aged 65+)	70.7	1	70.7
Health Screenings (% of adults aged 65 to 74)	88.6	12	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.2	5	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	73.9	44	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	49.0	49	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	51.8	27	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	12.6	2	12.4
Hospice Care (% of decedents aged 65+)	38.1	45	65.5
Hospital Deaths (% of decedents aged 65+)	20.3	20	15.3
Clinical Care Total	0.010	24	
All Determinants	-0.013	28	

Outcomes			
ICU Use (% of decedents aged 65+)	8.2	15	4.4
Falls (% of adults aged 65+)	28.5	24	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.9	27	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.1	28	50.7
Able-bodied (% of adults aged 65+)	65.5	17	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,592	14	1,394
Teeth Extractions (% of adults aged 65+)	16.1	29	6.4
Frequent Mental Distress (% of adults aged 65+)	4.7	1	4.7
All Outcomes	0.133	14	
Overall	0.120	25	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	20.5	37	34.0
Overuse—Mammography (% women aged 75+)	30.3	49	18.6
Overuse—PSA Test (% men aged 75+)	15.7	15	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	29.8	12	22.0
Cognition (% of adults aged 65+)	8.2	20	6.3
Depression (% of adults aged 65+)	11.9	2	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	51.0	49.5

Overall Rank: 25

Change: ▼ 2
Determinants Rank: 28
Outcomes Rank: 14

Strengths:

- High flu vaccination coverage
- Low percentage of hospital readmissions
- Low prevalence of frequent mental distress

Challenges:

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

Highlights:

- In the past year, nursing home quality increased 19% from 36.4% to 43.3% of beds rated 4- or 5-stars.
- In the past year, full-mouth teeth extractions decreased 17% from 19.4% to 16.1% of adults aged 65+.
- In the past year, hospital readmissions decreased 11% from 14.2% to 12.6% of hospitalized patients aged 65+.
- In the past 3 years, physical inactivity decreased 26% from 35.9% to 26.6% of adults aged 65+ in fair or better health.
- In the past 3 years, food insecurity increased 26% from 11.1% to 14.0% of adults aged 60+.

Ranking:

South Dakota ranks 25th in *America's Health Rankings® Senior Report*; it was 23rd last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 19th.

State Health Department Website:
doh.sd.gov

Tennessee



Overall Rank: 43

Change: ▲ 1

Determinants Rank: 39

Outcomes Rank: 45

Strengths:

- Low prevalence of excessive drinking
- Low percentage of low-care nursing home residents
- High flu vaccination coverage

Challenges:

- High prevalence of smoking
- Limited availability of home-delivered meals
- High prevalence of frequent mental distress

Highlights:

- In the past year, low-care nursing home residents decreased 40% from 10.6% to 6.4% of residents.
- In the past year, flu vaccination coverage decreased 8% from 73.4% to 67.2% of adults aged 65+.
- In the past year, preventable hospitalizations decreased 11% from 73.1 to 64.8 discharges per 1,000 Medicare beneficiaries.
- In the past 2 years, hip fractures decreased 16% from 8.8 to 7.4 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, hospital deaths decreased 32% from 33.7% to 22.8% of decedents aged 65+.

Ranking:

Tennessee ranks 43rd in *America's Health Rankings® Senior Report*; it was 44th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 43rd.

State Health Department Website:

health.state.tn.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	12.7	49	4.5
Excessive Drinking (% of adults aged 65+)	2.9	1	2.9
Obesity (% of adults aged 65+)	23.9	5	14.1
Underweight (% of adults aged 65+ in fair or better health)	2.4	49	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.4	39	22.7
Dental Visit (% of adults aged 65+)	58.6	43	78.1
Pain Management (% of adults aged 65+ with joint pain)	48.9	9	53.2
Behaviors Total	-0.041	33	

Community & Environment			
Poverty (% of adults aged 65+)	10.1	38	4.3
Volunteerism (% of adults aged 65+)	21.8	37	46.3
Nursing Home Quality (% of 4- & 5-star beds)	40.7	36	62.9
Community & Environment—Macro Total	-0.042	42	
Home-Delivered Meals (% of adults aged 65+ in poverty)	9.2	48	101.3
Food Insecurity (% of adults aged 60+)	19.7	46	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$411	43	\$6,701
Community & Environment—Micro Total	-0.065	49	
Community & Environment Total	-0.106	45	

Policy			
Low-Care Nursing Home Residents (% of residents)	6.4	5	4.1
SNAP Reach (% of adults aged 60+ in poverty)	80.7	13	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	22	88.0
Geriatrician Shortfall (% of needed geriatricians)	81.2	46	25.8
Policy Total	0.024	18	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	95.0	19	96.9
Flu Vaccine (% of adults aged 65+)	67.2	6	70.7
Health Screenings (% of adults aged 65 to 74)	87.3	18	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.0	37	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	83.0	10	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	61.2	45	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	64.8	43	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.2	35	12.4
Hospice Care (% of decedents aged 65+)	45.6	39	65.5
Hospital Deaths (% of decedents aged 65+)	22.8	35	15.3
Clinical Care Total	-0.018	33	
All Determinants	-0.142	39	

Outcomes			
ICU Use (% of decedents aged 65+)	14.2	35	4.4
Falls (% of adults aged 65+)	30.1	33	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.4	48	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	35.0	43	50.7
Able-bodied (% of adults aged 65+)	60.6	40	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,227	43	1,394
Teeth Extractions (% of adults aged 65+)	22.4	46	6.4
Frequent Mental Distress (% of adults aged 65+)	9.9	49	4.7
All Outcomes	-0.298	45	
Overall	-0.440	43	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	20.0	43	34.0
Overuse—Mammography (% women aged 75+)	22.2	10	18.6
Overuse—PSA Test (% men aged 75+)	21.2	43	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.3	35	22.0
Cognition (% of adults aged 65+)	10.4	42	6.3
Depression (% of adults aged 65+)	16.7	36	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.9	36	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	47.2	49.5

