



# AMERICA'S HEALTH RANKINGS® SENIOR REPORT

UNITED HEALTH FOUNDATION®

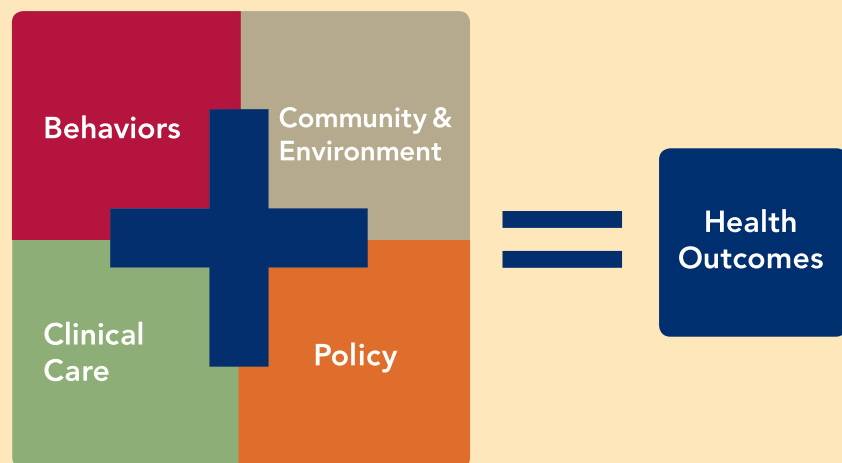
A CALL TO ACTION FOR INDIVIDUALS  
AND THEIR COMMUNITIES

2015 EDITION



*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.





**in support  
of healthier  
seniors**

# United Health Foundation is pleased to present

*America's Health Rankings® Senior Report: A Call to Action for Individuals and Their Communities.*

Why study senior health? Today, 1 in 7 Americans are aged 65 and older, and in the next 2 decades the rest of the 77 million baby boomers will move into this demographic. Knowing this, we believe that taking an in-depth look at the health of seniors and the specific challenges they face as a population is key to understanding and addressing our health as a nation.

The third edition of the annual *America's Health Rankings® Senior Report* shows encouraging news for senior health nationally, but some notable setbacks are offsetting that progress. We see continued improvements in preventable hospitalizations and in the use of end-of-life care. Also, there are increases in the number of seniors getting their flu vaccine and reporting better health overall.

While we should celebrate these gains, we must remember that states face serious challenges with a growing aging population. America's senior population is poised to double by 2050, making it crucial that we focus on healthy behaviors and work together to create adequate community support. Unfortunately, physical inactivity moved in the wrong direction in 2015. After showing promising improvements in the 2014 edition, this year's report indicates that 33.1% of seniors did not get enough physical activity—a 15% increase from the previous year.

To address such challenges, this year's report features a commentary from Jewel Mullen, MD,

MPH, MPA, President of the Association of State and Territorial Health Officials (ASTHO) and Commissioner of the Connecticut Department of Public Health. The commentary calls upon her counterparts in the 50 states, the District of Columbia, and 8 US territories to join a national movement promoting the health of older adults and their communities. *Healthy Aging: Living Longer Better* is her President's Challenge for 2014-15.

United Health Foundation is actively engaged in putting a spotlight on the health of America as well as the evidence-based ideas and means required to improve it. We have designed this report and its related tools to identify 1) health opportunities in communities and 2) multi-stakeholder, multi-discipline approaches to improving the health of our populations. To learn more about what we are doing and to gather information on how you can help improve community health, please visit our website: [americashealthrankings.org](http://americashealthrankings.org). Also, follow us on social media at [www.facebook.com/AmericasHealthRankings](http://www.facebook.com/AmericasHealthRankings) and @AHR\_Rankings on Twitter.

We invite you to share proven or innovative programs that have made a difference in your community by emailing [unitedhealthfoundationinfo@uhg.com](mailto:unitedhealthfoundationinfo@uhg.com), posting on our Facebook page, or tweeting us. A healthy exchange of ideas allows us to share and learn from one another. It also allows us



to work together to address our nation's—and our seniors'—health challenges and to improve the lives of all.

We appreciate the efforts of our expert panel, listed in the report, in designing this model. These practitioners and public health experts annually review available models and metrics to select a set that reflects the holistic health of seniors, including behaviors, community, environment, clinical care, policy, and outcomes.

Finally, we once again offer our gratitude and respect to the dedicated public health, clinical, and health policy professionals who serve our nation. And a special thank you goes out to the people—be they family, friends, community organizations, or medical professionals—who provide care to seniors. They work tirelessly every day and deserve our appreciation.

America's senior population is poised to double by 2050, making it crucial that we focus on healthy behaviors and work together to create adequate community support.

# Living Longer Better: A Call to Action for State Health Officials to Promote Healthy Aging

As president of the Association of State and Territorial Health Officials (ASTHO), I have called upon my counterparts in the 50 states, the District of Columbia, and 8 US territories to join a national movement to promote the health of older adults and their communities. *Healthy Aging: Living Longer Better* is my President's Challenge for 2014-15. The projected doubling of the number of adults aged 65 and older by 2050 requires that public health leaders focus on the needs of this demographic group as they plan and implement population health improvement initiatives in their jurisdictions.<sup>1</sup> States' policy- and systems-level actions to improve the health of individuals, communities, and populations should be grounded in a life course approach that truly extends to the oldest members of society. Such an approach should address psychosocial and clinical determinants of health and of healthy aging.

The *America's Health Rankings® Senior Report* encompasses several clinical, social, and behavioral measures of health determinants and outcomes, and it can be used to guide priority setting for health-improvement planning. While *America's Health Rankings®* annual report enables state health officials to compare their state with others and the nation, the senior report highlights factors of particular importance to the health and well-being of their older adult residents. Viewed alongside the annual report, the senior report provides a fuller picture of state health across the lifespan. As companion documents, they also illustrate that a state's general and senior health rankings may differ. The data in these reports can prompt individuals and communities to confront many unmet needs of older adults. They also denote the significance of the 2014-15 ASTHO President's Challenge.

## Living Longer Better and the National Prevention Strategy

Because community and environmental conditions constitute many determinants of healthy aging, improving them often is best achieved through alliances between public health and other disciplines. *Healthy Aging: Living Longer Better* advances the vision of state health official partnership in multi-sectoral collaborations that

ensure older adults achieve the highest level of social, physical, and mental well-being in their communities. An established model for such collaboration, the National Prevention Strategy (NPS) (Figure 1) guides states' participation in the President's Challenge.<sup>2</sup> Over the past several months, state health officials, in collaboration with public or private sector partners, have answered the challenge by pledging to undertake 1 of NPS's 4 strategic directions or 7 priorities. In addition to advancing the health of all age groups and consistent with the strategy's goal to increase the number of Americans who are healthy at every stage of life, this approach encourages teams to adopt policy and system-level actions. It also fosters partnerships across a range of disciplines. For many health officials, the most apparent partner may be the leader of the state's aging or human services agency, with whom the authority for services and programs for seniors usually resides.

In order to tackle a strategy or priority of interest, officials may choose to collaborate with partners who administer programs such as housing, transportation, elder justice, or caregiving.

## Strengthening Federal and Local Partnerships for the President's Challenge

In preparation for *Healthy Aging: Living Longer Better*, it was essential to gather input from federal and local leaders on the health and social conditions we should address, policies and systems



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- 1 Ortman, JM, Velkiff VA, Hogan H. An aging nation: The older population in the United States. Current Population Reports. US Census Bureau. May 2014.
  - 2 National Prevention Council, National Prevention Strategy, Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General, 2011. Available at: <http://www.surgeongeneral.gov/initiatives/prevention/strategy/report.pdf>.

FIGURE 1  
National  
Prevention  
Strategy



health officials should focus on, and organizations that would be essential partners. To accomplish this, in April 2014 ASTHO convened local, state, national, and federal leaders to create a strategic map (Table 1) to delineate priorities for a healthy aging initiative. Participants in the mapping session underscored the importance of cross-sectoral efforts. The consensus among participants was that the overarching goal of a healthy-aging-and-public-health initiative should be to improve healthy aging through population-based strategies. The group prioritized 5 strategic objectives:

1. Identify and disseminate information/tools to drive action.
2. Implement/align policy and advocacy initiatives.
3. Expand and strengthen workforce, programs, services, and systems.
4. Foster age-friendly communities and support for family and friends.
5. Secure needed financial resources and infrastructure.

Additionally, 3 cross-cutting priorities were named:

1. Address the social determinants of health.
2. Identify and expand strategies to increase health equity.
3. Expand and strengthen public and private partnerships.

Issues that participants thought were critical to address included cognitive decline, caregiving, community and clinical linkages, differentiating general disability from the unique needs of disabled older adults, and developing evidence-based programming for seniors. Additionally, participants noted that palliative and end-of-life care planning often receive insufficient attention in health and public health initiatives, and the President’s Challenge could represent an opportunity to elevate discussions on these topics.

Using the strategic map as a foundation, we

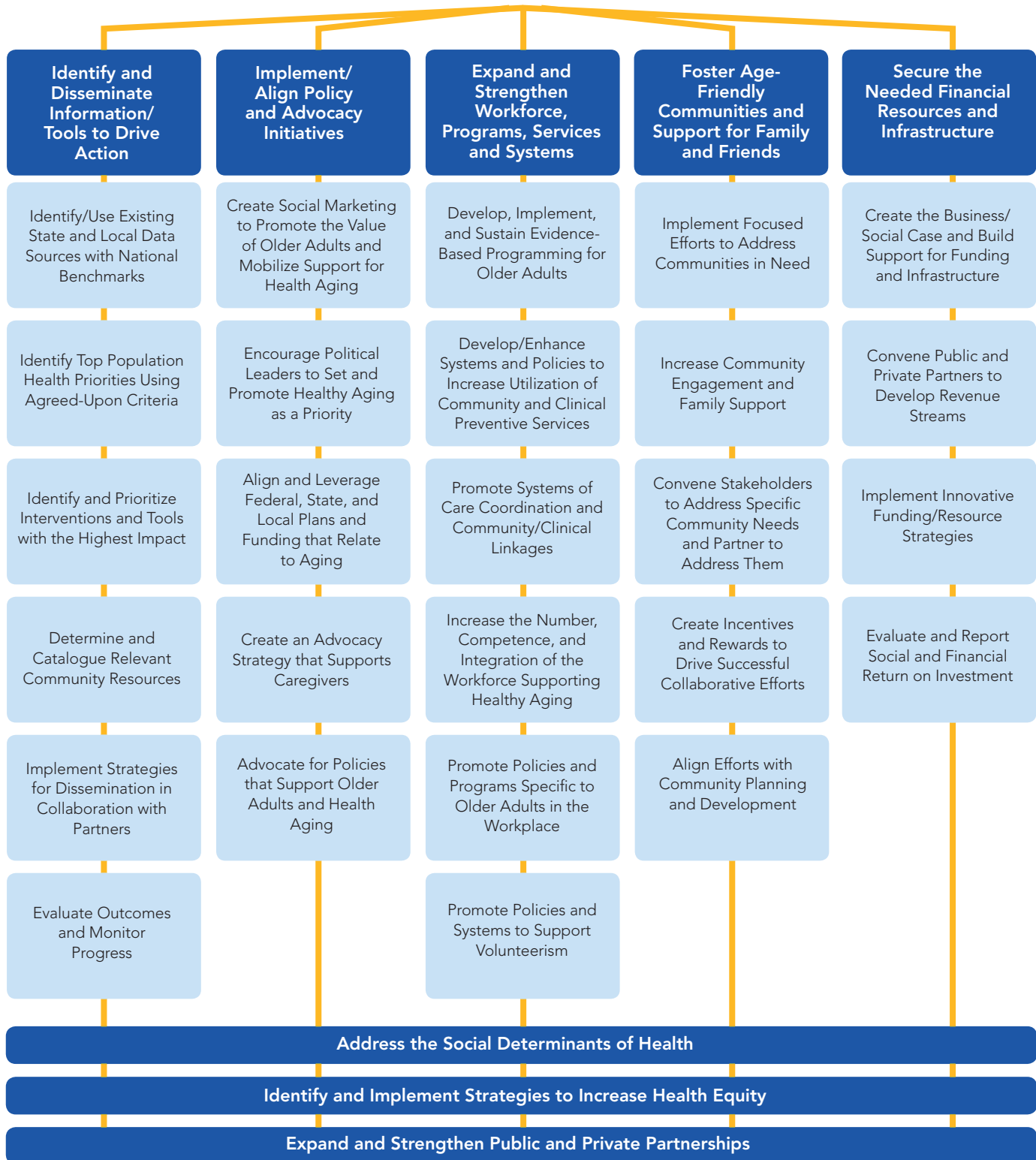
also organized a Healthy Aging and the National Prevention Strategy meeting, with support from ASTHO, the Office of the Surgeon General, the CDC’s Healthy Aging Program, and the United Health Foundation. Attendees represented more than 25 national and federal organizations. The meeting’s goals were to consider ideas for state and national level collaboration to support healthy aging work based on the NPS framework, explore common interests or expertise that could be the basis for joint projects, and identify how organizations could foster state and national level collaboration through their own partnerships. Participants listed a range of specific ongoing issues, programs, and policies for mutual support including:

- Age Friendly Communities
- Fraud protection, civil rights, and energy assistance
- Financial security
- Volunteering
- National Parks Service Parks Prescriptions
- Planning and Public Health affiliate collaborations and peer networks
- Aging in Place Planning Policy Guide
- The Built Environment Public Health Clearinghouse
- Office of Personnel Management Employee Assistance Programs on financial management, elder care, worksite wellness, caregiving, workplace flexibility
- ReACT Coalition for caregivers and the workplace

TABLE 1

**Healthy Aging and Public Health  
Strategic Map: 2014 to 2016**

**Improve Healthy Aging Using Population-Based Strategies**





- National Institute on Aging Go4Life exercise and physical activity campaign
- CDC Injury Center programs on suicide, abuse, falls, mobility, driving, and prescription drug overdose

Participants noted the excellent potential to build momentum on these issues since 2015 is the year for the White House Conference on Aging, the HHS Healthy Aging Summit, and, hopefully, reauthorization of the Older Americans Act. Echoing the perspective of Strategic Mapping partners, the group cited the imperative to establish and implement effective strategies for palliative and end-of-life care planning on the national level.

### **ASTHO Members' Implementation of Living Longer Better**

Since the President's Challenge launch in September 2014, a growing number of state health officials have pledged support by working with partners to implement new initiatives and strengthen existing ones. The diversity of their efforts reflects the breadth of public health and exemplifies the approach envisioned by the NPS. Oregon's public health agency, for example, is creating an Index for Healthy Aging to strengthen data, monitoring, and surveillance activities. Oregon's state collaborators include the departments of human services and transportation as well as the Alzheimer's Association. Georgia has developed an Alzheimer's and Related Dementias Registry and is promoting a "Roadmap for Cognitive Screening for Primary Care Doctors," which is a toolkit to assist physicians in identifying and diagnosing Alzheimer's disease and related dementias. These efforts have increased Georgia's surveillance capacity for Alzheimer's disease and other dementias. Vermont will support a town-planning initiative through local conversations on the needs of older adults, with the goal of advancing healthy and safe community environments; leaders there are cultivating new partnerships between the state's public health and aging agencies. The Connecticut Department of Public Health has incorporated goals for falls prevention and improving transportation access in its State Health Improvement Plan. In Michigan, the health department and partners such as the Area Agency on Aging and the Michigan Patient

Centered Transformation Project will address community and clinical preventive services, falls prevention, diabetes management, and injury- and violence-free living.

### **Living Longer Better as a Platform for Future Work**

Ongoing efforts to ensure that seniors can live and age well in their communities must take into account the diversity of the older adult population. Promoting healthy aging obligates us to focus on increasing healthy years of life, not just on extending life expectancy. As partners combine forces for advocacy and action, they should consider stratifying the older adult population first so that their strategies are informed by the data and surveillance results on the segment of the older adult population they are designed for. As *America's Health Rankings® Senior Report* illustrates, the health effects of social determinants persist in later life; maintaining a focus on them will be essential to achieving health equity.

Policy and systems-level strategies that promote equity include age-friendly buildings, neighborhood and transportation design that supports older adults living in rural, urban, and tribal communities; and caregiver initiatives for older adults who are formal or informal caregivers—not just for those who need care. Effective workforce management that leverages the knowledge and assets brought to bear by an experienced senior workforce that includes salaried employees and volunteers will be essential for facilitating financial security for seniors, for fostering their social connectedness, and for affirming their sense of purpose. Such policies and actions signal a collective value for older adults.

Partnerships to promote healthy aging and the ASTHO President's Challenge can be a reminder that society does not depreciate the value of adults as they age. Moreover, a call to action that includes them in efforts to increase their healthy years of life reinforces a collaborative commitment to them. It also may increase their trust in the systems being established to advance their well-being. Increasing that trust may broaden the acceptance of advance care planning as an essential strategy that promotes healthy aging. Empowering and supporting seniors in that planning increases their opportunity to live longer better.

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



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# Introduction

Now in its third year, *America's Health Rankings® Senior Report* serves to:

1. Help states prepare for the rapid growth of their senior population. Today, 1 in 7 Americans are aged 65 and older, and in 35 years this age group is projected to double to 83.7 million. This surge and the increasing rates of obesity, diabetes, and other chronic diseases are poised to overwhelm our health care system; those who are 65 and older spend nearly twice as much yearly on health care as those aged 45 to 64.
2. Provide a benchmark for gauging how a state's senior health changes and compares with that of other states and the nation. The data are also used when forming a wide-angle, holistic view of the health of older adults.
3. Stimulate discussion and action. This is the overarching purpose of the 2015 report—to kindle and continue to fuel dialogue among individuals, community leaders, policymakers, public health officials, and the media on steps required to improve the health of older adults.

As you read *America's Health Rankings® Senior Report*, we invite you to look for strengths and challenges; every state has them regardless of where it ranks. Also, appreciate the interplay of the metrics. Each measure does not stand alone but

is a strand in the web of health and everyday life of seniors. Example: A change for the good in physical inactivity could affect obesity, pain management, falls, the number of people categorized as able-bodied, etc.

We also invite you to go beyond where your state is in the rankings. *America's Health Rankings® Senior Report* is a “still” in an ever-rolling video of state health for older adults, so use the report to investigate why your state fell or rose in the rankings. Most important, look for actions to take—everything from learning more to taking direct advocacy steps to implement programs that positively affect the health of not only seniors but all in your state.

Please refer to our website and select your state of interest <http://www.americashealthrankings.org/states>. While on the state page, click on the Measures tab to display the Core Measure Impact diagram. This illustrates the specific measures that have the greatest impact on a state's overall current ranking with circles of varying size and color (green is positive impact and red is negative impact). It is possible to see which measures are having the greatest impact on your overall rank with a quick glimpse. Also work the Change My Rank tool from the state page by selecting the Change My Rank tab. This visual shows how improving the rank of one or many individual metrics can affect the state's overall rank.

**Look for actions to take—everything from learning more to taking direct advocacy steps.**

# Findings

We call your attention to these highlights in the third edition of *America's Health Rankings® Senior Report*:

- Vermont tops the list of healthiest states for older adults (Tables 2 and 3). The state has a 10% decrease in chronic drinking since the last edition, which moves it up 8 places in the ranking of that measure. Hospice care increases 13%, and Vermont rises 9 places in the ranking of poor mental health days; it is also strong in the community support measure. See Vermont's State Summary on p 121.
- Other top-5 states: (2) New Hampshire, (3) Minnesota, (4) Hawaii, and (5) Utah. Utah is new to the top 5, replacing Massachusetts (6). In 2014, Massachusetts replaced Iowa, which was No. 5 in the original 2013 report. Minnesota, Vermont, and New Hampshire have consistently been in the top 5, while Hawaii has been in this group every year except 2013.
- Louisiana is No. 50. The state's strengths have been a high prevalence of flu vaccination and ready availability of home health care providers. But the high prevalence of smoking, obesity, and physical inactivity have been yearly challenges, and 2015 challenges include a low percentage of seniors who visited a dentist in the past year and a high prevalence of food insecurity. See Louisiana's State Summary on p 94.
- Other bottom-5 states: (49) Mississippi, (48) Kentucky, (47) Arkansas, and (46) Oklahoma. West Virginia was in the bottom 5 in 2013 but has been out of this group since. All other states in the 2015 group have been in the bottom 5 all 3 years except Kentucky, which was No. 48 in 2014 but not in this group in 2013.
- National successes since last year are heartening, while national challenges are concerning (p 16). Two examples: Hip fractures are down 15% since the last edition from 7.3 to 6.2 hospitalizations per 100 000 Medicare beneficiaries. However, physical inactivity is up 15%; this year, 33.1% of seniors were inactive, up from 28.7% last year.

## 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 5 factors:

1. The overall rankings represent a broad range of issues that affect senior health.
2. Individual measures use common health-measurement criteria.
3. Data must be available at a state level.
4. Data must be current and updated periodically.
5. The aspect being measured should be amenable to change.

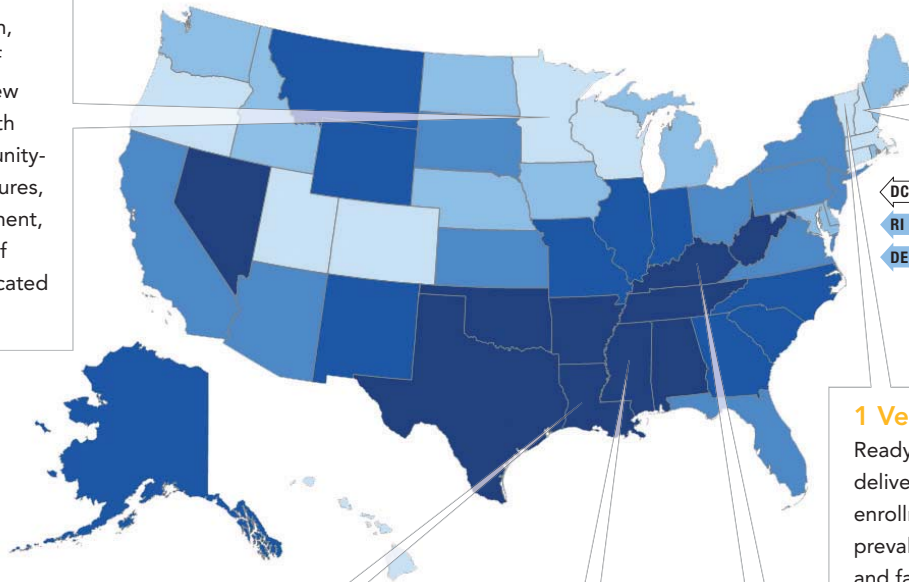
While imperfect, these 35 measures are the best available indicators of the various aspects of senior health.

**Physical inactivity is up 15%; this year, 33.1% of seniors were inactive, up from 28.7% last year.**

## 2015 Ranking

1-10 11-20 21-30 31-40 41-50 not ranked

**3 Minnesota**  
High volunteerism, low prevalence of food insecurity, few poor mental health days. Low community-support expenditures, low SNAP enrollment, low percentage of seniors with dedicated provider.



**2 New Hampshire**  
Low percentage of seniors living in poverty, ready availability of home-delivered meals, high health status. High prevalence of activity-limiting arthritis pain, low prescription drug coverage, low SNAP enrollment.

**1 Vermont**  
Ready availability of home-delivered meals, high SNAP enrollment, low ICU use. High prevalence of chronic drinking and falls, low hospice care use.

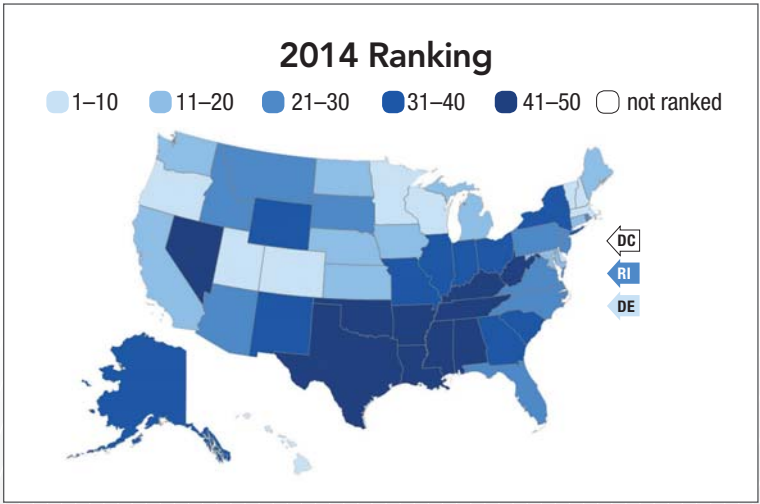
**50 Louisiana**  
High flu vaccination coverage, ready availability of home-delivered meals, low prevalence of falls. Low percentage of dental visit, high prevalence of food insecurity, high percentage of low-care nursing home residents.

**49 Mississippi**  
Low prevalence of chronic drinking and activity-limiting arthritis pain, low ICU use. High prevalence of smoking and physical inactivity, high percentage of seniors living in poverty.

**48 Kentucky**  
Low prevalence of chronic drinking, low percentage of low-care nursing home residents, high flu vaccination coverage. High prevalence of smoking, low percentage of dental visit, high premature death rate.

## 2014 Ranking

1-10 11-20 21-30 31-40 41-50 not ranked



# Findings

TABLE 2  
2015 Ranking

2015 Rank (1-50)	State	Score
1	Vermont	0.664
2	New Hampshire	0.633
3	Minnesota	0.616
4	Hawaii	0.587
5	Utah	0.518
6	Massachusetts	0.517
7	Wisconsin	0.452
8	Colorado	0.436
9	Oregon	0.409
10	Connecticut	0.368
11	Maine	0.343
11	Washington	0.343
13	Maryland	0.293
14	Rhode Island	0.274
15	Iowa	0.250
16	Nebraska	0.210
17	Michigan	0.201
18	Delaware	0.198
19	North Dakota	0.187
20	Idaho	0.168
21	New York	0.166
22	Arizona	0.162
23	South Dakota	0.132
24	Kansas	0.101
25	Pennsylvania	0.076
26	New Jersey	0.073
27	Florida	0.025
28	Virginia	-0.002
29	California	-0.014
30	Ohio	-0.016
31	Alaska	-0.032
32	North Carolina	-0.063
33	New Mexico	-0.066
34	Montana	-0.102
35	Wyoming	-0.150
36	South Carolina	-0.167
37	Illinois	-0.173
38	Missouri	-0.214
39	Georgia	-0.236
40	Indiana	-0.243
41	Texas	-0.365
42	Alabama	-0.449
43	Nevada	-0.450
44	Tennessee	-0.495
45	West Virginia	-0.543
46	Oklahoma	-0.630
47	Arkansas	-0.662
48	Kentucky	-0.767
49	Mississippi	-0.817
50	Louisiana	-0.864

TABLE 3  
2015 Alphabetical Ranking

2015 Rank (1-50)	State	Score
42	Alabama	-0.449
31	Alaska	-0.032
22	Arizona	0.162
47	Arkansas	-0.662
29	California	-0.014
8	Colorado	0.436
10	Connecticut	0.368
18	Delaware	0.198
27	Florida	0.025
39	Georgia	-0.236
4	Hawaii	0.587
20	Idaho	0.168
37	Illinois	-0.173
40	Indiana	-0.243
15	Iowa	0.250
24	Kansas	0.101
48	Kentucky	-0.767
50	Louisiana	-0.864
11	Maine	0.343
13	Maryland	0.293
6	Massachusetts	0.517
17	Michigan	0.201
3	Minnesota	0.616
49	Mississippi	-0.817
38	Missouri	-0.214
34	Montana	-0.102
16	Nebraska	0.210
43	Nevada	-0.450
2	New Hampshire	0.633
26	New Jersey	0.073
33	New Mexico	-0.066
21	New York	0.166
32	North Carolina	-0.063
19	North Dakota	0.187
30	Ohio	-0.016
46	Oklahoma	-0.630
9	Oregon	0.409
25	Pennsylvania	0.076
14	Rhode Island	0.274
36	South Carolina	-0.167
23	South Dakota	0.132
44	Tennessee	-0.495
41	Texas	-0.365
5	Utah	0.518
1	Vermont	0.664
28	Virginia	-0.002
11	Washington	0.343
45	West Virginia	-0.543
7	Wisconsin	0.452
35	Wyoming	-0.150

### How to Use the Rankings®

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

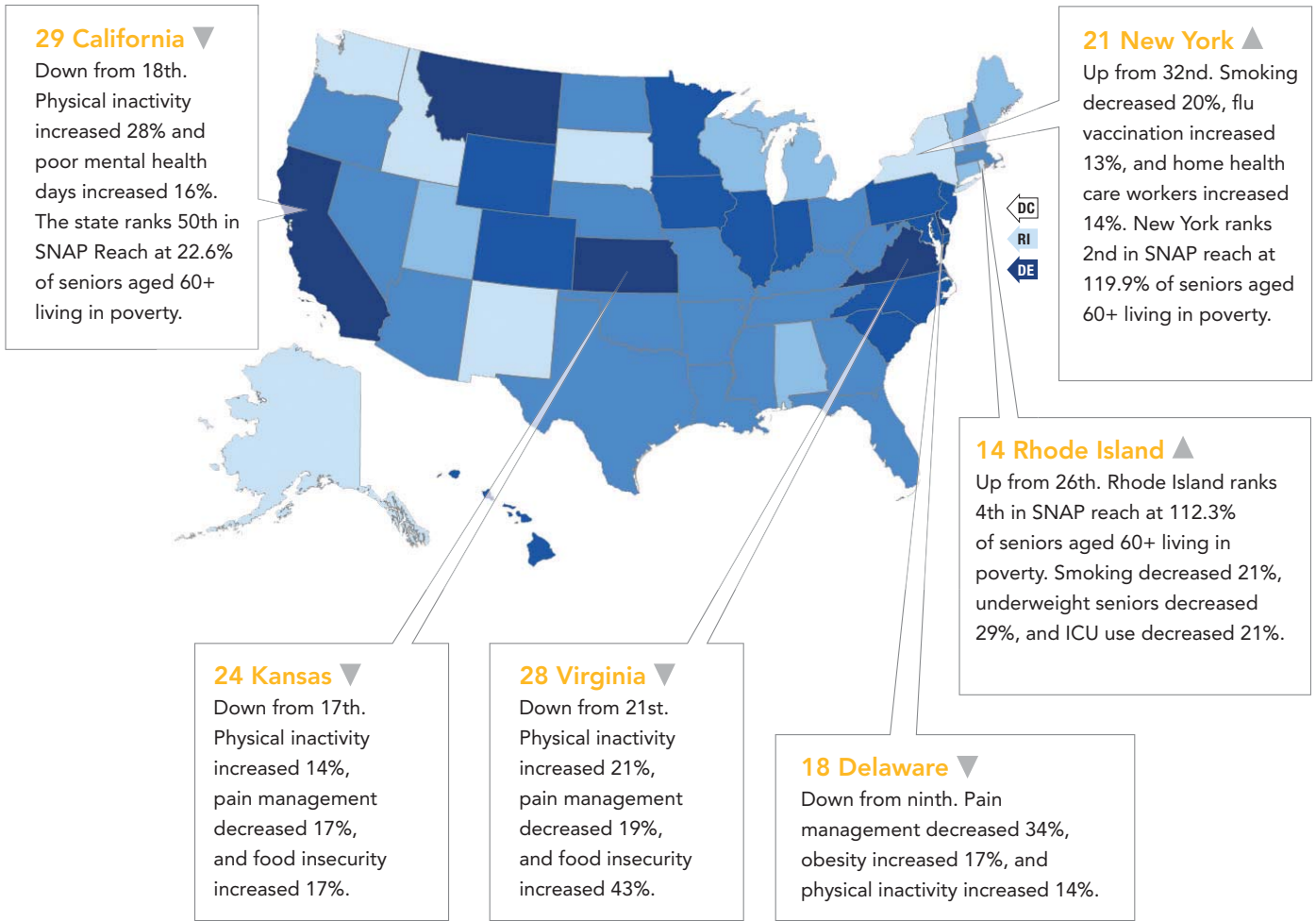
- Shows no change. Check the metrics because it may be that there has been a notable change in one or more measures that has been offset by equally notable changes in the opposite direction by other measures. Or it may be that there have been changes in your state but, relative to changes in other states, there's been no change in the overall ranking.
- Shows little change. Check the metrics. A big shift in a metric or 2 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.

Once you have completed the investigation, again, use that information to take action.



## Change in Rank Since 2014 Edition

● Up 4 or more  
 ● Up 2 to 3  
 ● Up 1, no change, or down 1  
 ● Down 2 or 3  
 ● Down 4 or more  
   Not ranked



### Senior Health Advisory Group

From its beginning, *America's Health Rankings® Senior Report* has had as its foundation and touchstone the Senior Health Advisory Group, a panel of experts in senior health. With the launch of the first report, the 9-member 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 see page 136.

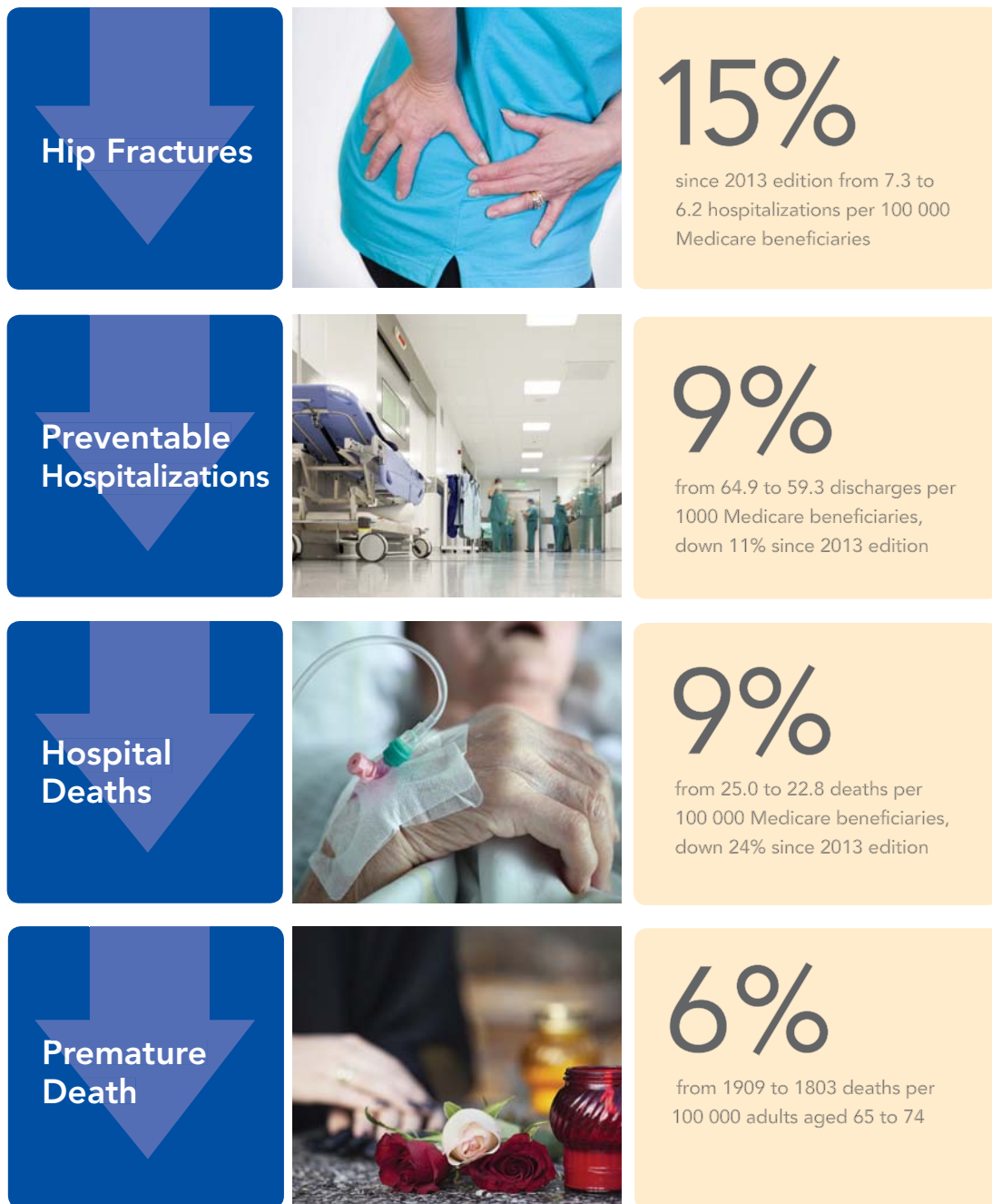
# Findings

TABLE 4

## National Successes

 <p>Flu Vaccination</p>		<p><b>5%</b></p> <p>from 60.1% to 62.8% of adults aged 65+</p>
 <p>Home Health Care Workers</p>		<p><b>9%</b></p> <p>from 95.4 to 104.3 workers per 1000 adults aged 75+, up 11% since 2013 edition</p>
 <p>Hospice Care</p>		<p><b>7%</b></p> <p>from 47.5% to 50.6% of decedents aged 65+ who received hospice in the last 6 months of life</p>
 <p>Excellent or Very Good Health Status</p>		<p><b>5%</b></p> <p>from 39.9% to 41.8% of adults aged 65+, up 9% since 2013 edition</p>
 <p>Education</p>		<p><b>4%</b></p> <p>from 22.2% to 23.1% of adults aged 65+ with a college degree</p>

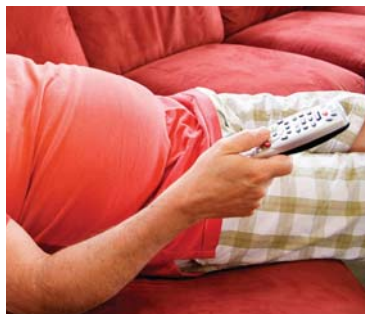
TABLE 4 (continued)  
**National Successes**



# Findings

TABLE 5  
National Challenges

Physical  
Inactivity



15%

from 28.7% to 33.1% of  
adults aged 65+

Food  
Insecurity



4%

from 14.3% to 14.8% of  
adults aged 60+, up 9%  
since 2013 edition

Depression



10%

from 13.4% to 14.8% of  
adults aged 65+, up 14%  
since 2013 edition

Community  
Support



24%

from \$1147 to \$873 per senior  
living in poverty

Pain  
Management



12%

in last 2 years from 51.7% to  
45.7% adults aged 65+ who  
report ability to do usual  
activities without joint pain

# An Aging Nation

In 2010 the median age in the US increased to 37.2 years, a new high<sup>1</sup> that shows how the nation is aging. Our aging population became more discussed in 2011 when the baby boomers began turning 65 and a remarkable demographic/societal shift in the US population commenced. It marked the start of a surge, a surge that will continue steadily until both the increase in the number of older adults and their percent of the total population flatten by 2050 (Figure 2).

Using the 2012 National Projections, which are based on the 2010 Census, here are key statistics concerning the senior population of the nation:

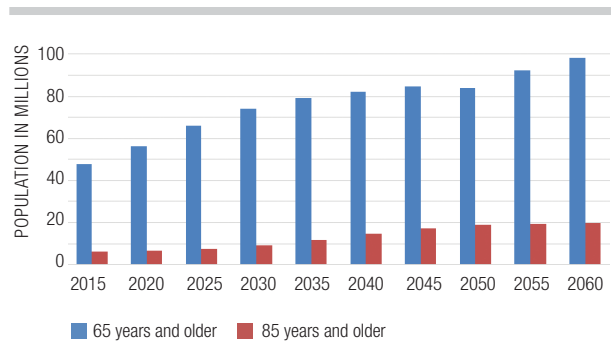
- In 2050 adults aged 65 and older are projected to equal 83.7 million, almost double the estimated population of 43.1 million in 2012.
- Between 2012 and 2050, the US population's projected growth will swell from 314 million to 400 million—a 27% increase.
- By 2030 it is projected that more than 20% of

the population will be aged 65 and older, up from 13% in 2010 and 9.8% in 1970.

This seniors surge threatens to swamp the health care system at state and national levels. Adults aged 65 and older are the largest consumers of health care because aging carries with it the need for more frequent care. 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, businesses, and health care providers.

1 Howden LM, Meyer JA. Age and sex composition: 2010. 2010 Census Briefs. US Department of Commerce, Economics and Statistics Administration. US Census Bureau. (2010).

FIGURE 2  
Projected Population Growth  
for Selected Age Groups



Data Source: US Census Bureau, 2012 Population Estimates and 2012 National Projections.

# An Aging Nation

## States With Most Growth

The pressure that this aging-of-America shift places on the nation is not evenly distributed among the states (Table 6).

## A Diverse, Aging Nation

As the US population ages, it also becomes more diverse over the next several decades. According to the 2012 National Projections, the aggregate minority population is to become the majority in 2043. This diversity in population is making the disparities in health—presented throughout *America's Health Rankings® Senior Report*—increasingly more important.

For example, between 2012 and 2050 life expectancy at age 85 is expected to increase by 0.5 to 1.4 years in all race/ethnicity groups but one. The increase is notably smaller for the exception, Hispanic males; the 2012 projection for their life expectancy is 7.1 years, but the 2050 projection falls to 7.0 years.

This example provides context as you read *America's Health Rankings® Senior Report* and analyze the disparity for individual metrics such as smoking, obesity, health status, and others.

States in bold have the highest 15-year increase in adults aged 65 and older.

Data Source: File 2. Interim State Projections of Population for Five-Year Age Groups and Selected Age Groups by Sex: July 1, 2004 to 2030. US Census Bureau, Population Division, Interim State Population Projections, 2005.