Texas

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.4	7	4.5
Excessive Drinking (% of adults aged 65+)	6.0	22	2.9
Obesity (% of adults aged 65+)	30.7	44	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.8	43	22.7
Dental Visit (% of adults aged 65+)	61.2	38	78.1
Pain Management (% of adults aged 65+ with joint pain)	49.9	7	53.2
Behaviors Total	-0.078	39	
Community & Environment			
Poverty (% of adults aged 65+)	10.9	44	4.3
Volunteerism (% of adults aged 65+)	21.0	38	46.3
Nursing Home Quality (% of 4- & 5-star beds)	29.1	49	62.9
Community & Environment—Macro Total	-0.107	46	
Home-Delivered Meals (% of adults aged 65+ in poverty)	17.6	32	101.3
Food Insecurity (% of adults aged 60+)	20.3	47	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$315	49	\$6,701
Community & Environment—Micro Total	-0.060	47	
Community & Environment Total	-0.167	48	
Policy			
Low-Care Nursing Home Residents (% of residents)	12.1	28	4.1
SNAP Reach (% of adults aged 60+ in poverty)	64.8	26	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	72.0	30	25.8
Policy Total	-0.012	25	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	90.7	46	96.9
Flu Vaccine (% of adults aged 65+)	58.7	33	70.7
Health Screenings (% of adults aged 65 to 74)	84.7	31	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.6	22	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.7	22	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	198.5	5	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	57.6	37	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	28	12.4
Hospice Care (% of decedents aged 65+)	58.0	9	65.5
Hospital Deaths (% of decedents aged 65+)	19.1	14	15.3
Clinical Care Total	0.017	20	
All Determinants	-0.239	43	
Outcomes			
ICU Use (% of decedents aged 65+)	16.3	43	4.4
Falls (% of adults aged 65+)	30.3	35	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.9	40	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	37.8	41	50.7
Able-bodied (% of adults aged 65+)	60.6	40	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,876	33	1,394
Teeth Extractions (% of adults aged 65+)	12.3	10	6.4
Frequent Mental Distress (% of adults aged 65+)	6.7	20	4.7
All Outcomes	-0.097	37	
Overall	-0.336	41	
Supplemental Measures			
Education (% of adults aged 65+)	24.3	26	34.0
Overuse—Mammography (% women aged 75+)	22.1	9	18.6
Overuse—PSA Test (% men aged 75+)	20.0	35	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	39.8	38	22.0
Cognition (% of adults aged 65+)	10.1	36	6.3
Depression (% of adults aged 65+)	14.2	18	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.4	24	7.6
Senior Population Growth			
Projected Increase 2016 to 2030		66.3	49.5

Overall Rank: 41



Change: no change
Determinants Rank: 43
Outcomes Rank: 37

Strengths:

- Ready availability of home health care workers
- Low prevalence of smoking
- Low prevalence of full-mouth teeth extractions

Challenges:

- High prevalence of obesity
- Low percentage of quality nursing home beds
- High prevalence of food insecurity

Highlights:

- In the past year, smoking decreased 15% from 8.7% to 7.4% of adults aged 65+.
- In the past year, obesity increased 11% from 27.6% to 30.7% of adults aged 65+.
- In the past year, SNAP reach decreased 18% from 79.4% to 64.8% of adults aged 65+ in poverty.
- In the past 3 years, preventable hospitalizations decreased 20% from 72.3 to 57.6 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, hospital deaths decreased 31% from 27.8% to 19.1% of decedents aged 65+.

Ranking:

Texas ranks 41st in *America's Health Rankings® Senior Report*; it was 41st last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 34th.

State Health Department Website:
www.dshs.state.tx.us

Utah

UTAH

Overall
Rank: 6

Change: ▼ 1

Determinants Rank: 3

Outcomes Rank: 9

Strengths:

- Low prevalence of smoking
- High volunteerism
- Low percentage of hospital readmissions

Challenges:

- Low percentage of diabetes management
- Low prescription drug coverage
- Low percentage of seniors with dedicated provider

Highlights:

- In the past year, obesity increased 12% from 25.4% to 28.4% of adults aged 65+.
- In the past year, home-delivered meals decreased 17% from 57.6% to 47.9% of seniors in poverty.
- In the past 2 years, home health care increased 76% from 44.9 to 78.9 home health care workers per 1,000 adults aged 75+.
- In the past 2 years, hip fractures decreased 24% from 7.1 to 5.4 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, volunteerism increased 30% from 35.5% to 46.3% of adults aged 65+.

Ranking:

Utah ranks 6th in *America's Health Rankings® Senior Report*; it was 5th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 7th.

State Health Department Website:

www.health.utah.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	4.5	1	4.5
Excessive Drinking (% of adults aged 65+)	3.4	4	2.9
Obesity (% of adults aged 65+)	28.4	27	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)	24.7	3	22.7
Dental Visit (% of adults aged 65+)	71.0	10	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.7	25	53.2
Behaviors Total	0.205	1	

Community & Environment			
Poverty (% of adults aged 65+)	6.7	4	4.3
Volunteerism (% of adults aged 65+)	46.3	1	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.1	25	62.9
Community & Environment—Macro Total	0.132	2	
Home-Delivered Meals (% of adults aged 65+ in poverty)	47.9	7	101.3
Food Insecurity (% of adults aged 60+)	13.4	18	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,190	12	\$6,701
Community & Environment—Micro Total	0.076	8	
Community & Environment Total	0.208	4	

Policy			
Low-Care Nursing Home Residents (% of residents)	5.0	3	4.1
SNAP Reach (% of adults aged 60+ in poverty)	41.6	46	124.4
Prescription Drug Coverage (% of adults aged 65+)	81.0	42	88.0
Geriatrician Shortfall (% of needed geriatricians)	80.8	44	25.8
Policy Total	-0.081	41	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	91.2	44	96.9
Flu Vaccine (% of adults aged 65+)	57.9	35	70.7
Health Screenings (% of adults aged 65 to 74)	85.5	25	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.5	2	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	75.0	42	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	78.9	37	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	31.1	2	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	12.4	1	12.4
Hospice Care (% of decedents aged 65+)	64.5	2	65.5
Hospital Deaths (% of decedents aged 65+)	15.7	2	15.3
Clinical Care Total	0.078	5	
All Determinants	0.410	3	

Outcomes			
ICU Use (% of decedents aged 65+)	6.4	8	4.4
Falls (% of adults aged 65+)	29.6	30	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.4	16	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	45.1	14	50.7
Able-bodied (% of adults aged 65+)	65.8	16	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,468	4	1,394
Teeth Extractions (% of adults aged 65+)	11.2	7	6.4
Frequent Mental Distress (% of adults aged 65+)	6.8	24	4.7
All Outcomes	0.179	9	
Overall	0.588	6	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	30.4	4	34.0
Overuse—Mammography (% women aged 75+)	24.2	20	18.6
Overuse—PSA Test (% men aged 75+)	14.4	11	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	27.3	8	22.0
Cognition (% of adults aged 65+)	7.8	12	6.3
Depression (% of adults aged 65+)	16.5	32	8.2
Suicide (deaths per 100,000 adults aged 65+)	22.5	43	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	59.2	49.5

Vermont



VERMONT

Overall Rank: 2

Change: ▼ 1
Determinants Rank: 2
Outcomes Rank: 8

Strengths:

- Low prevalence of smoking
- High SNAP enrollment
- High health status

Challenges:

- Low hospice care use
- High prevalence of excessive drinking
- High prevalence of falls

Highlights:

- In the past year, smoking decreased 22% from 7.4% to 5.8% of adults aged 65+.
- In the past year, food insecurity increased 24% from 12.3% to 15.3% of adults aged 60+.
- In the past 2 years, geriatrician shortfall increased 40% from 43.6% to 61.2% of needed geriatricians.
- In the past 2 years, hip fractures decreased 25% from 6.9 to 5.2 hospitalizations per 1,000 Medicare beneficiaries.
- In the past 3 years, hospice care use increased 46% from 23.5% to 34.4% of decedents aged 65+.

Ranking:

Vermont ranks 2nd in *America's Health Rankings® Senior Report*; it was 1st last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 2nd.

State Health Department Website:
www.healthvermont.gov

	2016 Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	5.8	2	4.5
Excessive Drinking (% of adults aged 65+)	8.5	42	2.9
Obesity (% of adults aged 65+)	25.5	10	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)	27.7	11	22.7
Dental Visit (% of adults aged 65+)	71.9	6	78.1
Pain Management (% of adults aged 65+ with joint pain)	45.2	28	53.2
Behaviors Total	0.139	3	
Community & Environment			
Poverty (% of adults aged 65+)	7.1	6	4.3
Volunteerism (% of adults aged 65+)	33.6	8	46.3
Nursing Home Quality (% of 4- & 5-star beds)	44.1	29	62.9
Community & Environment—Macro Total	0.087	10	
Home-Delivered Meals (% of adults aged 65+ in poverty)	55.0	4	101.3
Food Insecurity (% of adults aged 60+)	15.3	28	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$2,060	5	\$6,701
Community & Environment—Micro Total	0.096	6	
Community & Environment Total	0.183	6	
Policy			
Low-Care Nursing Home Residents (% of residents)	7.6	10	4.1
SNAP Reach (% of adults aged 60+ in poverty)	124.4	1	124.4
Prescription Drug Coverage (% of adults aged 65+)	84.0	31	88.0
Geriatrician Shortfall (% of needed geriatricians)	61.2	15	25.8
Policy Total	0.107	5	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	96.1	6	96.9
Flu Vaccine (% of adults aged 65+)	62.8	20	70.7
Health Screenings (% of adults aged 65 to 74)	85.2	27	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.0	37	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	76.5	37	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	172.3	6	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	43.2	11	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.4	18	12.4
Hospice Care (% of decedents aged 65+)	34.4	47	65.5
Hospital Deaths (% of decedents aged 65+)	22.9	37	15.3
Clinical Care Total	-0.004	30	
All Determinants	0.426	2	
Outcomes			
ICU Use (% of decedents aged 65+)	4.7	2	4.4
Falls (% of adults aged 65+)	31.7	41	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.2	9	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	49.7	3	50.7
Able-bodied (% of adults aged 65+)	65.5	17	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,555	8	1,394
Teeth Extractions (% of adults aged 65+)	16.9	33	6.4
Frequent Mental Distress (% of adults aged 65+)	4.8	3	4.7
All Outcomes	0.192	8	
Overall	0.618	2	

	2016 Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	31.8	3	34.0
Overuse—Mammography (% women aged 75+)	27.3	41	18.6
Overuse—PSA Test (% men aged 75+)	12.1	3	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	25.7	4	22.0
Cognition (% of adults aged 65+)	8.6	24	6.3
Depression (% of adults aged 65+)	15.5	27	8.2
Suicide (deaths per 100,000 adults aged 65+)	19.9	41	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	63.1	49.5

Virginia



Overall Rank: 29

Change: ▼ 1

Determinants Rank: 31

Outcomes Rank: 24

Strengths:

- Low prevalence of falls
- High percentage of dental visits
- High percentage of diabetes management

Challenges:

- Low percentage of quality nursing home beds
- Low prescription drug coverage
- High percentage of hospital deaths

Highlights:

- In the past year, SNAP reach decreased 28% from 69.0% to 49.4% of adults aged 65+ in poverty.
- In the past year, preventable hospitalizations decreased 11% from 55.2 to 49.0 discharges per 1,000 Medicare beneficiaries.
- In the past year, food insecurity increased 16% from 12.0% to 13.9% of adults aged 60+.
- In the past 2 years, hip fractures decreased 22% from 7.7 to 6.0 hospitalizations per 1,000 Medicare beneficiaries in the last 6 months of life.
- In the past 2 years, ICU use in last 6 months of life increased 17% from 13.8% to 16.1% of decedents aged 65+.

Ranking:

Virginia ranks 29th in *America's Health Rankings® Senior Report*; it was 28th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 21st.

State Health Department Website:

www.vdh.state.va.us

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.5	31	4.5
Excessive Drinking (% of adults aged 65+)	5.4	15	2.9
Obesity (% of adults aged 65+)	26.9	18	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	39	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.7	34	22.7
Dental Visit (% of adults aged 65+)	70.5	13	78.1
Pain Management (% of adults aged 65+ with joint pain)	42.7	40	53.2
Behaviors Total	0.005	23	

Community & Environment			
Poverty (% of adults aged 65+)	7.8	13	4.3
Volunteerism (% of adults aged 65+)	27.1	19	46.3
Nursing Home Quality (% of 4- & 5-star beds)	34.3	43	62.9
Community & Environment—Macro Total	0.001	30	
Home-Delivered Meals (% of adults aged 65+ in poverty)	14.2	41	101.3
Food Insecurity (% of adults aged 60+)	13.9	21	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$523	32	\$6,701
Community & Environment—Micro Total	-0.002	31	
Community & Environment Total	-0.002	30	

Policy			
Low-Care Nursing Home Residents (% of residents)	9.1	16	4.1
SNAP Reach (% of adults aged 60+ in poverty)	49.4	38	124.4
Prescription Drug Coverage (% of adults aged 65+)	79.0	47	88.0
Geriatrician Shortfall (% of needed geriatricians)	63.8	18	25.8
Policy Total	-0.078	40	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.1	35	96.9
Flu Vaccine (% of adults aged 65+)	62.5	21	70.7
Health Screenings (% of adults aged 65 to 74)	87.3	18	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.4	3	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.3	15	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	101.9	24	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	49.0	18	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.2	35	12.4
Hospice Care (% of decedents aged 65+)	47.7	35	65.5
Hospital Deaths (% of decedents aged 65+)	24.0	42	15.3
Clinical Care Total	0.011	23	
All Determinants	-0.063	31	

Outcomes			
ICU Use (% of decedents aged 65+)	16.1	42	4.4
Falls (% of adults aged 65+)	25.6	6	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.0	30	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.6	16	50.7
Able-bodied (% of adults aged 65+)	65.9	14	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,753	28	1,394
Teeth Extractions (% of adults aged 65+)	15.1	25	6.4
Frequent Mental Distress (% of adults aged 65+)	6.7	20	4.7
All Outcomes	0.075	24	
Overall	0.012	29	

	Value	2016 Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	28.9	11	34.0
Overuse—Mammography (% women aged 75+)	24.7	24	18.6
Overuse—PSA Test (% men aged 75+)	17.0	18	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.8	24	22.0
Cognition (% of adults aged 65+)	8.1	15	6.3
Depression (% of adults aged 65+)	13.7	8	8.2
Suicide (deaths per 100,000 adults aged 65+)	17.1	28	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	57.7	49.5

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

West Virginia

Overall Rank: 46



Change: ▼ 1

Determinants Rank: 45

Outcomes Rank: 48

Strengths:

- High flu vaccination coverage
- Low prevalence of falls
- Low prevalence of excessive drinking

Challenges:

- High prevalence of smoking
- Low percentage of dental visits
- High prevalence of frequent mental distress

Highlights:

- In the past year, smoking increased 13% from 11.2% to 12.7% of adults aged 65+.
- In the past year, SNAP reach decreased 12% from 84.4% to 73.9% of adults aged 65+ in poverty.
- In the past year, very good or excellent health status increased 17% from 29.5% to 34.4% of adults aged 65+.
- In the past 3 years, volunteerism decreased 26% from 24.8% to 18.3% of adults aged 65+.
- In the past 3 years, hospice care use increased 58% from 27.6% to 43.5% of decedents aged 65+.

Ranking:

West Virginia ranks 46th in *America's Health Rankings® Senior Report*; it was 45th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 47th.