TABLE 6

## Projected 15-Year Population Increases in Adults Aged 65 and Older by State (Based on 2015 and 2030 Projections)

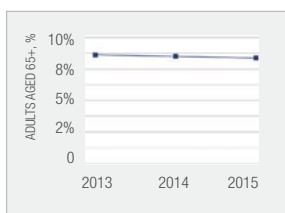
State	15-Year Increase	Rank of Increase
United States	53%	
Alabama	41%	38
<b>Alaska</b>	<b>70%</b>	<b>4</b>
<b>Arizona</b>	<b>101%</b>	<b>1</b>
Arkansas	40%	39
California	59%	13
Colorado	52%	21
Connecticut	38%	42
Delaware	60%	12
District of Columbia	-6%	51
<b>Florida</b>	<b>88%</b>	<b>3</b>
Georgia	61%	11
Hawaii	45%	29
<b>Idaho</b>	<b>64%</b>	<b>6</b>
Illinois	36%	45
Indiana	36%	44
Iowa	34%	47
Kansas	41%	34
Kentucky	42%	32
Louisiana	42%	31
Maine	50%	22
Maryland	48%	25
Massachusetts	43%	30
Michigan	38%	41
Minnesota	54%	19
Mississippi	46%	27
Missouri	41%	36
Montana	55%	17
Nebraska	39%	40
<b>Nevada</b>	<b>89%</b>	<b>2</b>
<b>New Hampshire</b>	<b>62%</b>	<b>8</b>
New Jersey	42%	33
<b>New Mexico</b>	<b>62%</b>	<b>10</b>
New York	33%	49
North Carolina	58%	14
North Dakota	41%	35
Ohio	33%	48
Oklahoma	37%	43
Oregon	49%	23
Pennsylvania	35%	46
Rhode Island	41%	47
South Carolina	56%	16
South Dakota	45%	28
Tennessee	46%	26
<b>Texas</b>	<b>67%</b>	<b>5</b>
<b>Utah</b>	<b>64%</b>	<b>7</b>
Vermont	53%	20
Virginia	55%	18
<b>Washington</b>	<b>62%</b>	<b>9</b>
West Virginia	29%	50
Wisconsin	49%	24
Wyoming	56%	15

# Core Measures

# Smoking



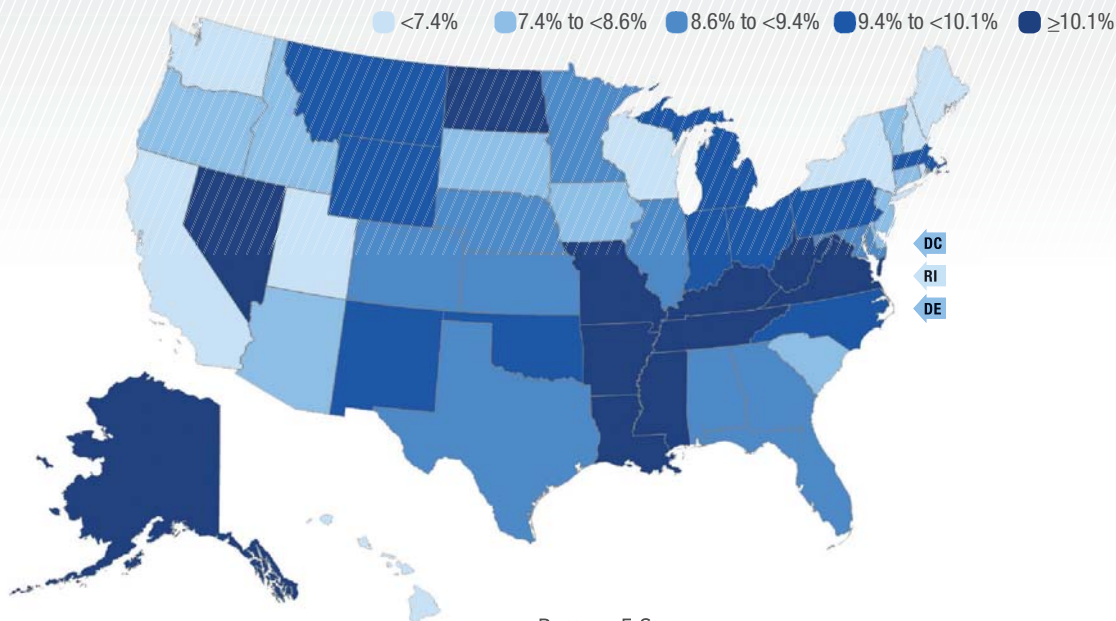
Smoking is the leading cause of preventable death in the United States. Older smokers are at increased risk of smoking-related illness as they tend to be heavy smokers with an average smoking duration of 40 years. They are less likely than younger smokers to believe that smoking harms their health. Chronic obstructive pulmonary disease (COPD) is the fourth-leading cause of death and most prevalent in adults aged 65 and older. Smoking is responsible for more than 90% of COPD deaths. Cessation, even in older smokers, can have profound benefits on current health status as well as long-term outcomes.



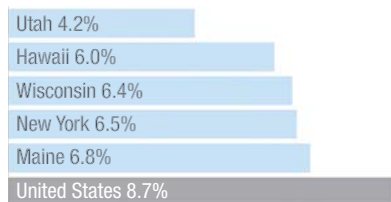
Data source: Behavioral Risk Factor Surveillance System, 2013  
 For details: [www.americashealthrankings.org/ALL/smoking\\_sr](http://www.americashealthrankings.org/ALL/smoking_sr)

## Smoking by State

Percentage of adults aged 65 and older who regularly smoke (at least 100 cigarettes in their lifetime and currently smoke daily or some days)



### Top 5 States



### Bottom 5 States



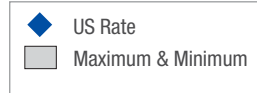


# Ranking

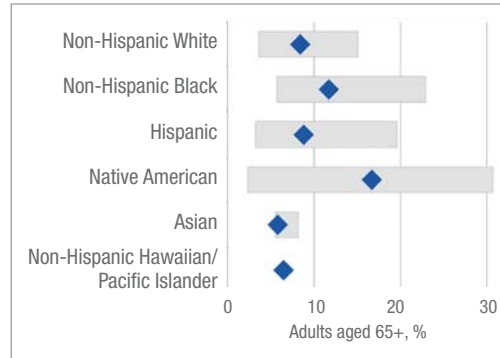
by Smoking

Rank	State	Value
1	Utah	4.2
2	Hawaii	6.0
3	Wisconsin	6.4
4	New York	6.5
5	Maine	6.8
6	Rhode Island	7.0
7	New Hampshire	7.1
8	California	7.2
9	Washington	7.3
10	Connecticut	7.4
10	Vermont	7.4
12	New Jersey	7.7
13	Arizona	7.9
14	Iowa	8.0
14	Oregon	8.0
16	Idaho	8.2
17	Delaware	8.4
17	South Carolina	8.4
17	South Dakota	8.4
20	Illinois	8.6
20	Nebraska	8.6
22	Florida	8.7
22	Georgia	8.7
22	Maryland	8.7
22	Texas	8.7
26	Alabama	8.9
27	Colorado	9.1
27	Kansas	9.1
29	Minnesota	9.3
30	Michigan	9.4
31	Wyoming	9.5
32	Indiana	9.6
32	Massachusetts	9.6
34	Montana	9.7
34	North Carolina	9.7
34	Ohio	9.7
37	New Mexico	9.9
37	Oklahoma	9.9
39	Pennsylvania	10.0
40	North Dakota	10.1
41	Virginia	10.4
42	Missouri	10.7
43	Tennessee	10.8
44	Arkansas	11.1
45	West Virginia	11.2
46	Louisiana	11.5
47	Alaska	11.7
48	Kentucky	11.8
49	Mississippi	12.9
50	Nevada	15.4
	United States	8.7
	District of Columbia	8.0

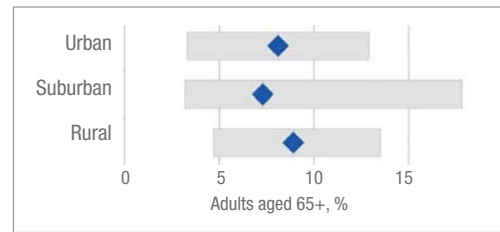
# Disparities in Smoking



Prevalence by Race



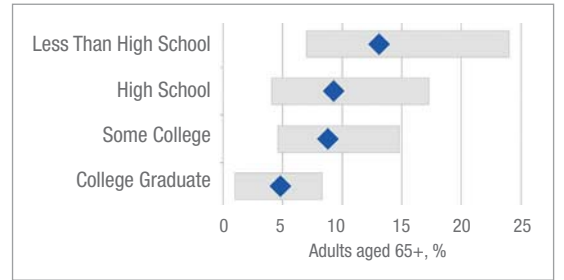
Prevalence by Urbanicity



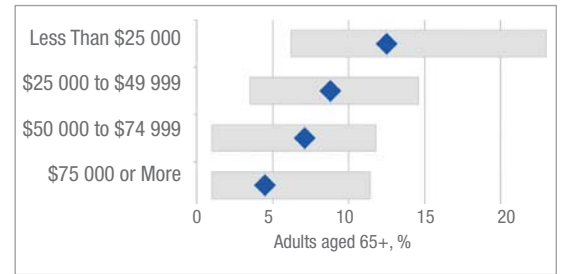
Prevalence by Gender



Prevalence by Education



Prevalence by Income



PLAN TO QUIT

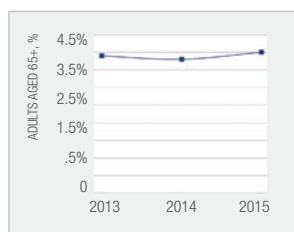
• AVOID TRIGGERS • SUPPORT NETWORK • MEDICATION • PATIENCE • EFFORT • COUNSELING • CHANGE • LIFESTYLE

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

# Chronic Drinking



Excessive alcohol consumption is the third-leading cause of preventable death in the United States. Seniors experience the highest alcohol-attributed death rate at 60.3 per 100 000, compared with 28.5 per 100 000 in the general population. Excessive alcohol consumption in older adults can lead to sleep disorders, depression, anxiety, suicide, liver diseases, cardiovascular diseases, and cancer. Alcoholism is also a significant risk factor for dementia. Heavy drinking can exacerbate such health problems as diabetes and high blood pressure. Bereavement, loneliness, and social isolation may



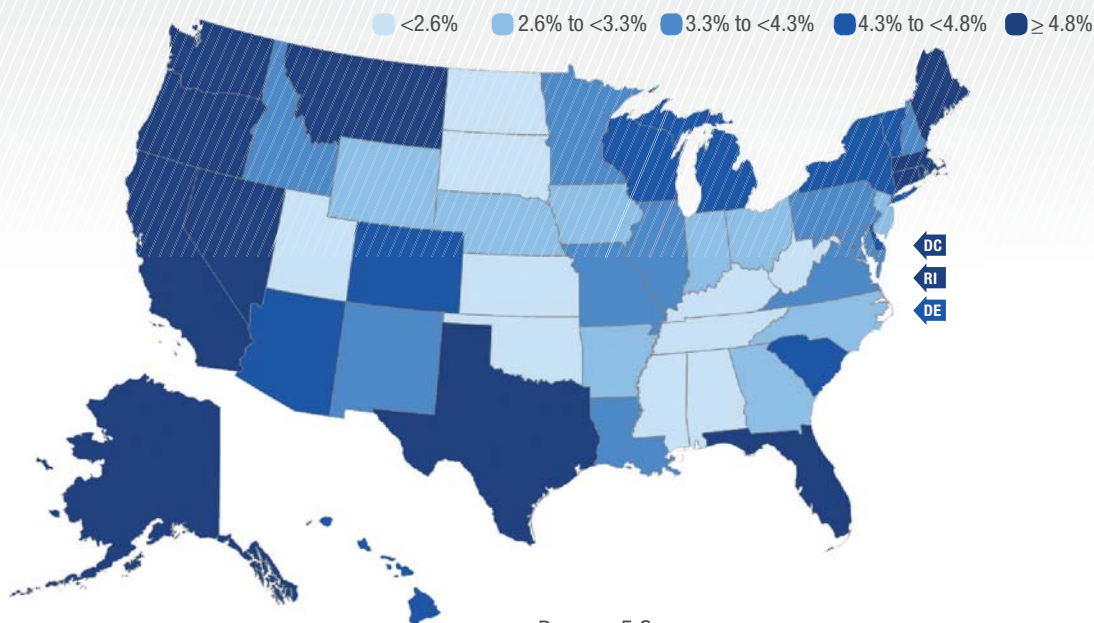
contribute to excessive drinking. The US Preventive Services Task Force recommends physicians screen all adults for alcohol-related problems.

Data source: Behavioral Risk Factor Surveillance System, 2013

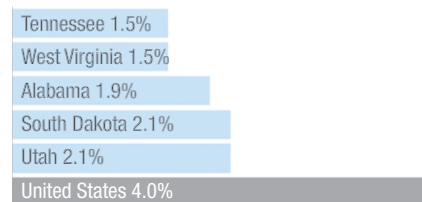
For details: [www.americashealthrankings.org/ALL/chronic\\_drinking\\_sr](http://www.americashealthrankings.org/ALL/chronic_drinking_sr)

## Chronic Drinking by State

Percentage of adults aged 65 and older who consumed more than 60 drinks in the last 30 days for men and more than 30 drinks in the last 30 days for women



### Top 5 States



### Bottom 5 States

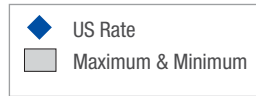


# Ranking

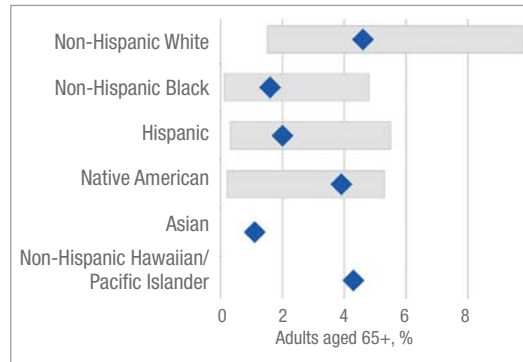
by Chronic Drinking

Rank	State	Value
1	Tennessee	1.5
1	West Virginia	1.5
3	Alabama	1.9
4	South Dakota	2.1
4	Utah	2.1
6	Kansas	2.2
7	Kentucky	2.3
7	North Dakota	2.3
7	Oklahoma	2.3
10	Mississippi	2.4
11	North Carolina	2.6
12	Georgia	2.9
12	Indiana	2.9
12	New Jersey	2.9
15	Arkansas	3.0
15	Iowa	3.0
15	Nebraska	3.0
15	Wyoming	3.0
19	Ohio	3.2
20	Illinois	3.3
20	Louisiana	3.3
22	Idaho	3.5
22	Missouri	3.5
22	New Mexico	3.5
25	Virginia	3.7
26	Maryland	4.0
26	Minnesota	4.0
26	New Hampshire	4.0
26	Pennsylvania	4.0
30	Michigan	4.3
30	New York	4.3
30	Wisconsin	4.3
33	Colorado	4.4
33	Delaware	4.4
35	South Carolina	4.5
35	Vermont	4.5
37	Arizona	4.6
37	Hawaii	4.6
39	Connecticut	4.8
39	Maine	4.8
39	Washington	4.8
42	Florida	4.9
42	Montana	4.9
42	Rhode Island	4.9
45	Texas	5.1
46	California	5.3
47	Massachusetts	5.5
48	Oregon	5.7
49	Alaska	6.7
50	Nevada	6.9
	United States	4.0
	District of Columbia	5.8

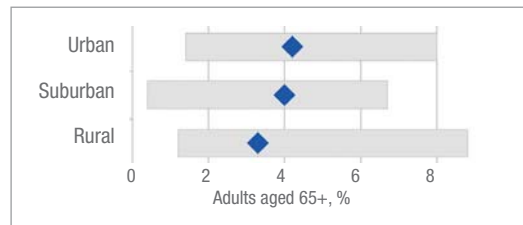
# Disparities in Chronic Drinking



Prevalence by Race



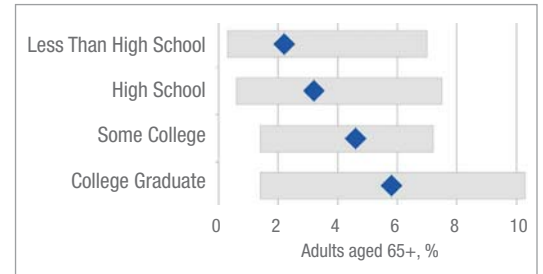
Prevalence by Urbanicity



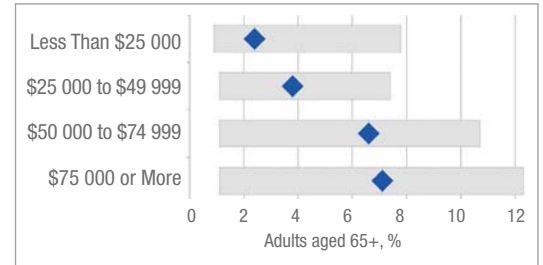
Prevalence by Gender



Prevalence by Education



Prevalence by Income



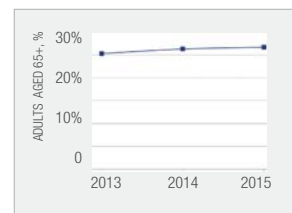
A support group meeting

- moderation • set goals • accountability • drive sober • 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 • goals

# Obesity



Obesity predisposes older adults to such chronic diseases as heart disease, diabetes, stroke, and certain cancers; it may also lead to disability due to excess weight on joints. Obesity is associated with shrinkage of the hippocampus, contributing to cognitive decline in older adults. Obese seniors experience more hospitalizations, emergency room 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.

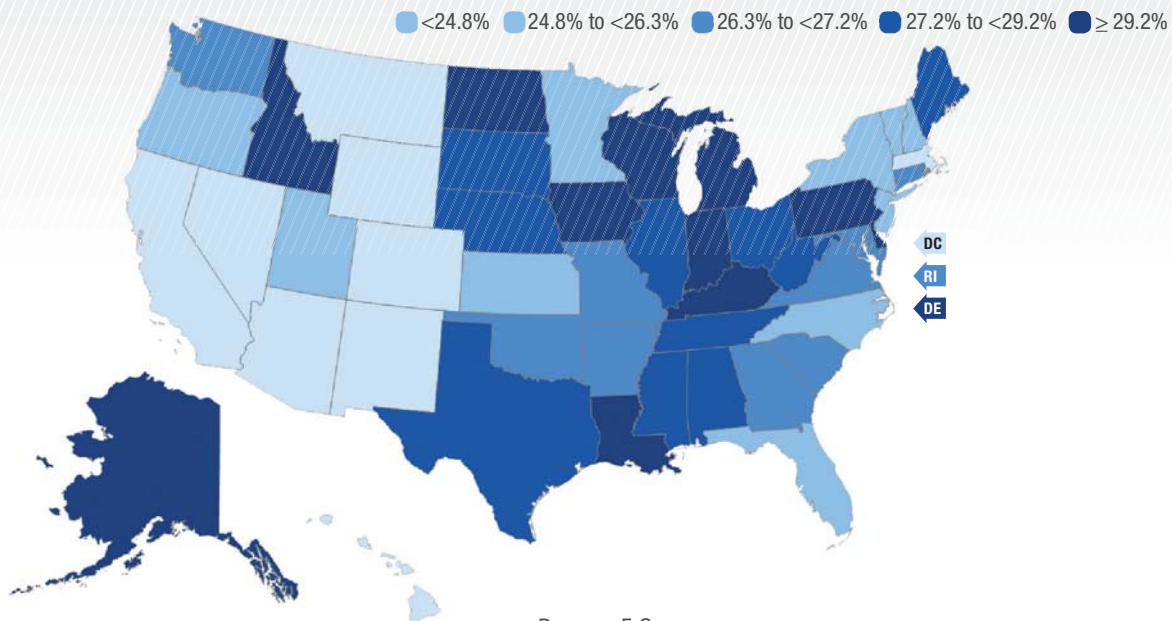


Data source: Behavioral Risk Factor Surveillance System, 2013

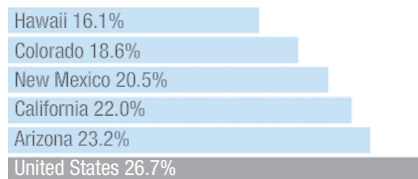
For details: [www.americashealthrankings.org/ALL/obesity\\_sr](http://www.americashealthrankings.org/ALL/obesity_sr)

## Obesity by State

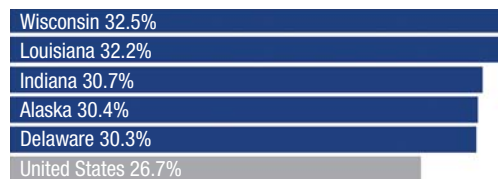
Percentage of adults aged 65 and older estimated to be obese, with a body mass index (BMI) of 30.0 or higher



### Top 5 States



### Bottom 5 States

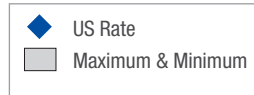


# Ranking

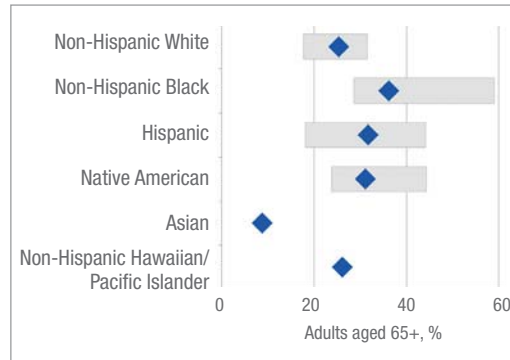
by Obesity

Rank	State	Value
1	Hawaii	16.1
2	Colorado	18.6
3	New Mexico	20.5
4	California	22.0
5	Arizona	23.2
6	Montana	23.4
6	Wyoming	23.4
8	Massachusetts	23.8
9	Nevada	23.9
10	Florida	24.8
10	Minnesota	24.8
12	Utah	25.4
12	Vermont	25.4
14	New Hampshire	25.5
15	North Carolina	25.7
16	Kansas	25.9
16	New York	25.9
18	Oregon	26.0
19	New Jersey	26.2
20	Connecticut	26.3
21	Arkansas	26.4
21	Virginia	26.4
23	Georgia	26.5
24	Missouri	26.7
24	South Carolina	26.7
26	Rhode Island	26.8
27	Oklahoma	26.9
28	Maryland	27.0
28	Washington	27.0
30	Maine	27.2
31	Texas	27.6
32	Mississippi	28.2
32	Nebraska	28.2
34	Tennessee	28.3
35	Alabama	28.4
36	Ohio	28.6
37	South Dakota	28.7
38	Illinois	28.8
39	West Virginia	29.1
40	North Dakota	29.2
41	Kentucky	29.6
42	Michigan	29.8
43	Idaho	29.9
43	Iowa	29.9
45	Pennsylvania	30.1
46	Delaware	30.3
47	Alaska	30.4
48	Indiana	30.7
49	Louisiana	32.2
50	Wisconsin	32.5
	United States	26.7
	District of Columbia	23.8

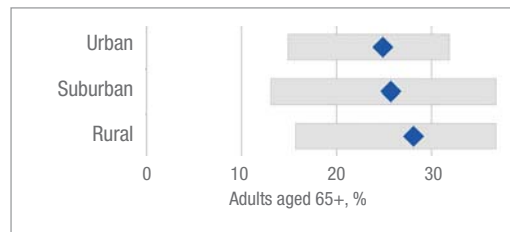
# Disparities in Obesity



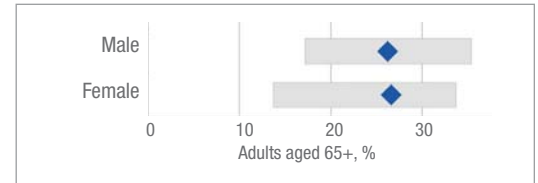
Prevalence by Race



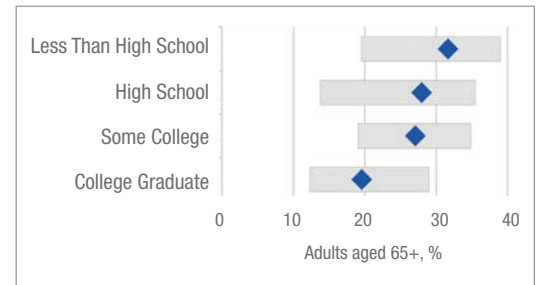
Prevalence by Urbanicity



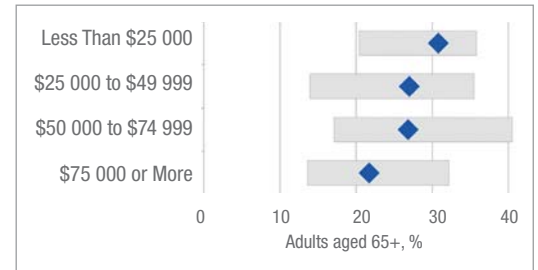
Prevalence by Gender



Prevalence by Education



Prevalence by Income



124

• limit fast food • avoid food triggers • make recess count

• limit sweets • limit alcohol exercise • eat vegetables

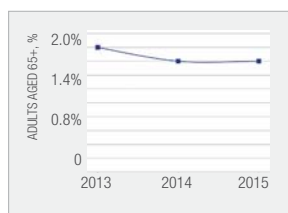
• take the stairs instead of the elevator • cut down on carbohydrates • increase physical activity • develop a support network • stick to your healthy weight plan • maintain nutrition • restrict calorie intake • weight-loss surgery

# Underweight



Underweight older adults are at an increased risk of falls, hospitalizations, long hospital stays, postoperative complications, acute illness, and even death. Social isolation, poverty, psychological disorders, physiological function, medications, and poor oral health are all factors that put older adults at an increased risk of being underweight. Promoting healthy weight among seniors requires multiple approaches. Community meal services, education for adults at risk of being underweight, encouraging physical activity, and nutritional-

management training for care workers likely all play a role in helping seniors maintain a healthy weight.

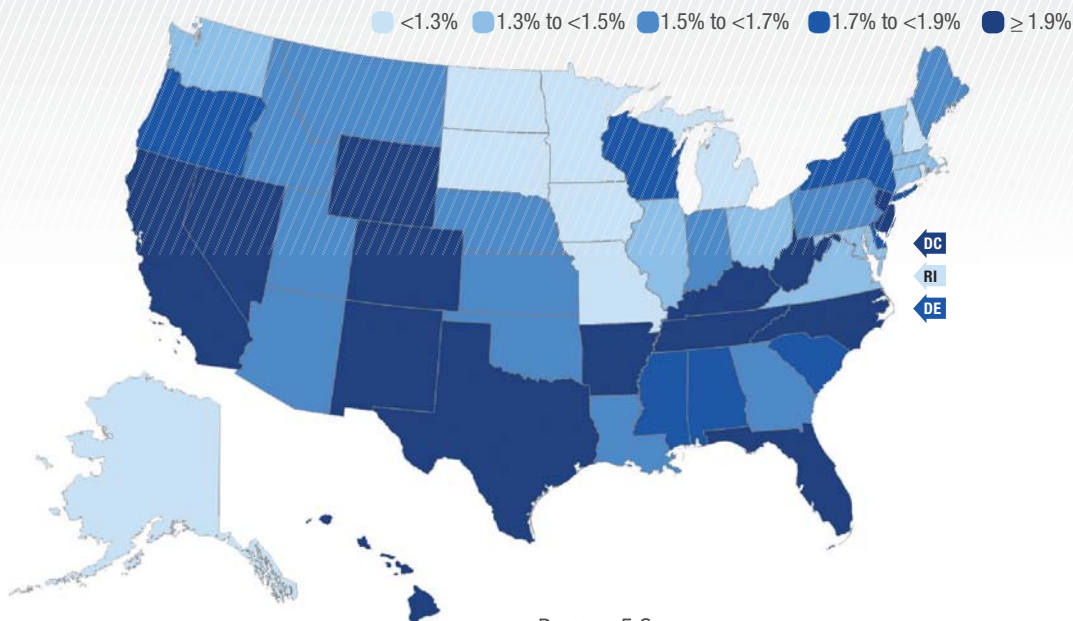


Data source: Behavioral Risk Factor Surveillance System, 2013

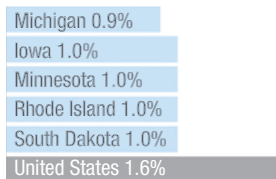
For details: [www.americashealthrankings.org/ALL/underweight\\_sr](http://www.americashealthrankings.org/ALL/underweight_sr)

## Underweight by State

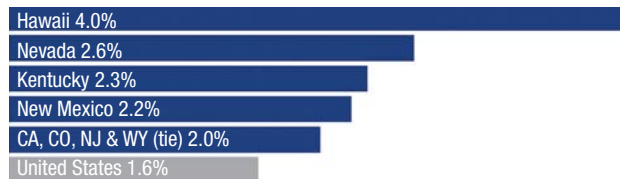
Percentage of adults aged 65 and older with fair or better health status estimated to be underweight, with a body mass index (BMI) of 18.5 or less



### Top 5 States



### Bottom 5 States

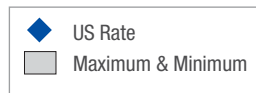


# Ranking

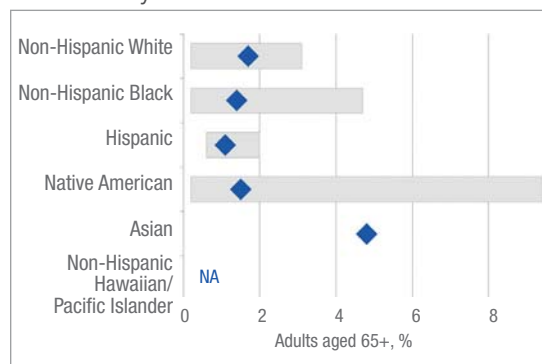
by Underweight

Rank	State	Value
1	Michigan	0.9
2	Iowa	1.0
2	Minnesota	1.0
2	Rhode Island	1.0
2	South Dakota	1.0
6	Alaska	1.1
6	Missouri	1.1
6	New Hampshire	1.1
6	North Dakota	1.1
10	Connecticut	1.3
10	Illinois	1.3
10	Vermont	1.3
10	Virginia	1.3
10	Washington	1.3
15	Maryland	1.4
15	Massachusetts	1.4
15	Ohio	1.4
18	Georgia	1.5
18	Idaho	1.5
18	Indiana	1.5
18	Maine	1.5
18	Montana	1.5
18	Pennsylvania	1.5
24	Arizona	1.6
24	Kansas	1.6
24	Louisiana	1.6
24	Nebraska	1.6
24	Oklahoma	1.6
24	Utah	1.6
30	Alabama	1.7
30	Mississippi	1.7
30	South Carolina	1.7
33	Delaware	1.8
33	New York	1.8
33	Oregon	1.8
33	Wisconsin	1.8
37	Arkansas	1.9
37	Florida	1.9
37	North Carolina	1.9
37	Tennessee	1.9
37	Texas	1.9
37	West Virginia	1.9
43	California	2.0
43	Colorado	2.0
43	New Jersey	2.0
43	Wyoming	2.0
47	New Mexico	2.2
48	Kentucky	2.3
49	Nevada	2.6
50	Hawaii	4.0
	United States	1.6
	District of Columbia	2.0

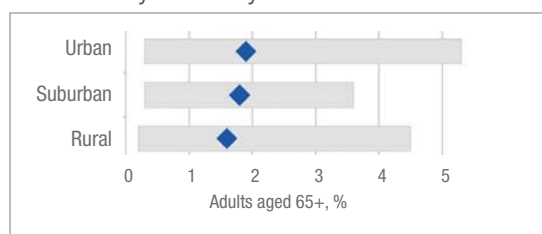
# Disparities in Underweight



Prevalence by Race



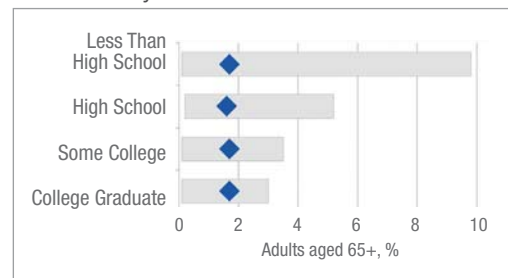
Prevalence by Urbanicity



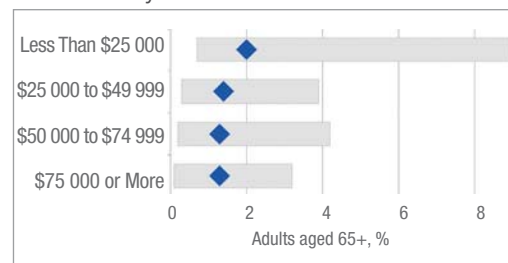
Prevalence by Gender



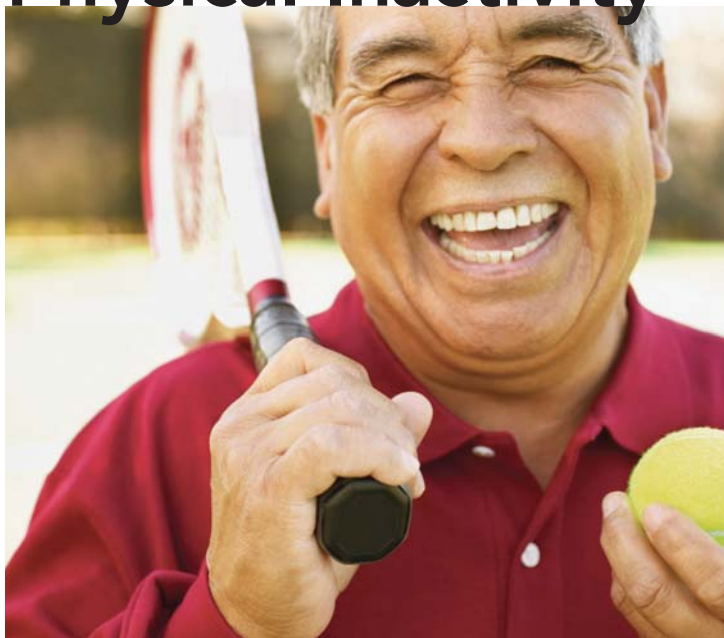
Prevalence by Education



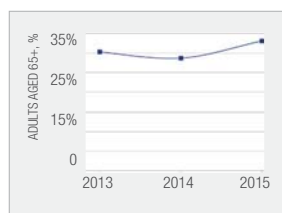
Prevalence by Income



# Physical Inactivity



The natural process of aging means a decrease in muscle mass and strength, making it challenging for many older adults to be active as they age. Just 40% of older adults take part in regular physical activity. Physical inactivity increases the risk of cardiovascular disease, diabetes, hypertension, obesity, and premature death. Fortunately, physical activity has been shown to increase bone density, reduce falls, and decrease depression for older adults. Increasing physical activity, especially from a complete absence, can help seniors manage and prevent chronic disease.



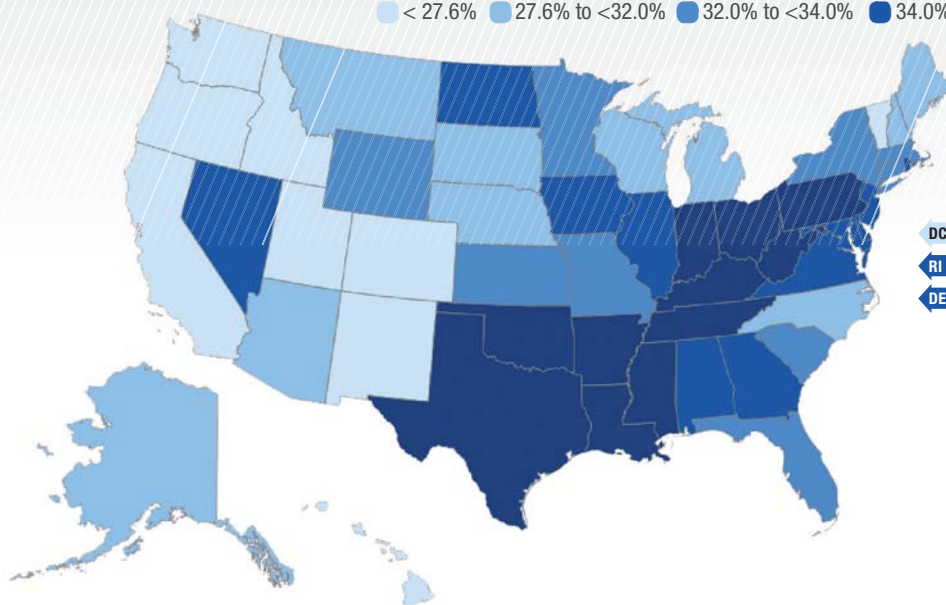
Data source: Behavioral Risk Factor Surveillance System, 2013

For details: [www.americashealthrankings.org/ALL/physical\\_inactivity\\_sr](http://www.americashealthrankings.org/ALL/physical_inactivity_sr)

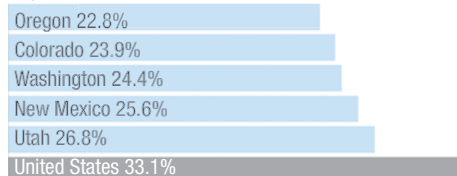
## Physical Inactivity by State

Percentage of adults aged 65 and older with fair or better health status who report doing no physical activity or exercise (such as running, calisthenics, golf, gardening, or walking) other than their regular job in the last 30 days

■ < 27.6% 
 ■ 27.6% to <32.0% 
 ■ 32.0% to <34.0% 
 ■ 34.0% to <36.7% 
 ■ ≥ 36.7%



### Top 5 States



### Bottom 5 States



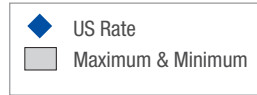


# Ranking

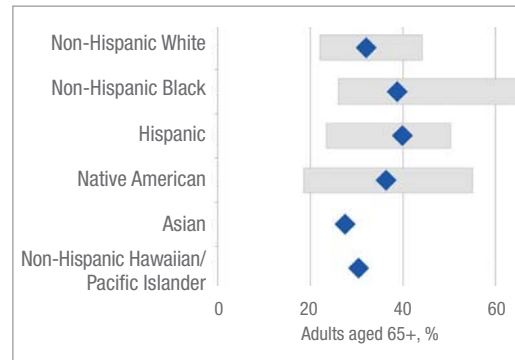
by Physical Inactivity

Rank	State	Value
1	Oregon	22.8
2	Colorado	23.9
3	Washington	24.4
4	New Mexico	25.6
5	Utah	26.8
6	Vermont	26.9
7	Idaho	27.0
8	California	27.4
8	Hawaii	27.4
10	New Hampshire	27.6
11	Arizona	27.9
12	Maine	28.6
13	Nebraska	30.1
13	Wisconsin	30.1
15	Montana	30.2
16	Michigan	30.8
17	South Dakota	31.1
18	Alaska	31.8
18	North Carolina	31.8
20	Florida	32.0
20	Kansas	32.0
20	South Carolina	32.0
23	Wyoming	32.1
24	New York	32.9
25	Massachusetts	33.1
26	Minnesota	33.5
27	Connecticut	33.6
28	Missouri	33.8
29	Illinois	34.0
29	Maryland	34.0
31	New Jersey	34.3
31	North Dakota	34.3
33	Georgia	34.4
34	Nevada	34.6
34	Virginia	34.6
36	Alabama	34.9
36	Rhode Island	34.9
38	Iowa	35.9
39	Delaware	36.2
40	Pennsylvania	36.7
41	Ohio	37.0
42	Louisiana	38.1
42	Texas	38.1
44	West Virginia	38.4
45	Indiana	39.2
46	Arkansas	39.6
47	Kentucky	40.2
48	Tennessee	41.7
49	Oklahoma	42.3
50	Mississippi	45.3
	United States	33.1
	District of Columbia	25.6

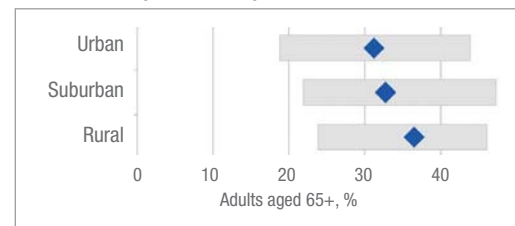
# Disparities in Physical Inactivity



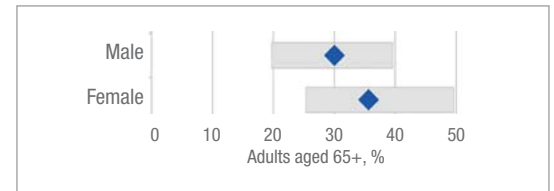
Prevalence by Race



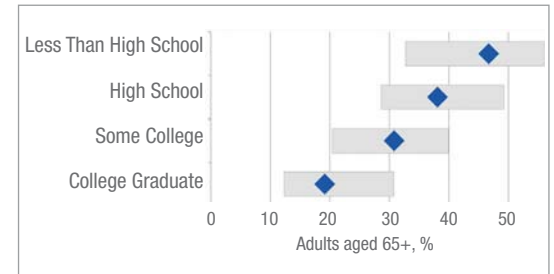
Prevalence by Urbanicity



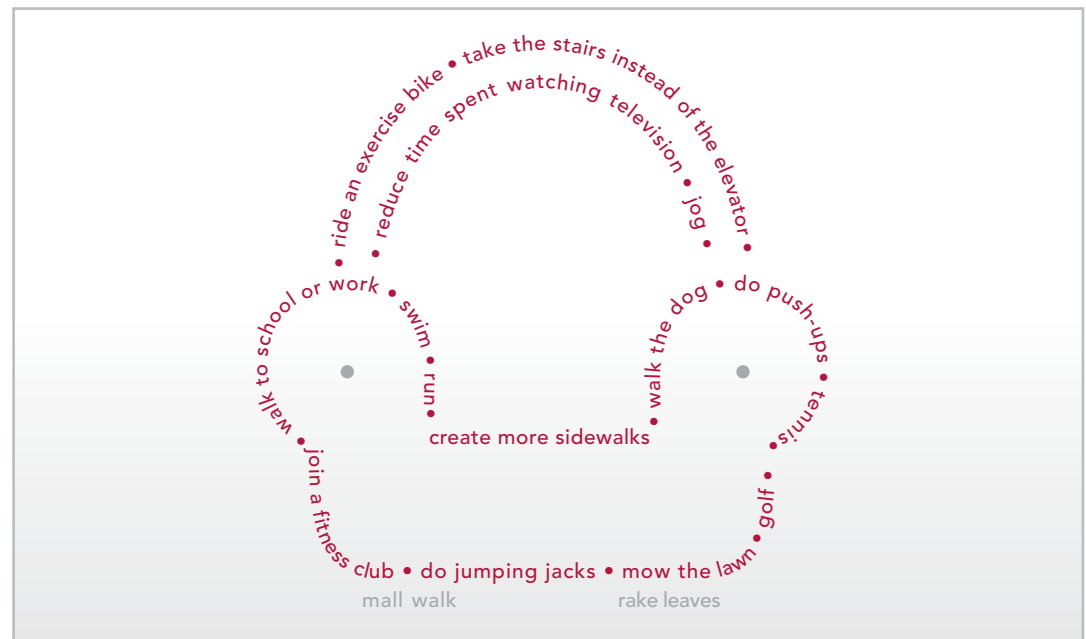
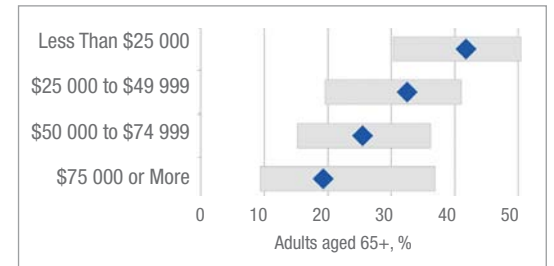
Prevalence by Gender



Prevalence by Education



Prevalence by Income

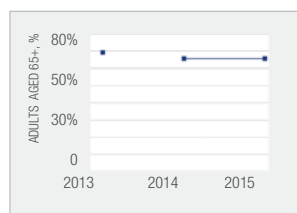


# Dental Visit



Oral health tends to decline with age, and problems can arise quickly if routine care is not maintained. Gum disease affects nearly a quarter of adults aged 65 to 74 years, and more than 800 000 emergency department visits occur as a result of preventable dental conditions. Poor oral health is associated with such chronic diseases as diabetes and cardiovascular disease, and it can have a large impact on quality of life. It may cause pain, and in the long term it can affect the ability to chew or speak. Seniors need access to

affordable oral hygiene services and routine care to maintain proper oral health.