State Health Department Website:

www.dhhr.wv.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	12.7	49	4.5
Excessive Drinking (% of adults aged 65+)	3.3	3	2.9
Obesity (% of adults aged 65+)	30.8	45	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	32	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	37.5	46	22.7
Dental Visit (% of adults aged 65+)	48.6	50	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.5	17	53.2
Behaviors Total	-0.154	48	

Community & Environment			
Poverty (% of adults aged 65+)	9.3	31	4.3
Volunteerism (% of adults aged 65+)	18.3	47	46.3
Nursing Home Quality (% of 4- & 5-star beds)	29.6	48	62.9
Community & Environment—Macro Total	-0.091	45	
Home-Delivered Meals (% of adults aged 65+ in poverty)	30.0	16	101.3
Food Insecurity (% of adults aged 60+)	12.1	15	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$675	22	\$6,701
Community & Environment—Micro Total	0.043	15	
Community & Environment Total	-0.047	37	

Policy			
Low-Care Nursing Home Residents (% of residents)	12.2	29	4.1
SNAP Reach (% of adults aged 60+ in poverty)	73.9	19	124.4
Prescription Drug Coverage (% of adults aged 65+)	86.0	10	88.0
Geriatrician Shortfall (% of needed geriatricians)	74.5	34	25.8
Policy Total	-0.005	22	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	92.9	38	96.9
Flu Vaccine (% of adults aged 65+)	69.8	2	70.7
Health Screenings (% of adults aged 65 to 74)	83.1	40	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	47	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	79.4	28	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	122.5	12	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	81.2	49	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	16.3	49	12.4
Hospice Care (% of decedents aged 65+)	43.5	43	65.5
Hospital Deaths (% of decedents aged 65+)	24.4	45	15.3
Clinical Care Total	-0.098	48	
All Determinants	-0.304	45	

Outcomes			
ICU Use (% of decedents aged 65+)	16.8	46	4.4
Falls (% of adults aged 65+)	26.6	9	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	7.1	44	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	34.4	45	50.7
Able-bodied (% of adults aged 65+)	55.7	49	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	2,343	48	1,394
Teeth Extractions (% of adults aged 65+)	33.6	50	6.4
Frequent Mental Distress (% of adults aged 65+)	10.1	50	4.7
All Outcomes	-0.328	48	
Overall	-0.631	46	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	13.7	50	34.0
Overuse—Mammography (% women aged 75+)	21.7	7	18.6
Overuse—PSA Test (% men aged 75+)	19.0	28	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.2	44	22.0
Cognition (% of adults aged 65+)	11.1	45	6.3
Depression (% of adults aged 65+)	16.5	32	8.2
Suicide (deaths per 100,000 adults aged 65+)	18.8	35	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	33.9	49.5

Wisconsin

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	7.5	10	4.5
Excessive Drinking (% of adults aged 65+)	11.1	50	2.9
Obesity (% of adults aged 65+)	30.3	42	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	32	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.3	23	22.7
Dental Visit (% of adults aged 65+)	71.6	8	78.1
Pain Management (% of adults aged 65+ with joint pain)	42.8	39	53.2
Behaviors Total	-0.068	37	
Community & Environment			
Poverty (% of adults aged 65+)	7.2	8	4.3
Volunteerism (% of adults aged 65+)	33.4	9	46.3
Nursing Home Quality (% of 4- & 5-star beds)	49.8	12	62.9
Community & Environment—Macro Total	0.108	5	
Home-Delivered Meals (% of adults aged 65+ in poverty)	26.4	18	101.3
Food Insecurity (% of adults aged 60+)	11.0	6	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$579	30	\$6,701
Community & Environment—Micro Total	0.044	14	
Community & Environment Total	0.152	9	
Policy			
Low-Care Nursing Home Residents (% of residents)	11.8	26	4.1
SNAP Reach (% of adults aged 60+ in poverty)	84.8	10	124.4
Prescription Drug Coverage (% of adults aged 65+)	80.0	45	88.0
Geriatrician Shortfall (% of needed geriatricians)	60.8	14	25.8
Policy Total	-0.028	28	
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	93.8	32	96.9
Flu Vaccine (% of adults aged 65+)	53.8	47	70.7
Health Screenings (% of adults aged 65 to 74)	90.5	3	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.9	12	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	84.2	5	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	164.5	7	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	47.9	16	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.2	15	12.4
Hospice Care (% of decedents aged 65+)	52.9	19	65.5
Hospital Deaths (% of decedents aged 65+)	18.1	8	15.3
Clinical Care Total	0.073	6	
All Determinants	0.129	17	
Outcomes			
ICU Use (% of decedents aged 65+)	6.5	9	4.4
Falls (% of adults aged 65+)	27.8	17	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.1	7	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	46.1	10	50.7
Able-bodied (% of adults aged 65+)	68.4	2	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,686	21	1,394
Teeth Extractions (% of adults aged 65+)	13.6	17	6.4
Frequent Mental Distress (% of adults aged 65+)	6.7	20	4.7
All Outcomes	0.198	7	
Overall	0.327	13	
Supplemental Measures			
Education (% of adults aged 65+)	22.0	33	34.0
Overuse—Mammography (% women aged 75+)	24.7	24	18.6
Overuse—PSA Test (% men aged 75+)	13.8	6	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.4	19	22.0
Cognition (% of adults aged 65+)	6.6	2	6.3
Depression (% of adults aged 65+)	12.5	4	8.2
Suicide (deaths per 100,000 adults aged 65+)	13.0	11	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	52.9	49.5



Overall Rank: 13

Change: ▼ 6
Determinants Rank: 17
Outcomes Rank: 7

Strengths:

- High percentage of health screenings
- High percentage of diabetes management
- Low prevalence of food insecurity

Challenges:

- High prevalence of excessive drinking
- Low flu vaccination coverage
- High prevalence of obesity

Highlights:

- In the past year, home-delivered meals decreased 14% from 30.7% to 26.4% of seniors in poverty.
- In the past year, community support decreased 27% from \$794 to \$579 per adult aged 65+ in poverty.
- In the past 2 years, home health care increased 29% from 127.3 to 164.5 home health care workers per 1,000 adults aged 75+.
- In the past 3 years, preventable hospitalizations decreased 13% from 55.3 to 47.9 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, smoking decreased 22% from 9.6% to 7.5% of adults aged 65+.

Ranking:

Wisconsin ranks 13th in *America's Health Rankings® Senior Report*; it was 7th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 24th.

State Health Department Website:
www.dhs.wisconsin.gov

Wyoming

Overall Rank: 35

Change: no change
Determinants Rank: 41
Outcomes Rank: 30

Strengths:

- Low prevalence of obesity
- High community support expenditures
- Low ICU use in last 6 months of life

Challenges:

- Low SNAP enrollment
- Low percentage of health screenings
- Low hospice care use

Highlights:

- In the past year, home-delivered meals decreased 24% from 108.1% to 82.1% of seniors in poverty.
- In the past year, nursing home quality decreased 27% from 45.9% to 33.4% of beds rated 4- or 5-stars.
- In the past 2 years, ICU use in last 6 months of life decreased 28% from 8.6% to 6.2% of decedents aged 65+.
- In the past 3 years, obesity increased 21% from 20.4% to 24.7% of adults aged 65+.
- In the past 3 years, hospice care use increased 58% from 21.9% to 34.7% of decedents aged 65+.