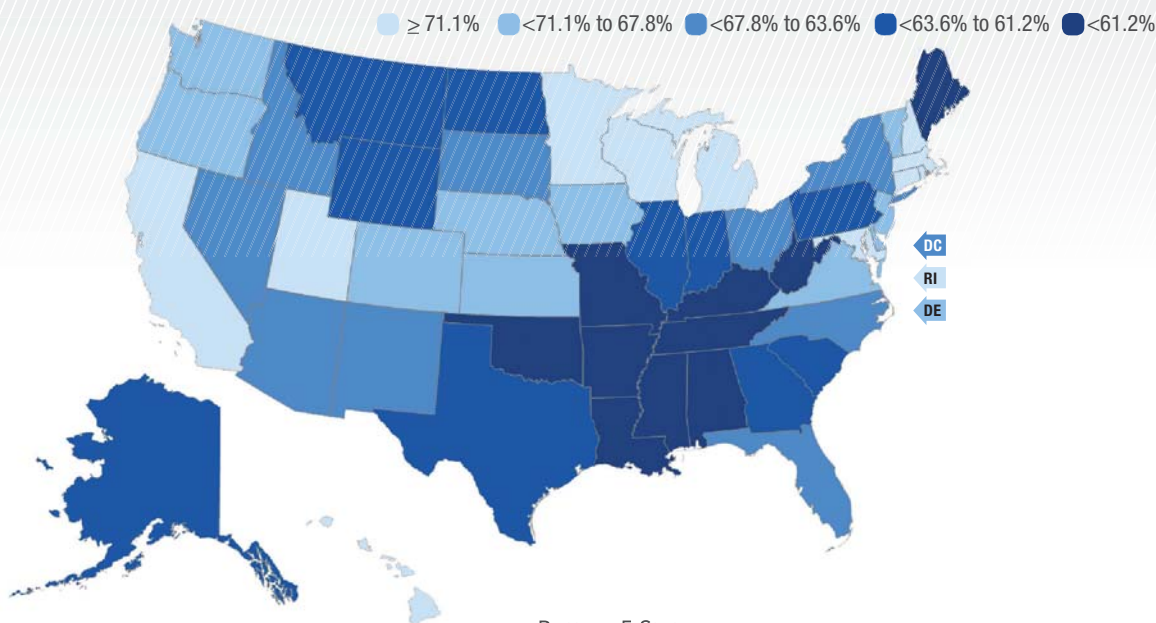


Data source: Behavioral Risk Factor Surveillance System, 2012

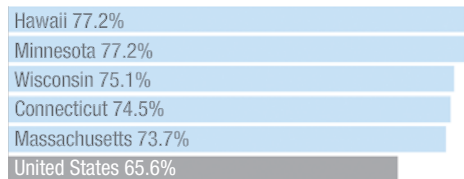
For details: [www.americashealthrankings.org/ALL/dental\\_visit\\_sr](http://www.americashealthrankings.org/ALL/dental_visit_sr)

## Dental Visit by State

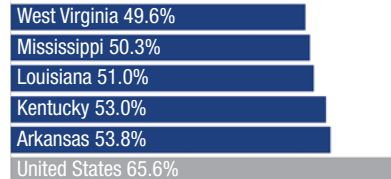
Percentage of adults aged 65 and older who report having visited a dental health professional within the last 12 months



### Top 5 States



### Bottom 5 States

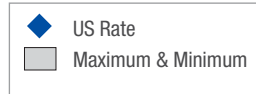


# Ranking

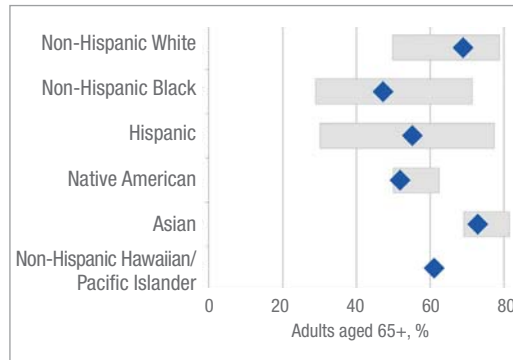
by Dental Visit

Rank	State	Value
1	Hawaii	77.2
1	Minnesota	77.2
3	Wisconsin	75.1
4	Connecticut	74.5
5	Massachusetts	73.7
6	California	73.2
7	New Hampshire	72.8
8	Rhode Island	72.3
9	Michigan	71.7
10	Maryland	71.6
11	Utah	71.1
12	Vermont	70.6
13	Washington	70.5
14	Colorado	70.2
14	New Jersey	70.2
16	Delaware	69.6
17	Virginia	69.1
18	Iowa	68.6
19	Nebraska	68.5
20	Oregon	68.0
21	Kansas	67.8
22	New York	66.7
23	Idaho	66.4
24	Florida	65.7
25	Arizona	65.6
26	Nevada	64.9
27	South Dakota	64.0
28	North Carolina	63.8
29	New Mexico	63.6
29	Ohio	63.6
31	Illinois	63.4
31	Pennsylvania	63.4
33	Georgia	63.3
34	Montana	63.0
35	Alaska	62.4
36	Indiana	62.0
36	North Dakota	62.0
38	South Carolina	61.3
39	Texas	61.2
39	Wyoming	61.2
41	Maine	60.9
42	Tennessee	59.8
43	Missouri	58.7
44	Alabama	56.7
45	Oklahoma	56.5
46	Arkansas	53.8
47	Kentucky	53.0
48	Louisiana	51.0
49	Mississippi	50.3
50	West Virginia	49.6
	United States	65.6
	District of Columbia	66.6

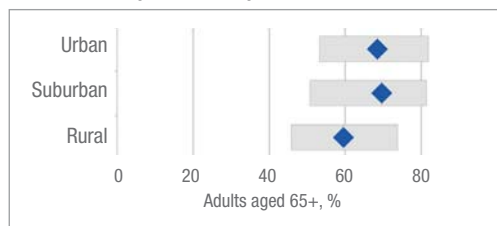
# Disparities in Dental Visit



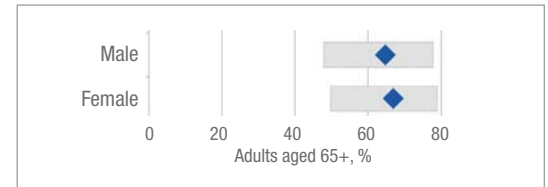
Prevalence by Race



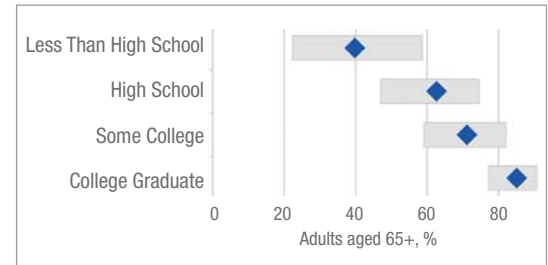
Prevalence by Urbanicity



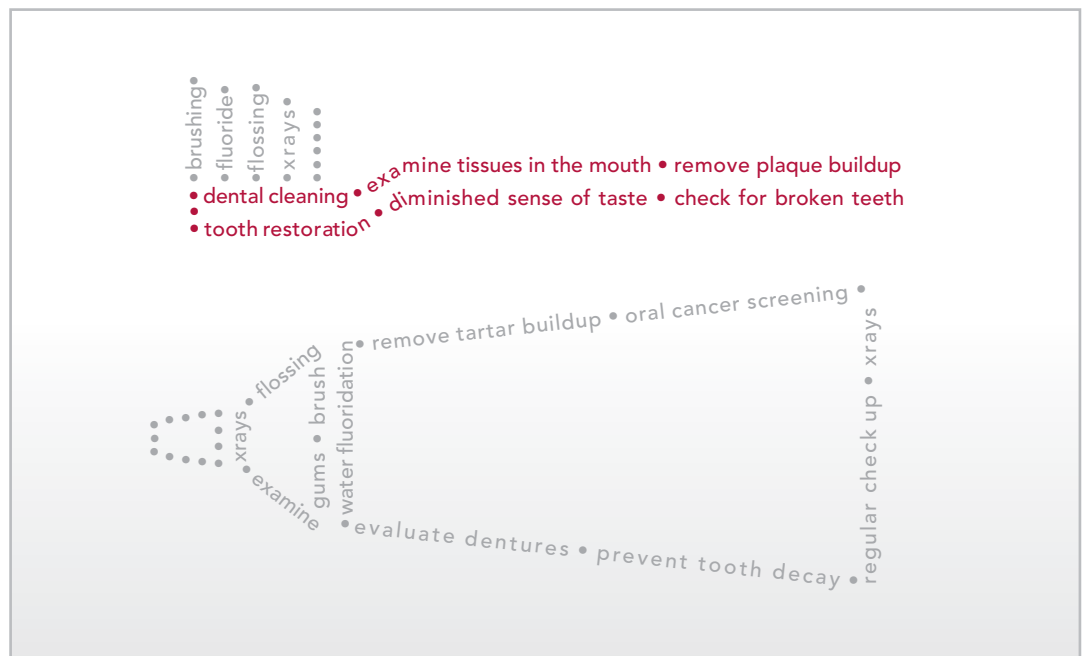
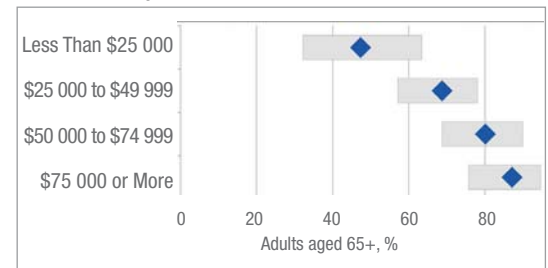
Prevalence by Gender



Prevalence by Education



Prevalence by Income

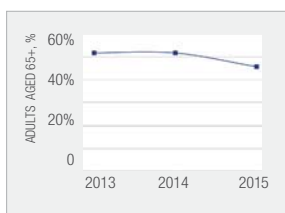


# Pain Management



This measure looks at seniors with arthritis whose joint pain does not restrict normal functioning and activities. Arthritis, the leading cause of disability among US adults, limits functional mobility and often interferes with activities of daily living (ADL). Older adults with ADL limitations may have more difficulty living independently, or they may require community services or long-term care. Osteoarthritis, the most common form of arthritis among seniors, is most prevalent in older adults who are overweight or with a history of joint injury.

Physical activity can prevent arthritis and improve quality of life for people with the disease.

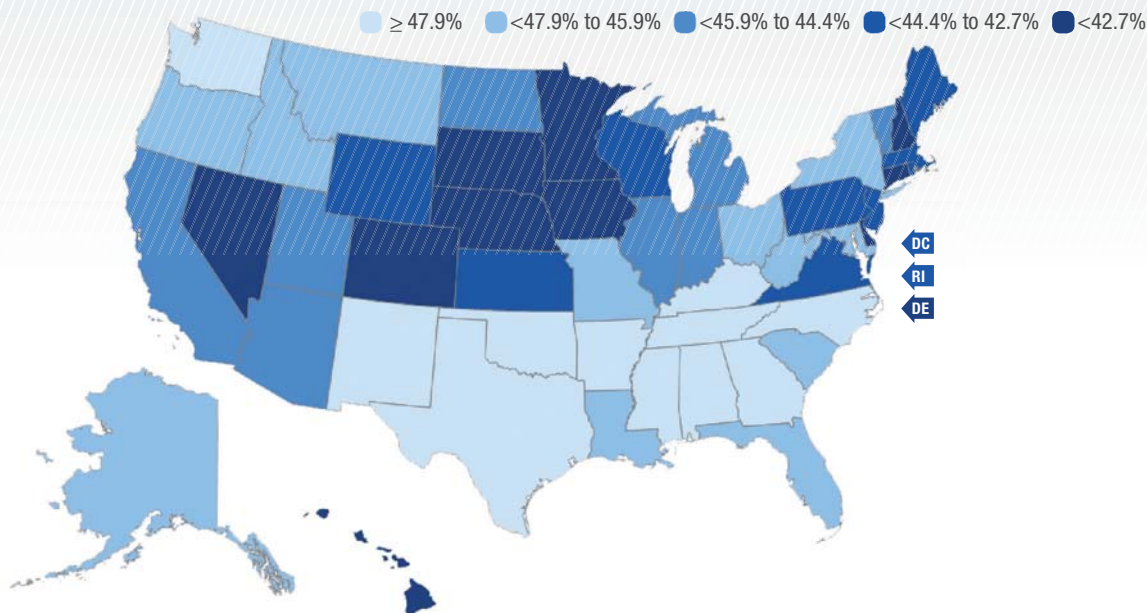


Data source: Behavioral Risk Factor Surveillance System, 2013

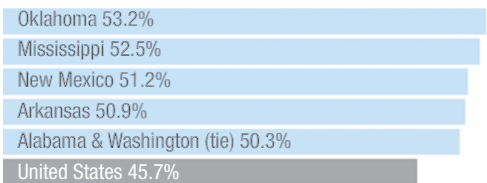
For details: [www.americashealthrankings.org/ALL/pain\\_management\\_sr](http://www.americashealthrankings.org/ALL/pain_management_sr)

## Pain Management

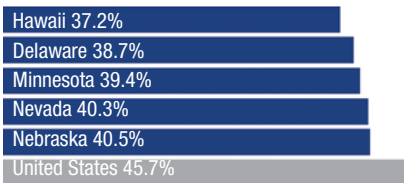
Percentage of adults aged 65 and older with arthritis who report that arthritis or joint pain does not limit usual activities



### Top 5 States



### Bottom 5 States

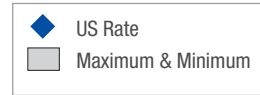


# Ranking

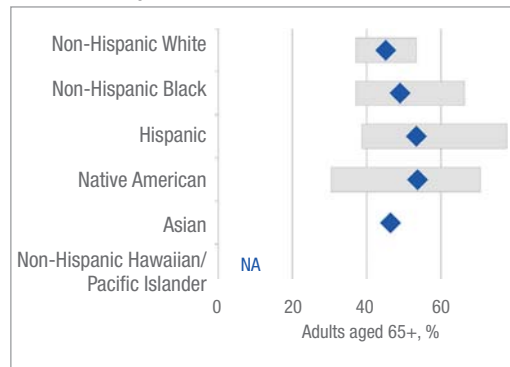
by Pain Management

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	45.7
	District of Columbia	43.2

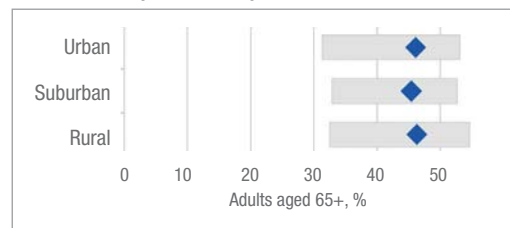
# Disparities in Pain Management



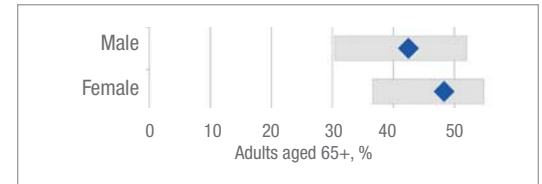
Prevalence by Race



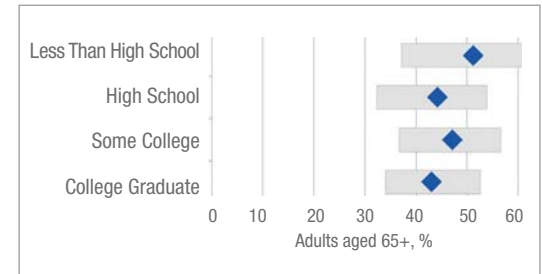
Prevalence by Urbanicity



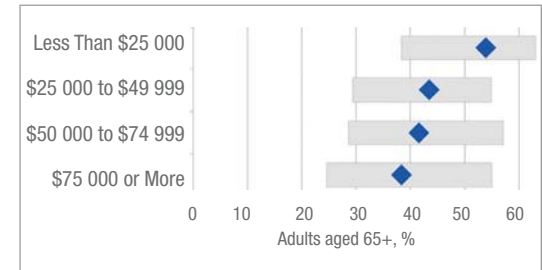
Prevalence by Gender



Prevalence by Education



Prevalence by Income

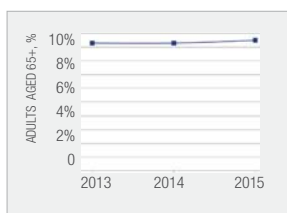


# Poverty



The official poverty measure estimates that 1 in 10 older adults live in poverty, but when medical costs and other costs of living are accounted for, the number jumps to 1 in 6. Poverty influences environmental exposures and health-related behaviors, and it is associated with an increased risk of mortality and chronic disease. Most seniors live on modest retirement incomes, and many struggle with rising costs of housing and health care as well as access to healthy food and reliable transportation. Senior women, seniors aged 80

and older, as well as black and Hispanic older adults face an increased risk of poverty.

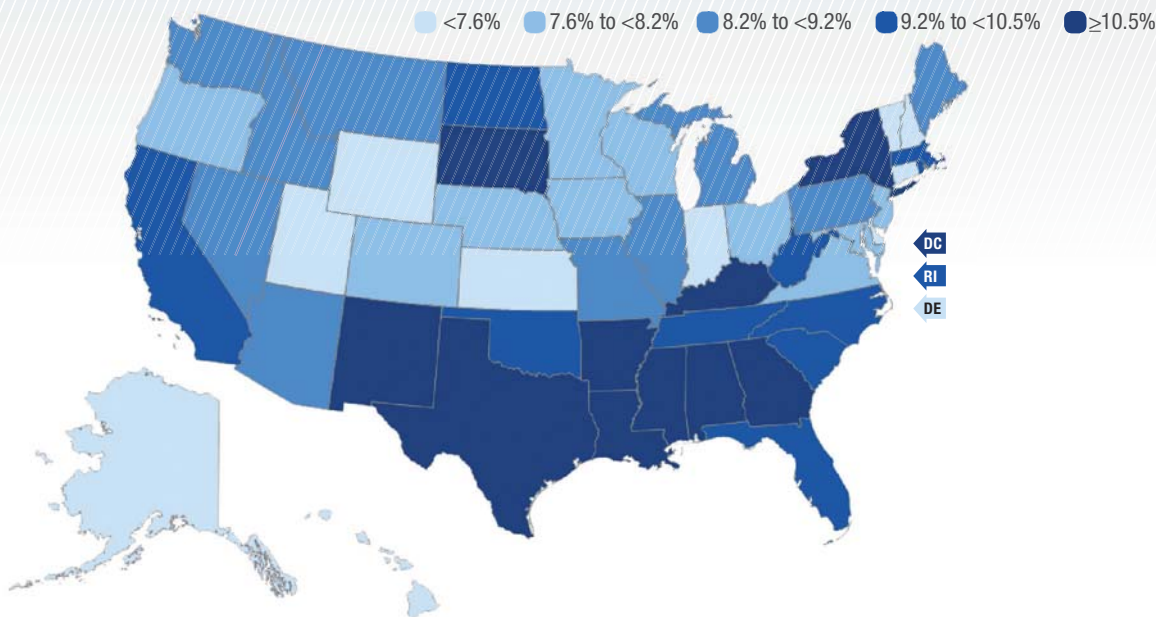


Data source: American Community Survey, 2011 to 2013

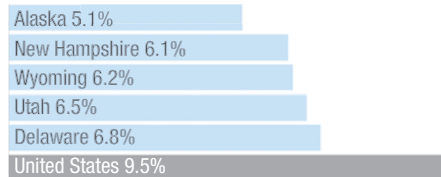
For details: [http://www.americashealthrankings.org/ALL/poverty\\_sr](http://www.americashealthrankings.org/ALL/poverty_sr)

## Poverty

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



# Volunteerism

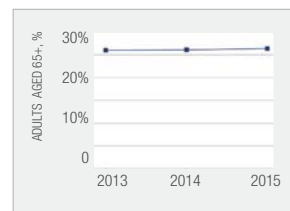


Data source: Current Population Survey, 2011 to 2013

For details: [http://www.americashealthrankings.org/ALL/volunteerism\\_sr](http://www.americashealthrankings.org/ALL/volunteerism_sr)

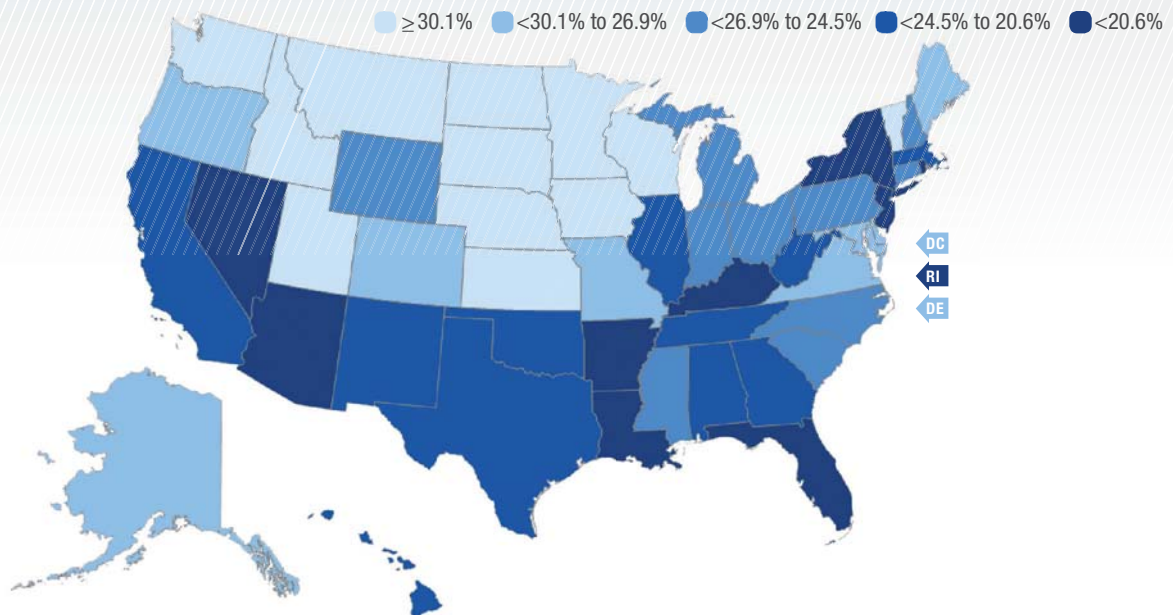
Retirement provides free time that many seniors choose to fill with volunteer activities. Volunteering not only offers a service to communities and organizations, but it also provides seniors with positive social interactions, social support, and often a greater sense of purpose. Studies show that older adults who volunteer have better cognitive performance, fewer depressive symptoms, higher activity levels, and better mental well-being than seniors who do not volunteer. The benefits of volunteering may extend beyond psychological

well-being; higher rates of volunteering are also associated with lower rates of mortality and heart disease.



## Volunteerism

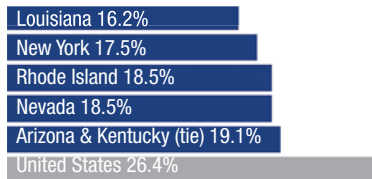
Percentage of adults aged 65 and older who report volunteering in the past 12 months



### Top 5 States



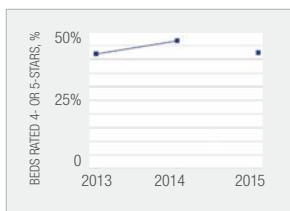
### Bottom 5 States



# Nursing Home Quality



Poor quality care in nursing homes has an enormous impact on the health and finances of millions of US nursing home residents and taxpayers. Millions of dollars are spent yearly for medical treatment 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. This year, the Centers for Medicare & Medicaid Services amended the Nursing Home Compare rating scale, raising quality standards in nursing homes across the country.



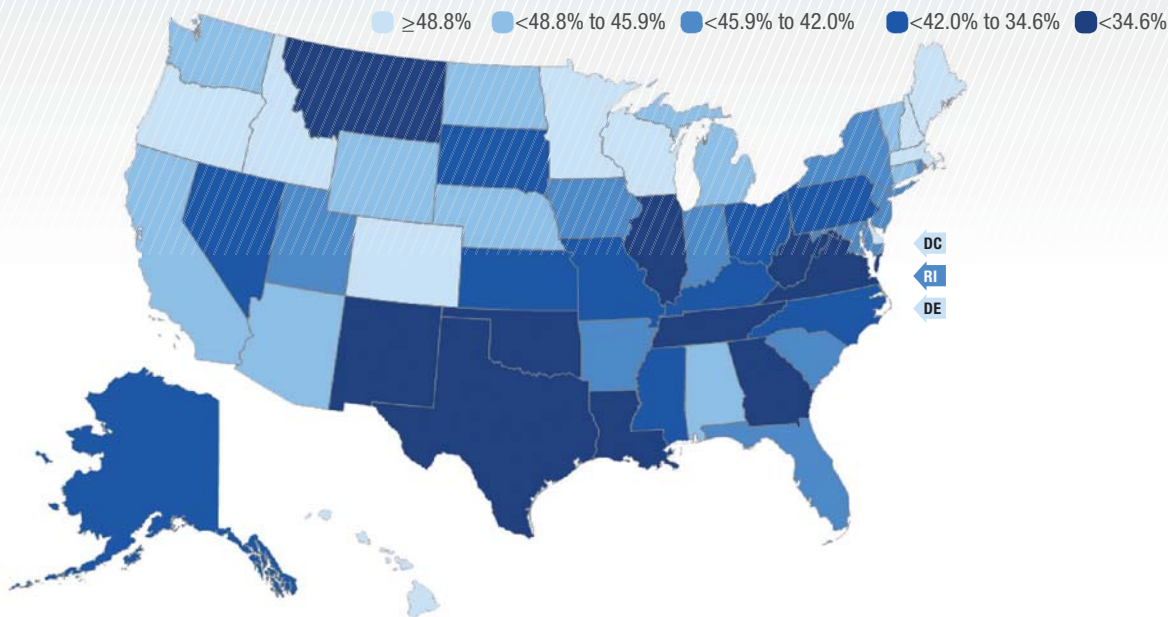
This year, the Centers for Medicare & Medicaid Services amended the Nursing Home Compare rating scale, raising quality standards in nursing homes across the country.

Data source: Nursing Home Compare, 2015

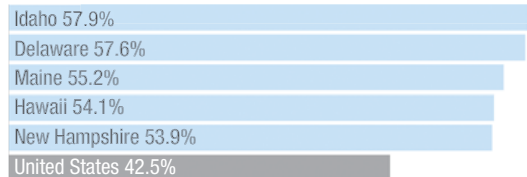
For details: [http://www.americashealthrankings.org/ALL/nursing\\_home\\_quality\\_sr](http://www.americashealthrankings.org/ALL/nursing_home_quality_sr)

## Nursing Home Quality

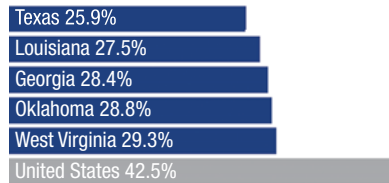
Percentage of certified nursing home beds rated 4- or 5-stars



### Top 5 States



### Bottom 5 States



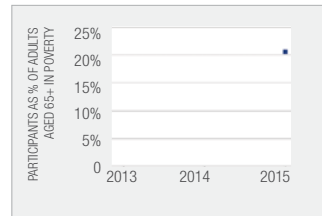


# Home-Delivered Meals



Access to healthy food is a struggle for some older adults and is of particular concern for seniors living at home. Home-delivered meal programs can enhance quality of life, provide a stable source of nutrition, increase nutrient intake, and help older adults remain independent despite functional limitations. Allowing low-care seniors to remain in their homes with the support of home-delivered meals has a projected cost savings of \$109 million. 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.

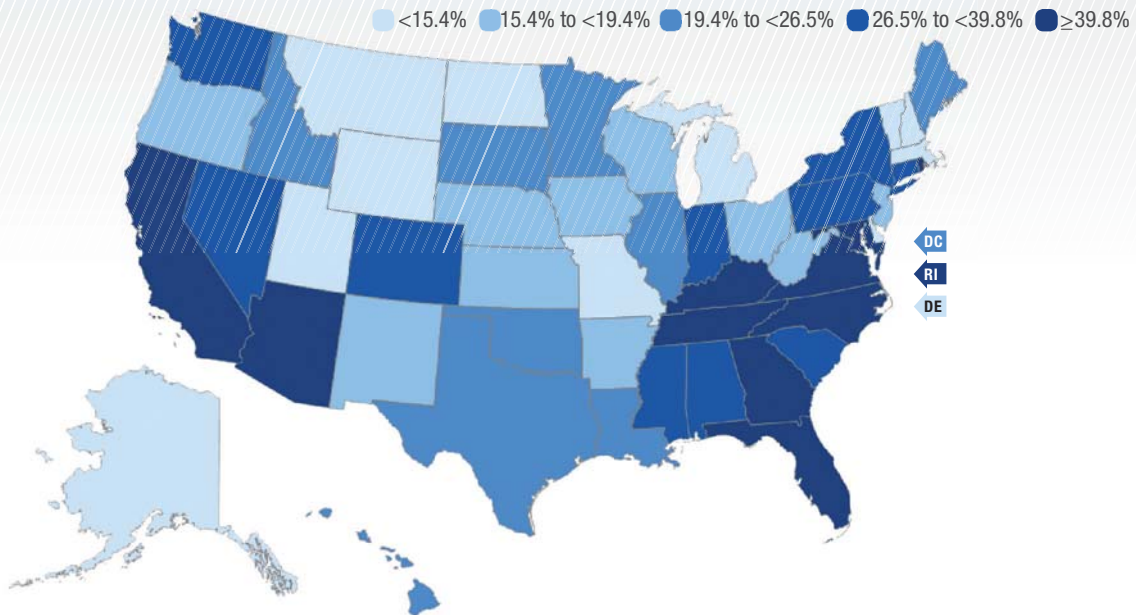


Data source: State Program Reports, 2012

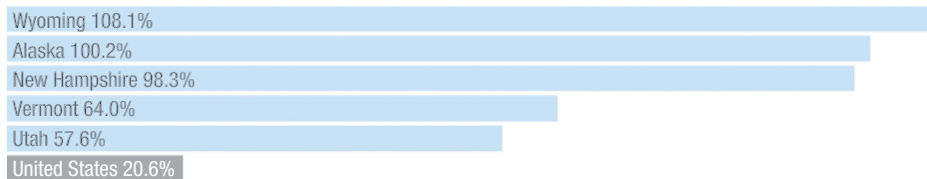
For details: [http://www.americashealthrankings.org/ALL/home\\_delivered\\_meals](http://www.americashealthrankings.org/ALL/home_delivered_meals)

## Home-Delivered Meals

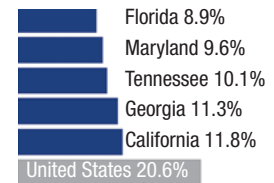
Number of persons served a home-delivered meal as a percentage of adults aged 65 and older living in poverty



### Top 5 States



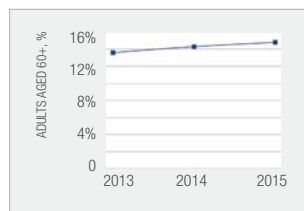
### Bottom 5 States



# Food Insecurity



Food insecurity is a rising public health concern in the United States, affecting more than 5 million adults aged 60 and older. Compared with younger adults, seniors living at home are at increased risk due to health conditions, poor food-management skills, limited mobility, lack of reliable social support, and poverty. Marginal food security indicates anxiety over food sufficiency or shortage of food in the house. Food-insecure seniors are considered to be at risk of hunger, and highly food-insecure seniors may have significantly reduced intakes of vital nutrients. There

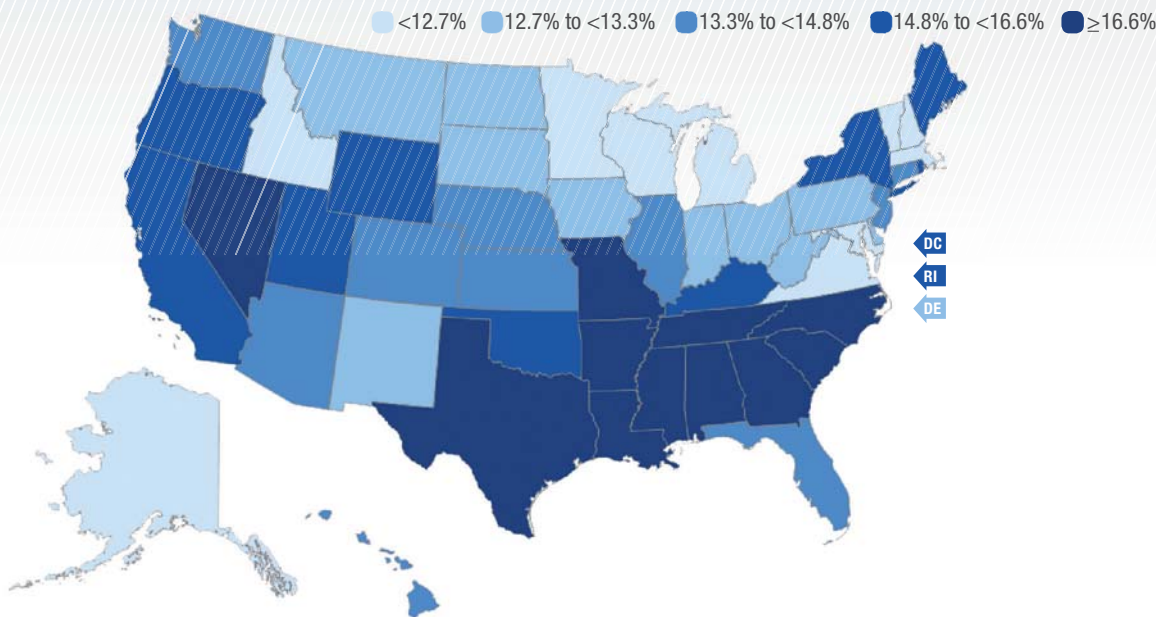


are numerous food-assistance programs and community meal-delivery options that can help older adults maintain food security.

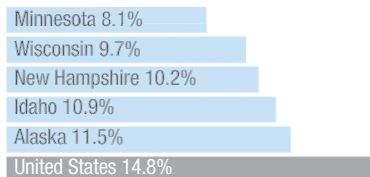
Data source: The State of Senior Hunger in America 2012: An Annual Report, 2012  
 For details: [http://www.americashealthrankings.org/ALL/food\\_insecurity\\_sr](http://www.americashealthrankings.org/ALL/food_insecurity_sr)

## Food Insecurity

Percentage of adults aged 60 and older who are marginally food insecure



### Top 5 States



### Bottom 5 States



# Community Support



Data source: State Program Reports, 2012

For details: [http://www.americashealthrankings.org/ALL/community\\_support\\_sr](http://www.americashealthrankings.org/ALL/community_support_sr)

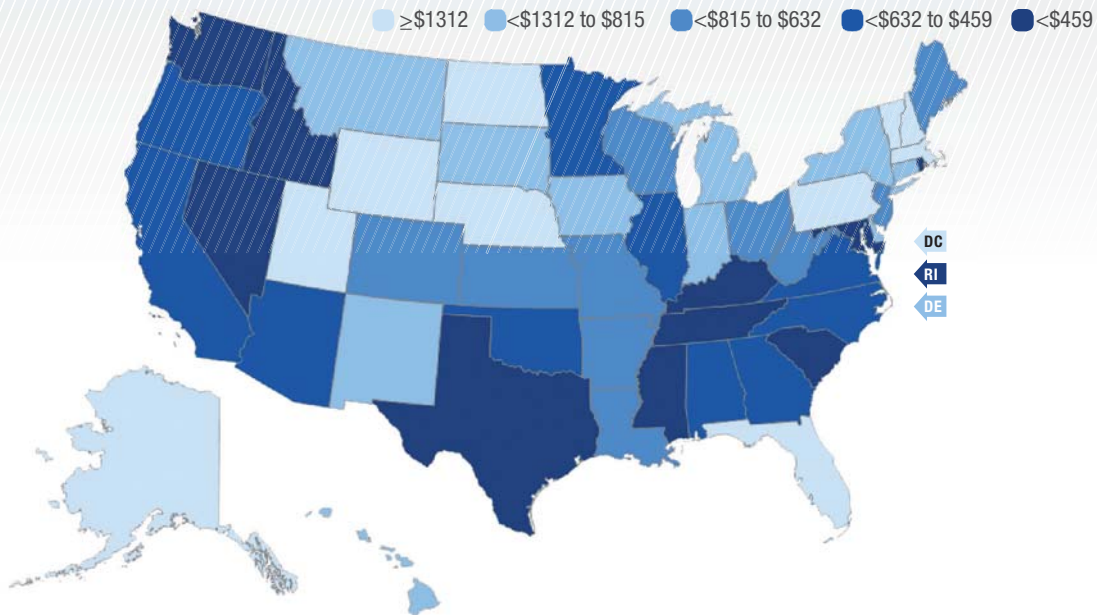
States receive federal funding and allocate state resources to help older adults remain in their home using home- and community-based services. Specifically, states may help support senior programs that address personal care, congregate meals, transportation, and nutrition education. The Older Americans Act (OAA), governed by the Administration on Aging, has funded a variety of home- and community-based services since 1965. Community public health spending varies substantially by state and is associated with



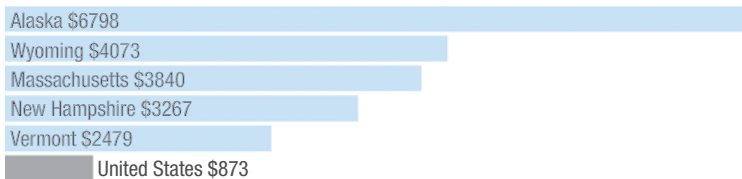
reducing preventable mortality. Increased OAA spending in particular is associated with fewer low-care nursing home residents.

## Community Support

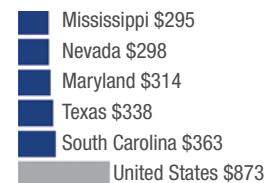
Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty



### Top 5 States



### Bottom 5 States

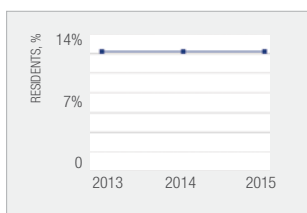


# Low-Care Nursing Home Residents



Low-care nursing home residents are not likely to require the suite of services provided by nursing homes, and they may be able to live in a less restrictive environment with the aid of community support. Community-based transportation programs, visiting home-health aides, and services such as Meals on Wheels allow older adults to age in place as well as maintain personal freedoms and well-being. Research suggests that state investment in home-delivered meals is associated with fewer low care nursing home residents; and increasing Older Americans Act and Medicaid funding on home- and community-

based services is associated with decreasing prevalence of low-care residents over time.

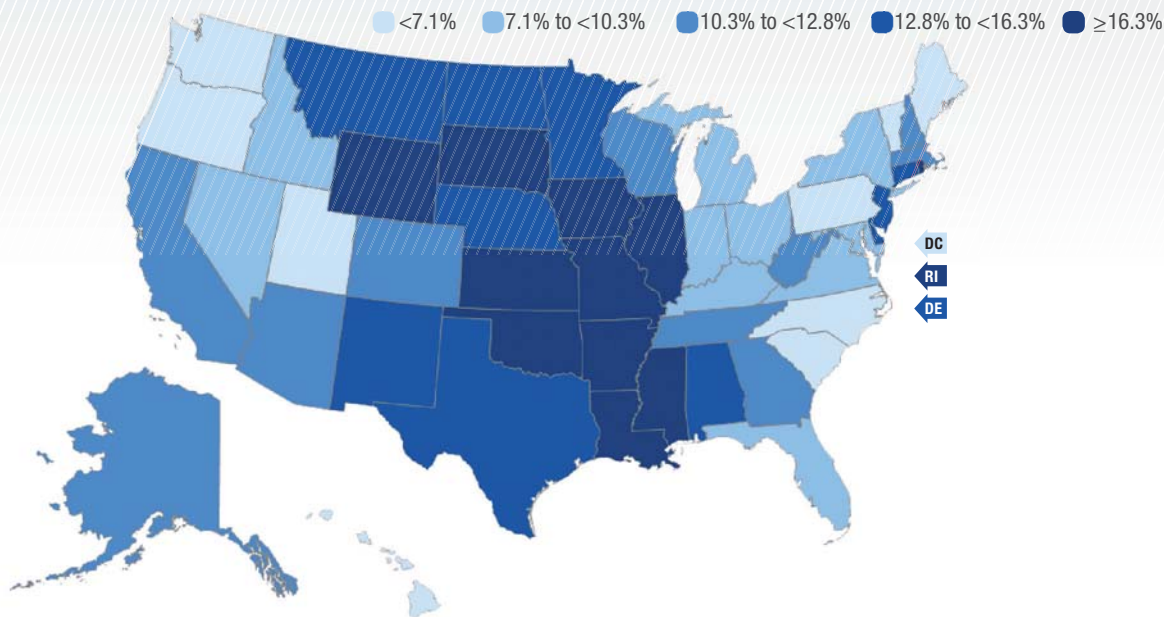


Data source: Shaping Long Term Care in America Project, 2010

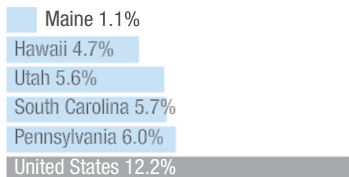
For details: [www.americashealthrankings.org/ALL/low\\_care\\_nursing\\_home\\_residents\\_sr](http://www.americashealthrankings.org/ALL/low_care_nursing_home_residents_sr)

## 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)



### Top 5 States



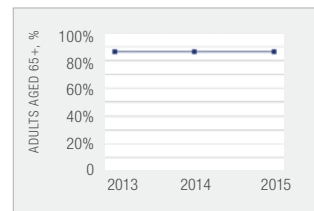
### Bottom 5 States



# Prescription Drug Coverage



Prescription drug coverage impacts the overall health of older adults by increasing medication adherence and decreasing financial strain. All seniors are eligible for prescription drug coverage through Medicare Part D, but some choose to be insured through an employer or individual insurance plan. Seniors who do not enroll in Medicare Part D when they become eligible may incur a late penalty if they enroll in the future. In 2010, Medicare beneficiaries spent \$4734 out of their own pockets for health care spending, on average, and 11% of that was spent on prescription drugs. Medicare Part D and private insurance plans vary in cost and coverage by state.

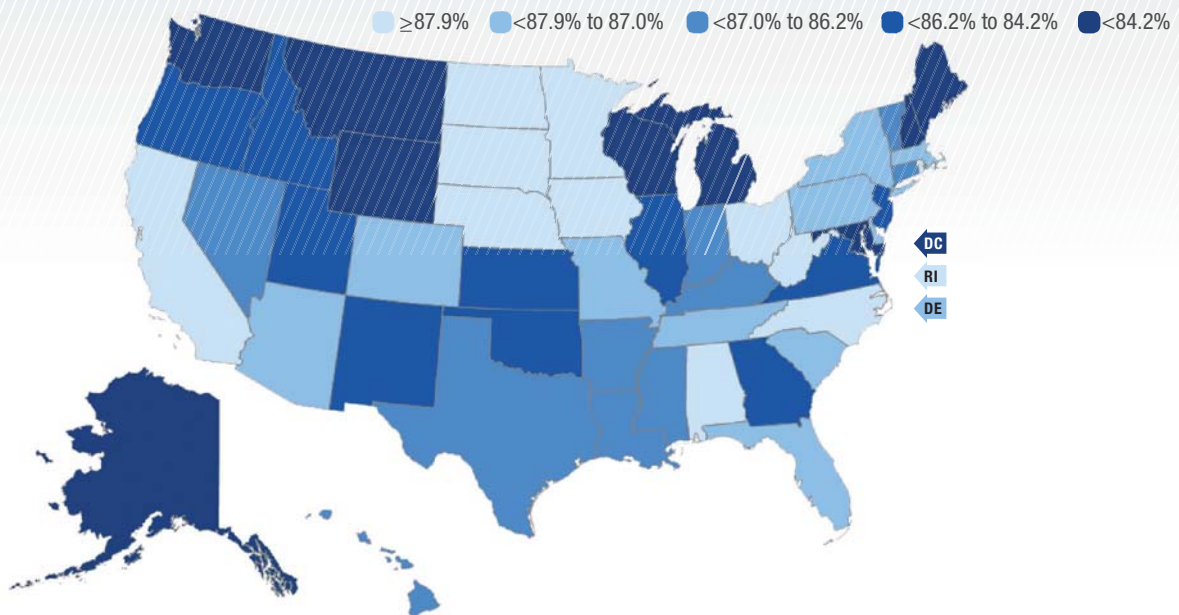


Data source: Kaiser State Health Facts, 2010

For Details: [www.americashealthrankings.org/ALL/creditable\\_drug\\_coverage\\_sr](http://www.americashealthrankings.org/ALL/creditable_drug_coverage_sr)

## Prescription Drug Coverage

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



### Top 5 States

Minnesota	89.6%
Iowa	89.3%
North Dakota	88.6%
South Dakota	88.6%
AL, CA, NE, & OH (tie)	88.4%
United States	86.5%

### Bottom 5 States

New Hampshire	78.3%
Wisconsin	80.2%
Alaska	81.4%
Wyoming	81.8%
Washington	82.2%
United States	86.5%

# SNAP Reach

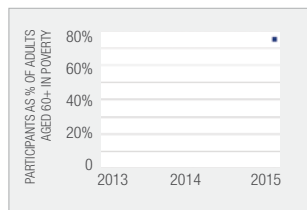


Data source: Food and Nutrition Service, 2013

For details: [www.americashealthrankings.org/ALL/SNAP\\_reach](http://www.americashealthrankings.org/ALL/SNAP_reach)

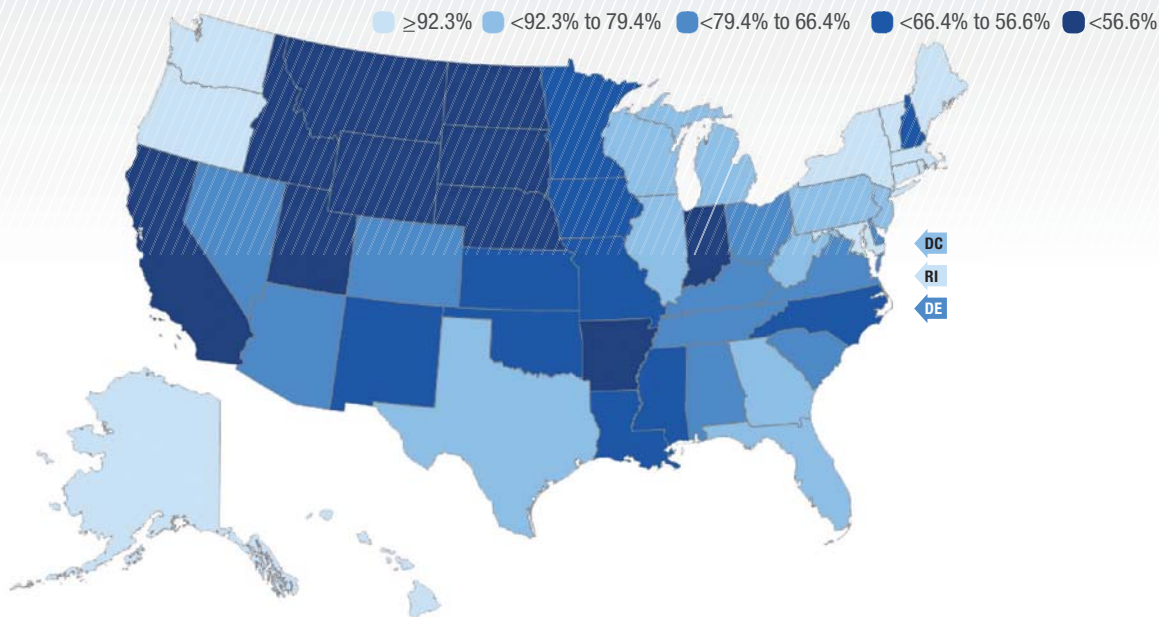
The Supplemental Nutrition Assistance Program (SNAP), administered by the Food and Nutrition Service (FNS), is the largest federal nutrition program, helping millions of low-income people access food. Today, 4 million low-income adults aged 60 and older rely on SNAP to stretch their food budget. On average, senior SNAP beneficiaries receive \$113 per month to help put food on the table. Compared with other demographic groups, older adults who are eligible for SNAP are significantly less likely to participate in the program. FNS works with states to promote SNAP; however, only one-third of eligible

seniors enroll in the program, which may be due to ineffective messaging or outreach to eligible individuals.

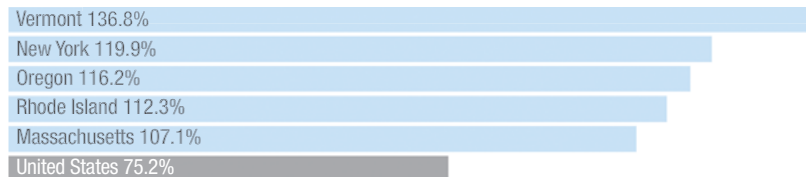


## SNAP Reach

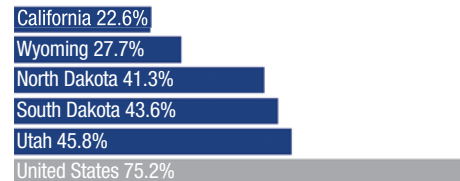
Number of adults aged 60 and older who participate in SNAP as a percentage of adults aged 60 and older living in poverty



### Top 5 States



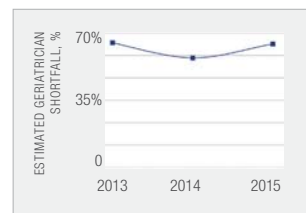
### Bottom 5 States



# Geriatrician Shortfall



With an aging baby boomer population, the number of geriatricians needed is expected to increase dramatically. Unfortunately, the shortage of geriatricians is growing. Geriatricians are vital to the health of seniors in outpatient and inpatient settings. Compared with older adults who receive standard hospital care, older adults who receive care in special geriatric units function better when discharged. Inpatient rehabilitative services that involve geriatricians result in lower nursing home admissions and improved function at follow-up.



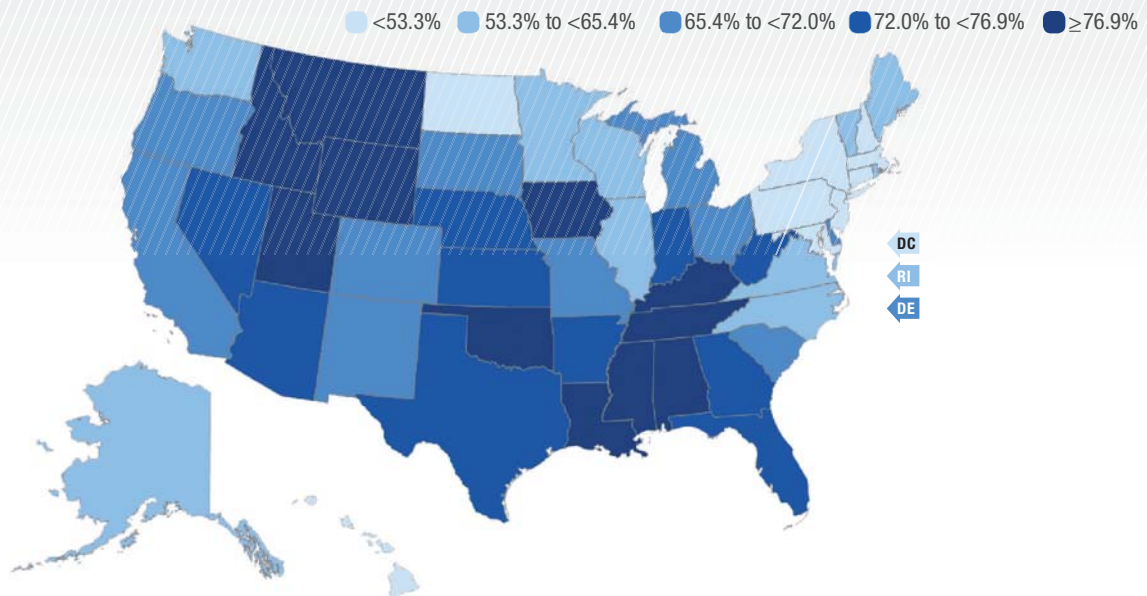
Increasing the number of geriatricians to meet anticipated need should be an important goal for improving senior health.

Data source: American Geriatrics Society, 2015

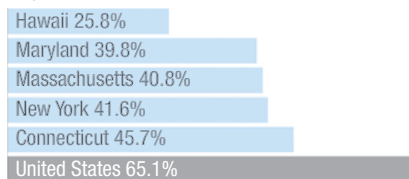
For details: [www.americashealthrankings.org/ALL/geriatrician\\_shortfall\\_sr](http://www.americashealthrankings.org/ALL/geriatrician_shortfall_sr)

## Geriatrician Shortfall

Estimated geriatrician shortfall as a percentage of the minimum number required



### Top 5 States



### Bottom 5 States

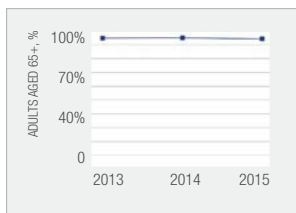


# Dedicated Health Care Provider



Dedicated health care providers can help seniors navigate the complex health care system and provide routine care or referral to specialty care. 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 existing conditions. Individuals without a dedicated health care provider are more likely to visit the emergency room 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.

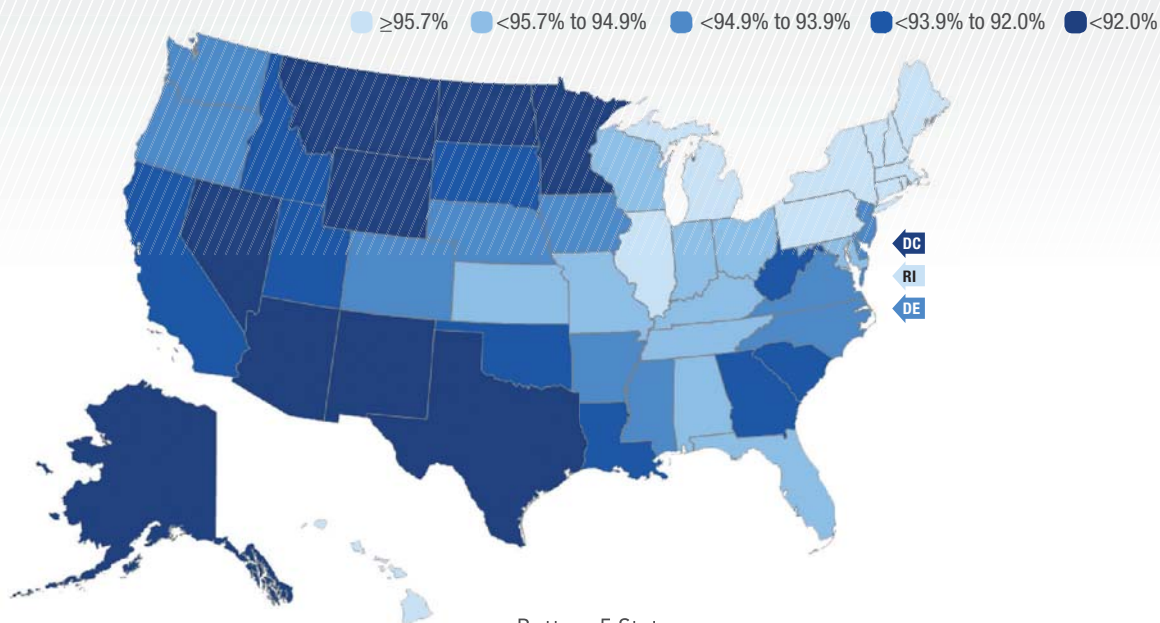


Data source: Behavioral Risk Factor Surveillance System, 2013

For details: [www.americashealthrankings.org/ALL/dedicated\\_health\\_care\\_provider\\_sr](http://www.americashealthrankings.org/ALL/dedicated_health_care_provider_sr)

## Dedicated Health Care Provider

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



### Top 5 States

Rhode Island	97.5%
Maine	97.0%
Connecticut	96.8%
Michigan	96.8%
New Hampshire & Pennsylvania (tie)	96.6%
United States	94.3%

### Bottom 5 States

Alaska	88.9%
Wyoming	89.5%
Montana	89.5%
New Mexico	90.5%
Nevada & Minnesota (tie)	90.7%
United States	94.3%

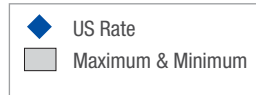


# Ranking

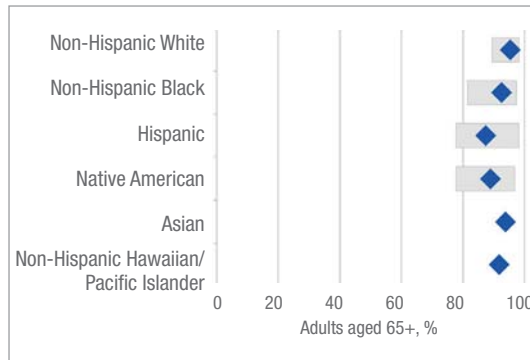
by Dedicated Health Care Provider

Rank	State	Value
1	Rhode Island	97.5
2	Maine	97.0
3	Connecticut	96.8
3	Michigan	96.8
5	New Hampshire	96.6
5	Pennsylvania	96.6
7	Hawaii	96.5
8	Massachusetts	95.9
9	Illinois	95.7
9	New York	95.7
9	Vermont	95.7
12	Maryland	95.6
12	Missouri	95.6
14	Florida	95.5
14	Tennessee	95.5
16	Alabama	95.3
16	Kentucky	95.3
18	Wisconsin	95.2
19	Indiana	95.1
20	Kansas	94.9
20	Ohio	94.9
22	Colorado	94.8
23	Oregon	94.7
24	Delaware	94.5
24	North Carolina	94.5
26	Arkansas	94.3
27	Iowa	94.2
28	New Jersey	94.0
29	Mississippi	93.9
29	Nebraska	93.9
29	Virginia	93.9
29	Washington	93.9
33	South Carolina	93.8
34	Oklahoma	93.5
35	Georgia	93.4
36	California	93.3
37	Utah	93.2
38	Idaho	92.9
38	South Dakota	92.9
38	West Virginia	92.9
41	Louisiana	92.0
42	Arizona	91.5
42	Texas	91.5
44	North Dakota	91.4
45	Minnesota	90.7
45	Nevada	90.7
47	New Mexico	90.5
48	Montana	89.5
48	Wyoming	89.5
50	Alaska	88.9
	United States	94.3
	District of Columbia	90.7

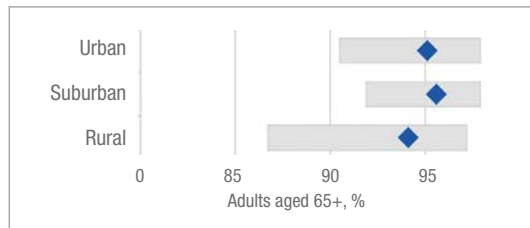
# Disparities in Dedicated Health Care Provider



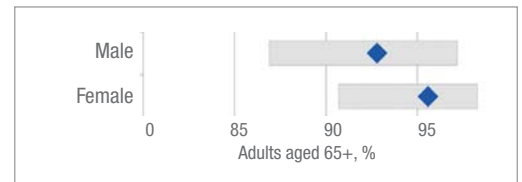
Prevalence by Race



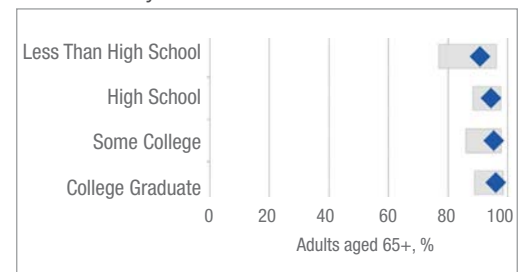
Prevalence by Urbanicity



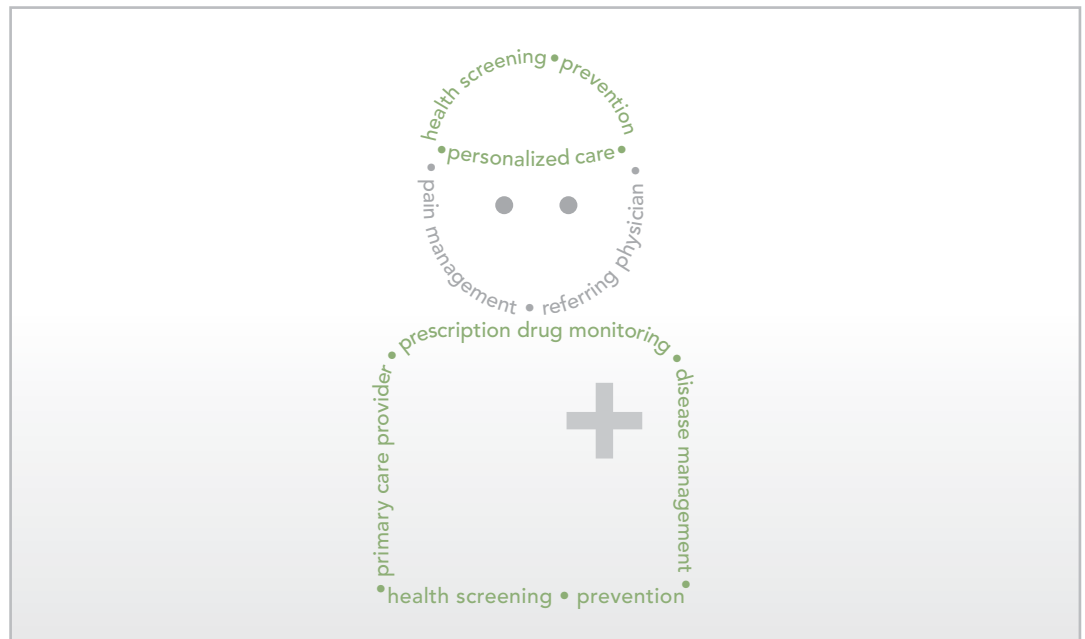
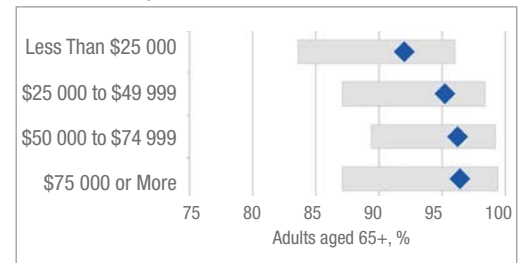
Prevalence by Gender



Prevalence by Education



Prevalence by Income

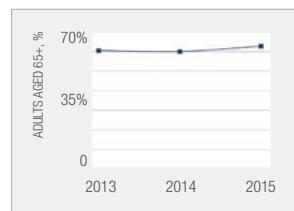


# Flu Vaccine



The flu vaccine helps protect individuals against seasonal influenza virus, a contagious respiratory infection that can cause severe illness in older adults. Seniors are encouraged to receive the vaccine because they are at increased risk of contracting the virus; also, 90% of flu-related deaths and more than half of hospitalizations for flu are among older adults. An alternative high-dose shot designed specifically for seniors is available. Flu vaccination is a highly cost-effective intervention; vaccination significantly reduces the number of

hospitalizations in adults aged 65 and older. Medicare covers the cost of a single flu vaccination per year.

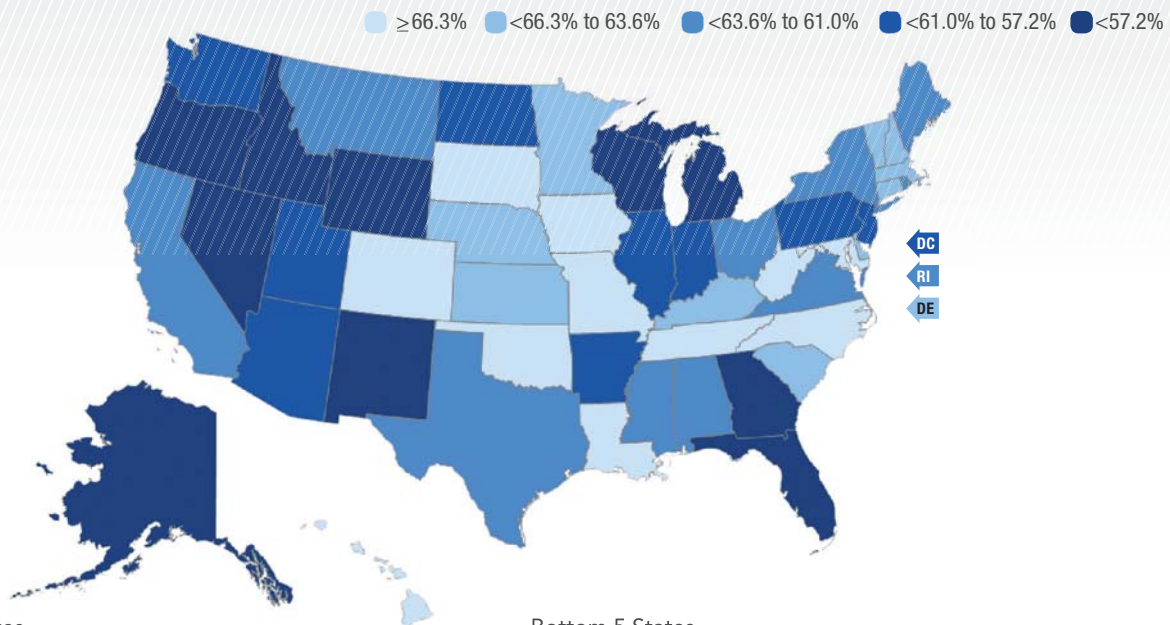


Data source: Behavioral Risk Factor Surveillance System, 2013

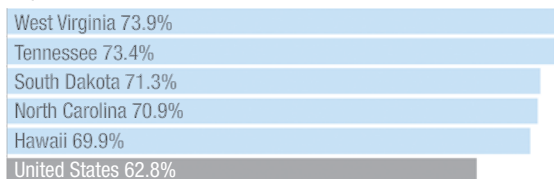
For details: [www.americashealthrankings.org/ALL/flu\\_vaccine\\_sr](http://www.americashealthrankings.org/ALL/flu_vaccine_sr)

## Flu Vaccine

Percentage of adults aged 65 and older who received a flu vaccine in the last year



### Top 5 States



### Bottom 5 States

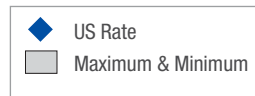


# Ranking

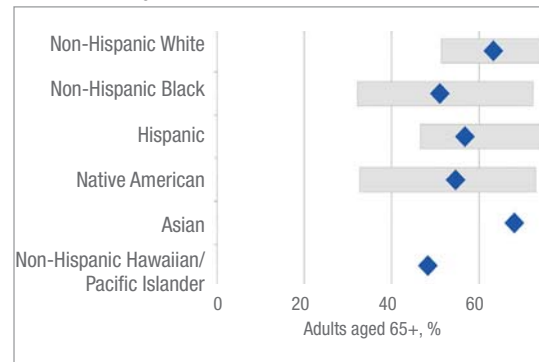
by Flu Vaccine

Rank	State	Value
1	West Virginia	73.9
2	Tennessee	73.4
3	South Dakota	71.3
4	North Carolina	70.9
5	Hawaii	69.9
6	Missouri	69.5
7	Oklahoma	68.7
8	Colorado	67.8
9	Iowa	67.4
10	Maryland	66.9
11	Louisiana	66.3
12	Nebraska	66.2
13	Massachusetts	66.1
14	Minnesota	66.0
15	Delaware	65.8
16	Kentucky	65.6
17	South Carolina	65.3
18	Vermont	65.0
19	Kansas	64.8
20	New Hampshire	63.7
21	Connecticut	63.6
22	Maine	63.4
23	Rhode Island	63.1
24	Alabama	62.9
24	Mississippi	62.9
26	Virginia	62.8
27	Ohio	62.6
28	California	62.5
29	New York	62.2
30	Montana	61.1
31	Texas	61.0
32	Washington	60.8
33	Arizona	60.0
34	Pennsylvania	59.4
35	North Dakota	59.0
36	Illinois	58.6
37	Arkansas	58.0
38	Indiana	57.6
39	Utah	57.4
40	New Jersey	57.2
41	Michigan	56.8
42	Idaho	56.6
43	Oregon	56.2
44	Wyoming	55.7
45	New Mexico	55.6
46	Georgia	54.6
47	Florida	54.5
48	Wisconsin	54.4
49	Alaska	52.6
50	Nevada	51.6
	United States	62.8
	District of Columbia	58.5

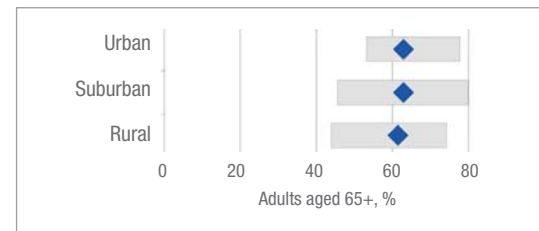
# Disparities in Flu Vaccine



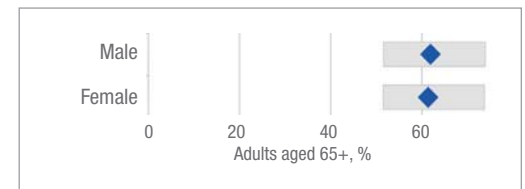
Prevalence by Race



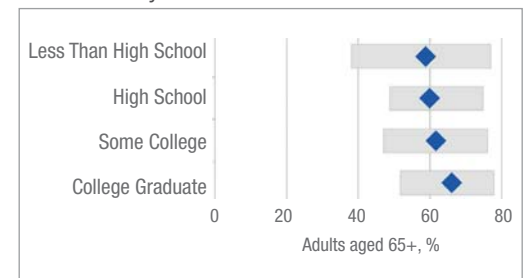
Prevalence by Urbanicity



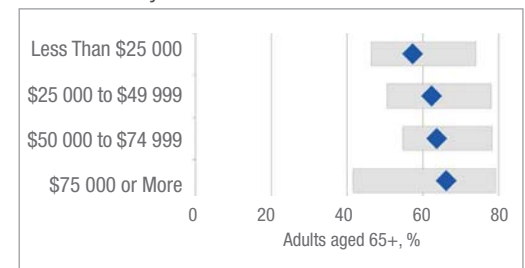
Prevalence by Gender



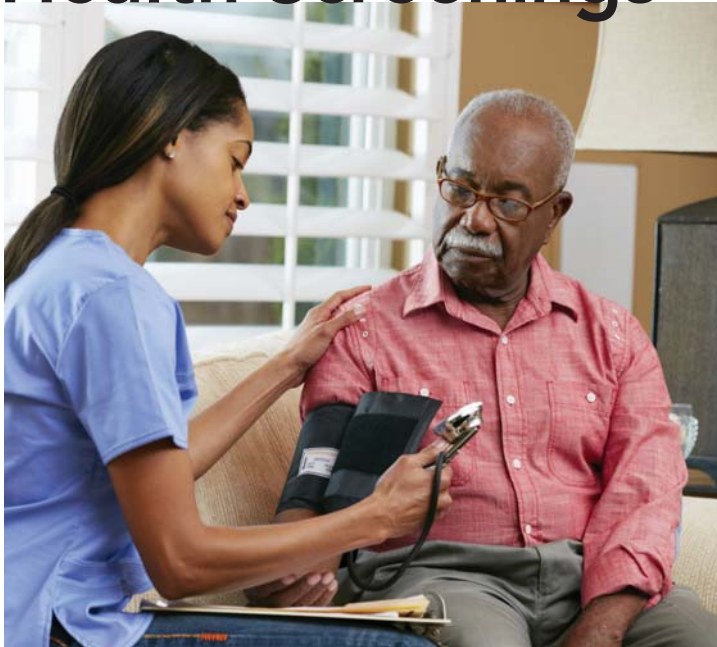
Prevalence by Education



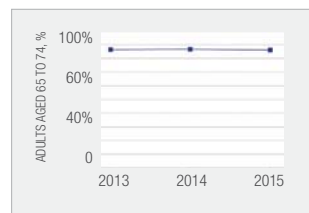
Prevalence by Income



# Health Screenings



Health screenings detect a disease early when it is most easily treated. The US Preventive Services Task Force recommends screening for breast and colon cancer up to age 75. Colon cancer risk increases with age, and more than half of breast cancer deaths occur in women aged 65 and older. Older adults are also recommended to have regular blood pressure, cholesterol, and diabetes screenings. Additional screenings are recommended for adults with a history of smoking. This measure not only depicts the percentage of older adults receiving recommended



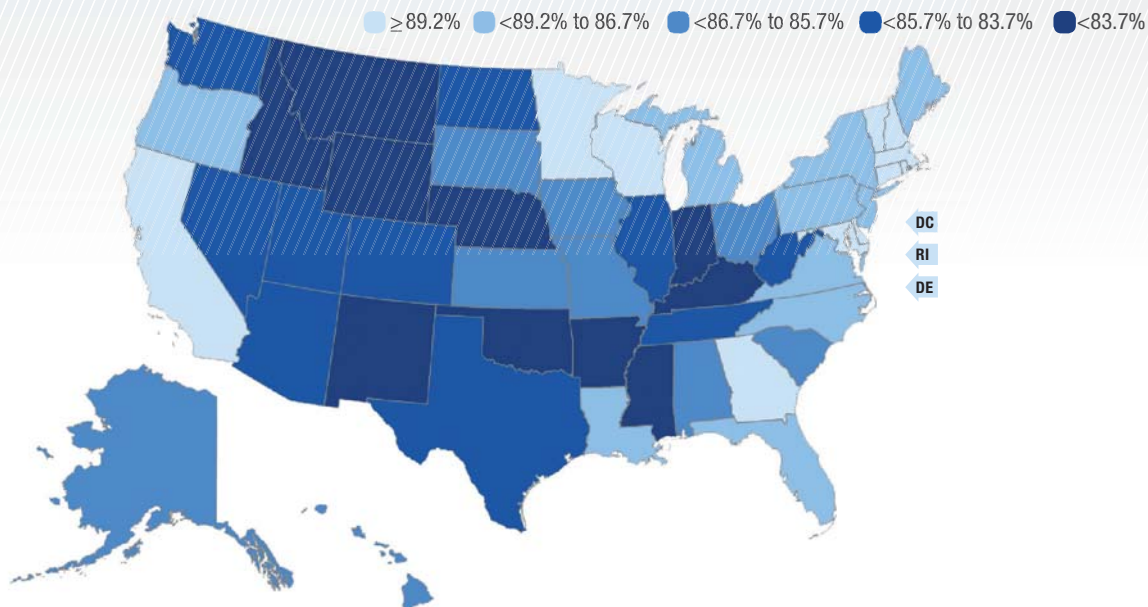
recommended screenings, but also it indicates if routine visits to a health care professional take place.

Data source: Behavioral Risk Factor Surveillance System, 2012

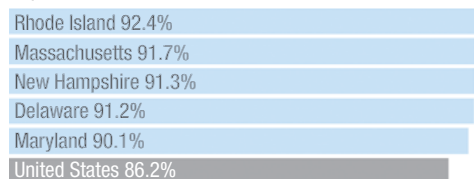
For details: [www.americashealthrankings.org/ALL/health\\_screenings\\_sr](http://www.americashealthrankings.org/ALL/health_screenings_sr)

## Health Screenings

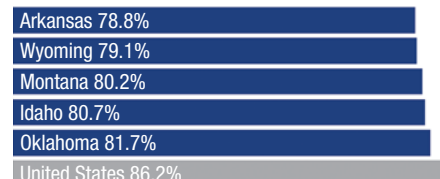
Percentage of adults aged 65 to 74 who have had mammograms and/or fecal occult/colonoscopy/sigmoidoscopy screens within the recommended time period



### Top 5 States



### Bottom 5 States

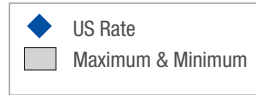


# Ranking

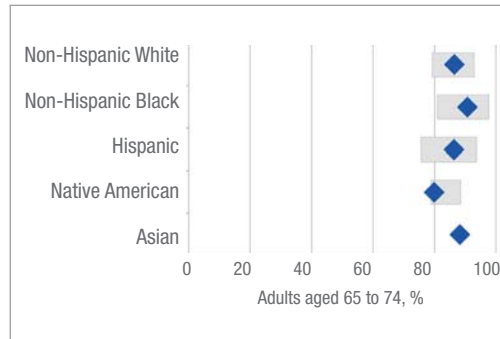
by Health Screenings

Rank	State	Value
1	Rhode Island	92.4
2	Massachusetts	91.7
3	New Hampshire	91.3
4	Delaware	91.2
5	Maryland	90.1
6	Minnesota	89.8
7	Connecticut	89.7
8	Georgia	89.6
9	Wisconsin	89.3
10	California	89.2
10	Vermont	89.2
12	Maine	88.7
13	New York	87.9
13	Virginia	87.9
15	Oregon	87.7
15	Pennsylvania	87.7
17	North Carolina	87.6
18	Michigan	87.2
19	New Jersey	86.8
20	Florida	86.7
20	Louisiana	86.7
22	Kansas	86.6
23	Hawaii	86.5
24	Alabama	86.3
25	Alaska	86.2
25	South Dakota	86.2
27	Missouri	86.1
28	South Carolina	86.0
29	Iowa	85.9
30	Ohio	85.7
31	Tennessee	85.2
32	Arizona	85.1
33	Texas	85.0
34	Washington	84.5
35	Nevada	84.4
36	North Dakota	84.2
37	West Virginia	83.9
38	Colorado	83.8
38	Illinois	83.8
40	Utah	83.7
41	Indiana	83.1
42	Kentucky	82.9
43	Nebraska	82.3
44	Mississippi	82.2
45	New Mexico	81.8
46	Oklahoma	81.7
47	Idaho	80.7
48	Montana	80.2
49	Wyoming	79.1
50	Arkansas	78.8
	United States	86.2
	District of Columbia	89.4

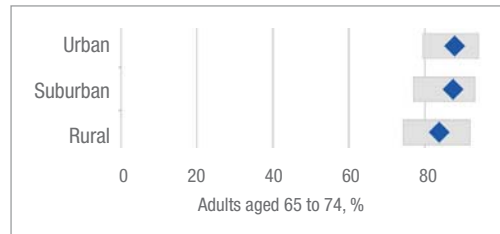
# Disparities in Health Screenings



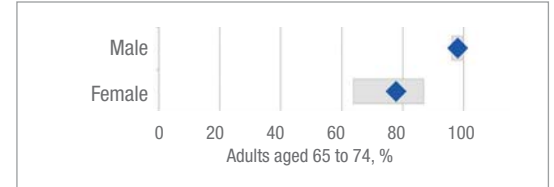
Prevalence by Race



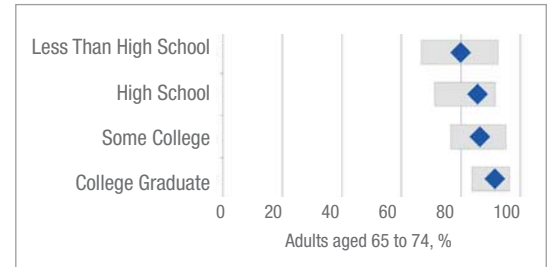
Prevalence by Urbanicity



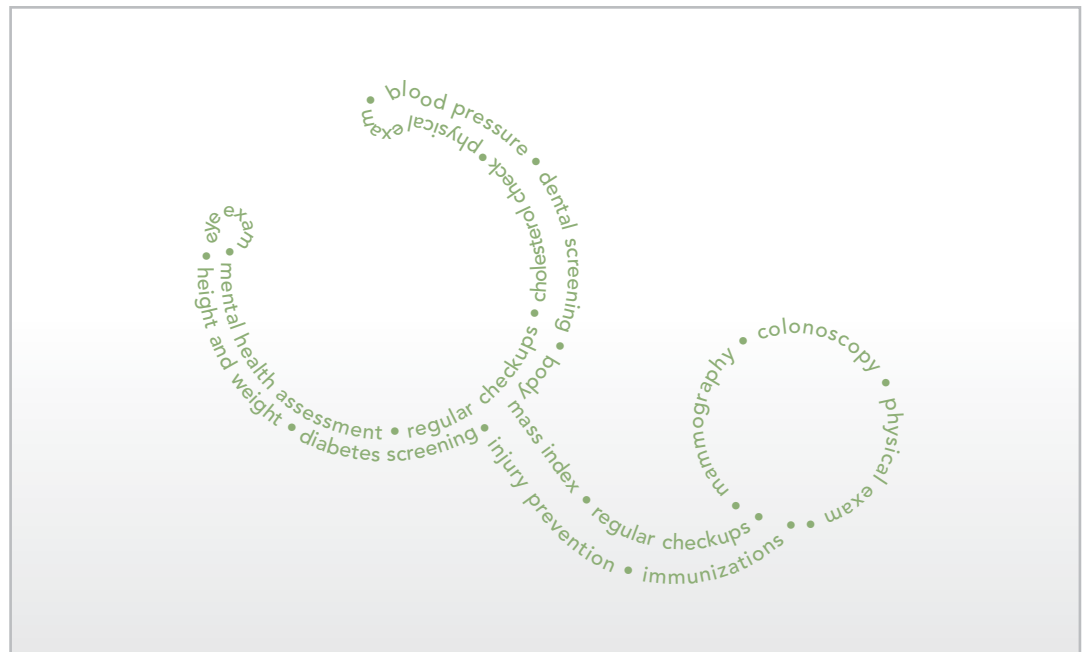
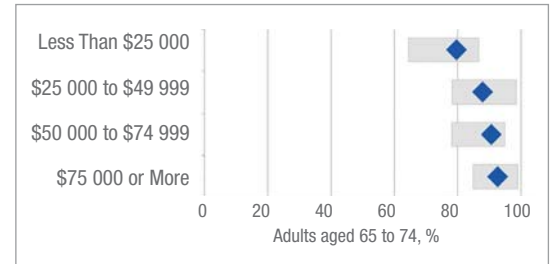
Prevalence by Gender



Prevalence by Education



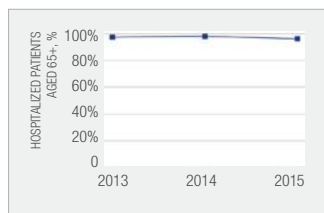
Prevalence by Income



# Recommended Hospital Care



Despite making up only 15% of the population, adults aged 65 and over account for 36% of hospital stays. The conditions assessed in this measure (heart attack, heart failure, pneumonia, and surgical procedure) are part of the Centers for Medicare & Medicaid Service’s quality initiative and were chosen for their validity and general acceptance as markers of quality. The provision of recommended care denotes high quality and can generate cost savings; hospitals with low complication rates tend to spend less per episode than those with high complication



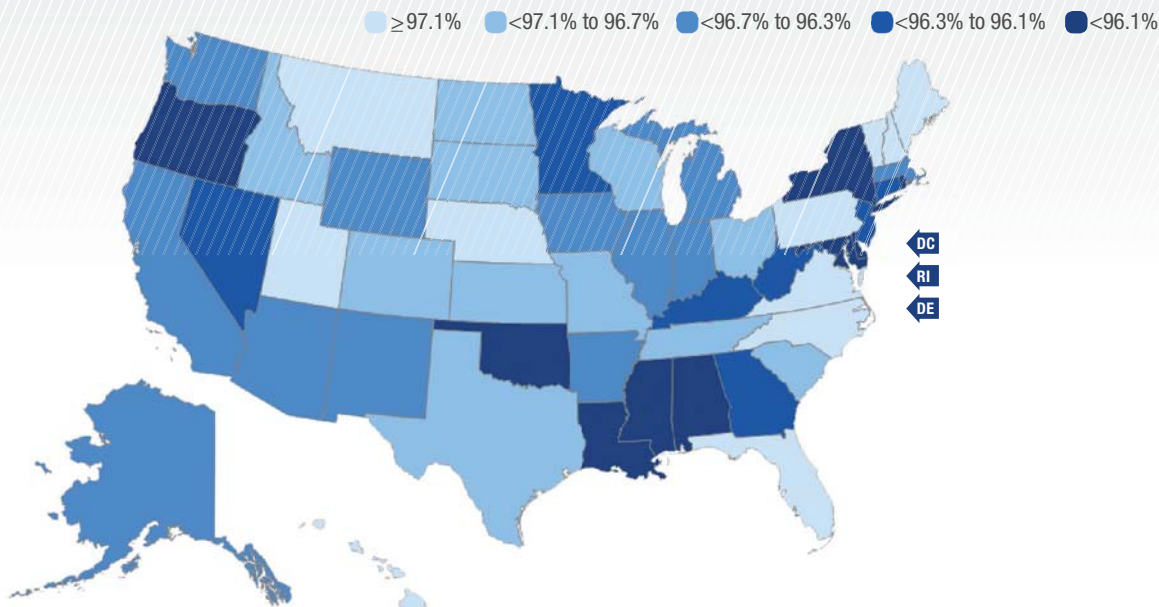
rates, indicating that foregoing proper care can be more costly.