Ranking:

Wyoming ranks 35th in *America's Health Rankings® Senior Report*; it was 35th last year. In the 2015 *America's Health Rankings®* (all ages), the state ranks 25th.

State Health Department Website:
www.health.wyo.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.8	35	4.5
Excessive Drinking (% of adults aged 65+)	6.1	24	2.9
Obesity (% of adults aged 65+)	24.7	7	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	13	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.2	28	22.7
Dental Visit (% of adults aged 65+)	66.2	24	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.2	37	53.2
Behaviors Total	-0.006	27	

Community & Environment			
Poverty (% of adults aged 65+)	6.2	3	4.3
Volunteerism (% of adults aged 65+)	26.0	25	46.3
Nursing Home Quality (% of 4- & 5-star beds)	33.4	44	62.9
Community & Environment—Macro Total	0.020	25	
Home-Delivered Meals (% of adults aged 65+ in poverty)	82.1	3	101.3
Food Insecurity (% of adults aged 60+)	15.6	34	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$3,034	3	\$6,701
Community & Environment—Micro Total	0.132	4	
Community & Environment Total	0.152	10	

Policy			
Low-Care Nursing Home Residents (% of residents)	15.2	41	4.1
SNAP Reach (% of adults aged 60+ in poverty)	23.0	50	124.4
Prescription Drug Coverage (% of adults aged 65+)	79.0	46	88.0
Geriatrician Shortfall (% of needed geriatricians)	78.9	41	25.8
Policy Total	-0.213	50	

Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	88.6	48	96.9
Flu Vaccine (% of adults aged 65+)	57.9	35	70.7
Health Screenings (% of adults aged 65 to 74)	80.1	48	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.1	8	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	60.2	50	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	76.7	40	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	47.9	16	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	14.0	10	12.4
Hospice Care (% of decedents aged 65+)	34.7	46	65.5
Hospital Deaths (% of decedents aged 65+)	21.5	29	15.3
Clinical Care Total	-0.095	47	
All Determinants	-0.161	41	

Outcomes			
ICU Use (% of decedents aged 65+)	6.2	6	4.4
Falls (% of adults aged 65+)	32.1	44	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	6.6	37	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	43.0	22	50.7
Able-bodied (% of adults aged 65+)	65.0	21	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,782	29	1,394
Teeth Extractions (% of adults aged 65+)	17.2	35	6.4
Frequent Mental Distress (% of adults aged 65+)	6.5	19	4.7
All Outcomes	0.019	30	
Overall	-0.142	35	

	2016 Value	Rank	No 1 State
Supplemental Measures			
Education (% of adults aged 65+)	26.0	20	34.0
Overuse—Mammography (% women aged 75+)	22.2	10	18.6
Overuse—PSA Test (% men aged 75+)	11.5	1	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	22.0	1	22.0
Cognition (% of adults aged 65+)	8.1	15	6.3
Depression (% of adults aged 65+)	15.2	25	8.2
Suicide (deaths per 100,000 adults aged 65+)	27.6	49	7.6

Senior Population Growth	State	US
Projected Increase 2016 to 2030	63.3	49.5

District of Columbia

	2016 Value	Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	9.0	—	4.5
Excessive Drinking (% of adults aged 65+)	9.8	—	2.9
Obesity (% of adults aged 65+)	23.7	—	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	—	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	29.7	—	22.7
Dental Visit (% of adults aged 65+)	65.1	—	78.1
Pain Management (% of adults aged 65+ with joint pain)	43.2	—	53.2
Behaviors Total	—	—	—
Community & Environment			
Poverty (% of adults aged 65+)	14.5	—	4.3
Volunteerism (% of adults aged 65+)	28.1	—	46.3
Nursing Home Quality (% of 4- & 5-star beds)	51.7	—	62.9
Community & Environment—Macro Total	—	—	—
Home-Delivered Meals (% of adults aged 65+ in poverty)	19.0	—	101.3
Food Insecurity (% of adults aged 60+)	20.3	—	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$1,524	—	\$6,701
Community & Environment—Micro Total	0.000	—	—
Community & Environment Total	—	—	—
Policy			
Low-Care Nursing Home Residents (% of residents)	NA	—	4.1
SNAP Reach (% of adults aged 60+ in poverty)	78.7	—	124.4
Prescription Drug Coverage (% of adults aged 65+)	67.0	—	88.0
Geriatrician Shortfall (% of needed geriatricians)	19.2	—	25.8
Policy Total	—	—	—
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	92.0	—	96.9
Flu Vaccine (% of adults aged 65+)	55.7	—	70.7
Health Screenings (% of adults aged 65 to 74)	84.2	—	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	93.9	—	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	75.6	—	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	301.7	—	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	40.7	—	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	—	12.4
Hospice Care (% of decedents aged 65+)	43.9	—	65.5
Hospital Deaths (% of decedents aged 65+)	26.2	—	15.3
Clinical Care Total	—	—	—
All Determinants	—	—	—
Outcomes			
ICU Use (% of decedents aged 65+)	13.2	—	4.4
Falls (% of adults aged 65+)	30.1	—	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.0	—	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.3	—	50.7
Able-bodied (% of adults aged 65+)	63.4	—	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,991	—	1,394
Teeth Extractions (% of adults aged 65+)	11.0	—	6.4
Frequent Mental Distress (% of adults aged 65+)	7.7	—	4.7
All Outcomes	—	—	—
Overall	—	—	—
Supplemental Measures			
Education (% of adults aged 65+)	39.2	—	34.0
Overuse—Mammography (% women aged 75+)	20.7	—	18.6
Overuse—PSA Test (% men aged 75+)	15.7	—	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.3	—	22.0
Cognition (% of adults aged 65+)	11.2	—	6.3
Depression (% of adults aged 65+)	12.4	—	8.2
Suicide (deaths per 100,000 adults aged 65+)	NA	—	7.6
Senior Population Growth			
Projected Increase 2016 to 2030	17.2	—	49.5

NA = not available



Overall Rank: Not ranked

Strengths:

- Low prevalence of obesity
- High percentage of quality nursing home beds
- High SNAP enrollment

Challenges:

- High prevalence of food insecurity
- High percentage of seniors in poverty
- Low prescription drug coverage

Highlights:

- In the past year, food insecurity increased 34% from 15.2% to 20.3% of adults aged 60+.
- In the past year, home health care increased 33% from 226.0 to 301.7 home health care workers per 1,000 adults aged 75+.
- In the past year, falls increased 9% from 27.5% to 30.1% of adults aged 65+.
- In the past 3 years, volunteerism increased 24% from 22.7% to 28.1% of adults aged 65+.
- In the past 3 years, hospice care use increased 61% from 27.2% to 43.9% of decedents aged 65+.