Data source: The Commonwealth Fund, 2013 to 2014

For details: [www.americashealthrankings.org/ALL/recommended\\_hospital\\_care\\_sr](http://www.americashealthrankings.org/ALL/recommended_hospital_care_sr)

## 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



### Top 5 States

Maine	98.4%
Virginia	97.9%
Nebraska	97.5%
New Hampshire	97.5%
FL, MT, NC, PA & UT (tie)	97.2%
United States	96.3%

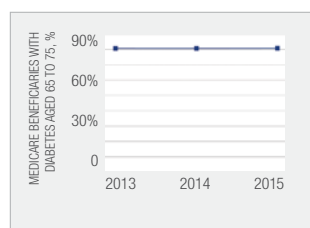
### Bottom 5 States

Maryland	89.9%
Mississippi	95.0%
Louisiana	95.2%
Rhode Island	95.4%
Oklahoma & Texas (tie)	95.6%
United States	96.3%

# Diabetes Management



The risk of diabetes increases with age; 25.9% of adults aged 65 and older have diagnosed and undiagnosed diabetes, compared with 16.2% of adults aged 45 to 64. Diabetes is the seventh-leading cause of death in the United States and contributes to heart disease and stroke. Unmanaged diabetes can lead to infection, eye disease, kidney disease, and nerve disease. Type 2 diabetes is a largely preventable progressive condition that may be managed through lifestyle modifications and health care interventions. More than half of health



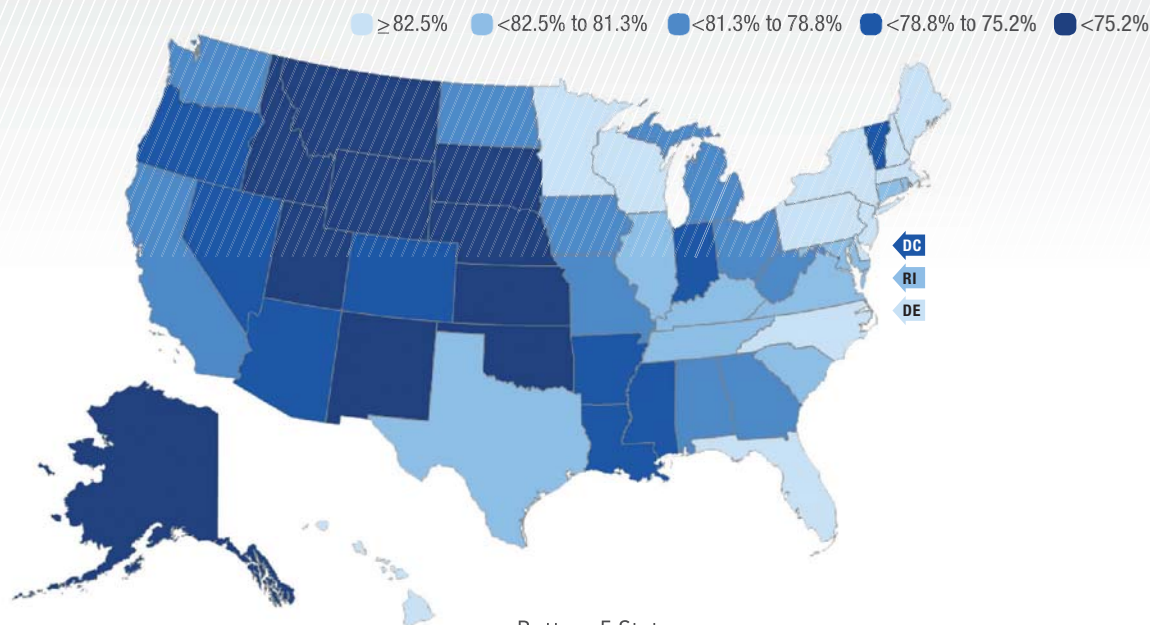
care costs associated with diabetes are attributable to seniors with an average annual excess cost of \$11 825.

Data source: The Dartmouth Atlas of Health Care, 2012

For details: [www.americashealthrankings.org/ALL/diabetes\\_management\\_sr](http://www.americashealthrankings.org/ALL/diabetes_management_sr)

## Diabetes Management

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



### Top 5 States

Florida	86.0%
Massachusetts	85.1%
Wisconsin	84.2%
New York	84.1%
Delaware & New Hampshire (tie)	84.0%
United States	80.8%

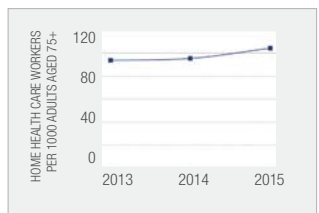
### Bottom 5 States

Wyoming	59.4%
Alaska	67.4%
New Mexico	68.8%
Montana	71.5%
Oklahoma	72.9%
United States	80.8%

# Home Health Care



Most older adults want to stay in their homes, but aging can bring functional losses that make independence difficult. Home-health and personal-care aides enable many seniors to remain in their homes as they age. A range of assistance is available, from skilled nursing services during a period of recovery from surgery to basic assistance with activities of daily living for those with chronic conditions. In-home and community-based services are less expensive than institutional services. Providing more of these services may limit spending growth in the long-term care sector.

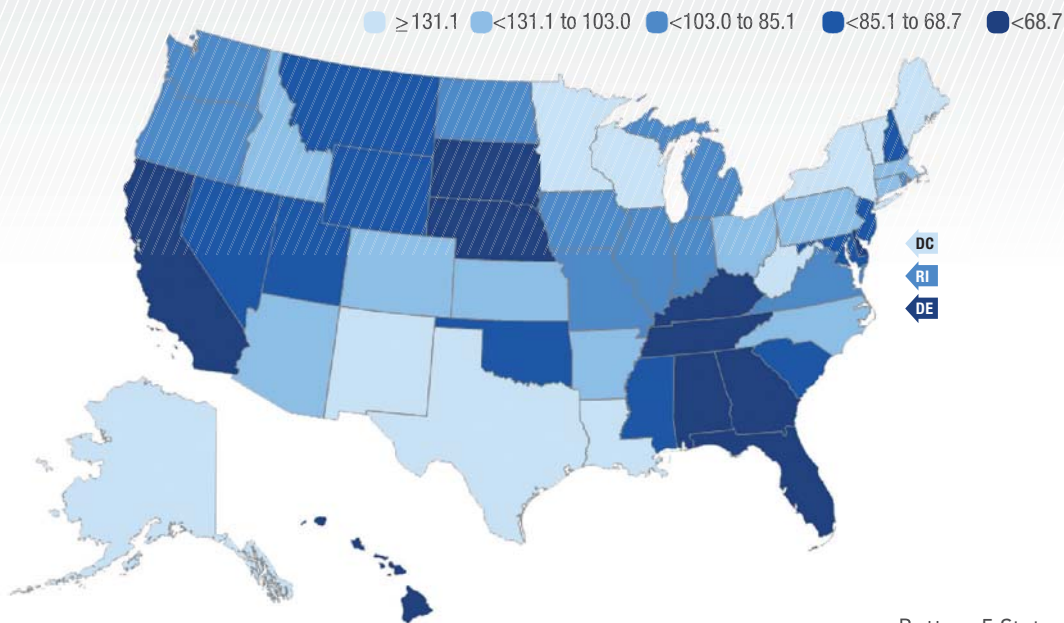


Data source: Bureau of Labor Statistics, 2014

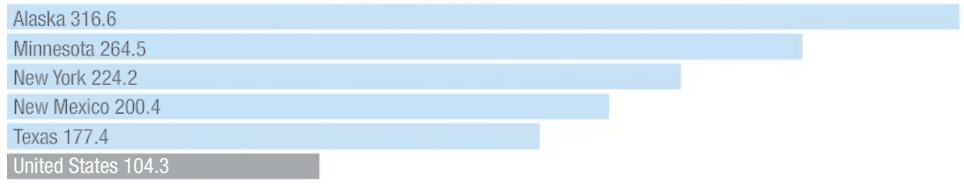
For details: [www.americashealthrankings.org/ALL/home\\_health\\_care\\_sr](http://www.americashealthrankings.org/ALL/home_health_care_sr)

## Home Health Care

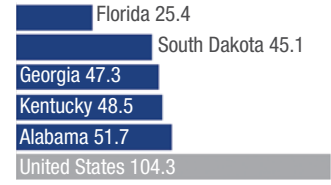
Number of personal care and home health aides per 1000 population aged 75 and older



### Top 5 States



### Bottom 5 States

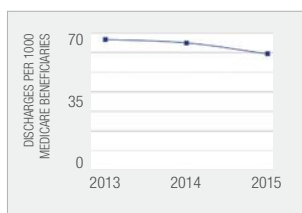




# Preventable Hospitalizations



Preventable hospitalizations reflect how a population uses outpatient health care options; this use depicts availability, accessibility, or affordability of ambulatory care services. Seeking routine care in outpatient settings for non-emergent acute or chronic conditions could potentially prevent complications, more severe disease, and the need for hospitalization. Hospital care makes up the largest component of national health spending, costing more than \$936 billion in 2013. Discharges for ambulatory care-sensitive services are highly correlated with general admissions, reflecting general overuse of the hospital as a site for care. Preventable hospitalizations, which can be avoided with less costly interventions, impose a nonessential financial burden on health care systems.

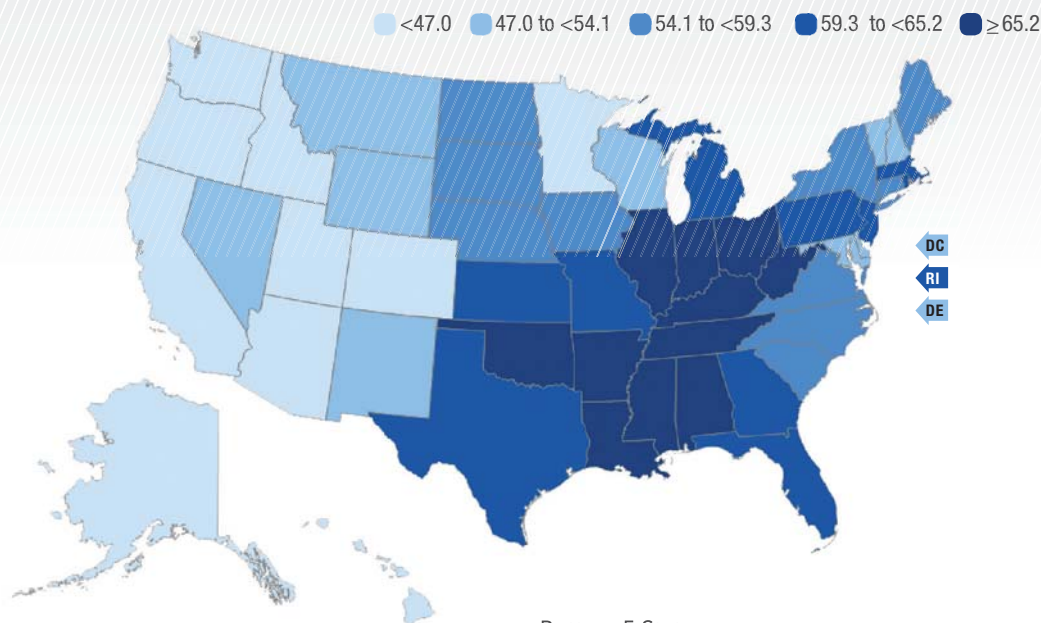


Data source: The Dartmouth Atlas of Health Care, 2012

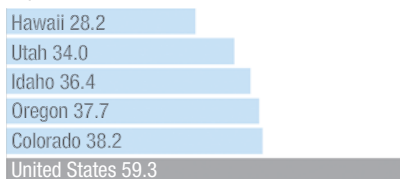
For details: [www.americashealthrankings.org/ALL/preventable\\_hospitalizations\\_sr](http://www.americashealthrankings.org/ALL/preventable_hospitalizations_sr)

## Preventable Hospitalizations

Number of discharges for ambulatory care-sensitive conditions per 1000 Medicare beneficiaries



### Top 5 States



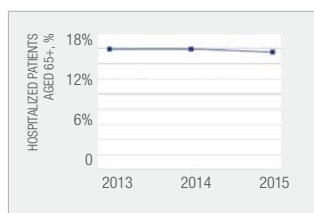
### Bottom 5 States



# Hospital Readmissions



Patients may be readmitted to hospitals because of confusion about prescribed medications, miscommunication of important information, or improper follow-up care. While some readmissions are unavoidable, many are preventable and steps can be taken to significantly reduce them. In an effort to increase hospital efficiency and quality of care, the Affordable Care Act called for the Centers for Medicare & Medicaid Services to reprimand—through payment reductions—hospitals with higher-than-expected readmission rates. Hospital



readmissions cost \$27 billion annually; cases that may have been avoided with proper care cost \$17 billion alone.

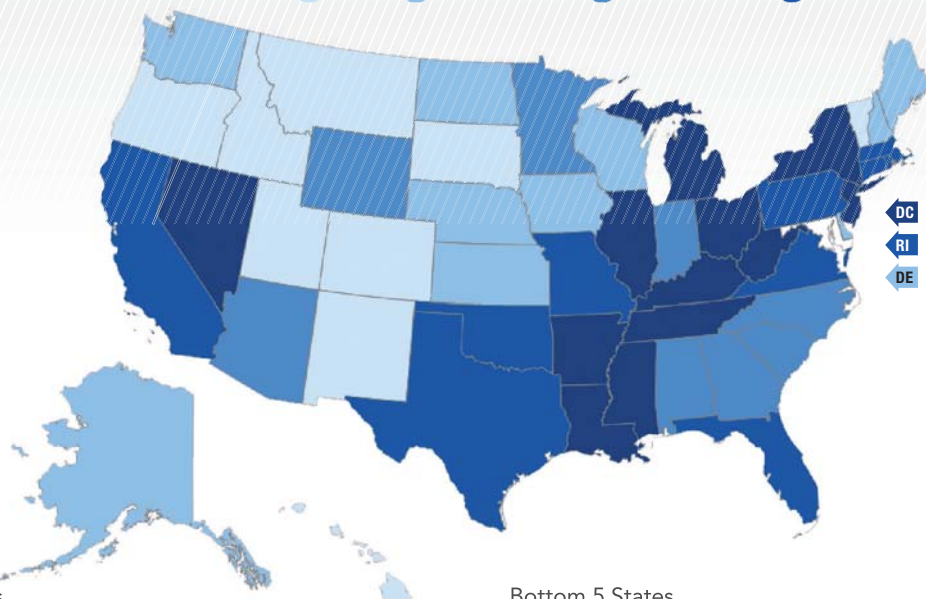
Data source: The Dartmouth Atlas of Health Care, 2012

For details: [www.americashealthrankings.org/ALL/hospital\\_readmissions\\_sr](http://www.americashealthrankings.org/ALL/hospital_readmissions_sr)

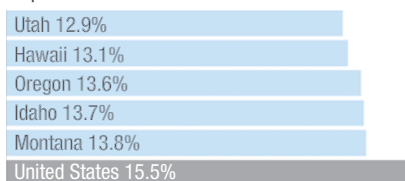
## Hospital Readmissions

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

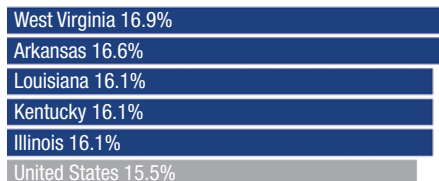
● <14.3% 
 ● 14.3% to <14.8% 
 ● 14.8% to <15.3% 
 ● 15.3% to <15.8% 
 ● ≥15.8% 
   NA



### Top 5 States



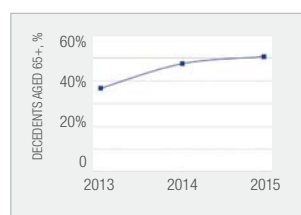
### Bottom 5 States



# Hospice Care



Hospice care is for terminally-ill patients and emphasizes pain control as well as emotional support for the patient and family. It can be provided in a health care facility or within the patient's home. In 2012, seniors accounted for 83.4% of hospice patients. The number of individuals receiving this care has recently increased dramatically, in part due to the increase in Medicare-certified hospices. Medicare Part A benefits cover certified services for any patient with a prognosis of 6 months or less. There is a significant disparity in hospice care, with white patients accounting for 82.8% of hospice users in 2011.



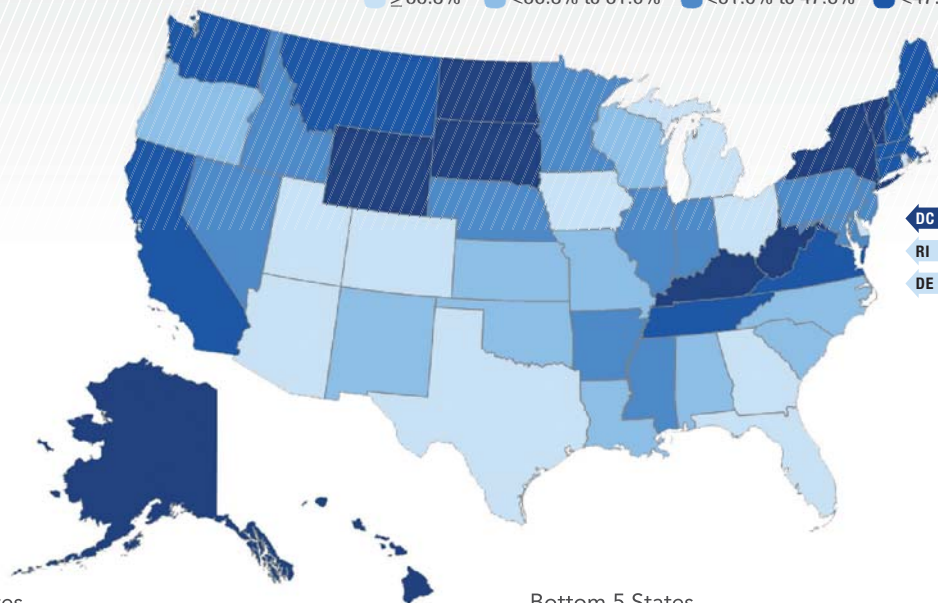
Data source: The Dartmouth Atlas of Health Care, 2012

For details: [www.americashealthrankings.org/ALL/hospice\\_care\\_sr](http://www.americashealthrankings.org/ALL/hospice_care_sr)

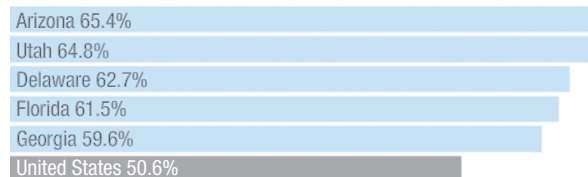
## Hospice Care

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

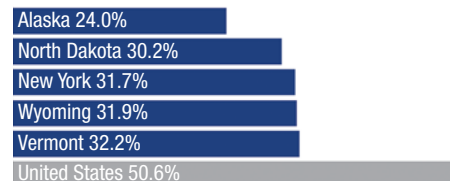
■ ≥ 56.8%  
 ■ <56.8% to 51.0%  
 ■ <51.0% to 47.3%  
 ■ <47.3% to 44.6%  
 ■ <44.6%



### Top 5 States



### Bottom 5 States

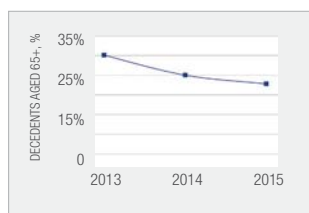


# Hospital Deaths



Most seniors prefer to die in the comfort of their own home, with free-standing hospice facilities as their second choice. Despite a societal preference for death at home or in a hospice, many seniors spend their last days of life in a hospital. This occurs for various reasons, but in many circumstances it may be avoidable through in-home hospice care, for example. 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 older adults dying in hospitals

has declined, though this overall trend varies significantly geographically.

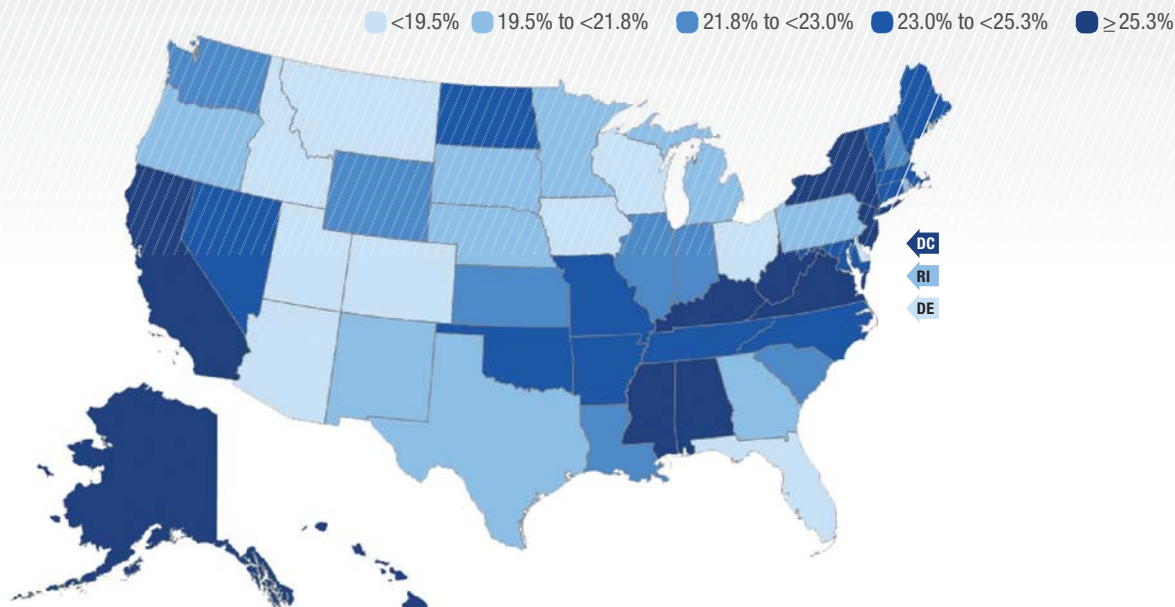


Data source: The Dartmouth Atlas of Health Care, 2012

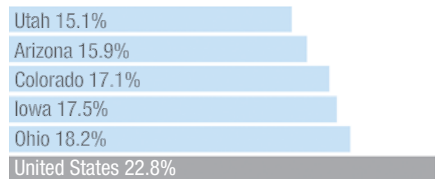
For details: [www.americashealthrankings.org/ALL/hospital\\_deaths\\_sr](http://www.americashealthrankings.org/ALL/hospital_deaths_sr)

## Hospital Deaths

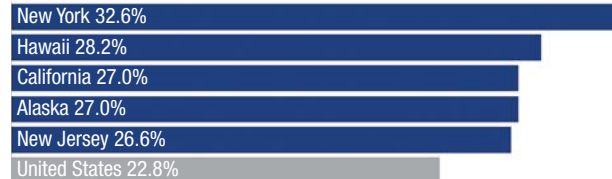
Percentage of decedents aged 65 and older who died in a hospital



### Top 5 States



### Bottom 5 States

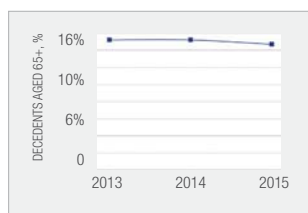


# Outcomes

# ICU Use



Overusing the critical care system is costly and often goes against the wishes of dying patients. 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. Because such a high volume of Medicare spending is for care of chronic illness in the last years of life, it is possible to increase both cost savings and patient-preference satisfaction by decreasing ICU use.

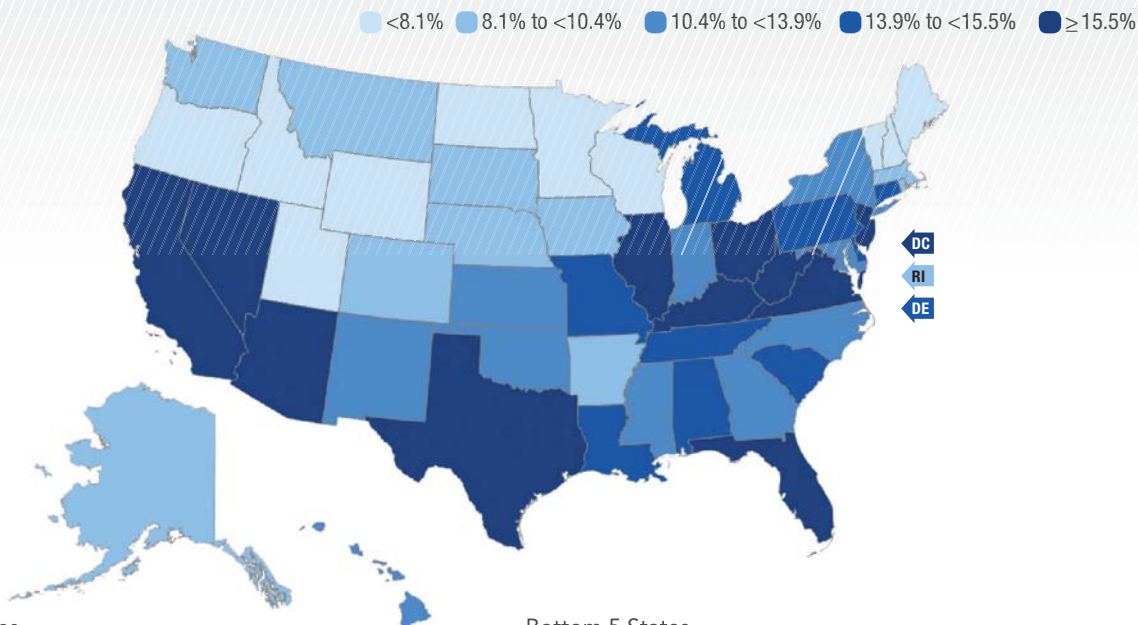


Data source: The Dartmouth Atlas of Health Care, 2012

For details: [www.americashealthrankings.org/ALL/icu\\_sr](http://www.americashealthrankings.org/ALL/icu_sr)

## ICU Use

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



### Top 5 States

North Dakota	4.2%
Vermont	4.4%
Maine	5.5%
Idaho	5.9%
Oregon	5.9%
United States	14.7%

### Bottom 5 States

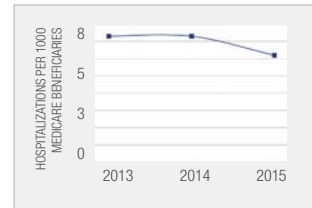
New Jersey	23.5%
Florida	21.7%
Nevada	19.6%
California	19.4%
Illinois	17.4%
United States	14.7%

# Hip Fracture



Hip fractures are especially serious in older adults, often resulting in hospitalization, surgery, and extensive rehabilitation. A hip fracture may signal the end of independence; 1 in 4 previously independent seniors remain in a long-term care facility 1 year after injury. Osteoporosis, physical inactivity, poor vision, certain medications, and general frailty contribute to falls and hip fractures that are often preventable. Common preventive interventions include nutritional 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.

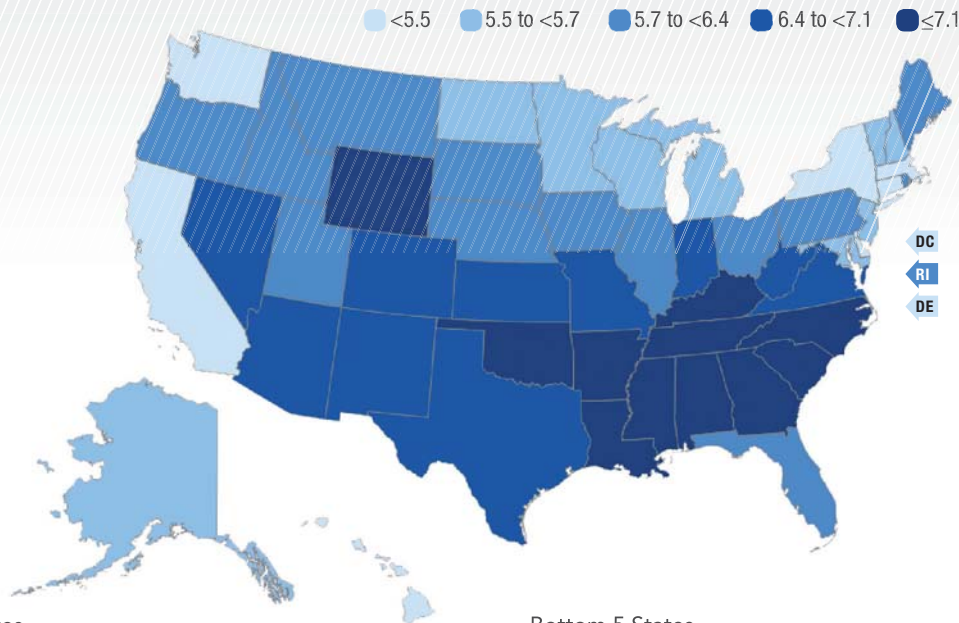


Data source: The Dartmouth Atlas of Health Care, 2012

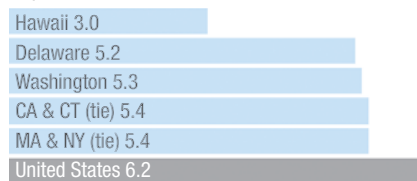
For details: [www.americashealthrankings.org/ALL/hip\\_fractures\\_sr](http://www.americashealthrankings.org/ALL/hip_fractures_sr)

## Hip Fracture

Number of hospitalizations for hip fracture per 1000 Medicare beneficiaries



### Top 5 States



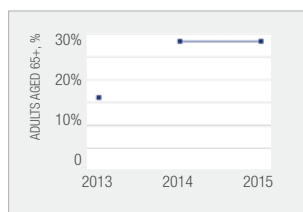
### Bottom 5 States



# Falls



Annually, 1 in 3 adults aged 65 and older fall; 20% to 30% of those incidents result in injuries that affect the ability to engage in daily activities. The risk of falls and their resulting injuries increases with age, making falls particularly problematic for persons over age 75. Falls and injuries can impair quality of life by limiting mobility, which contributes to social isolation and premature death. Medicare bears nearly 80% of fall-related medical expenses, which totaled approximately \$34 billion in 2013.

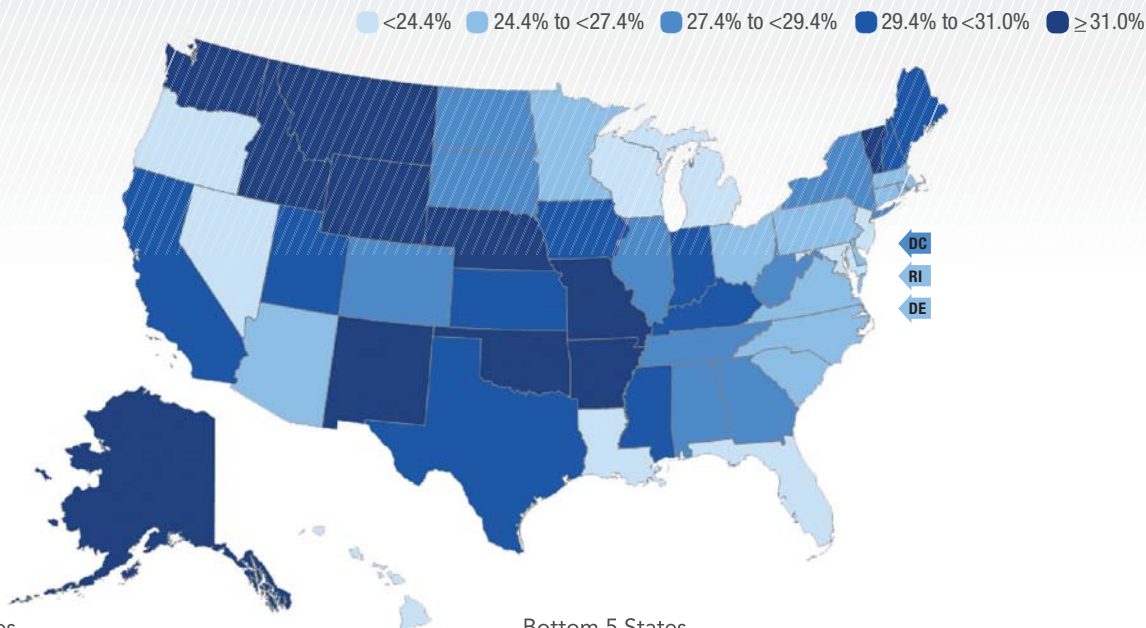


Data source: Behavioral Risk Factor Surveillance System, 2012

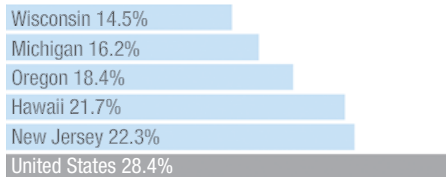
For details: [www.americashealthrankings.org/ALL/falls\\_sr](http://www.americashealthrankings.org/ALL/falls_sr)

## Falls

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



### Top 5 States



### Bottom 5 States



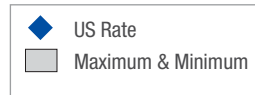


# Ranking

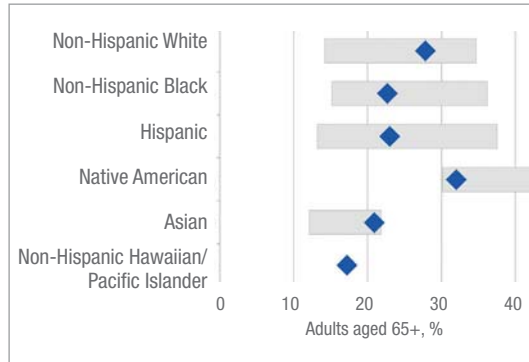
by Falls

Rank	State	Value
1	Wisconsin	14.5
2	Michigan	16.2
3	Oregon	18.4
4	Hawaii	21.7
5	New Jersey	22.3
6	Maryland	23.4
7	Florida	23.7
7	Nevada	23.7
9	Louisiana	24.1
10	Connecticut	24.4
10	Rhode Island	24.4
12	Delaware	24.9
13	Massachusetts	25.5
14	Minnesota	25.6
14	Pennsylvania	25.6
16	Virginia	26.1
17	Ohio	26.7
18	Arizona	27.1
19	South Carolina	27.2
20	North Carolina	27.3
21	Colorado	27.4
21	West Virginia	27.4
23	South Dakota	27.9
23	Tennessee	27.9
25	North Dakota	28.4
26	Georgia	28.7
26	Illinois	28.7
28	New York	28.8
29	Alabama	29.1
30	Kansas	29.4
31	Maine	29.7
31	Mississippi	29.7
33	New Hampshire	29.9
34	California	30.2
34	Texas	30.2
36	Iowa	30.4
37	Kentucky	30.6
38	Indiana	30.8
39	Utah	30.9
40	Arkansas	31.0
41	Missouri	31.1
42	Nebraska	31.2
43	Idaho	32.0
43	New Mexico	32.0
43	Vermont	32.0
46	Wyoming	32.1
47	Oklahoma	32.6
48	Washington	32.7
49	Montana	33.6
50	Alaska	33.7
	United States	28.4
	District of Columbia	27.5

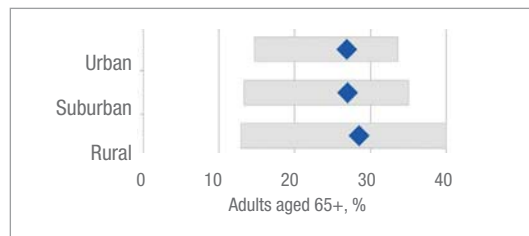
# Disparities in Falls



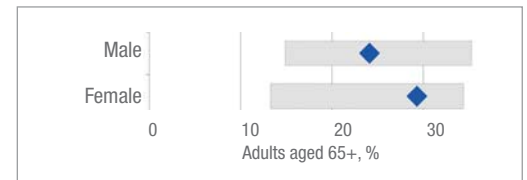
Prevalence by Race



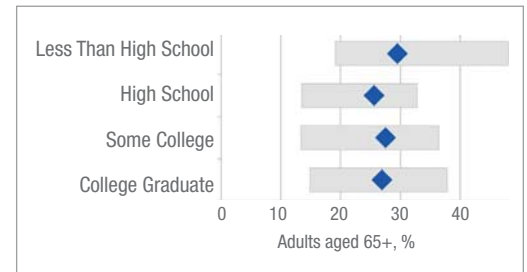
Prevalence by Urbanicity



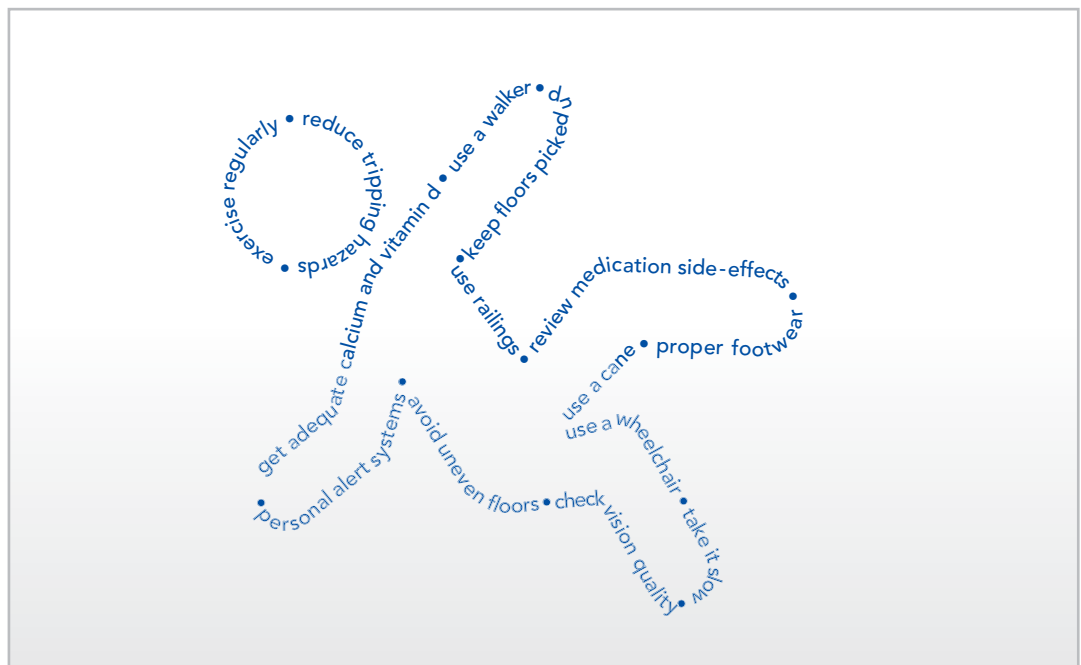
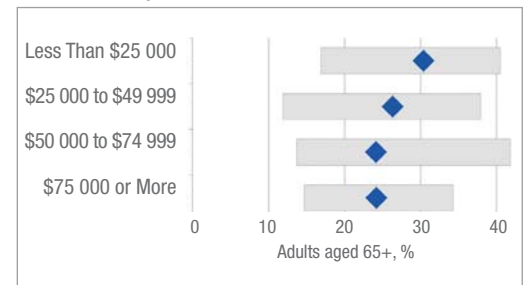
Prevalence by Gender



Prevalence by Education



Prevalence by Income

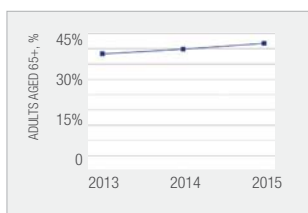


# Health Status



Poor self-reported health status is associated with higher rates of mortality from all causes, making this a valuable measure of comprehensive health. This measure also detects variations in population well-being that go largely unnoticed in standard measurements of disease burden and mortality. Self-reported health status is a subjective measure that is not limited to certain health conditions or outcomes. Due to the subjective perspective of respondents, this measure may be influenced by life experiences

and many other factors indirectly affecting well-being.

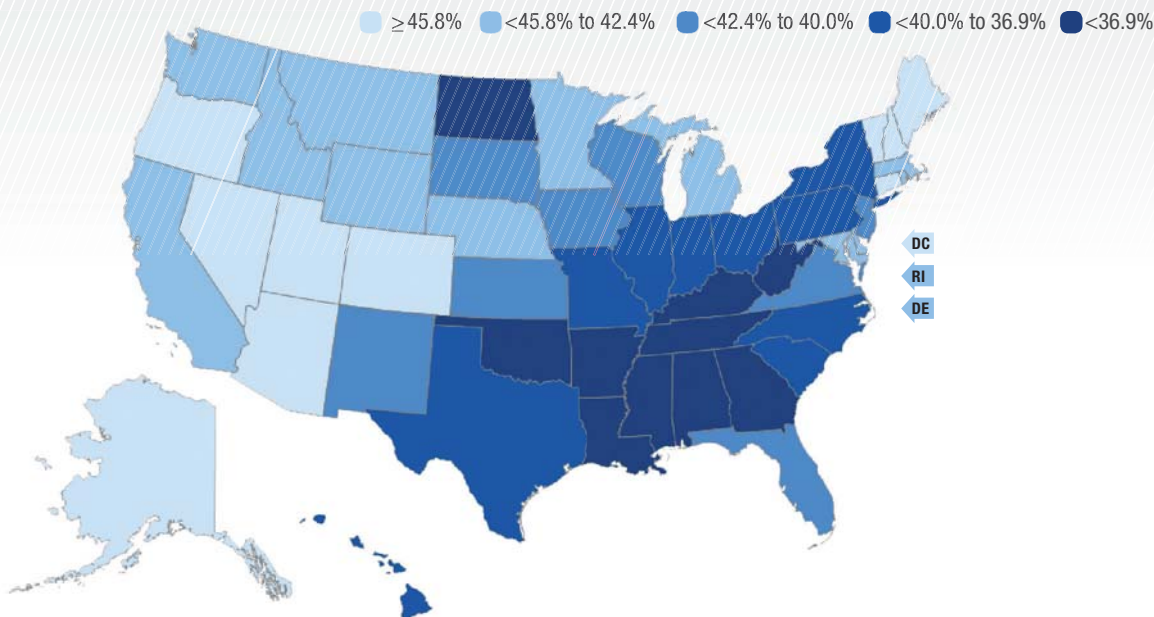


Data source: Behavioral Risk Factor Surveillance System, 2013

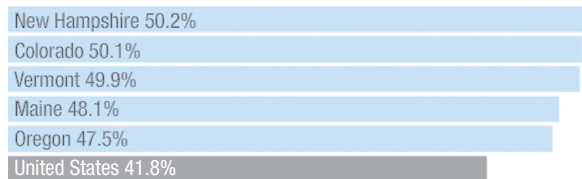
For details: [www.americashealthrankings.org/ALL/health\\_status\\_sr](http://www.americashealthrankings.org/ALL/health_status_sr)

## Health Status

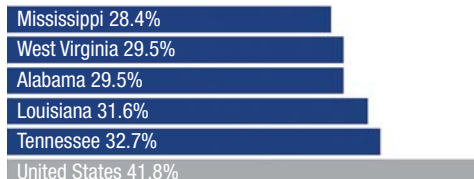
Percentage of adults aged 65 and older who report their health is very good or excellent



### Top 5 States



### Bottom 5 States

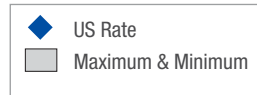


# Ranking

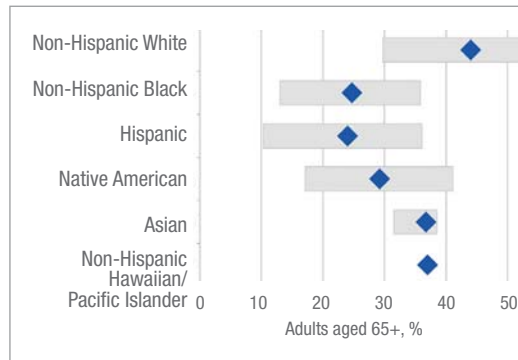
by Health Status

Rank	State	Value
1	New Hampshire	50.2
2	Colorado	50.1
3	Vermont	49.9
4	Maine	48.1
5	Oregon	47.5
6	Utah	47.1
7	Arizona	46.5
8	Connecticut	46.0
8	Nevada	46.0
10	Alaska	45.8
11	Massachusetts	45.6
11	Minnesota	45.6
13	California	45.3
14	Idaho	45.0
14	Washington	45.0
16	Nebraska	44.4
17	Delaware	43.9
18	Rhode Island	43.3
19	Wyoming	42.6
20	Maryland	42.4
20	Michigan	42.4
20	Montana	42.4
23	Virginia	42.2
24	Wisconsin	42.1
25	Kansas	41.8
26	Iowa	41.1
26	New Jersey	41.1
28	Florida	40.9
29	New Mexico	40.0
29	South Dakota	40.0
31	Indiana	39.8
32	North Carolina	39.3
33	Pennsylvania	39.1
34	Ohio	38.2
35	Missouri	38.1
36	Illinois	37.8
36	New York	37.8
38	Hawaii	37.0
38	Texas	37.0
40	South Carolina	36.9
41	North Dakota	36.0
42	Oklahoma	35.7
43	Georgia	35.6
44	Kentucky	33.7
45	Arkansas	32.9
46	Tennessee	32.7
47	Louisiana	31.6
48	Alabama	29.5
48	West Virginia	29.5
50	Mississippi	28.4
	United States	41.8
	District of Columbia	46.3

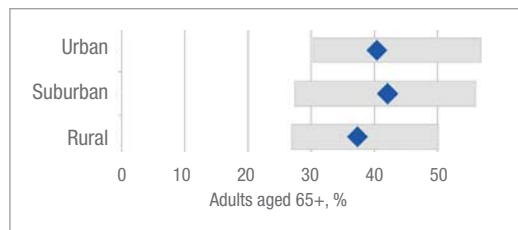
# Disparities in Health Status



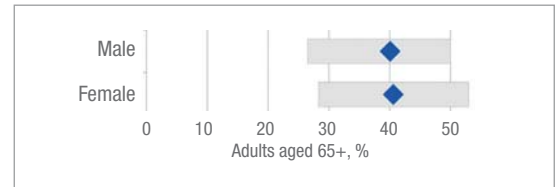
Prevalence by Race



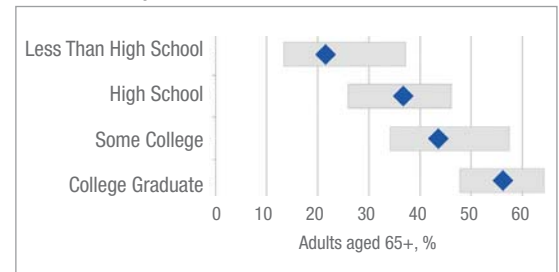
Prevalence by Urbanicity



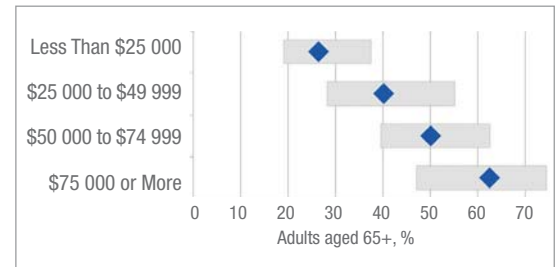
Prevalence by Gender



Prevalence by Education



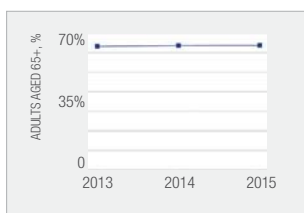
Prevalence by Income



# Able-bodied



More than 40% of seniors report some sort of disability that interferes with their daily lives. 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 or long-term care, and medical care costs are 3 times higher for disabled than nondisabled seniors. While some disabilities are unavoidable and interfere with a person's life, they may be mitigated through exercise and community-support programs.



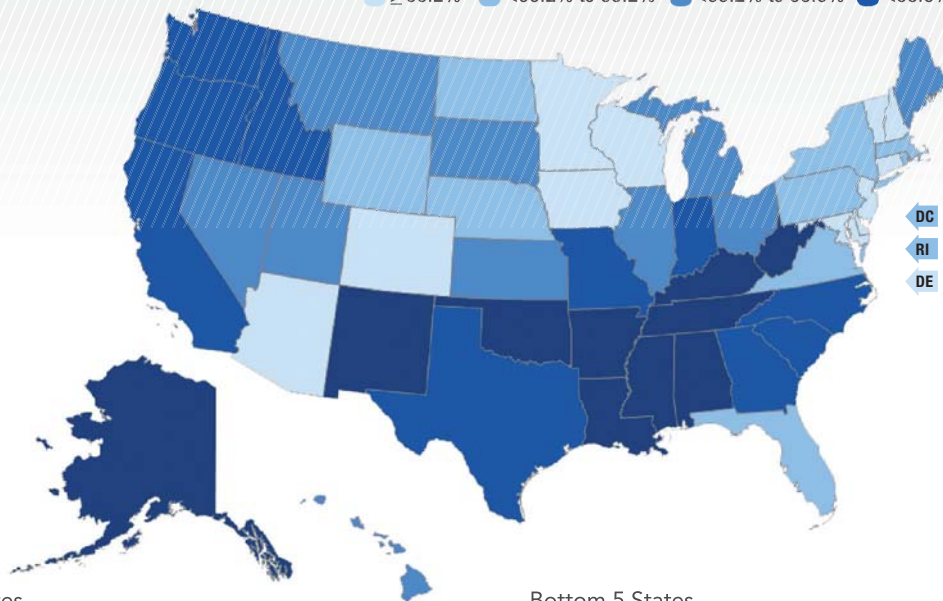
Data source: American Community Survey, 2011 to 2013

For details: [www.americashealthrankings.org/ALL/able\\_bodied\\_sr](http://www.americashealthrankings.org/ALL/able_bodied_sr)

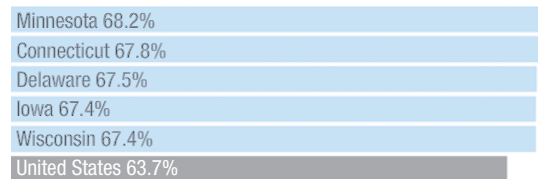
## Able-bodied

Percentage of adults aged 65 and older with no disability

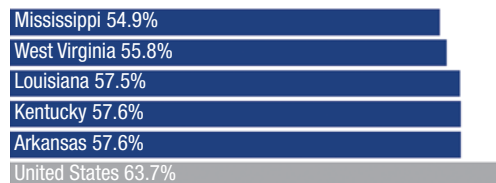
■ ≥66.2%  
 ■ <66.2% to 65.2%  
 ■ <65.2% to 63.6%  
 ■ <63.6% to 60.1%  
 ■ <60.1%



### Top 5 States



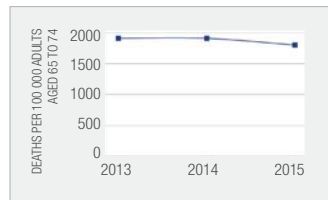
### Bottom 5 States



# Premature Death



This measure reflects how deaths in seniors younger than 75 burden the population. Cancer, heart disease, chronic lower respiratory diseases, cerebrovascular disease, and diabetes are the most common causes of death among US 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 lung cancer, and heart disease is tied to modifiable risk factors including obesity, diabetes, and physical inactivity. Intervention strategies that



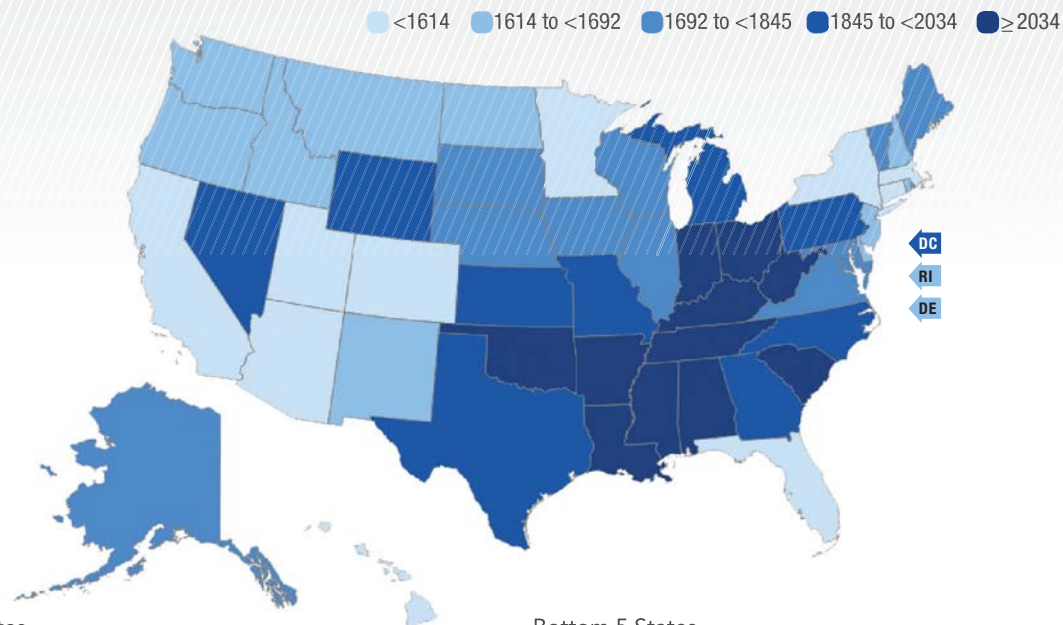
encourage healthy lifestyles and preventive care can be effective in decreasing premature death in older adults.

Data source: National Center for Health Statistics, 2013

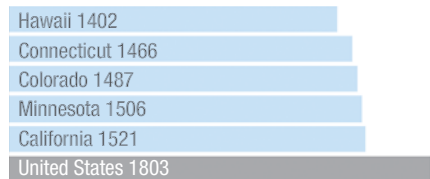
For details: [www.americashealthrankings.org/ALL/premature\\_death\\_sr](http://www.americashealthrankings.org/ALL/premature_death_sr)

## Premature Death

Deaths per 100 000 adults aged 65 to 74 years



### Top 5 States



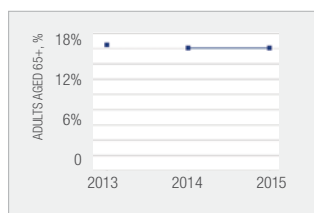
### Bottom 5 States



# Teeth Extractions



Dental caries and periodontal disease are the most common causes of teeth extraction. Preventable risk factors include poor diet and tobacco use. 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. Also, tooth loss may negatively impact social interactions and general quality of life for older adults. The percentage of seniors without natural teeth is decreasing, likely due to improved access to oral health care, public water-fluoridation programs, and reduced smoking rates.

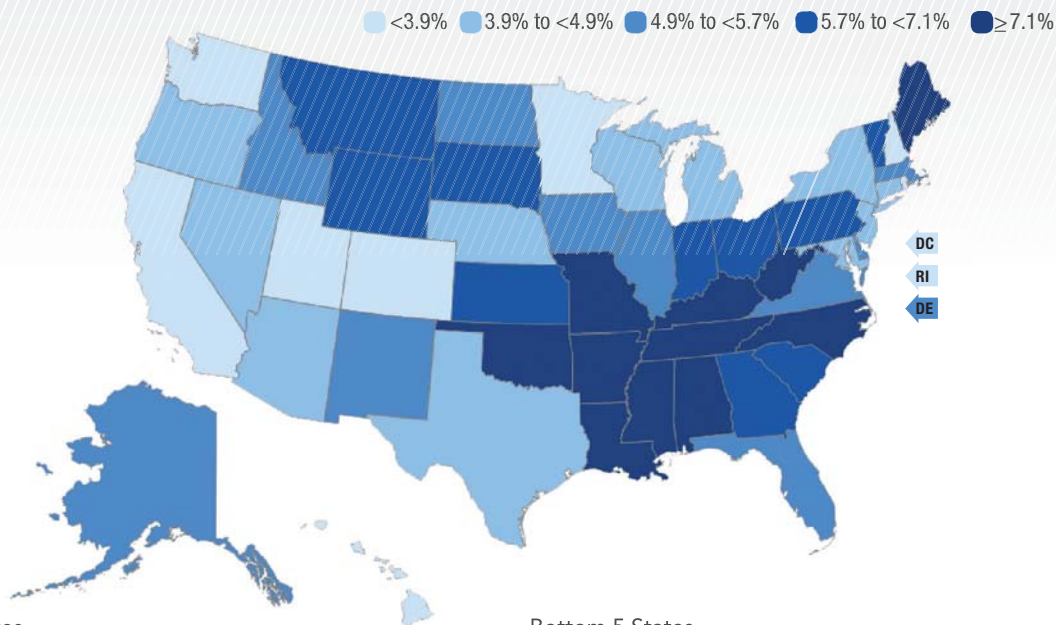


Data source: Behavioral Risk Factor Surveillance System, 2012

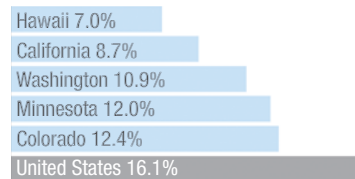
For details: [www.americashealthrankings.org/ALL/teeth\\_extractions\\_sr](http://www.americashealthrankings.org/ALL/teeth_extractions_sr)

## Teeth Extractions

Percentage of adults aged 65 and older who have had all teeth removed due to tooth decay or gum disease



### Top 5 States



### Bottom 5 States

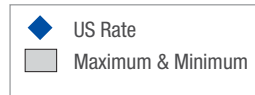


# Ranking

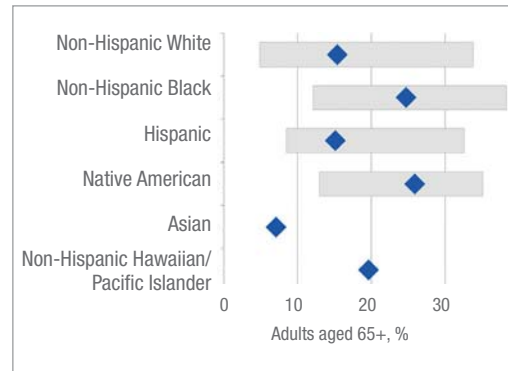
by Teeth Extractions

Rank	State	Value
1	Hawaii	7.0
2	California	8.7
3	Washington	10.9
4	Minnesota	12.0
5	Colorado	12.4
6	Rhode Island	12.5
7	Utah	12.9
8	New Hampshire	13.1
9	Arizona	13.3
9	Michigan	13.3
11	Nebraska	13.4
11	Texas	13.4
13	Wisconsin	13.5
14	Connecticut	13.6
15	New Jersey	13.9
16	Maryland	14.5
17	Oregon	15.0
18	Nevada	15.1
18	New York	15.1
20	Massachusetts	15.5
21	Alaska	15.6
22	Florida	15.8
23	Idaho	16.1
23	Illinois	16.1
23	Virginia	16.1
26	New Mexico	16.2
27	Delaware	16.9
28	North Dakota	17.1
29	Iowa	17.3
30	Vermont	17.5
31	Wyoming	17.7
32	Montana	18.1
33	Pennsylvania	18.2
34	Georgia	18.4
35	Kansas	18.8
36	South Dakota	19.4
37	South Carolina	19.5
38	Indiana	19.7
39	Ohio	20.3
40	North Carolina	21.0
40	Oklahoma	21.0
42	Maine	22.1
43	Alabama	23.6
44	Arkansas	23.7
45	Kentucky	24.7
46	Tennessee	24.8
47	Missouri	24.9
48	Mississippi	25.0
49	Louisiana	28.7
50	West Virginia	33.7
	United States	16.1
	District of Columbia	13.1

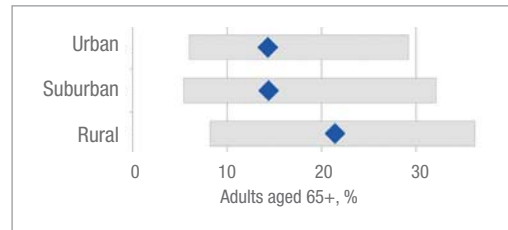
# Disparities in Teeth Extractions



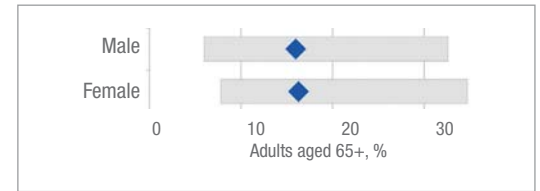
Prevalence by Race



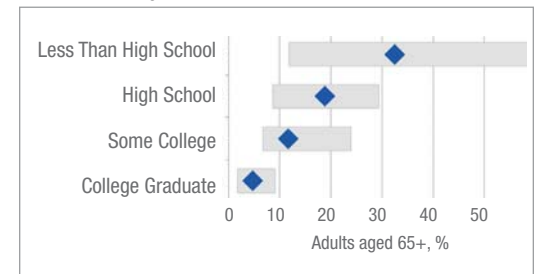
Prevalence by Urbanicity



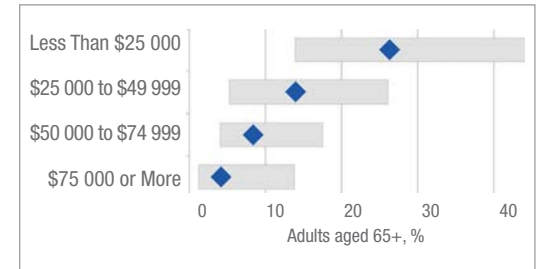
Prevalence by Gender



Prevalence by Education



Prevalence by Income

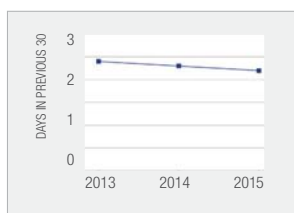


• advanced tooth decay • don't chew on hard objects • remove broken tooth • routine dental exams • gum disease • avoid grinding your teeth • periodontal disease  
 • treat infection • eat soft foods • eat not smoke • gum disease • avoid grinding your teeth • periodontal disease  
 • eat soft foods • avoid grinding your teeth • periodontal disease • routine dental exams • gum disease • avoid grinding your teeth • periodontal disease

# Poor Mental Health Days



Poor mental health days provide a general indication of health-related quality of life, mental distress, and the burden that serious mental illnesses place on older adults. Also, poor mental health days forecast future health, as this measure predicts 1-month and 12-month office visits and hospitalizations. Occasional short periods of mental distress may be unavoidable, and yet many seniors experience mental health issues such as anxiety, cognitive impairment, bipolar disorder, and depression. That said, prolonged and serious episodes are often treatable and may be prevented with early interventions and quality care.

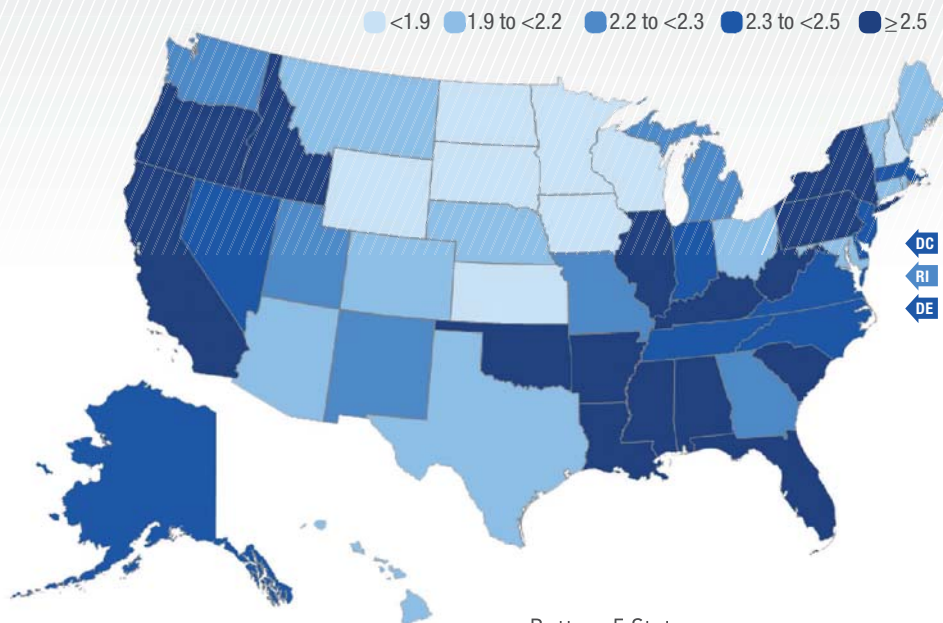


Data source: Behavioral Risk Factor Surveillance System, 2013

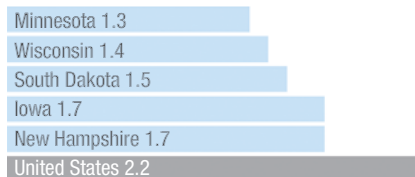
For details: [www.americashealthrankings.org/ALL/mental\\_health\\_days\\_sr](http://www.americashealthrankings.org/ALL/mental_health_days_sr)

## Poor Mental Health Days

Number of days in the previous 30 that adults aged 65 and older indicate their activities were limited due to mental health difficulties



### Top 5 States



### Bottom 5 States



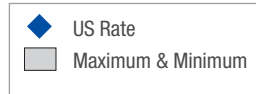


# Ranking

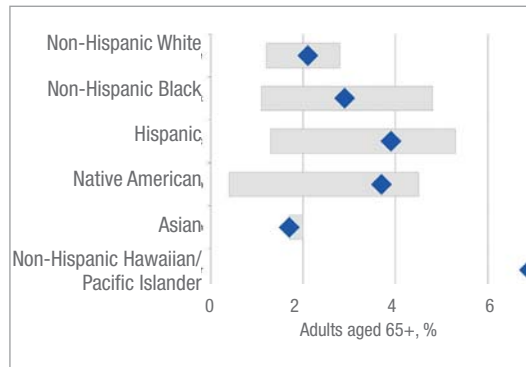
by Poor Mental Health Days

Rank	State	Value
1	Minnesota	1.3
2	Wisconsin	1.4
3	South Dakota	1.5
4	Iowa	1.7
4	New Hampshire	1.7
6	Kansas	1.8
6	North Dakota	1.8
6	Wyoming	1.8
9	Colorado	1.9
9	Nebraska	1.9
9	Texas	1.9
9	Vermont	1.9
13	Hawaii	2.0
13	Maine	2.0
13	Montana	2.0
16	Arizona	2.1
16	Connecticut	2.1
16	Maryland	2.1
16	Ohio	2.1
16	Rhode Island	2.1
21	Georgia	2.2
21	Michigan	2.2
21	Missouri	2.2
21	New Mexico	2.2
21	Utah	2.2
21	Washington	2.2
27	Indiana	2.3
27	Massachusetts	2.3
27	Nevada	2.3
27	North Carolina	2.3
27	Tennessee	2.3
27	Virginia	2.3
33	Alaska	2.4
33	Delaware	2.4
33	New Jersey	2.4
36	Idaho	2.5
36	Louisiana	2.5
36	Mississippi	2.5
36	New York	2.5
36	Pennsylvania	2.5
41	Florida	2.6
41	Illinois	2.6
41	Oregon	2.6
41	South Carolina	2.6
41	West Virginia	2.6
46	Arkansas	2.7
46	Oklahoma	2.7
48	Alabama	2.9
48	California	2.9
48	Kentucky	2.9
	United States	2.2
	District of Columbia	2.4

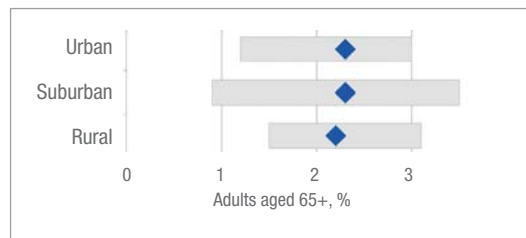
# Disparities in Poor Mental Health Days



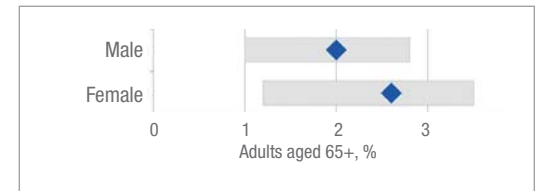
Prevalence by Race



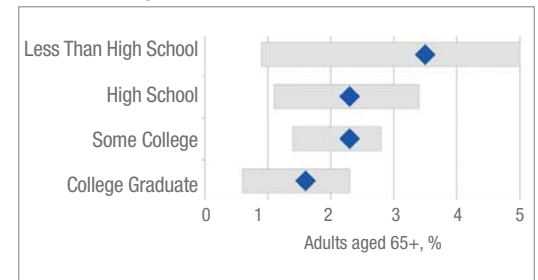
Prevalence by Urbanicity



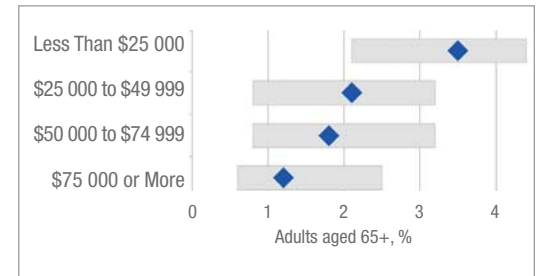
Prevalence by Gender



Prevalence by Education



Prevalence by Income



# Supplemental Measures

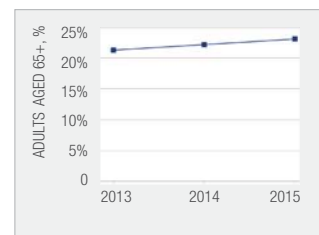
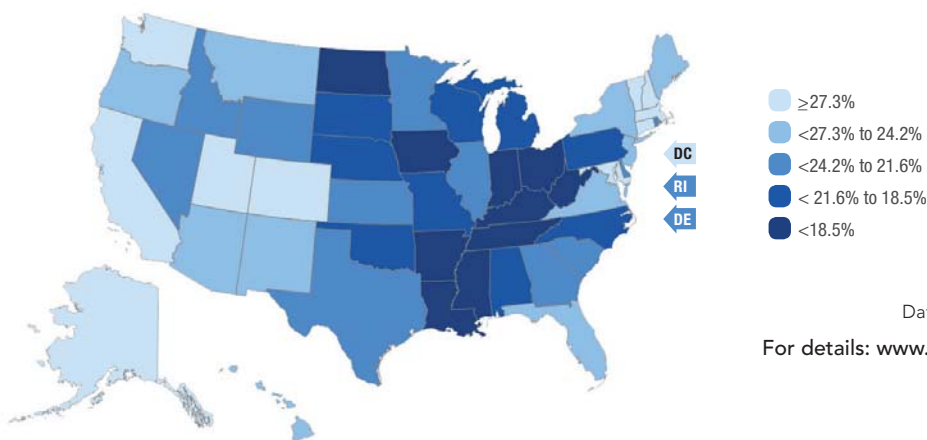
# Education

Behaviors

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

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. Investments in education in early life can have significant long-term impacts on health.

Percentage of adults aged 65 and older with a college degree



Data source: American Community Survey, 2011 to 2013

For details: [www.americashealthrankings.org/ALL/education\\_sr](http://www.americashealthrankings.org/ALL/education_sr)

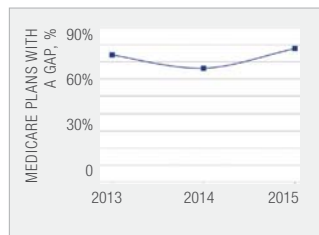
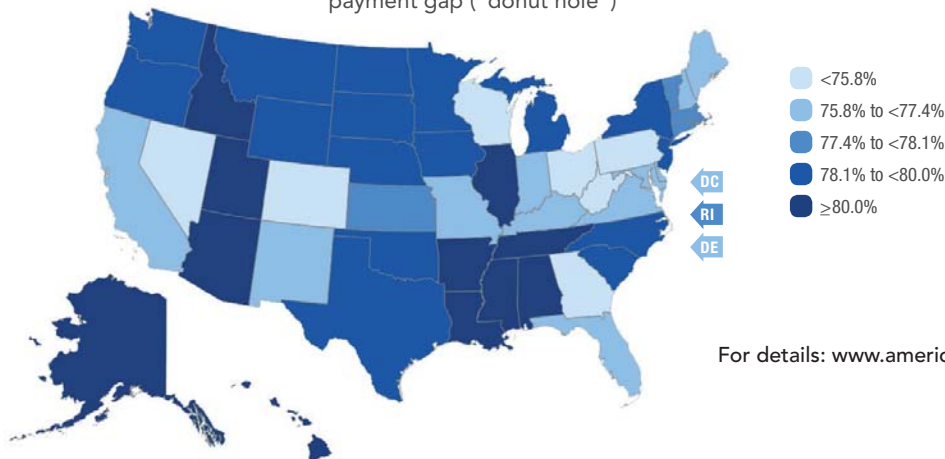
# Prescription Drug Plan With Gap

Policy

With Medicare Part D, typical prescription drug coverage includes a “coverage gap” or “donut hole” where the insured pays a share of total costs. The coverage gap begins once an out-of-pocket threshold—\$2960 in 2015—is spent; it ends when a maximum spending limit is reached. In the coverage gap, beneficiaries pay a higher portion of drug costs than

the copayment or coinsurance paid below the coverage gap. Typically, coinsurance requires paying 25% of costs, versus 45% in the coverage gap. The Affordable Care Act instituted policies that will shrink the coverage gap until it disappears in 2020.

Percentage of Medicare prescription drug plans with a payment gap (“donut hole”)



Data source: Kaiser State Health Facts, 2014

For details: [www.americashealthrankings.org/ALL/drug\\_plan\\_with\\_gap](http://www.americashealthrankings.org/ALL/drug_plan_with_gap)

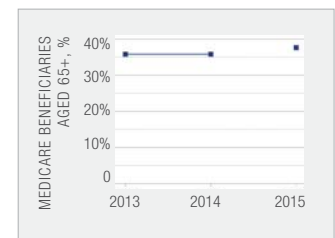
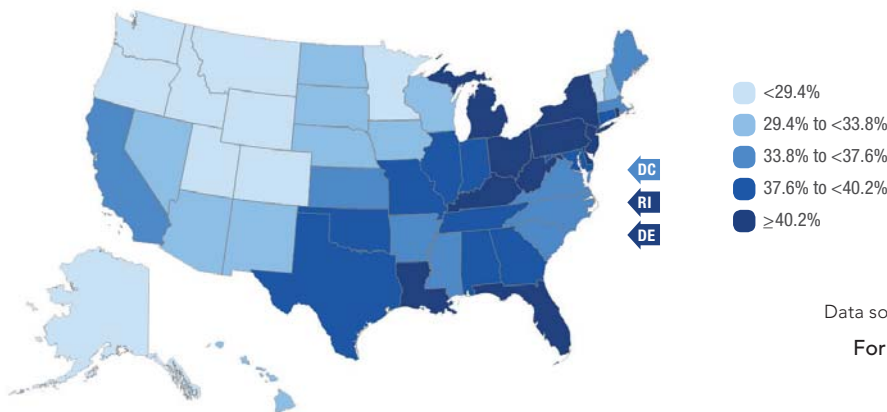
# Multiple Chronic Conditions

Outcomes

Chronic conditions negatively impact daily functioning and contribute to an increased mortality risk. More than 2 in 3 adults aged 65 and older have 2 or more chronic conditions. Roughly two-thirds of all Medicare spending is for persons with more than 5 chronic conditions. Adults aged 65 and older with 3 or more multiple chronic conditions, when compared

with those with none, spend \$35 000 more on medical care over a lifetime—and their lives are 5.3 years shorter. Many common chronic conditions are largely preventable. Tobacco use, diet, exercise, and alcohol consumption are modifiable behaviors that are major factors contributing significantly to multiple chronic conditions.

Percentage of Medicare beneficiaries aged 65 and older with 4 or more chronic conditions (2015 definition)



Data source: Centers for Medicare & Medicaid Services, 2012

For details: [www.americashealthrankings.org/ALL/multiple\\_chronic\\_conditions\\_sr](http://www.americashealthrankings.org/ALL/multiple_chronic_conditions_sr)

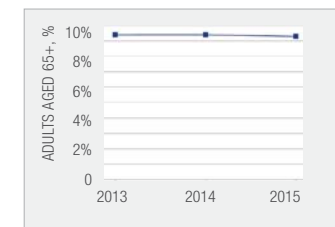
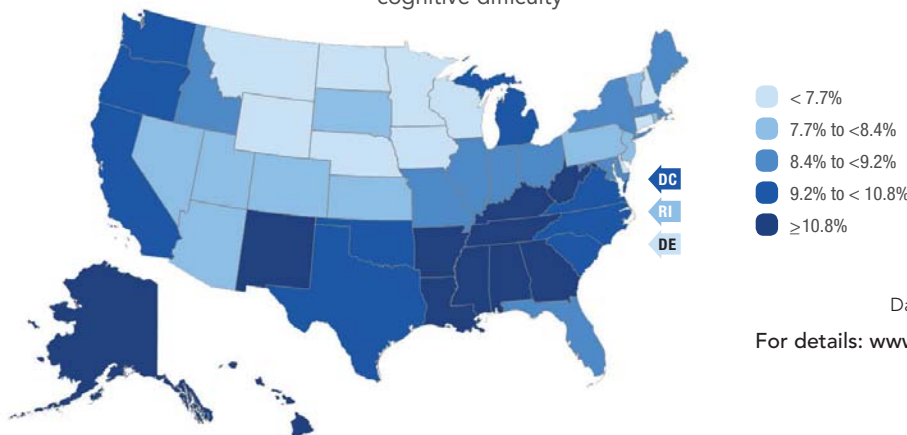
# Cognition

Outcomes

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, 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 3 times as many hospitalizations compared with those without. Evidence suggests that keeping intellectually engaged and physically active promote successful cognitive aging.

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



Data source: American Community Survey, 2011 to 2013

For details: [www.americashealthrankings.org/ALL/cognition\\_sr](http://www.americashealthrankings.org/ALL/cognition_sr)

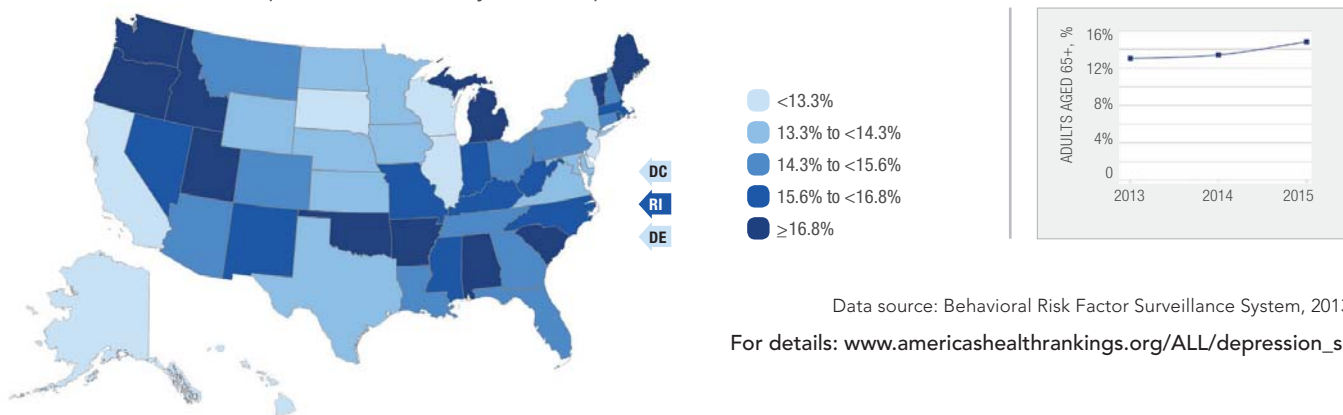
# Depression

Outcomes

Depression affects an individual's quality of life and can impair physical, mental, and social functioning. Risk factors include lack of social support, pain, and loss of a loved one. Up to 43% of older adults report depression, with the highest rate among those living in long-term care facilities. There may be substantially more people with depression than there are

those who are diagnosed. Seniors with depression are less likely to seek care for this condition and often experience poor health outcomes. 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, 2013  
 For details: [www.americashealthrankings.org/ALL/depression\\_sr](http://www.americashealthrankings.org/ALL/depression_sr)

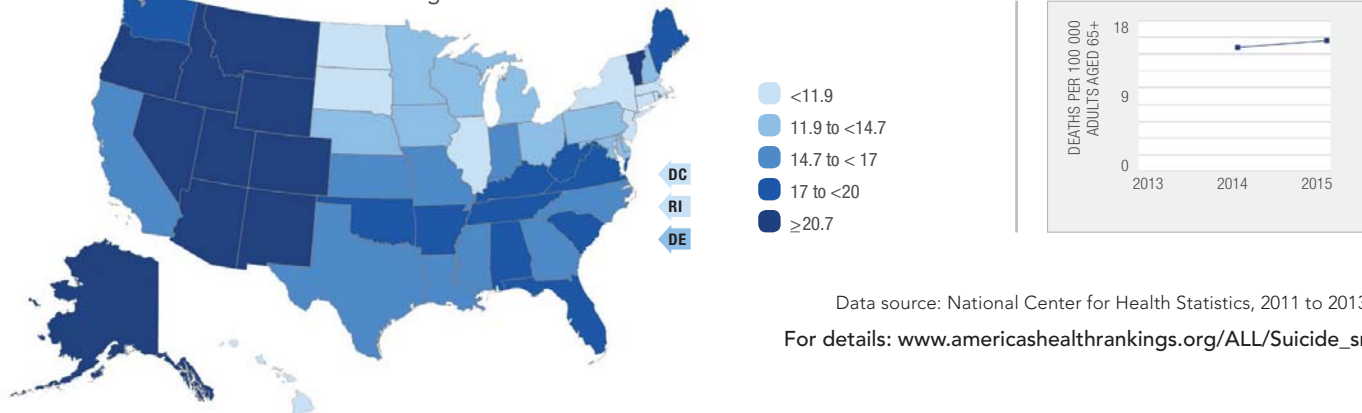
# Suicide

Outcomes

Suicide is the 10th-leading cause of death in the United States. Older adults are disproportionately at risk, and risk increases with age. In 2013, the general-population suicide rate was 12.8 deaths per 100 000. That same year, the rate was 15.0 deaths per 100 000 adults aged 65 to 74; 17.1 deaths

per 100 000 adults aged 75 to 84; and 18.5 deaths per 100 000 aged 85 and older. For each successful suicide there are roughly 10 attempts, many leading to hospitalizations. Suicide not only affects the individual but can also have serious effects on family and friends.

Number of deaths due to intentional self-harm per 100 000 adults aged 65 and older

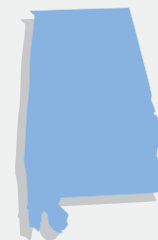


Data source: National Center for Health Statistics, 2011 to 2013  
 For details: [www.americashealthrankings.org/ALL/Suicide\\_sr](http://www.americashealthrankings.org/ALL/Suicide_sr)

# State Summaries

# Alabama

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.9	26	4.2
Chronic Drinking (% of adults aged 65+)	1.9	3	1.5
Obesity (% of adults aged 65+)	28.4	35	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	30	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.9	36	22.8
Dental Visit (% of adults aged 65+)	56.7	44	77.2
Pain Management (% of adults aged 65+ with joint pain)	50.3	5	53.2
<b>Behaviors Total</b>	0.016	23	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.6	43	5.1
Volunteerism (% of adults aged 65+)	23.8	34	42.6
Nursing Home Quality (% of 4- & 5-star beds)	46.6	18	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.017	33	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	17.3	35	108.1
Food Insecurity (% of adults aged 60+)	17.5	43	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$513	35	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.041	41	
<b>Community &amp; Environment Total</b>	-0.058	35	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	14.5	35	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	69.8	27	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.4	5	89.6
Geriatrician Shortfall (% of needed geriatricians)	81.1	45	25.8
<b>Policy Total</b>	-0.038	32	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.3	16	97.5
Flu Vaccine (% of adults aged 65+)	62.9	24	73.9
Health Screenings (% of adults aged 65 to 74)	86.3	24	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.8	43	98.4
Diabetes Management (% of Medicare beneficiaries)	80.7	23	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	51.7	46	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	71.5	43	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.0	23	12.9
Hospice Care (% of decedents aged 65+)	53.3	16	65.4
Hospital Deaths (% of decedents aged 65+)	25.7	45	15.1
<b>Clinical Care Total</b>	-0.026	37	
<b>All Determinants</b>	-0.106	36	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.2	33	4.2
Falls (% of adults aged 65+)	29.1	29	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.9	48	3.0
Health Status (very good or excellent as % of adults aged 65+)	29.5	48	50.2
Able-bodied (% of adults aged 65+)	57.7	45	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2328	47	1402
Teeth Extractions (% of adults aged 65+)	23.6	43	7.0
Poor Mental Health Days (days in previous 30)	2.9	48	1.3
<b>All Outcomes</b>	-0.343	49	
<b>Overall</b>	-0.449	42	



## Overall Rank: 42

Change: ▲ 2  
 Determinants Rank: 36  
 Outcomes Rank: 49

### Strengths:

- Low prevalence of chronic drinking
- Low prevalence of activity-limiting arthritis pain
- High prescription drug coverage

### Challenges:

- Low percentage of dental visit
- Low health status
- High premature death rate

### Highlights:

- In the past year, chronic drinking decreased 27% from 2.6% to 1.9% of adults aged 65 and older.
- In the past year, physical inactivity increased 22% from 28.6% to 34.9% of adults aged 65 and older.
- In the past year, volunteerism increased 13% from 21.1% to 23.8% of adults aged 65 and older.
- In the past year, food insecurity decreased 14% from 20.3% to 17.5% of adults aged 60 and older.
- In the past year, recommended hospital care decreased 3% from 98.6% to 95.8% of hospitalized patients aged 65 and older.

### Ranking:

Alabama ranks 42nd in *America's Health Rankings® Senior Report*; it was 44th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 43rd.