State Health Department Website:
doh.dc.gov

United States

Highlights:

- In the past year, community support decreased 7% from \$873 to \$811 per adult aged 65+ in poverty.
- In the past year, home-delivered meals decreased 7% from 20.6% to 19.1% of seniors in poverty.
- In the past year, food insecurity increased 5% from 14.8% to 15.5% of adults aged 60+.
- In the past year, SNAP reach decreased 10% from 75.2% to 67.4% of adults aged 65+ in poverty.
- In the past year, preventable hospitalizations decreased 9% from 59.3 to 53.8 discharges per 1,000 Medicare beneficiaries.
- In the past 3 years, obesity increased 9% from 25.3% to 27.5% of adults aged 65+.
- In the past 3 years, hospice care use increased 40% from 36.7% to 51.4% of decedents aged 65+.
- In the past 3 years, hip fractures decreased 19% from 7.3 to 5.9 hospitalizations per 1,000 Medicare beneficiaries.

State Health Department Website:
www.hhs.gov

	Value	2016 Rank	No 1 State
Behaviors			
Smoking (% of adults aged 65+)	8.8	—	4.5
Excessive Drinking (% of adults aged 65+)	6.6	—	2.9
Obesity (% of adults aged 65+)	27.5	—	14.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	—	0.7
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.2	—	22.7
Dental Visit (% of adults aged 65+)	65.7	—	78.1
Pain Management (% of adults aged 65+ with joint pain)	46.1	—	53.2
Behaviors Total	—	—	—
Community & Environment			
Poverty (% of adults aged 65+)	9.5	—	4.3
Volunteerism (% of adults aged 65+)	26.4	—	46.3
Nursing Home Quality (% of 4- & 5-star beds)	42.4	—	62.9
Community & Environment—Macro Total	—	—	—
Home-Delivered Meals (% of adults aged 65+ in poverty)	19.1	—	101.3
Food Insecurity (% of adults aged 60+)	15.5	—	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$811	—	\$6,701
Community & Environment—Micro Total	—	—	—
Community & Environment Total	—	—	—
Policy			
Low-Care Nursing Home Residents (% of residents)	11.8	—	4.1
SNAP Reach (% of adults aged 60+ in poverty)	67.4	—	124.4
Prescription Drug Coverage (% of adults aged 65+)	85.0	—	88.0
Geriatrician Shortfall (% of needed geriatricians)	65.1	—	25.8
Policy Total	—	—	—
Clinical Care			
Dedicated Health Care Provider (% of adults aged 65+)	94.3	—	96.9
Flu Vaccine (% of adults aged 65+)	59.8	—	70.7
Health Screenings (% of adults aged 65 to 74)	86.3	—	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.4	—	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	81.0	—	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	110.6	—	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	53.8	—	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	15.0	—	12.4
Hospice Care (% of decedents aged 65+)	51.4	—	65.5
Hospital Deaths (% of decedents aged 65+)	21.5	—	15.3
Clinical Care Total	—	—	—
All Determinants	—	—	—
Outcomes			
ICU Use (% of decedents aged 65+)	14.2	—	4.4
Falls (% of adults aged 65+)	28.7	—	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.9	—	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	41.2	—	50.7
Able-bodied (% of adults aged 65+)	64.0	—	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,786	—	1,394
Teeth Extractions (% of adults aged 65+)	14.9	—	6.4
Frequent Mental Distress (% of adults aged 65+)	7.4	—	4.7
All Outcomes	—	—	—
Overall	—	—	—
Supplemental Measures			
Education (% of adults aged 65+)	24.8	—	34.0
Overuse—Mammography (% women aged 75+)	24.2	—	18.6
Overuse—PSA Test (% men aged 75+)	19.5	—	11.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.3	—	22.0
Cognition (% of adults aged 65+)	9.1	—	6.3
Depression (% of adults aged 65+)	15.1	—	8.2
Suicide (deaths per 100,000 adults aged 65+)	16.0	—	7.6
Senior Population Growth			
Projected Increase 2016 to 2030	NA	NA	49.5

NA = not available

Appendix

Appendix

TABLE 8

Description of Core Measures

Behaviors

Measure	Description	Source, Data Year(s)
Smoking	Percentage of adults aged 65 and older who are self-reported smokers (smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days)	Centers for Disease Control and Prevention (CDC). <i>Behavioral Risk Factor Surveillance System</i> , 2014
Excessive Drinking	Percentage of adults aged 65 and older who self-report either binge drinking (having five or more [men] or four or more [women] drinks on one occasion in the last month) or chronic drinking (having more than two drinks [men] or more than one drink [women] per day)	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Obesity	Percentage of adults aged 65 and older estimated to be obese (body mass index [BMI] of 30.0 or higher) based on self-reported height and weight	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Underweight	Percentage of adults aged 65 and older with fair or better health status estimated to be underweight (BMI of 18.5 or less) based on self-reported height and weight	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Physical Inactivity	Percentage of adults aged 65 and older with fair or better health status who self-report doing no physical activity or exercise other than their regular job in the last 30 days	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Dental Visit	Percentage of adults aged 65 and older who self-report visiting the dentist or dental clinic within the past year for any reason	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Pain Management*	Percentage of adults aged 65 and older with arthritis who self-report arthritis or joint pain does not limit their usual activities	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013

Community & Environment Macro

Measure	Description	Source, Data Year(s)
Poverty**	Percentage of adults aged 65 and older who live in households at or below 100% of the poverty threshold	US Census Bureau. <i>American Community Survey</i> , 2014
Volunteerism	Percentage of adults aged 65 and older who report volunteering through or for an organization in the past 12 months	Corporation for National & Community Service, 2012-2014
Nursing Home Quality	Percentage of certified nursing home beds rated 4- or 5-stars (2015 revised CMS definition)	Centers for Medicare & Medicaid Services (CMS). <i>Nursing Home Compare</i> , 2016

Community & Environment Micro

Measure	Description	Source, Data Year(s)
Home-Delivered Meals	Number of persons served a home-delivered meal as a percentage of adults aged 65 and older living in poverty	Numerator: Administration on Aging (AoA). <i>State Program Reports</i> , 2013 Denominator: US Census Bureau. <i>American Community Survey</i> , 2013**
Food Insecurity	Percentage of adults aged 60 and older who faced the threat of hunger in the last 12 months	National Foundation to End Senior Hunger. <i>The State of Senior Hunger in America 2013: An Annual Report</i> , April 2015
Community Support	Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty	Numerator: AoA. <i>State Program Reports</i> , 2013 Denominator: US Census Bureau. <i>American Community Survey</i> , 2013**

Policy

Measure	Description	Source, Data Year(s)
Low-Care Nursing Home Residents	Percentage of nursing home residents who were low-care, according to the broad definition (no physical assistance required for late-loss activities of daily living)	Brown University, <i>Shaping Long Term Care in America Project</i> , 2014
Prescription Drug Coverage	Percentage of adults aged 65 and older who have a creditable prescription drug plan	The Henry J Kaiser Family Foundation, <i>State Health Facts</i> , 2012
SNAP Reach	Number of adults aged 60 and older who participate in Supplemental Nutrition Assistance Program (SNAP) as a percentage of adults aged 60 and older living in poverty	Numerator: US Department of Agriculture, Food and Nutrition Service, 2014 Denominator: US Census Bureau. <i>American Community Survey</i> , 2014**
Geriatrician Shortfall*	Percentage of geriatricians required to meet estimated need	The American Geriatrics Society, 2015