### State DOH Website:

[www.adph.org](http://www.adph.org)

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.5	40	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	39.8	39	22.4
Cognition (% of adults aged 65+)	11.6	46	6.5
Depression (% of adults aged 65+)	18.9	49	8.7
Suicide (deaths per 100 000 adults aged 65+)	18.0	33	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	40.5	52.7

# Alaska

## Overall Rank: 31

Change: ▲ 5  
 Determinants Rank: 33  
 Outcomes Rank: 30

### Strengths:

- Low percentage of seniors living in poverty
- High community-support expenditures
- Low ICU use

### Challenges:

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

### Highlights:

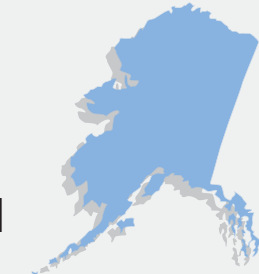
- In the past year, obesity increased 13% from 26.8% to 30.4% of adults aged 65 and older.
- In the past year, pain management increased 8% from 42.5% to 45.9% of adults aged 65 and older with joint pain.
- In the past 2 years, food insecurity decreased 28% from 16.0% to 11.5% of adults aged 60 and older.
- In the past year, hospital readmissions increased 8% from 13.6% to 14.7% of hospitalized patients aged 65 and older.
- In the past year, hip fractures decreased 23% from 7.3 to 5.6 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Alaska ranks 31st in *America's Health Rankings® Senior Report*; it was 36th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 26th.

### State Health Department Website:

<http://health.hss.state.ak.us>



	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	11.7	47	4.2
Chronic Drinking (% of adults aged 65+)	6.7	49	1.5
Obesity (% of adults aged 65+)	30.4	47	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.1	6	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.8	18	22.8
Dental Visit (% of adults aged 65+)	62.4	35	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
<b>Behaviors Total</b>	0.000	47	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	5.1	1	5.1
Volunteerism (% of adults aged 65+)	29.5	14	42.6
Nursing Home Quality (% of 4- & 5-star beds)	34.6	39	57.9
<b>Community &amp; Environment—Macro Total</b>	0.051	18	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	100.2	2	108.1
Food Insecurity (% of adults aged 60+)	11.5	5	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$6798	1	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.165	2	
<b>Community &amp; Environment Total</b>	0.216	3	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.2	27	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	100.8	9	136.8
Prescription Drug Coverage (% of adults aged 65+)	81.4	48	89.6
Geriatrician Shortfall (% of needed geriatricians)	62.5	16	25.8
<b>Policy Total</b>	-0.027	28	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	88.9	50	97.5
Flu Vaccine (% of adults aged 65+)	52.6	49	73.9
Health Screenings (% of adults aged 65 to 74)	86.2	25	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	30	98.4
Diabetes Management (% of Medicare beneficiaries)	67.4	49	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	316.6	1	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	46.7	10	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	17	12.9
Hospice Care (% of decedents aged 65+)	24.0	50	65.4
Hospital Deaths (% of decedents aged 65+)	27.0	47	15.1
<b>Clinical Care Total</b>	-0.080	45	
<b>All Determinants</b>	-0.031	33	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.3	12	4.2
Falls (% of adults aged 65+)	33.7	50	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.6	12	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.8	10	50.2
Able-bodied (% of adults aged 65+)	59.8	42	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1795	28	1402
Teeth Extractions (% of adults aged 65+)	15.6	21	7.0
Poor Mental Health Days (days in previous 30)	2.4	33	1.3
<b>All Outcomes</b>	-0.001	30	
<b>Overall</b>	-0.032	31	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	27.3	10	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	22.7	2	22.4
Cognition (% of adults aged 65+)	10.8	40	6.5
Depression (% of adults aged 65+)	11.7	4	8.7
Suicide (deaths per 100 000 adults aged 65+)	21.4	43	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	69.6	52.7



# Arizona

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.9	13	4.2
Chronic Drinking (% of adults aged 65+)	4.6	37	1.5
Obesity (% of adults aged 65+)	23.2	5	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.9	11	22.8
Dental Visit (% of adults aged 65+)	65.6	25	77.2
Pain Management (% of adults aged 65+ with joint pain)	44.8	29	53.2
<b>Behaviors Total</b>	-2.131	8	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.6	26	5.1
Volunteerism (% of adults aged 65+)	19.1	45	42.6
Nursing Home Quality (% of 4- & 5-star beds)	47.1	15	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.004	28	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	14.1	44	108.1
Food Insecurity (% of adults aged 60+)	13.6	25	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$490	38	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.009	34	
<b>Community &amp; Environment Total</b>	-0.013	31	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.4	21	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	67.0	29	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.0	20	89.6
Geriatrician Shortfall (% of needed geriatricians)	75.5	36	25.8
<b>Policy Total</b>	-0.020	25	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	91.5	42	97.5
Flu Vaccine (% of adults aged 65+)	60.0	33	73.9
Health Screenings (% of adults aged 65 to 74)	85.1	32	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	30	98.4
Diabetes Management (% of Medicare beneficiaries)	76.1	36	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	103.0	20	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	45.2	8	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	21	12.9
Hospice Care (% of decedents aged 65+)	65.4	1	65.4
Hospital Deaths (% of decedents aged 65+)	15.9	2	15.1
<b>Clinical Care Total</b>	0.035	16	
<b>All Determinants</b>	0.067	24	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	15.7	41	4.2
Falls (% of adults aged 65+)	27.1	18	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.4	30	3.0
Health Status (very good or excellent as % of adults aged 65+)	46.5	7	50.2
Able-bodied (% of adults aged 65+)	66.2	11	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1597	9	1402
Teeth Extractions (% of adults aged 65+)	13.3	9	7.0
Poor Mental Health Days (days in previous 30)	2.1	16	1.3
<b>All Outcomes</b>	0.095	19	
<b>Overall</b>	0.162	22	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	26.3	14	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.7	15	22.4
Cognition (% of adults aged 65+)	8.1	13	6.5
Depression (% of adults aged 65+)	14.7	22	8.7
Suicide (deaths per 100 000 adults aged 65+)	21.2	41	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	100.7	52.7

## Overall Rank: 22

Change: ▲ 1  
 Determinants Rank: 24  
 Outcomes Rank: 19

### Strengths:

- Low prevalence of obesity
- High hospice care use
- High health status

### Challenges:

- High prevalence of chronic drinking
- Low volunteerism
- Low percentage of seniors with dedicated provider

### Highlights:

- In the past year, smoking decreased 17% from 9.5% to 7.9% of adults aged 65 and older.
- In the past year, underweight seniors decreased 24% from 2.1% to 1.6% of adults aged 65 and older.
- In the past year, pain management decreased 18% from 54.8% to 44.8% of adults aged 65 and older with joint pain.
- In the past year, food insecurity increased 11% from 12.3% to 13.6% of adults aged 60 and older.
- In the past year, flu vaccine coverage increased 15% from 52.3% to 60.0% of adults aged 65 and older.

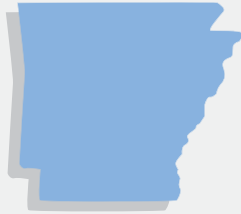
### Ranking:

Arizona ranks 22nd in *America's Health Rankings® Senior Report*; it was 23rd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 29th.

State Health Department Website:  
[www.azdhs.gov](http://www.azdhs.gov)

# Arkansas

## Overall Rank: 47



Change: ▼ 1  
 Determinants Rank: 46  
 Outcomes Rank: 46

### Strengths:

- Low prevalence of chronic drinking
- Ready availability of home-delivered meals
- Low ICU use

### Challenges:

- Low percentage of dental visit
- High prevalence of food insecurity
- Low percentage of able-bodied seniors

### Highlights:

- In the past year, physical inactivity increased 19% from 33.2% to 39.6% of adults aged 65 and older.
- In the past year, seniors with a dedicated health care provider increased 2% from 92.4% to 94.3% of adults aged 65 and older.
- In the past year, recommended hospital care decreased 2% from 98.2% to 96.3% of hospitalized patients aged 65 and older.
- In the past year, hospice care increased 11% from 45.8% to 50.6% of decedents aged 65 and older.
- In the past year, ICU use decreased 18% from 11.9% to 9.8% of decedents aged 65 and older.

### Ranking:

Arkansas ranks 47th in *America's Health Rankings® Senior Report*; it was 46th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 49th.

State Health Department Website:  
[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	11.1	44	4.2
Chronic Drinking (% of adults aged 65+)	3.0	15	1.5
Obesity (% of adults aged 65+)	26.4	21	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	39.6	46	22.8
Dental Visit (% of adults aged 65+)	53.8	46	77.2
Pain Management (% of adults aged 65+ with joint pain)	50.9	4	53.2
<b>Behaviors Total</b>	0.278	41	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.5	41	5.1
Volunteerism (% of adults aged 65+)	19.3	43	42.6
Nursing Home Quality (% of 4- & 5-star beds)	44.7	24	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.047	40	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	33.0	15	108.1
Food Insecurity (% of adults aged 60+)	25.4	50	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$772	23	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.051	44	
<b>Community &amp; Environment Total</b>	-0.098	43	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	17.3	43	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	49.0	45	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.5	25	89.6
Geriatrician Shortfall (% of needed geriatricians)	73.1	31	25.8
<b>Policy Total</b>	-0.099	43	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.3	26	97.5
Flu Vaccine (% of adults aged 65+)	58.0	37	73.9
Health Screenings (% of adults aged 65 to 74)	78.8	50	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	30	98.4
Diabetes Management (% of Medicare beneficiaries)	76.1	36	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	113.7	15	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	71.6	44	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.6	48	12.9
Hospice Care (% of decedents aged 65+)	50.6	22	65.4
Hospital Deaths (% of decedents aged 65+)	23.1	32	15.1
<b>Clinical Care Total</b>	-0.087	47	
<b>All Determinants</b>	-0.375	46	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	9.8	20	4.2
Falls (% of adults aged 65+)	31.0	40	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.7	46	3.0
Health Status (very good or excellent as % of adults aged 65+)	32.9	45	50.2
Able-bodied (% of adults aged 65+)	57.6	46	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2290	45	1402
Teeth Extractions (% of adults aged 65+)	23.7	44	7.0
Poor Mental Health Days (days in previous 30)	2.7	46	1.3
<b>All Outcomes</b>	-0.287	46	
<b>Overall</b>	-0.662	47	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	16.4	47	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	35.7	24	22.4
Cognition (% of adults aged 65+)	11.1	42	6.5
Depression (% of adults aged 65+)	17.0	43	8.7
Suicide (deaths per 100 000 adults aged 65+)	17.0	29	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	40.3	52.7

# California

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.2	8	4.2
Chronic Drinking (% of adults aged 65+)	5.3	46	1.5
Obesity (% of adults aged 65+)	22.0	4	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	43	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.4	8	22.8
Dental Visit (% of adults aged 65+)	73.2	6	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.3	27	53.2
<b>Behaviors Total</b>	3.689	6	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.3	39	5.1
Volunteerism (% of adults aged 65+)	22.0	36	42.6
Nursing Home Quality (% of 4- & 5-star beds)	46.7	17	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.021	34	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	11.8	46	108.1
Food Insecurity (% of adults aged 60+)	16.3	39	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$459	40	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.039	40	
<b>Community &amp; Environment Total</b>	-0.060	36	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	11.4	24	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	22.6	50	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.4	5	89.6
Geriatrician Shortfall (% of needed geriatricians)	66.3	24	25.8
<b>Policy Total</b>	-0.043	33	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.3	36	97.5
Flu Vaccine (% of adults aged 65+)	62.5	28	73.9
Health Screenings (% of adults aged 65 to 74)	89.2	10	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	30	98.4
Diabetes Management (% of Medicare beneficiaries)	79.5	28	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	65.1	42	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	45.3	9	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.5	31	12.9
Hospice Care (% of decedents aged 65+)	44.6	41	65.4
Hospital Deaths (% of decedents aged 65+)	27.0	47	15.1
<b>Clinical Care Total</b>	-0.024	35	
<b>All Determinants</b>	-0.034	34	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	19.4	47	4.2
Falls (% of adults aged 65+)	30.2	34	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.4	4	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.3	13	50.2
Able-bodied (% of adults aged 65+)	63.3	31	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1521	5	1402
Teeth Extractions (% of adults aged 65+)	8.7	2	7.0
Poor Mental Health Days (days in previous 30)	2.9	48	1.3
<b>All Outcomes</b>	0.020	27	
<b>Overall</b>	-0.014	29	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	28.0	7	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	35.7	24	22.4
Cognition (% of adults aged 65+)	10.6	38	6.5
Depression (% of adults aged 65+)	12.9	7	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.7	27	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	58.5	52.7

## Overall Rank: 29



Change: ▼ 11  
 Determinants Rank: 34  
 Outcomes Rank: 27

### Strengths:

- Low prevalence of obesity
- Low prevalence of physical inactivity
- Low prevalence of full-mouth tooth extraction

### Challenges:

- High prevalence of chronic drinking
- Low SNAP enrollment
- Many poor mental health days

### Highlights:

- In the past year, chronic drinking increased 23% from 4.3% to 5.3% of adults aged 65 and older.
- In the past 2 years, physical inactivity increased 29% from 21.3% to 27.4% of adults aged 65 and older.
- In the past year, food insecurity decreased 5% from 17.2% to 16.3% of adults aged 60 and older.
- In the past year, seniors with a dedicated health care provider decreased 2% from 95.5% to 93.3% of adults aged 65 and older.
- In the past 2 years, flu vaccine coverage increased 9% from 57.2% to 62.5% of adults aged 65 and older.

### Ranking:

California ranks 29th in *America's Health Rankings® Senior Report*; it was 18th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 17th.

### State Health Department Website:

[www.cdph.ca.gov](http://www.cdph.ca.gov)

# Colorado

## Overall Rank: 8

Change: ▼ 2  
 Determinants Rank: 8  
 Outcomes Rank: 5

### Strengths:

- Low prevalence of obesity
- Low prevalence of physical inactivity
- High health status

### Challenges:

- High prevalence of chronic drinking
- High prevalence of underweight seniors
- Low percentage of diabetes management

### Highlights:

- In the past year, chronic drinking decreased 15% from 5.2% to 4.4% of adults aged 65 and older.
- In the past year, pain management decreased 20% from 52.7% to 42.2% of adults aged 65 and older with joint pain.
- In the past year, food insecurity increased 22% from 10.9% to 13.3% of adults aged 60 and older.
- In the past year, hospital readmissions decreased 6% from 14.8% to 13.9% of hospitalized patients aged 65 and older.
- In the past 2 years, very good or excellent health status increased 12% from 44.9% to 50.1% of adults aged 65 and older.

### Ranking:

Colorado ranks 8th in *America's Health Rankings® Senior Report*; it was 6th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 8th.

### State Health Department Website:

[www.cdph.state.co.us](http://www.cdph.state.co.us)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.1	27	4.2
Chronic Drinking (% of adults aged 65+)	4.4	33	1.5
Obesity (% of adults aged 65+)	18.6	2	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	43	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	23.9	2	22.8
Dental Visit (% of adults aged 65+)	70.2	14	77.2
Pain Management (% of adults aged 65+ with joint pain)	42.2	41	53.2
<b>Behaviors Total</b>	-4.362	7	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.7	13	5.1
Volunteerism (% of adults aged 65+)	28.4	16	42.6
Nursing Home Quality (% of 4- & 5-star beds)	48.8	10	57.9
<b>Community &amp; Environment—Macro Total</b>	0.069	14	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	17.8	33	108.1
Food Insecurity (% of adults aged 60+)	13.3	21	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$637	29	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.004	28	
<b>Community &amp; Environment Total</b>	0.073	16	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.7	29	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	72.3	26	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.1	18	89.6
Geriatrician Shortfall (% of needed geriatricians)	65.4	20	25.8
<b>Policy Total</b>	0.001	20	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.8	22	97.5
Flu Vaccine (% of adults aged 65+)	67.8	8	73.9
Health Screenings (% of adults aged 65 to 74)	83.8	38	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.9	13	98.4
Diabetes Management (% of Medicare beneficiaries)	75.6	38	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	122.9	12	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	38.2	5	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.9	6	12.9
Hospice Care (% of decedents aged 65+)	56.9	9	65.4
Hospital Deaths (% of decedents aged 65+)	17.1	3	15.1
<b>Clinical Care Total</b>	0.091	1	
<b>All Determinants</b>	0.244	8	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	9.7	18	4.2
Falls (% of adults aged 65+)	27.4	21	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.4	30	3.0
Health Status (very good or excellent as % of adults aged 65+)	50.1	2	50.2
Able-bodied (% of adults aged 65+)	66.5	10	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1487	3	1402
Teeth Extractions (% of adults aged 65+)	12.4	5	7.0
Poor Mental Health Days (days in previous 30)	1.9	9	1.3
<b>All Outcomes</b>	0.192	5	
<b>Overall</b>	0.436	8	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	32.5	1	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	26.6	5	22.4
Cognition (% of adults aged 65+)	7.7	11	6.5
Depression (% of adults aged 65+)	14.3	19	8.7
Suicide (deaths per 100 000 adults aged 65+)	21.5	45	7.1

	2015		No. 1 State
	Value	Rank	
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030	52.4		52.7

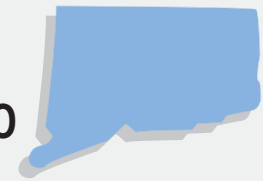
# Connecticut

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.4	10	4.2
Chronic Drinking (% of adults aged 65+)	4.8	39	1.5
Obesity (% of adults aged 65+)	26.3	20	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.6	27	22.8
Dental Visit (% of adults aged 65+)	74.5	4	77.2
Pain Management (% of adults aged 65+ with joint pain)	41.5	43	53.2
<b>Behaviors Total</b>	2.381	21	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.0	6	5.1
Volunteerism (% of adults aged 65+)	26.3	25	42.6
Nursing Home Quality (% of 4- & 5-star beds)	46.2	19	57.9
<b>Community &amp; Environment—Macro Total</b>	0.060	16	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	17.1	37	108.1
Food Insecurity (% of adults aged 60+)	14.0	27	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$915	19	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.004	28	
<b>Community &amp; Environment Total</b>	0.064	20	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	15.1	38	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	101.2	8	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.6	24	89.6
Geriatrician Shortfall (% of needed geriatricians)	45.7	5	25.8
<b>Policy Total</b>	0.074	9	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.8	3	97.5
Flu Vaccine (% of adults aged 65+)	63.6	21	73.9
Health Screenings (% of adults aged 65 to 74)	89.7	7	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.1	37	98.4
Diabetes Management (% of Medicare beneficiaries)	81.6	20	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	108.9	18	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	56.7	26	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.5	31	12.9
Hospice Care (% of decedents aged 65+)	45.3	38	65.4
Hospital Deaths (% of decedents aged 65+)	25.1	39	15.1
<b>Clinical Care Total</b>	0.021	21	
<b>All Determinants</b>	0.187	11	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.5	35	4.2
Falls (% of adults aged 65+)	24.4	10	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.4	4	3.0
Health Status (very good or excellent as % of adults aged 65+)	46.0	8	50.2
Able-bodied (% of adults aged 65+)	67.8	2	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1466	2	1402
Teeth Extractions (% of adults aged 65+)	13.6	14	7.0
Poor Mental Health Days (days in previous 30)	2.1	16	1.3
<b>All Outcomes</b>	0.182	6	
<b>Overall</b>	0.368	10	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	28.2	6	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.9	37	22.4
Cognition (% of adults aged 65+)	7.6	9	6.5
Depression (% of adults aged 65+)	14.8	24	8.7
Suicide (deaths per 100 000 adults aged 65+)	9.5	3	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	37.7	52.7

## Overall Rank: 10



Change: ▲ 2  
 Determinants Rank: 11  
 Outcomes Rank: 6

### Strengths:

- High percentage of dental visit
- Low percentage of seniors living in poverty
- Low geriatrician shortfall

### Challenges:

- High prevalence of chronic drinking
- High percentage of low-care nursing home residents
- High percentage of hospital deaths

### Highlights:

- In the past year, pain management decreased 20% from 52.0% to 41.5% of adults aged 65 and older with joint pain.
- In the past year, food insecurity increased 23% from 11.4% to 14.0% of adults aged 60 and older.
- In the past year, flu vaccine coverage increased 7% from 59.5% to 63.6% of adults aged 65 and older.
- In the past year, home health care increased 22% from 89.2 to 108.9 home health care workers per 1000 adults aged 75 and older.
- In the past year, ICU use increased 16% from 12.5% to 14.5% of decedents aged 65 and older.

### Ranking:

Connecticut ranks 10th in *America's Health Rankings® Senior Report*; it was 12th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 4th.

State Health Department Website:  
[www.dph.state.ct.us](http://www.dph.state.ct.us)

# Delaware

## Overall Rank: 18



Change: ▼ 9  
 Determinants Rank: 20  
 Outcomes Rank: 15

### Strengths:

- High percentage of quality nursing home beds
- High percentage of health screenings
- Low hip fracture rate

### Challenges:

- High prevalence of obesity
- High prevalence of physical inactivity
- High prevalence of activity-limiting arthritis pain

### Highlights:

- In the past year, pain management decreased 34% from 58.6% to 38.7% of adults aged 65 and older with joint pain.
- In the past year, volunteerism increased 19% from 22.7% to 26.9% of adults aged 65 and older.
- In the past year, seniors with a dedicated health care provider decreased 3% from 97.4% to 94.5% of adults aged 65 and older.
- In the past year, hospital readmissions decreased 8% from 15.8% to 14.6% of hospitalized patients aged 65 and older.
- In the past year, poor mental health days increased 20% from 2.0 to 2.4 days in previous 30.

### Ranking:

Delaware ranks 18th in *America's Health Rankings® Senior Report*; it was 9th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 35th.

### State Health Department Website:

[www.dhss.delaware.gov/dhss](http://www.dhss.delaware.gov/dhss)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.4	17	4.2
Chronic Drinking (% of adults aged 65+)	4.4	33	1.5
Obesity (% of adults aged 65+)	30.3	46	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	33	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	36.2	39	22.8
Dental Visit (% of adults aged 65+)	69.6	16	77.2
Pain Management (% of adults aged 65+ with joint pain)	38.7	49	53.2
<b>Behaviors Total</b>	-0.738	46	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	6.8	5	5.1
Volunteerism (% of adults aged 65+)	26.9	19	42.6
Nursing Home Quality (% of 4- & 5-star beds)	57.6	2	57.9
<b>Community &amp; Environment—Macro Total</b>	0.113	4	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	39.8	11	108.1
Food Insecurity (% of adults aged 60+)	12.9	13	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$967	16	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.049	13	
<b>Community &amp; Environment Total</b>	0.162	10	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	14.5	36	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	72.9	24	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.6	13	89.6
Geriatrician Shortfall (% of needed geriatricians)	71.9	29	25.8
<b>Policy Total</b>	-0.021	26	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.5	24	97.5
Flu Vaccine (% of adults aged 65+)	65.8	15	73.9
Health Screenings (% of adults aged 65 to 74)	91.2	4	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.9	42	98.4
Diabetes Management (% of Medicare beneficiaries)	84.0	5	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	63.3	44	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	53.9	19	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	15	12.9
Hospice Care (% of decedents aged 65+)	62.7	3	65.4
Hospital Deaths (% of decedents aged 65+)	18.7	6	15.1
<b>Clinical Care Total</b>	0.086	3	
<b>All Determinants</b>	0.095	20	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.6	36	4.2
Falls (% of adults aged 65+)	24.9	12	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.2	2	3.0
Health Status (very good or excellent as % of adults aged 65+)	43.9	17	50.2
Able-bodied (% of adults aged 65+)	67.5	3	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1639	14	1402
Teeth Extractions (% of adults aged 65+)	16.9	27	7.0
Poor Mental Health Days (days in previous 30)	2.4	33	1.3
<b>All Outcomes</b>	0.103	15	
<b>Overall</b>	0.198	18	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	23.9	21	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.8	41	22.4
Cognition (% of adults aged 65+)	7.6	9	6.5
Depression (% of adults aged 65+)	12.9	7	8.7
Suicide (deaths per 100 000 adults aged 65+)	12.3	12	7.1

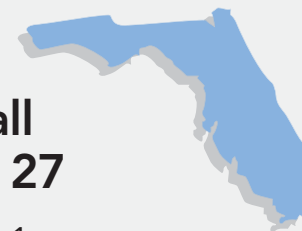
Senior Population Growth	State	US
Projected Increase 2015 to 2030	60	52.7

# Florida

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.7	22	4.2
Chronic Drinking (% of adults aged 65+)	4.9	42	1.5
Obesity (% of adults aged 65+)	24.8	10	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.0	20	22.8
Dental Visit (% of adults aged 65+)	65.7	24	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.9	14	53.2
<b>Behaviors Total</b>	-1.014	30	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.3	39	5.1
Volunteerism (% of adults aged 65+)	20.2	42	42.6
Nursing Home Quality (% of 4- & 5-star beds)	45.1	22	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.037	37	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	8.9	50	108.1
Food Insecurity (% of adults aged 60+)	14.4	28	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1702	7	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.010	24	
<b>Community &amp; Environment Total</b>	-0.027	32	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	8.5	13	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	92.2	12	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.4	15	89.6
Geriatrician Shortfall (% of needed geriatricians)	76.1	37	25.8
<b>Policy Total</b>	0.038	14	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.5	14	97.5
Flu Vaccine (% of adults aged 65+)	54.5	47	73.9
Health Screenings (% of adults aged 65 to 74)	86.7	20	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.2	5	98.4
Diabetes Management (% of Medicare beneficiaries)	86.0	1	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	25.4	50	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	59.3	30	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.7	36	12.9
Hospice Care (% of decedents aged 65+)	61.5	4	65.4
Hospital Deaths (% of decedents aged 65+)	19.3	9	15.1
<b>Clinical Care Total</b>	0.023	20	
<b>All Determinants</b>	0.029	28	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	21.7	49	4.2
Falls (% of adults aged 65+)	23.7	7	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.3	28	3.0
Health Status (very good or excellent as % of adults aged 65+)	40.9	28	50.2
Able-bodied (% of adults aged 65+)	66.0	12	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1586	8	1402
Teeth Extractions (% of adults aged 65+)	15.8	22	7.0
Poor Mental Health Days (days in previous 30)	2.6	41	1.3
<b>All Outcomes</b>	-0.005	32	
<b>Overall</b>	0.025	27	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	24.2	20	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	44.9	50	22.4
Cognition (% of adults aged 65+)	9.0	29	6.5
Depression (% of adults aged 65+)	14.7	22	8.7
Suicide (deaths per 100 000 adults aged 65+)	19.1	37	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	87.9	52.7



## Overall Rank: 27

Change: ▲ 1  
 Determinants Rank: 28  
 Outcomes Rank: 32

### Strengths:

- High community-support expenditures
- High SNAP enrollment
- Low prevalence of falls

### Challenges:

- Low volunteerism
- Low flu vaccination coverage
- High ICU use

### Highlights:

- In the past year, underweight seniors increased 36% from 1.4% to 1.9% of adults aged 65 and older.
- In the past year, physical inactivity increased 26% from 25.4% to 32.0% of adults aged 65 and older.
- In the past year, volunteerism increased 8% from 18.7% to 20.2% of adults aged 65 and older.
- In the past year, food insecurity decreased 11% from 16.1% to 14.4% of adults aged 60 and older.
- In the past year, poor mental health days decreased 13% from 3.0 to 2.6 days in previous 30.

### Ranking:

Florida ranks 27th in *America's Health Rankings® Senior Report*; it was 28th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 32nd.

**State Health Department Website:**  
[www.doh.state.fl.us](http://www.doh.state.fl.us)

# Georgia

GEORGIA



## Overall Rank: 39

Change: ▲ 1  
 Determinants Rank: 38  
 Outcomes Rank: 40

### Strengths:

- Low prevalence of chronic drinking
- High SNAP enrollment
- High percentage of health screenings

### Challenges:

- Low percentage of quality nursing home beds
- High hip fracture rate
- Low health status

### Highlights:

- In the past year, smoking decreased 12% from 9.9% to 8.7% of adults aged 65 and older.
- In the past year, chronic drinking decreased 24% from 3.8% to 2.9% of adults aged 65 and older.
- In the past year, obesity increased 4% from 25.4% to 26.5% of adults aged 65 and older.
- In the past year, pain management decreased 5% from 50.3% to 47.9% of adults aged 65 and older with joint pain.
- In the past year, flu vaccine coverage decreased 9% from 60.1% to 54.6% of adults aged 65 and older.

### Ranking:

Georgia ranks 39th in *America's Health Rankings® Senior Report*; it was 40th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 38th.

State Health Department Website:  
[www.health.state.ga.us](http://www.health.state.ga.us)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.7	22	4.2
Chronic Drinking (% of adults aged 65+)	2.9	12	1.5
Obesity (% of adults aged 65+)	26.5	23	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.4	33	22.8
Dental Visit (% of adults aged 65+)	63.3	33	77.2
Pain Management (% of adults aged 65+ with joint pain)	47.9	11	53.2
<b>Behaviors Total</b>	0.000	18	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	11.0	44	5.1
Volunteerism (% of adults aged 65+)	20.9	39	42.6
Nursing Home Quality (% of 4- & 5-star beds)	28.4	48	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.114	48	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	11.3	47	108.1
Food Insecurity (% of adults aged 60+)	17.0	41	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$495	37	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.045	43	
<b>Community &amp; Environment Total</b>	-0.159	46	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.4	22	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	87.7	14	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.8	32	89.6
Geriatrician Shortfall (% of needed geriatricians)	73.5	32	25.8
<b>Policy Total</b>	-0.001	21	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.4	35	97.5
Flu Vaccine (% of adults aged 65+)	54.6	46	73.9
Health Screenings (% of adults aged 65 to 74)	89.6	8	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.1	37	98.4
Diabetes Management (% of Medicare beneficiaries)	81.2	22	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	47.3	48	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	60.6	33	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.1	26	12.9
Hospice Care (% of decedents aged 65+)	59.6	5	65.4
Hospital Deaths (% of decedents aged 65+)	19.9	14	15.1
<b>Clinical Care Total</b>	0.005	27	
<b>All Determinants</b>	-0.115	38	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	13.1	27	4.2
Falls (% of adults aged 65+)	28.7	26	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.4	43	3.0
Health Status (very good or excellent as % of adults aged 65+)	35.6	43	50.2
Able-bodied (% of adults aged 65+)	61.8	39	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2006	38	1402
Teeth Extractions (% of adults aged 65+)	18.4	34	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	-0.122	40	
<b>Overall</b>	-0.236	39	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	21.6	30	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.8	31	22.4
Cognition (% of adults aged 65+)	11.0	41	6.5
Depression (% of adults aged 65+)	15.1	29	8.7
Suicide (deaths per 100 000 adults aged 65+)	15.8	21	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	60.6	52.7



# Hawaii

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	6.0	2	4.2
Chronic Drinking (% of adults aged 65+)	4.6	37	1.5
Obesity (% of adults aged 65+)	16.1	1	16.1
Underweight (% of adults aged 65+ in fair or better health)	4.0	50	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.4	8	22.8
Dental Visit (% of adults aged 65+)	77.2	1	77.2
Pain Management (% of adults aged 65+ with joint pain)	37.2	50	53.2
<b>Behaviors Total</b>	2.311	9	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.4	8	5.1
Volunteerism (% of adults aged 65+)	20.6	40	42.6
Nursing Home Quality (% of 4- & 5-star beds)	54.1	4	57.9
<b>Community &amp; Environment—Macro Total</b>	0.054	17	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	19.4	30	108.1
Food Insecurity (% of adults aged 60+)	14.4	28	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$967	15	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.005	27	
<b>Community &amp; Environment Total</b>	0.059	21	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	4.7	2	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	102.5	7	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.3	27	89.6
Geriatrician Shortfall (% of needed geriatricians)	25.8	1	25.8
<b>Policy Total</b>	0.168	2	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.5	7	97.5
Flu Vaccine (% of adults aged 65+)	69.9	5	73.9
Health Screenings (% of adults aged 65 to 74)	86.5	23	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.1	10	98.4
Diabetes Management (% of Medicare beneficiaries)	83.9	7	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	66.8	41	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	28.2	1	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.1	2	12.9
Hospice Care (% of decedents aged 65+)	41.9	43	65.4
Hospital Deaths (% of decedents aged 65+)	28.2	49	15.1
<b>Clinical Care Total</b>	0.067	7	
<b>All Determinants</b>	0.357	5	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	13.1	27	4.2
Falls (% of adults aged 65+)	21.7	4	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	3.0	1	3.0
Health Status (very good or excellent as % of adults aged 65+)	37.0	38	50.2
Able-bodied (% of adults aged 65+)	65.1	21	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1402	1	1402
Teeth Extractions (% of adults aged 65+)	7.0	1	7.0
Poor Mental Health Days (days in previous 30)	2.0	13	1.3
<b>All Outcomes</b>	0.229	3	
<b>Overall</b>	0.587	4	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	25.9	16	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.3	19	22.4
Cognition (% of adults aged 65+)	11.2	43	6.5
Depression (% of adults aged 65+)	8.7	1	8.7
Suicide (deaths per 100 000 adults aged 65+)	11.1	7	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	44.6	52.7



## Overall Rank: 4

Change: ▼ 2  
 Determinants Rank: 5  
 Outcomes Rank: 3

### Strengths:

- Low prevalence of obesity
- Low geriatrician shortfall
- Low hip fracture rate

### Challenges:

- High prevalence of underweight seniors
- High prevalence of activity-limiting arthritis pain
- High percentage of hospital deaths

### Highlights:

- In the past year, pain management decreased 37% from 59.4% to 37.2% of adults aged 65 and older with joint pain.
- In the past year, flu vaccine coverage increased 12% from 62.7% to 69.9% of adults aged 65 and older.
- In the past year, hospice care increased 18% from 35.6% to 41.9% of decedents aged 65 and older.
- In the past year, ICU use increased 7% from 12.2% to 13.1% of decedents aged 65 and older.
- In the past year, poor mental health days increased 18% from 1.7 to 2.0 days in previous 30.

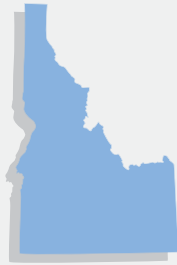
### Ranking:

Hawaii ranks 4th in *America's Health Rankings® Senior Report*; it was 2nd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 1st.

**State Health Department Website:**  
[hawaii.gov/health](http://hawaii.gov/health)

# Idaho

IDAHO



## Overall Rank: 20

Change: ▲ 5  
 Determinants Rank: 14  
 Outcomes Rank: 24

### Strengths:

- High volunteerism
- High percentage of quality nursing home beds
- Low ICU use

### Challenges:

- High prevalence of obesity
- Low SNAP enrollment
- High geriatrician shortfall

### Highlights:

- In the past year, chronic drinking decreased 26% from 4.7% to 3.5% of adults aged 65 and older.
- In the past year, obesity increased 11% from 26.9% to 29.9% of adults aged 65 and older.
- In the past year, community support increased 16% from \$389 to \$450 per adult aged 65 and older in poverty.
- In the past year, hip fractures decreased 19% from 7.3 to 5.9 hospitalizations per 1000 Medicare beneficiaries.
- In the past 2 years, poor mental health days increased 25% from 2.0 to 2.5 days in previous 30.

### Ranking:

Idaho ranks 20th in *America's Health Rankings® Senior Report*; it was 25th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 18th.

State Health Department Website:  
[www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.2	16	4.2
Chronic Drinking (% of adults aged 65+)	3.5	22	1.5
Obesity (% of adults aged 65+)	29.9	43	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.0	7	22.8
Dental Visit (% of adults aged 65+)	66.4	23	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.9	14	53.2
<b>Behaviors Total</b>	0.178	11	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.2	21	5.1
Volunteerism (% of adults aged 65+)	38.4	3	42.6
Nursing Home Quality (% of 4- & 5-star beds)	57.9	1	57.9
<b>Community &amp; Environment—Macro Total</b>	0.150	1	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	23.1	26	108.1
Food Insecurity (% of adults aged 60+)	10.9	4	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$450	42	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.029	18	
<b>Community &amp; Environment Total</b>	0.179	7	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	7.6	11	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	50.6	43	136.8
Prescription Drug Coverage (% of adults aged 65+)	84.3	39	89.6
Geriatrician Shortfall (% of needed geriatricians)	89.4	50	25.8
<b>Policy Total</b>	-0.106	45	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	92.9	38	97.5
Flu Vaccine (% of adults aged 65+)	56.6	42	73.9
Health Screenings (% of adults aged 65 to 74)	80.7	47	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.7	21	98.4
Diabetes Management (% of Medicare beneficiaries)	73.1	45	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	115.6	14	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	36.4	3	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.7	4	12.9
Hospice Care (% of decedents aged 65+)	48.9	29	65.4
Hospital Deaths (% of decedents aged 65+)	18.8	7	15.1
<b>Clinical Care Total</b>	0.004	29	
<b>All Determinants</b>	0.132	14	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	5.9	4	4.2
Falls (% of adults aged 65+)	32.0	43	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.9	22	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.0	14	50.2
Able-bodied (% of adults aged 65+)	62.2	37	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1689	20	1402
Teeth Extractions (% of adults aged 65+)	16.1	23	7.0
Poor Mental Health Days (days in previous 30)	2.5	36	1.3
<b>All Outcomes</b>	0.036	24	
<b>Overall</b>	0.168	20	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	22.6	27	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	27.4	8	22.4
Cognition (% of adults aged 65+)	8.7	26	6.5
Depression (% of adults aged 65+)	18.1	47	8.7
Suicide (deaths per 100 000 adults aged 65+)	21.3	42	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	64.0	52.7

# Illinois

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.6	20	4.2
Chronic Drinking (% of adults aged 65+)	3.3	20	1.5
Obesity (% of adults aged 65+)	28.8	38	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.0	29	22.8
Dental Visit (% of adults aged 65+)	63.4	31	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.7	25	53.2
<b>Behaviors Total</b>	-3.446	27	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.7	27	5.1
Volunteerism (% of adults aged 65+)	24.2	31	42.6
Nursing Home Quality (% of 4- & 5-star beds)	34.0	41	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.032	35	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	25.1	25	108.1
Food Insecurity (% of adults aged 60+)	14.7	30	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$563	33	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.001	30	
<b>Community &amp; Environment Total</b>	-0.033	33	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	26.7	50	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	89.3	13	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.2	36	89.6
Geriatrician Shortfall (% of needed geriatricians)	59.1	13	25.8
<b>Policy Total</b>	-0.057	40	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.7	9	97.5
Flu Vaccine (% of adults aged 65+)	58.6	36	73.9
Health Screenings (% of adults aged 65 to 74)	83.8	38	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.5	25	98.4
Diabetes Management (% of Medicare beneficiaries)	81.3	21	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	94.6	25	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	65.2	40	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.1	45	12.9
Hospice Care (% of decedents aged 65+)	50.6	22	65.4
Hospital Deaths (% of decedents aged 65+)	22.2	24	15.1
<b>Clinical Care Total</b>	-0.025	36	
<b>All Determinants</b>	-0.112	37	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	17.4	46	4.2
Falls (% of adults aged 65+)	28.7	26	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.9	22	3.0
Health Status (very good or excellent as % of adults aged 65+)	37.8	36	50.2
Able-bodied (% of adults aged 65+)	64.8	23	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1824	30	1402
Teeth Extractions (% of adults aged 65+)	16.1	23	7.0
Poor Mental Health Days (days in previous 30)	2.6	41	1.3
<b>All Outcomes</b>	-0.061	35	
<b>Overall</b>	-0.173	37	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	21.6	30	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.8	31	22.4
Cognition (% of adults aged 65+)	8.4	21	6.5
Depression (% of adults aged 65+)	12.2	6	8.7
Suicide (deaths per 100 000 adults aged 65+)	11.4	8	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	35.7	52.7

## Overall Rank: 37



Change: ▼ 2  
 Determinants Rank: 37  
 Outcomes Rank: 35

### Strengths:

- Low prevalence of underweight seniors
- High SNAP enrollment

### Challenges:

- Low percentage of quality nursing home beds
- High percentage of low-care nursing home residents

### Highlights:

- In the past year, smoking increased 12% from 7.7% to 8.6% of adults aged 65 and older.
- In the past year, food insecurity increased 11% from 13.3% to 14.7% of adults aged 60 and older.
- In the past year, flu vaccine coverage increased 12% from 52.5% to 58.6% of adults aged 65 and older.
- In the past year, hospital deaths decreased 11% from 25.0% to 22.2% of decedents aged 65 and older.
- In the past year, poor mental health days increased 8% from 2.4 to 2.6 days in previous 30.

### Ranking:

Illinois ranks 37th in *America's Health Rankings® Senior Report*; it was 35th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 30th.

### State Health Department Website:

[www.dph.illinois.gov/](http://www.dph.illinois.gov/)

# Indiana

INDIANA

## Overall Rank: 40



Change: ▼ 3  
 Determinants Rank: 40  
 Outcomes Rank: 39

### Strengths:

- Low prevalence of chronic drinking
- Low percentage of seniors living in poverty
- Low prevalence of food insecurity

### Challenges:

- High prevalence of obesity
- High prevalence of physical inactivity
- High premature death rate

### Highlights:

- In the past year, physical inactivity increased 19% from 33.0% to 39.2% of adults aged 65 and older.
- In the past year, pain management decreased 15% from 52.5% to 44.4% of adults aged 65 and older with joint pain.
- In the past year, community support increased 5% from \$890 to \$931 per adult aged 65 and older in poverty.
- In the past year, hospital deaths decreased 7% from 23.4% to 21.8% of decedents aged 65 and older.
- In the past year, poor mental health days decreased 15% from 2.7 to 2.3 days in previous 30.

### Ranking:

Indiana ranks 40th in *America's Health Rankings® Senior Report*; it was 37th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 41st.