Clinical Care

Measure	Description	Source, Data Year(s)
Dedicated Health Care Provider	Percentage of adults aged 65 and older who self-report having a personal doctor or health care provider	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Flu Vaccine	Percentage of adults aged 65 and older who self-report receiving a flu vaccine in the last year	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Health Screenings	Percentage of adults aged 65 to 74 who self-report having a mammogram and/or fecal occult/colonoscopy/sigmoidoscopy screens within the recommended time period	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
Recommended Hospital Care	Percentage of hospitalized patients aged 65 and older who received the recommended care for heart attack, heart failure, pneumonia, and surgical procedures	Improving Healthcare for the Common Good. WhyNotTheBest.org, March 1, 2016 (based on data from Q1/2014-Q4/2014)
Diabetes Management	Percentage of Medicare beneficiaries aged 65 to 75 with diabetes receiving a blood lipids test	The Dartmouth Atlas of Health Care, 2013
Home Health Care	Number of personal care and home health aides per 1,000 adults aged 75 and older	Numerator: Bureau of Labor Statistics, 2015 Denominator: US Census Bureau. <i>American Community Survey</i> , 2014
Preventable Hospitalizations	Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare beneficiaries	The Dartmouth Atlas of Health Care, 2013
Hospital Readmissions	Percentage of patients aged 65 and older who were readmitted within 30 days of discharge	The Dartmouth Atlas of Health Care, 2013
Hospice care	Percentage of decedents aged 65 and older who were enrolled in hospice during the last 6 months of life after diagnosis of condition with high probability of death	The Dartmouth Atlas of Health Care, 2013
Hospital Deaths	Percentage of decedents aged 65 and older who died in a hospital	The Dartmouth Atlas of Health Care, 2013

* The data appearing in this edition are the same that appeared in the 2015 edition. An update was not available at the time of this publication.

** *American Community Survey* discontinued 3-year estimates; the data used in this edition are based on single-year data estimates.

Appendix

TABLE 8

Description of Core Measures, *continued*

Outcomes	Measure	Description	Source, Data Year(s)
	ICU Use	Percentage of decedents aged 65 and older spending 7 or more days in the intensive care or critical care unit during the last 6 months of life	The Dartmouth Atlas of Health Care, 2013
	Hip Fracture	Rate of hospitalization for hip fracture per 1,000 Medicare beneficiaries	The Dartmouth Atlas of Health Care, 2013
	Falls	Percentage of adults aged 65 and older who self-report having had a fall in the past 12 months (2012 definition)	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
	Health Status	Percentage of adults aged 65 and older who self-report very good or excellent health	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
	Able-Bodied**	Percentage of adults aged 65 and older with no disability	US Census, <i>American Community Survey</i> , 2014
	Premature Death	Number of deaths per 100,000 adults aged 65 to 74	CDC. National Center for Health Statistics, 2014
	Teeth Extractions	Percentage of adults aged 65 and older who self-report having had all teeth removed due to tooth decay or gum disease	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014
	Frequent Mental Distress	Percentage of adults aged 65 and older who self-report their mental health was not good 14 or more days during the past 30 days	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2014

* The data appearing in this edition are the same that appeared in the 2015 edition. An update was not available at the time of this publication.

** *American Community Survey* discontinued 3-year estimates; the data used in this edition are based on single-year data estimates.

TABLE 9

Description of Supplemental Measures

Behaviors

Measure	Description	Source, Data Year(s)
Education	Percentage of adults aged 65 and older with a college degree	US Census Bureau, <i>American Community Survey</i> , 2014 **

Clinical Care

Measure	Description	Source, Data Year(s)
Overuse – Mammography	Percentage of female Medicare beneficiaries aged 75 and older who had at least one screening mammogram	The Dartmouth Atlas of Health Care, 2012
Overuse – PSA Test	Percentage of male Medicare beneficiaries aged 75 and older who received a screening PSA test	The Dartmouth Atlas of Health Care, 2012

Outcomes

Measure	Description	Source, Data Year(s)
Multiple Chronic Conditions	Percentage of Medicare beneficiaries aged 65 and older with 4 or more chronic conditions	Centers for Medicare & Medicaid Services, 2014
Cognition**	Percentage of adults aged 65 and older who report having a cognitive difficulty	US Census Bureau, <i>American Community Survey</i> , 2014
Depression	Percentage of adults aged 65 and older who were told by a health professional that they have a depressive disorder	Centers for Disease Control and Prevention (CDC), <i>Behavioral Risk Surveillance Factor System</i> , 2014
Suicide	Number of deaths due to intentional self-harm per 100,000 adults aged 65 and older	CDC, National Center for Health Statistics, 2012-2014

Methodology

For each measure, the raw data are obtained from secondary sources and presented as “value.” The score for each state is based on the following formula:

$$\text{Score} = \frac{\text{State value} - \text{national value}}{\text{Standard deviation of all state values}}$$

This z score indicates the number of standard deviations a state is above or below the national value. A 0.00 indicates a state has the same value as the nation. States with higher values than the national value have a positive

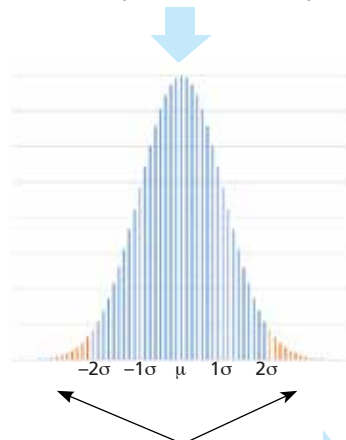
score; states below the national value have a negative score. To prevent an extreme score from exerting excessive influence, the maximum score for a measure is capped at +/- 2.00. If a US value is not available for a measure, the mean of all state values is used. Overall score is calculated by adding the scores of each measure multiplied by its assigned weight (the percentage of total overall ranking). See Table 10 for model category weights. The model category weight is distributed equally among all measures within each category.

The overall ranking is the ordering of each state according to the overall score. The ranking of individual measures is the ordering of each state according to the measure’s value. Ties in values are assigned equal ranks. Not all changes in rank are statistically significant.

See more details at <http://www.americashealthrankings.org/about/senior?tabname=SeniorMethodology>.

Behaviors
Community & Environment
Public & Health Policies
Clinical Care
Health Outcomes

1. Gather data → 2. Normalize state values for each measure using US value (calculate z score)



4. Multiply by weights → 5. Sum weighted scores

6. Rank states by sum of all measure scores

Population Growth Projections Methodology

Woods and Poole projections are based on models of county population growth and migration due to economic conditions. The average absolute percent error for Woods and Poole's ten year total population projections has been $\pm 4.0\%$ for states.

Comparison of Health Estimates in the Middle-Aged Population Methodology

The prevalence of obesity, diabetes, smoking and very good or excellent health status were examined in the middle-aged population (adults aged 50–64) using 1999 and 2014 Behavioral Risk Factor Surveillance System (BRFSS) data. The 15 year relative change in these four measures was calculated. Missing data were excluded from this analysis, which includes "don't know," "not sure," "refused," and blank or missing responses.

Limitations

For the measures, comparisons between estimates before and after 2011 should be approached with caution due to changes in BRFSS methodology. In 2011, BRFSS added cellular telephone-only households and a new method of weighting the data. The addition of cellular telephone only households has disproportionately increased the numbers of certain population groups represented in the survey, and the weighting change has increased prevalence estimates of certain

TABLE 10

Model Category Weights

Model Category	Weight (%)
Determinants	75
Behaviors	25
Community & Environment	20
Policy	15
Clinical Care	15
Outcomes	25

chronic disease estimates, such as diabetes and obesity; Thus, some of the increase seen since 1999 in diabetes and obesity prevalence and some of the decrease seen since 1999 in smoking and health status prevalence could be attributed to the new methods implemented in 2011.⁵ Please refer to the following CDC website for more information on the 2011 methodological changes: <http://www.cdc.gov/surveillancepractice/reports/brfss/brfss.html>.

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5. Maps of Trends in Diagnosed Diabetes and Obesity. January 2015. CDC's Division of Diabetes Translation. National Diabetes Surveillance System. <http://www.cdc.gov/diabetes/statistics>

2016 Model Development

The measures and model for *America's Health Rankings® Senior Report* were developed by a panel of experts in the field of senior health for the inaugural edition in 2013. The panel was charged with identifying the areas of health and well-being most pertinent to the older adult population and developing a model for assessing population health at a state level.

In March 2016, the panel convened by telephone and reviewed each measure included in the 2015 edition. Panelists recommended that the following items be explored:

1. Home and Community Based Services (HCBS) waiver waitlists: Waitlists depend heavily on size of state HCBS program and state population, and some states don't have waivers. This measure is difficult to rank at this time and will be revisited in future years.
2. Out-of-pocket spending: This measure is lacking data at the state level. Consider exploring bankruptcy, medical impoverishment, and other equivalent measures.
3. Overuse of clinical care: Consider adding prostate-specific antigen (PSA) testing among men aged 75 and older and mammography among women aged 75 and older.
4. Wellness visits: Potential issues exist with the definition and data validity. Consider adding as a supplemental measure and explore other possible measures such as the Medicare benefit paid to primary care physicians who counsel seniors with obesity during a 15-minute weight loss visit.
5. Social support, social isolation, medication adherence, and elder abuse: All areas lack comparable state-level data and will be revisited in future years.
6. Transportation: Explore potential measures (eg, lack of reimbursement).
7. Diet and/or nutrition: Identify improved measure(s).

Changes implemented in 2016:

- Replaced chronic drinking, a core behaviors measure, with excessive drinking—a combined chronic drinking and binge drinking measure (page 26).
- Replaced poor mental health days, a core outcomes measure, with frequent mental distress (page 72).
- Added clinical overuse — PSA among men aged 75 and older and clinical overuse — mammography among women aged 75 and older, supplemental clinical care measures, as proxies for overuse of clinical care services (pages 68–69).
- The supplemental measure prescription drug plans with a gap is no longer available and was removed.
- The *American Community Survey* discontinued 3-year estimates. The measures poverty and able-bodied, as well as the denominators for home-delivered meals, community support, and SNAP reach, are based on a single year of data in this edition.

2016 Senior Health Advisory Group

The Senior Health Advisory Group members include:

Soo Borson, MD
Professor Emerita, University of Washington
School of Medicine
Dementia Care Research and Consulting

Randy Brown, PhD
Director of Health Research
Mathematica Policy Research

Julie Bynum, MD, MPH
Associate Professor of The Dartmouth Institute
Associate Professor of Medicine
Associate Director, Center for Health Policy
Research
The Dartmouth Institute for Health Policy &
Clinical Practice
Geisel School of Medicine at Dartmouth

Tom Eckstein, MBA
Principal and author, *America's Health Rankings®*
Arundel Metrics, Inc

Sarah Milder, MPH
Epidemiologist and author, *America's Health
Rankings®*
Arundel Metrics, Inc

Rhonda Randall, DO
Chief Medical Officer
UnitedHealthcare Retiree Solutions

Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP
Professor of Nursing
Chairman of the Board, American Geriatrics
Society
Sonya Ziporkin Gershowitz Chair in Gerontology
University of Maryland

Anna Schenck, PhD, MSPH
Professor of the Practice, Associate Dean for
Practice
Director, Public Health Leadership Program and
the North Carolina Institute for Public Health
UNC Gillings School of Global Public Health
University of North Carolina at Chapel Hill

Lynn Shaul, MA
Director, Health Improvement
Association of State and Territorial Health Officials

Denise Tyler, PhD
Assistant Professor of Health Services, Policy and
Practice
Brown University

Elizabeth Walker Romero, MS
Senior Director, Health Improvement
Association of State and Territorial Health Officials

The Team

America's Health Rankings® Senior Report is a team effort in which all contribute a vital part to the creation and dissemination of this report. Members of this team, listed alphabetically by organization, follow:

Aldrich Design

Emily Aldrich
Jenna Brouse
Andrea Egbert

Arundel Metrics, Inc

Melanie Buhl
Tom Eckstein
Laura Houghtaling
Jamie Kenealy
Sarah Milder
Mariah Quick
Kristin Shaw

The Glover Park Group

Kate Ackerman
Jane Beilenson
Tulani Elisa
John Gaglio
Craig James
Lee Jenkins
Amanda Keating
Megan Lowry
Rose McLeod
Rachel Millard
Andy Oare

Reservoir Communications Group

Christine Harrison
David Lumbert
Robert Schooling

RoninWare Inc

TJ Kellie
Neven Milakara

Tuckson Health Connections

Reed Tuckson

United Health Foundation

Michael Birnbaum
Alyssa Erickson
Rachel Medina
Jane Pennington
LD Platt
Rhonda Randall
Kara Smith
Tina Stow
Jodie Tierney
Anne Yau
Ilanthe Zabel

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Brown University, Shaping Long Term Care in America Project
The Dartmouth Atlas of Health Care
The Henry J Kaiser Family Foundation, Kaiser State Health Facts
Improving Healthcare for the Common Good
National Foundation to End Senior Hunger, *The State of Senior Hunger in America 2013: An Annual Report*
Woods & Poole¹

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Design by Aldrich Design, Saint Paul, Minnesota.

Questions and comments on the report should be directed to United Health Foundation at unitedhealthfoundationinfo@uhc.com.

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America's Health Rankings® Expansion

The expansion of America's Health Rankings® in 2016 is two-fold, two major population-level reports will be introduced along with a series of Spotlight reports.

America's Health Rankings® Maternal and Child Health Report will be the focus of the first new population-level report. In this report, *America's Health Rankings®* will provide a holistic scorecard of the health of women of reproductive age, health during pregnancy, and infant and child health. Like the *Senior Report*, it will contain measures on behaviors, community & environment, policy, clinical care, and outcomes for each state.

America's Health Rankings® Veterans' Health will debut second and will focus on the behavioral differences between those who provide service to the country and the general population.

The first two Spotlights have already been released; *Spotlight: Prevention* focuses on the variation of clinical prevention measures across the states and *Spotlight: Impact of Unhealthy Behaviors* quantifies the impact of multiple unhealthy behaviors on the population's overall health status. Additional Spotlights will be forthcoming. The Spotlights complement, leverage, and amplify the information contained in the larger population reports.





Guided by a passion to help people live healthier lives, United Health Foundation provides helpful information to support decisions that lead to better health outcomes and healthier communities. The Foundation also supports activities that expand access to quality health care services for those in challenging circumstances and partners with others to improve the well-being of communities.

United Health Foundation
9900 Bren Road East
Minnetonka, MN 55343

www.unitedhealthfoundation.org

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