### State Health Department Website:

[www.in.gov/isdh](http://www.in.gov/isdh)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.6	32	4.2
Chronic Drinking (% of adults aged 65+)	2.9	12	1.5
Obesity (% of adults aged 65+)	30.7	48	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	39.2	45	22.8
Dental Visit (% of adults aged 65+)	62.0	36	77.2
Pain Management (% of adults aged 65+ with joint pain)	44.4	31	53.2
<b>Behaviors Total</b>	-0.161	42	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.4	8	5.1
Volunteerism (% of adults aged 65+)	25.5	26	42.6
Nursing Home Quality (% of 4- & 5-star beds)	44.8	23	57.9
<b>Community &amp; Environment—Macro Total</b>	0.043	20	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	15.9	39	108.1
Food Insecurity (% of adults aged 60+)	12.9	13	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$931	18	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.013	23	
<b>Community &amp; Environment Total</b>	0.056	22	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.0	17	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	56.3	41	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.2	29	89.6
Geriatrician Shortfall (% of needed geriatricians)	76.5	38	25.8
<b>Policy Total</b>	-0.050	36	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.1	19	97.5
Flu Vaccine (% of adults aged 65+)	57.6	38	73.9
Health Screenings (% of adults aged 65 to 74)	83.1	41	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.5	25	98.4
Diabetes Management (% of Medicare beneficiaries)	75.2	40	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	92.4	27	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	70.0	41	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.0	23	12.9
Hospice Care (% of decedents aged 65+)	47.3	31	65.4
Hospital Deaths (% of decedents aged 65+)	21.8	21	15.1
<b>Clinical Care Total</b>	-0.044	40	
<b>All Determinants</b>	-0.138	40	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	13.8	30	4.2
Falls (% of adults aged 65+)	30.8	38	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.4	30	3.0
Health Status (very good or excellent as % of adults aged 65+)	39.8	31	50.2
Able-bodied (% of adults aged 65+)	62.7	33	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2116	42	1402
Teeth Extractions (% of adults aged 65+)	19.7	38	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	-0.105	39	
<b>Overall</b>	-0.243	40	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	16.9	46	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.1	34	22.4
Cognition (% of adults aged 65+)	8.6	25	6.5
Depression (% of adults aged 65+)	15.9	32	8.7
Suicide (deaths per 100 000 adults aged 65+)	14.7	20	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	35.9	52.7

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.0	14	4.2
Chronic Drinking (% of adults aged 65+)	3.0	15	1.5
Obesity (% of adults aged 65+)	29.9	43	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.0	2	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	35.9	38	22.8
Dental Visit (% of adults aged 65+)	68.6	18	77.2
Pain Management (% of adults aged 65+ with joint pain)	40.7	45	53.2
<b>Behaviors Total</b>	1.791	32	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.6	11	5.1
Volunteerism (% of adults aged 65+)	33.8	8	42.6
Nursing Home Quality (% of 4- & 5-star beds)	42.0	30	57.9
<b>Community &amp; Environment—Macro Total</b>	0.072	13	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	38.6	14	108.1
Food Insecurity (% of adults aged 60+)	12.8	12	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$938	17	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.048	14	
<b>Community &amp; Environment Total</b>	0.120	13	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	16.9	42	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	57.8	39	136.8
Prescription Drug Coverage (% of adults aged 65+)	89.3	2	89.6
Geriatrician Shortfall (% of needed geriatricians)	76.9	40	25.8
<b>Policy Total</b>	-0.048	35	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.2	27	97.5
Flu Vaccine (% of adults aged 65+)	67.4	9	73.9
Health Screenings (% of adults aged 65 to 74)	85.9	29	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.5	25	98.4
Diabetes Management (% of Medicare beneficiaries)	80.1	24	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	85.1	30	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	55.7	23	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	11	12.9
Hospice Care (% of decedents aged 65+)	59.3	6	65.4
Hospital Deaths (% of decedents aged 65+)	17.5	4	15.1
<b>Clinical Care Total</b>	0.066	8	
<b>All Determinants</b>	0.131	15	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.1	11	4.2
Falls (% of adults aged 65+)	30.4	36	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.7	17	3.0
Health Status (very good or excellent as % of adults aged 65+)	41.1	26	50.2
Able-bodied (% of adults aged 65+)	67.4	4	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1709	24	1402
Teeth Extractions (% of adults aged 65+)	17.3	29	7.0
Poor Mental Health Days (days in previous 30)	1.7	4	1.3
<b>All Outcomes</b>	0.120	13	
<b>Overall</b>	0.250	15	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	17.8	44	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.7	15	22.4
Cognition (% of adults aged 65+)	6.5	1	6.5
Depression (% of adults aged 65+)	13.9	15	8.7
Suicide (deaths per 100 000 adults aged 65+)	13.3	16	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	34.1	52.7

## Overall Rank: 15



Change: ▼ 2  
 Determinants Rank: 15  
 Outcomes Rank: 13

### Strengths:

- Low prevalence of underweight seniors
- High prescription drug coverage
- Low ICU use

### Challenges:

- High prevalence of obesity
- High prevalence of activity-limiting arthritis pain
- High percentage of low-care nursing home residents

### Highlights:

- In the past year, underweight seniors decreased 23% from 1.3% to 1.0% of adults aged 65 and older.
- In the past year, physical inactivity increased 17% from 30.8% to 35.9% of adults aged 65 and older.
- In the past year, pain management decreased 29% from 57.3% to 40.7% of adults aged 65 and older with joint pain.
- In the past year, home health care increased 11% from 76.5 to 85.1 home health care workers per 1000 adults aged 75 and older.
- In the past year, hip fractures decreased 21% from 7.2 to 5.7 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Iowa ranks 15th in *America's Health Rankings® Senior Report*; it was 13th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 24th.

### State Health Department Website:

<http://www.idph.state.ia.us/>

# Kansas

## Overall Rank: 24

Change: ▼ 7  
 Determinants Rank: 22  
 Outcomes Rank: 28

### Strengths:

- Low prevalence of chronic drinking
- High volunteerism
- Few poor mental health days

### Challenges:

- High percentage of low-care nursing home residents
- Low SNAP enrollment
- Low percentage of diabetes management

### Highlights:

- In the past year, underweight seniors decreased 11% from 1.8% to 1.6% of adults aged 65 and older.
- In the past year, physical inactivity increased 14% from 28.2% to 32.0% of adults aged 65 and older.
- In the past year, pain management decreased 17% from 52.5% to 43.8% of adults aged 65 and older with joint pain.
- In the past 2 years, flu vaccine coverage decreased 4% from 67.6% to 64.8% of adults aged 65 and older.
- In the past year, hip fractures decreased 21% from 8.3 to 6.6 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Kansas ranks 24th in *America's Health Rankings® Senior Report*; it was 17th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 27th.

State Health Department Website:  
[www.kdheks.gov](http://www.kdheks.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.1	27	4.2
Chronic Drinking (% of adults aged 65+)	2.2	6	1.5
Obesity (% of adults aged 65+)	25.9	16	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.0	20	22.8
Dental Visit (% of adults aged 65+)	67.8	21	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
<b>Behaviors Total</b>	0.778	13	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.4	8	5.1
Volunteerism (% of adults aged 65+)	37.3	5	42.6
Nursing Home Quality (% of 4- & 5-star beds)	40.5	31	57.9
<b>Community &amp; Environment—Macro Total</b>	0.088	9	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	39.3	12	108.1
Food Insecurity (% of adults aged 60+)	13.4	22	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$811	21	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.039	16	
<b>Community &amp; Environment Total</b>	0.127	12	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	18.2	45	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	56.6	40	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.1	37	89.6
Geriatrician Shortfall (% of needed geriatricians)	74.4	33	25.8
<b>Policy Total</b>	-0.118	46	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.9	20	97.5
Flu Vaccine (% of adults aged 65+)	64.8	19	73.9
Health Screenings (% of adults aged 65 to 74)	86.6	22	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.0	12	98.4
Diabetes Management (% of Medicare beneficiaries)	74.6	41	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	128.0	11	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	59.9	31	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	17	12.9
Hospice Care (% of decedents aged 65+)	51.7	20	65.4
Hospital Deaths (% of decedents aged 65+)	21.9	23	15.1
<b>Clinical Care Total</b>	0.029	18	
<b>All Determinants</b>	0.091	22	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	10.4	21	4.2
Falls (% of adults aged 65+)	29.4	30	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.6	34	3.0
Health Status (very good or excellent as % of adults aged 65+)	41.8	25	50.2
Able-bodied (% of adults aged 65+)	63.8	28	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1935	35	1402
Teeth Extractions (% of adults aged 65+)	18.8	35	7.0
Poor Mental Health Days (days in previous 30)	1.8	6	1.3
<b>All Outcomes</b>	0.010	28	
<b>Overall</b>	0.101	24	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	23.1	24	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	33.9	22	22.4
Cognition (% of adults aged 65+)	8.2	14	6.5
Depression (% of adults aged 65+)	14.0	17	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.4	25	7.1

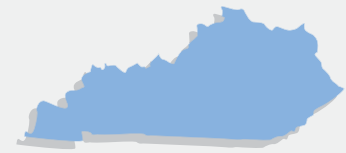
Senior Population Growth	State	US
Projected Increase 2015 to 2030	41.3	52.7

# Kentucky

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	11.8	48	4.2
Chronic Drinking (% of adults aged 65+)	2.3	7	1.5
Obesity (% of adults aged 65+)	29.6	41	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.3	48	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	40.2	47	22.8
Dental Visit (% of adults aged 65+)	53.0	47	77.2
Pain Management (% of adults aged 65+ with joint pain)	49.3	8	53.2
<b>Behaviors Total</b>	-1.680	48	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	11.8	47	5.1
Volunteerism (% of adults aged 65+)	19.1	45	42.6
Nursing Home Quality (% of 4- & 5-star beds)	34.6	39	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.113	47	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	12.5	45	108.1
Food Insecurity (% of adults aged 60+)	15.1	32	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$371	45	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.029	38	
<b>Community &amp; Environment Total</b>	-0.142	45	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	7.1	10	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	66.4	30	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.7	23	89.6
Geriatrician Shortfall (% of needed geriatricians)	79.9	42	25.8
<b>Policy Total</b>	-0.015	23	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.3	16	97.5
Flu Vaccine (% of adults aged 65+)	65.6	16	73.9
Health Screenings (% of adults aged 65 to 74)	82.9	42	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.2	35	98.4
Diabetes Management (% of Medicare beneficiaries)	81.8	18	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	48.5	47	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	94.4	50	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.1	45	12.9
Hospice Care (% of decedents aged 65+)	41.0	44	65.4
Hospital Deaths (% of decedents aged 65+)	25.4	43	15.1
<b>Clinical Care Total</b>	-0.083	46	
<b>All Determinants</b>	-0.412	47	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	16.6	43	4.2
Falls (% of adults aged 65+)	30.6	37	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.7	46	3.0
Health Status (very good or excellent as % of adults aged 65+)	33.7	44	50.2
Able-bodied (% of adults aged 65+)	57.6	46	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2357	49	1402
Teeth Extractions (% of adults aged 65+)	24.7	45	7.0
Poor Mental Health Days (days in previous 30)	2.9	48	1.3
<b>All Outcomes</b>	-0.355	50	
<b>Overall</b>	-0.767	48	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	15.6	49	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.6	45	22.4
Cognition (% of adults aged 65+)	11.2	43	6.5
Depression (% of adults aged 65+)	16.1	34	8.7
Suicide (deaths per 100 000 adults aged 65+)	19.1	37	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	41.8	52.7



## Overall Rank: 48

Change: No Change  
 Determinants Rank: 47  
 Outcomes Rank: 50

### Strengths:

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

### Challenges:

- High prevalence of smoking
- Low percentage of dental visit
- High premature death rate

### Highlights:

- In the past year, underweight seniors increased 44% from 1.6% to 2.3% of adults aged 65 and older.
- In the past 2 years, physical inactivity increased 17% from 34.5% to 40.2% of adults aged 65 and older.
- In the past year, food insecurity decreased 9% from 16.5% to 15.1% of adults aged 60 and older.
- In the past year, hip fractures decreased 13% from 8.8 to 7.7 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, very good or excellent health status increased 8% from 31.2% to 33.7% of adults aged 65 and older.

### Ranking:

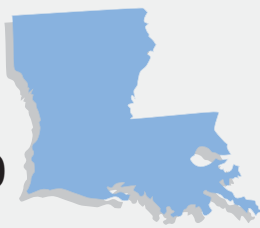
Kentucky ranks 48th in *America's Health Rankings® Senior Report*; it was 48th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 47th.

State Health Department Website:  
[www.chfs.ky.gov](http://www.chfs.ky.gov)

# Louisiana

LOUISIANA

**Overall Rank: 50**



Change: ▼ 1  
 Determinants Rank: 50  
 Outcomes Rank: 44

**Strengths:**

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

**Challenges:**

- Low percentage of dental visit
- High prevalence of food insecurity
- High percentage of low-care nursing home residents

**Highlights:**

- In the past year, chronic drinking decreased 18% from 4.0% to 3.3% of adults aged 65 and older.
- In the past year, physical inactivity increased 16% from 32.9% to 38.1% of adults aged 65 and older.
- In the past year, food insecurity increased 26% from 18.8% to 23.6% of adults aged 60 and older.
- In the past year, recommended hospital care decreased 3% from 97.8% to 95.2% of hospitalized patients aged 65 and older.
- In the past year, hospice care increased 11% from 48.7% to 54.0% of decedents aged 65 and older.

**Ranking:**

Louisiana ranks 50th in *America's Health Rankings® Senior Report*; it was 49th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 48th.

**State Health Department Website:**

[www.dhh.louisiana.gov/](http://www.dhh.louisiana.gov/)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	11.5	46	4.2
Chronic Drinking (% of adults aged 65+)	3.3	20	1.5
Obesity (% of adults aged 65+)	32.2	49	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	38.1	42	22.8
Dental Visit (% of adults aged 65+)	51.0	48	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.8	16	53.2
<b>Behaviors Total</b>	-0.350	49	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	12.7	49	5.1
Volunteering (% of adults aged 65+)	16.2	50	42.6
Nursing Home Quality (% of 4- & 5-star beds)	27.5	49	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.174	50	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	26.2	22	108.1
Food Insecurity (% of adults aged 60+)	23.6	49	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$632	30	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.065	47	
<b>Community &amp; Environment Total</b>	-0.239	50	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	22.8	48	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	62.1	35	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.8	22	89.6
Geriatrician Shortfall (% of needed geriatricians)	80.3	43	25.8
<b>Policy Total</b>	-0.131	47	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	92.0	41	97.5
Flu Vaccine (% of adults aged 65+)	66.3	11	73.9
Health Screenings (% of adults aged 65 to 74)	86.7	20	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.2	48	98.4
Diabetes Management (% of Medicare beneficiaries)	78.4	33	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	162.3	7	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	80.3	48	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.1	45	12.9
Hospice Care (% of decedents aged 65+)	54.0	15	65.4
Hospital Deaths (% of decedents aged 65+)	22.9	28	15.1
<b>Clinical Care Total</b>	-0.038	39	
<b>All Determinants</b>	-0.598	50	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.1	32	4.2
Falls (% of adults aged 65+)	24.1	9	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.4	43	3.0
Health Status (very good or excellent as % of adults aged 65+)	31.6	47	50.2
Able-bodied (% of adults aged 65+)	57.5	48	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2313	46	1402
Teeth Extractions (% of adults aged 65+)	28.7	49	7.0
Poor Mental Health Days (days in previous 30)	2.5	36	1.3
<b>All Outcomes</b>	-0.266	44	
<b>Overall</b>	-0.864	50	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.0	43	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.9	47	22.4
Cognition (% of adults aged 65+)	12.0	49	6.5
Depression (% of adults aged 65+)	14.8	24	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.0	23	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	42.2	52.7



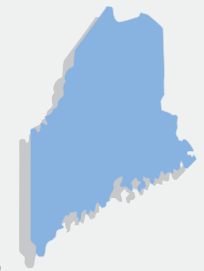
# Maine

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	6.8	5	4.2
Chronic Drinking (% of adults aged 65+)	4.8	39	1.5
Obesity (% of adults aged 65+)	27.2	30	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	28.6	12	22.8
Dental Visit (% of adults aged 65+)	60.9	41	77.2
Pain Management (% of adults aged 65+ with joint pain)	42.9	38	53.2
<b>Behaviors Total</b>	-3.446	31	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.5	25	5.1
Volunteerism (% of adults aged 65+)	27.9	18	42.6
Nursing Home Quality (% of 4- & 5-star beds)	55.2	3	57.9
<b>Community &amp; Environment—Macro Total</b>	0.078	10	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	25.5	23	108.1
Food Insecurity (% of adults aged 60+)	16.1	35	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$639	28	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.012	35	
<b>Community &amp; Environment Total</b>	0.066	18	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	1.1	1	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	92.3	11	136.8
Prescription Drug Coverage (% of adults aged 65+)	84.1	42	89.6
Geriatrician Shortfall (% of needed geriatricians)	55.1	11	25.8
<b>Policy Total</b>	0.091	6	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	97.0	2	97.5
Flu Vaccine (% of adults aged 65+)	63.4	22	73.9
Health Screenings (% of adults aged 65 to 74)	88.7	12	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	98.4	1	98.4
Diabetes Management (% of Medicare beneficiaries)	82.5	11	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	137.4	9	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	55.1	21	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.3	10	12.9
Hospice Care (% of decedents aged 65+)	47.2	33	65.4
Hospital Deaths (% of decedents aged 65+)	23.0	29	15.1
<b>Clinical Care Total</b>	0.091	1	
<b>All Determinants</b>	0.243	9	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	5.5	3	4.2
Falls (% of adults aged 65+)	29.7	31	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.7	17	3.0
Health Status (very good or excellent as % of adults aged 65+)	48.1	4	50.2
Able-bodied (% of adults aged 65+)	63.9	27	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1692	21	1402
Teeth Extractions (% of adults aged 65+)	22.1	42	7.0
Poor Mental Health Days (days in previous 30)	2.0	13	1.3
<b>All Outcomes</b>	0.100	17	
<b>Overall</b>	0.343	11	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	25.1	17	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	33.8	21	22.4
Cognition (% of adults aged 65+)	8.7	26	6.5
Depression (% of adults aged 65+)	16.8	40	8.7
Suicide (deaths per 100 000 adults aged 65+)	18.3	34	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	49.5	52.7

## Overall Rank: 11



Change: ▲ 3  
 Determinants Rank: 9  
 Outcomes Rank: 17

### Strengths:

- High percentage of quality nursing home beds
- Low percentage of low-care nursing home residents
- Low ICU use

### Challenges:

- Low percentage of dental visit
- Low prescription drug coverage
- High prevalence of full-mouth tooth extraction

### Highlights:

- In the past year, obesity increased 5% from 25.9% to 27.2% of adults aged 65 and older.
- In the past year, pain management decreased 15% from 50.7% to 42.9% of adults aged 65 and older with joint pain.
- In the past year, community support increased 22% from \$525 to \$639 per adult aged 65 and older in poverty.
- In the past year, home health care increased 29% from 106.3 to 137.4 home health care workers per 1000 adults aged 75 and older.
- In the past year, premature death decreased 11% from 1902 to 1692 deaths per 100 000 adults aged 65 to 74.

### Ranking:

Maine ranks 11th in *America's Health Rankings® Senior Report*; it was 14th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 20th.

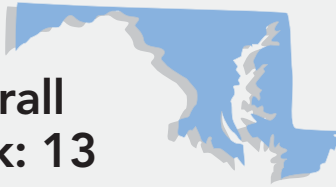
### State Health Department Website:

[www.maine.gov/dhhs](http://www.maine.gov/dhhs)

# Maryland

MARYLAND

## Overall Rank: 13



Change: ▼ 2  
 Determinants Rank: 13  
 Outcomes Rank: 11

### Strengths:

- High percentage of dental visit
- Low geriatrician shortfall
- Low prevalence of falls

### Challenges:

- Limited availability of home-delivered meals
- Low prescription drug coverage
- Low percentage of recommended hospital care

### Highlights:

- In the past 2 years, physical inactivity increased 19% from 28.5% to 34.0% of adults aged 65 and older.
- In the past year, pain management decreased 24% from 60.7% to 45.9% of adults aged 65 and older with joint pain.
- In the past year, food insecurity decreased 12% from 13.5% to 11.9% of adults aged 60 and older.
- In the past year, community support decreased 49% from \$609 to \$314 per adult aged 65 and older in poverty.
- In the past year, hip fractures decreased 20% from 6.9 to 5.5 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Maryland ranks 13th in *America's Health Rankings® Senior Report*; it was 11th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 16th.

### State Health Department Website:

[www.dhmm.maryland.gov](http://www.dhmm.maryland.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.7	22	4.2
Chronic Drinking (% of adults aged 65+)	4.0	26	1.5
Obesity (% of adults aged 65+)	27.0	28	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	15	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.0	29	22.8
Dental Visit (% of adults aged 65+)	71.6	10	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
<b>Behaviors Total</b>	-1.404	19	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.7	13	5.1
Volunteering (% of adults aged 65+)	28.1	17	42.6
Nursing Home Quality (% of 4- & 5-star beds)	44.1	27	57.9
<b>Community &amp; Environment—Macro Total</b>	0.048	19	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	9.6	49	108.1
Food Insecurity (% of adults aged 60+)	11.9	7	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$314	48	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.005	32	
<b>Community &amp; Environment Total</b>	0.043	25	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	8.2	12	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	95.8	10	136.8
Prescription Drug Coverage (% of adults aged 65+)	82.8	45	89.6
Geriatrician Shortfall (% of needed geriatricians)	39.8	2	25.8
<b>Policy Total</b>	0.071	10	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.6	12	97.5
Flu Vaccine (% of adults aged 65+)	66.9	10	73.9
Health Screenings (% of adults aged 65 to 74)	90.1	5	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	89.9	50	98.4
Diabetes Management (% of Medicare beneficiaries)	82.1	15	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	72.8	37	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	53.8	18	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	NA	NA	12.9
Hospice Care (% of decedents aged 65+)	47.3	31	65.4
Hospital Deaths (% of decedents aged 65+)	23.7	35	15.1
<b>Clinical Care Total</b>	0.000	31	
<b>All Determinants</b>	0.152	13	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	12.5	26	4.2
Falls (% of adults aged 65+)	23.4	6	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.5	8	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.4	20	50.2
Able-bodied (% of adults aged 65+)	67.0	6	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1695	22	1402
Teeth Extractions (% of adults aged 65+)	14.5	16	7.0
Poor Mental Health Days (days in previous 30)	2.1	16	1.3
<b>All Outcomes</b>	0.140	11	
<b>Overall</b>	0.293	13	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	29.8	3	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.1	34	22.4
Cognition (% of adults aged 65+)	8.4	21	6.5
Depression (% of adults aged 65+)	13.3	9	8.7
Suicide (deaths per 100 000 adults aged 65+)	11.9	10	7.1

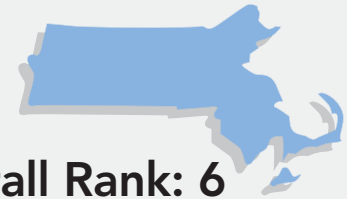
Senior Population Growth	State	US
Projected Increase 2015 to 2030	47.6	52.7

# Massachusetts

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.6	32	4.2
Chronic Drinking (% of adults aged 65+)	5.5	47	1.5
Obesity (% of adults aged 65+)	23.8	8	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	15	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.1	25	22.8
Dental Visit (% of adults aged 65+)	73.7	5	77.2
Pain Management (% of adults aged 65+ with joint pain)	44.1	32	53.2
<b>Behaviors Total</b>	-0.237	25	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.2	31	5.1
Volunteerism (% of adults aged 65+)	22.3	35	42.6
Nursing Home Quality (% of 4- & 5-star beds)	52.1	6	57.9
<b>Community &amp; Environment—Macro Total</b>	0.022	23	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	53.1	6	108.1
Food Insecurity (% of adults aged 60+)	11.6	6	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$3839	3	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.145	3	
<b>Community &amp; Environment Total</b>	0.167	8	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.3	20	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	107.1	5	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.1	18	89.6
Geriatrician Shortfall (% of needed geriatricians)	40.8	3	25.8
<b>Policy Total</b>	0.138	3	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.9	8	97.5
Flu Vaccine (% of adults aged 65+)	66.1	13	73.9
Health Screenings (% of adults aged 65 to 74)	91.7	2	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.4	28	98.4
Diabetes Management (% of Medicare beneficiaries)	85.1	2	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	106.0	19	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	62.7	36	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.5	31	12.9
Hospice Care (% of decedents aged 65+)	46.1	36	65.4
Hospital Deaths (% of decedents aged 65+)	24.5	38	15.1
<b>Clinical Care Total</b>	0.040	14	
<b>All Determinants</b>	0.359	4	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.7	15	4.2
Falls (% of adults aged 65+)	25.5	13	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.4	4	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.6	11	50.2
Able-bodied (% of adults aged 65+)	66.0	12	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1553	6	1402
Teeth Extractions (% of adults aged 65+)	15.5	20	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	0.158	7	
<b>Overall</b>	0.517	6	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	27.8	8	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.3	28	22.4
Cognition (% of adults aged 65+)	8.4	21	6.5
Depression (% of adults aged 65+)	15.6	30	8.7
Suicide (deaths per 100 000 adults aged 65+)	7.1	1	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	42.7	52.7



## Overall Rank: 6

Change: ▼ 1  
 Determinants Rank: 4  
 Outcomes Rank: 7

### Strengths:

- High percentage of dental visit
- High community-support expenditures
- Low geriatrician shortfall

### Challenges:

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

### Highlights:

- In the past year, smoking increased 14% from 8.4% to 9.6% of adults aged 65 and older.
- In the past year, underweight seniors decreased 22% from 1.8% to 1.4% of adults aged 65 and older.
- In the past year, physical inactivity increased 27% from 26.1% to 33.1% of adults aged 65 and older.
- In the past year, pain management decreased 22% from 56.5% to 44.1% of adults aged 65 and older with joint pain.
- In the past year, hip fractures decreased 17% from 6.5 to 5.4 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Massachusetts ranks 6th in *America's Health Rankings® Senior Report*; it was 5th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 3rd.

### State Health Department Website:

[www.mass.gov/dph](http://www.mass.gov/dph)

# Michigan

MICHIGAN

## Overall Rank: 17



Change: ▲ 3  
 Determinants Rank: 19  
 Outcomes Rank: 18

### Strengths:

- Low prevalence of underweight seniors
- Ready availability of home-delivered meals
- Low prevalence of falls

### Challenges:

- High prevalence of obesity
- Low prescription drug coverage
- Low flu vaccination coverage

### Highlights:

- In the past year, smoking increased 22% from 7.7% to 9.4% of adults aged 65 and older.
- In the past year, pain management decreased 13% from 51.3% to 44.5% of adults aged 65 and older with joint pain.
- In the past year, food insecurity decreased 6% from 12.9% to 12.1% of adults aged 60 and older.
- In the past 2 years, home health care increased 26% from 75.0 to 94.7 home health care workers per 1000 adults aged 75 and older.
- In the past year, hospital deaths decreased 10% from 21.8% to 19.7% of decedents aged 65 and older.

### Ranking:

Michigan ranks 17th in *America's Health Rankings® Senior Report*; it was 20th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 34th.

State Health Department Website:  
[www.michigan.gov/mdch](http://www.michigan.gov/mdch)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.4	30	4.2
Chronic Drinking (% of adults aged 65+)	4.3	30	1.5
Obesity (% of adults aged 65+)	29.8	42	16.1
Underweight (% of adults aged 65+ in fair or better health)	0.9	1	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.8	16	22.8
Dental Visit (% of adults aged 65+)	71.7	9	77.2
Pain Management (% of adults aged 65+ with joint pain)	44.5	30	53.2
<b>Behaviors Total</b>	1.323	20	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.2	21	5.1
Volunteerism (% of adults aged 65+)	24.5	30	42.6
Nursing Home Quality (% of 4- & 5-star beds)	47.5	13	57.9
<b>Community &amp; Environment—Macro Total</b>	0.034	22	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	43.3	9	108.1
Food Insecurity (% of adults aged 60+)	12.1	9	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$815	20	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.058	10	
<b>Community &amp; Environment Total</b>	0.092	15	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.3	19	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	80.7	18	136.8
Prescription Drug Coverage (% of adults aged 65+)	83.2	43	89.6
Geriatrician Shortfall (% of needed geriatricians)	65.6	21	25.8
<b>Policy Total</b>	-0.031	29	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.8	3	97.5
Flu Vaccine (% of adults aged 65+)	56.8	41	73.9
Health Screenings (% of adults aged 65 to 74)	87.2	18	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.4	28	98.4
Diabetes Management (% of Medicare beneficiaries)	79.9	25	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	94.7	24	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	64.5	38	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.8	38	12.9
Hospice Care (% of decedents aged 65+)	56.8	11	65.4
Hospital Deaths (% of decedents aged 65+)	19.7	13	15.1
<b>Clinical Care Total</b>	0.015	25	
<b>All Determinants</b>	0.105	19	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	13.9	31	4.2
Falls (% of adults aged 65+)	16.2	2	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.6	12	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.4	20	50.2
Able-bodied (% of adults aged 65+)	63.7	29	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1908	34	1402
Teeth Extractions (% of adults aged 65+)	13.3	9	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	0.096	18	
<b>Overall</b>	0.201	17	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	20.3	34	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.8	46	22.4
Cognition (% of adults aged 65+)	9.2	31	6.5
Depression (% of adults aged 65+)	16.9	41	8.7
Suicide (deaths per 100 000 adults aged 65+)	13.2	15	7.1

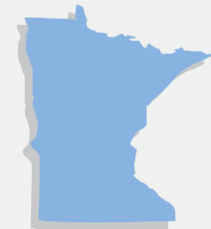
Senior Population Growth	State	US
Projected Increase 2015 to 2030	38.1	52.7

# Minnesota

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.3	29	4.2
Chronic Drinking (% of adults aged 65+)	4.0	26	1.5
Obesity (% of adults aged 65+)	24.8	10	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.0	2	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.5	26	22.8
Dental Visit (% of adults aged 65+)	77.2	1	77.2
Pain Management (% of adults aged 65+ with joint pain)	39.4	48	53.2
<b>Behaviors Total</b>	3.963	15	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.8	15	5.1
Volunteerism (% of adults aged 65+)	39.0	2	42.6
Nursing Home Quality (% of 4- & 5-star beds)	49.2	9	57.9
<b>Community &amp; Environment—Macro Total</b>	0.125	2	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	20.0	28	108.1
Food Insecurity (% of adults aged 60+)	8.1	1	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$615	31	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.056	11	
<b>Community &amp; Environment Total</b>	0.181	6	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.9	31	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	58.3	38	136.8
Prescription Drug Coverage (% of adults aged 65+)	89.6	1	89.6
Geriatrician Shortfall (% of needed geriatricians)	56.3	12	25.8
<b>Policy Total</b>	0.041	13	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	90.7	45	97.5
Flu Vaccine (% of adults aged 65+)	66.0	14	73.9
Health Screenings (% of adults aged 65 to 74)	89.8	6	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.1	37	98.4
Diabetes Management (% of Medicare beneficiaries)	82.8	10	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	264.5	2	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	44.9	7	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.8	20	12.9
Hospice Care (% of decedents aged 65+)	49.2	28	65.4
Hospital Deaths (% of decedents aged 65+)	20.7	18	15.1
<b>Clinical Care Total</b>	0.068	6	
<b>All Determinants</b>	0.336	6	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	6.5	6	4.2
Falls (% of adults aged 65+)	25.6	14	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.6	12	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.6	11	50.2
Able-bodied (% of adults aged 65+)	68.2	1	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1506	4	1402
Teeth Extractions (% of adults aged 65+)	12.0	4	7.0
Poor Mental Health Days (days in previous 30)	1.3	1	1.3
<b>All Outcomes</b>	0.280	1	
<b>Overall</b>	0.616	3	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	23.7	22	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	27.6	9	22.4
Cognition (% of adults aged 65+)	6.7	3	6.5
Depression (% of adults aged 65+)	13.4	11	8.7
Suicide (deaths per 100 000 adults aged 65+)	12.8	14	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	54.1	52.7



## Overall Rank: 3

Change: ▼ 2  
 Determinants Rank: 6  
 Outcomes Rank: 1

### Strengths:

- High volunteerism
- Low prevalence of food insecurity
- Few poor mental health days

### Challenges:

- Low community-support expenditures
- Low SNAP enrollment
- Low percentage of seniors with dedicated provider

### Highlights:

- In the past year, obesity decreased 6% from 26.3% to 24.8% of adults aged 65 and older.
- In the past year, physical inactivity increased 28% from 26.2% to 33.5% of adults aged 65 and older.
- In the past year, pain management decreased 26% from 53.3% to 39.4% of adults aged 65 and older with joint pain.
- In the past 2 years, poverty decreased 6% from 8.3% to 7.8% of adults aged 65 and older.
- In the past year, recommended hospital care decreased 2% from 98.1% to 96.1% of hospitalized patients aged 65 and older.

### Ranking:

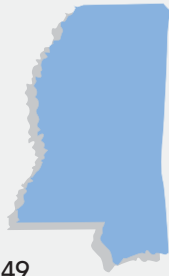
Minnesota ranks 3rd in *America's Health Rankings® Senior Report*; it was 1st last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 6th.

### State Health Department Website:

[www.health.state.mn.us](http://www.health.state.mn.us)

# Mississippi

## Overall Rank: 49



Change: ▲ 1  
 Determinants Rank: 49  
 Outcomes Rank: 47

### Strengths:

- Low prevalence of chronic drinking
- Low prevalence of activity-limiting arthritis pain
- Low ICU use

### Challenges:

- High prevalence of smoking
- High prevalence of physical inactivity
- High percentage of seniors in poverty

### Highlights:

- In the past year, smoking increased 34% from 9.6% to 12.9% of adults aged 65 and older.
- In the past year, physical inactivity increased 34% from 33.8% to 45.3% of adults aged 65 and older.
- In the past year, pain management increased 13% from 46.6% to 52.5% of adults aged 65 and older with joint pain.
- In the past year, hospice care increased 16% from 42.7% to 49.4% of decedents aged 65 and older.
- In the past year, hip fractures decreased 10% from 8.4 to 7.6 hospitalizations per 1000 Medicare beneficiaries.

### Ranking:

Mississippi ranks 49th in *America's Health Rankings® Senior Report*; it was 50th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 50th.

State Health Department Website:  
[www.msddh.state.ms.us](http://www.msddh.state.ms.us)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	12.9	49	4.2
Chronic Drinking (% of adults aged 65+)	2.4	10	1.5
Obesity (% of adults aged 65+)	28.2	32	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	30	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	45.3	50	22.8
Dental Visit (% of adults aged 65+)	50.3	49	77.2
Pain Management (% of adults aged 65+ with joint pain)	52.5	2	53.2
<b>Behaviors Total</b>	-2.736	44	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	14.3	50	5.1
Volunteering (% of adults aged 65+)	25.3	28	42.6
Nursing Home Quality (% of 4- & 5-star beds)	38.4	33	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.089	45	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	19.2	31	108.1
Food Insecurity (% of adults aged 60+)	22.7	48	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$295	50	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.085	49	
<b>Community &amp; Environment Total</b>	-0.174	48	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	16.3	40	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	63.1	32	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.4	26	89.6
Geriatrician Shortfall (% of needed geriatricians)	86.0	47	25.8
<b>Policy Total</b>	-0.105	44	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.9	29	97.5
Flu Vaccine (% of adults aged 65+)	62.9	24	73.9
Health Screenings (% of adults aged 65 to 74)	82.2	44	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.0	49	98.4
Diabetes Management (% of Medicare beneficiaries)	75.6	38	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	68.7	40	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	78.5	47	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.9	41	12.9
Hospice Care (% of decedents aged 65+)	49.4	27	65.4
Hospital Deaths (% of decedents aged 65+)	25.4	43	15.1
<b>Clinical Care Total</b>	-0.105	49	
<b>All Determinants</b>	-0.508	49	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	12.2	24	4.2
Falls (% of adults aged 65+)	29.7	31	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.6	45	3.0
Health Status (very good or excellent as % of adults aged 65+)	28.4	50	50.2
Able-bodied (% of adults aged 65+)	54.9	50	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2444	50	1402
Teeth Extractions (% of adults aged 65+)	25.0	48	7.0
Poor Mental Health Days (days in previous 30)	2.5	36	1.3
<b>All Outcomes</b>	-0.308	47	
<b>Overall</b>	-0.817	49	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	17.2	45	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.3	28	22.4
Cognition (% of adults aged 65+)	13.2	50	6.5
Depression (% of adults aged 65+)	16.4	36	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.6	26	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	46.3	52.7

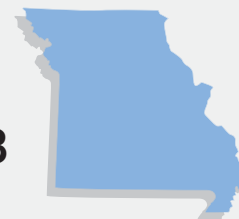
# Missouri

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.7	42	4.2
Chronic Drinking (% of adults aged 65+)	3.5	22	1.5
Obesity (% of adults aged 65+)	26.7	24	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.1	6	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.8	28	22.8
Dental Visit (% of adults aged 65+)	58.7	43	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.5	17	53.2
<b>Behaviors Total</b>	-0.571	35	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.0	30	5.1
Volunteerism (% of adults aged 65+)	28.7	15	42.6
Nursing Home Quality (% of 4- & 5-star beds)	38.0	34	57.9
<b>Community &amp; Environment—Macro Total</b>	0.003	25	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	40.4	10	108.1
Food Insecurity (% of adults aged 60+)	16.6	40	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$738	25	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.008	26	
<b>Community &amp; Environment Total</b>	0.011	29	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	21.1	47	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	61.6	36	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.3	17	89.6
Geriatrician Shortfall (% of needed geriatricians)	66.8	25	25.8
<b>Policy Total</b>	-0.076	42	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.6	12	97.5
Flu Vaccine (% of adults aged 65+)	69.5	6	73.9
Health Screenings (% of adults aged 65 to 74)	86.1	27	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	17	98.4
Diabetes Management (% of Medicare beneficiaries)	79.7	26	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	100.6	22	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	64.7	39	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.6	34	12.9
Hospice Care (% of decedents aged 65+)	52.4	18	65.4
Hospital Deaths (% of decedents aged 65+)	23.1	32	15.1
<b>Clinical Care Total</b>	0.024	19	
<b>All Determinants</b>	-0.062	35	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.3	34	4.2
Falls (% of adults aged 65+)	31.1	41	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.9	37	3.0
Health Status (very good or excellent as % of adults aged 65+)	38.1	35	50.2
Able-bodied (% of adults aged 65+)	62.4	35	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2025	39	1402
Teeth Extractions (% of adults aged 65+)	24.9	47	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	-0.152	42	
<b>Overall</b>	-0.214	38	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.9	38	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.6	30	22.4
Cognition (% of adults aged 65+)	9.0	29	6.5
Depression (% of adults aged 65+)	16.7	39	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.8	28	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	41.1	52.7

## Overall Rank: 38



Change: ▲ 1  
 Determinants Rank: 35  
 Outcomes Rank: 42

### Strengths:

- Low prevalence of underweight seniors
- Ready availability of home-delivered meals
- High flu vaccination coverage

### Challenges:

- High prevalence of smoking
- High percentage of low-care nursing home residents
- High prevalence of full-mouth tooth extraction

### Highlights:

- In the past year, obesity decreased 5% from 28.1% to 26.7% of adults aged 65 and older.
- In the past year, pain management decreased 16% from 55.2% to 46.5% of adults aged 65 and older with joint pain.
- In the past year, food insecurity increased 5% from 15.8% to 16.6% of adults aged 60 and older.
- In the past 2 years, flu vaccine coverage increased 10% from 63.1% to 69.5% of adults aged 65 and older.
- In the past year, home health care increased 22% from 82.8 to 100.6 home health care workers per 1000 adults aged 75 and older.

### Ranking:

Missouri ranks 38th in *America's Health Rankings® Senior Report*; it was 39th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 36th.

### State Health Department Website:

[www.dhss.mo.gov](http://www.dhss.mo.gov)

# Montana

## Overall Rank: 34

Change: ▼ 4  
 Determinants Rank: 39  
 Outcomes Rank: 25

### Strengths:

- Low prevalence of obesity
- Ready availability of home-delivered meals
- Low percentage of hospital readmissions

### Challenges:

- Low percentage of quality nursing home beds
- High geriatrician shortfall
- High prevalence of falls

### Highlights:

- In the past year, smoking increased 24% from 7.8% to 9.7% of adults aged 65 and older.
- In the past year, pain management decreased 17% from 56.0% to 46.4% of adults aged 65 and older with joint pain.
- In the past 2 years, flu vaccine coverage increased 9% from 55.9% to 61.1% of adults aged 65 and older.
- In the past year, home health care decreased 27% from 105.9 to 77.4 home health care workers per 1000 adults aged 75 and older.
- In the past year, poor mental health days decreased 20% from 2.5 to 2.0 days in previous 30.

### Ranking:

Montana ranks 34th in *America's Health Rankings® Senior Report*; it was 30th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 22nd.

### State Health Department Website:

[www.dphhs.mt.gov](http://www.dphhs.mt.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.7	34	4.2
Chronic Drinking (% of adults aged 65+)	4.9	42	1.5
Obesity (% of adults aged 65+)	23.4	6	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.2	15	22.8
Dental Visit (% of adults aged 65+)	63.0	34	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.4	19	53.2
<b>Behaviors Total</b>	-0.409	24	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.7	27	5.1
Volunteerism (% of adults aged 65+)	30.1	11	42.6
Nursing Home Quality (% of 4- & 5-star beds)	33.1	44	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.004	28	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	47.6	8	108.1
Food Insecurity (% of adults aged 60+)	12.7	11	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1253	12	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.071	7	
<b>Community &amp; Environment Total</b>	0.067	17	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	15.3	39	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	50.5	44	136.8
Prescription Drug Coverage (% of adults aged 65+)	83.0	44	89.6
Geriatrician Shortfall (% of needed geriatricians)	87.8	49	25.8
<b>Policy Total</b>	-0.176	48	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	89.5	48	97.5
Flu Vaccine (% of adults aged 65+)	61.1	30	73.9
Health Screenings (% of adults aged 65 to 74)	80.2	48	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.2	5	98.4
Diabetes Management (% of Medicare beneficiaries)	71.5	47	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	77.4	33	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	47.0	11	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.8	5	12.9
Hospice Care (% of decedents aged 65+)	45.2	39	65.4
Hospital Deaths (% of decedents aged 65+)	19.4	10	15.1
<b>Clinical Care Total</b>	-0.037	38	
<b>All Determinants</b>	-0.132	39	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.3	12	4.2
Falls (% of adults aged 65+)	33.6	49	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.2	26	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.4	20	50.2
Able-bodied (% of adults aged 65+)	63.6	30	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1656	16	1402
Teeth Extractions (% of adults aged 65+)	18.1	32	7.0
Poor Mental Health Days (days in previous 30)	2.0	13	1.3
<b>All Outcomes</b>	0.030	25	
<b>Overall</b>	-0.102	34	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	26.0	15	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	24.4	3	22.4
Cognition (% of adults aged 65+)	7.4	7	6.5
Depression (% of adults aged 65+)	14.9	27	8.7
Suicide (deaths per 100 000 adults aged 65+)	22.3	46	7.1
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030		55.1	52.7



# Nebraska

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.6	20	4.2
Chronic Drinking (% of adults aged 65+)	3.0	15	1.5
Obesity (% of adults aged 65+)	28.2	32	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.1	13	22.8
Dental Visit (% of adults aged 65+)	68.5	19	77.2
Pain Management (% of adults aged 65+ with joint pain)	40.5	46	53.2
<b>Behaviors Total</b>	-0.567	28	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.8	15	5.1
Volunteerism (% of adults aged 65+)	34.5	7	42.6
Nursing Home Quality (% of 4- & 5-star beds)	48.3	12	57.9
<b>Community &amp; Environment—Macro Total</b>	0.098	8	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	38.9	13	108.1
Food Insecurity (% of adults aged 60+)	13.5	23	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1376	9	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.054	12	
<b>Community &amp; Environment Total</b>	0.152	11	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.8	30	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	54.4	42	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.4	5	89.6
Geriatrician Shortfall (% of needed geriatricians)	75.0	35	25.8
<b>Policy Total</b>	-0.035	31	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.9	29	97.5
Flu Vaccine (% of adults aged 65+)	66.2	12	73.9
Health Screenings (% of adults aged 65 to 74)	82.3	43	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.5	3	98.4
Diabetes Management (% of Medicare beneficiaries)	74.6	41	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	58.2	45	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	55.8	24	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	11	12.9
Hospice Care (% of decedents aged 65+)	50.5	24	65.4
Hospital Deaths (% of decedents aged 65+)	20.3	16	15.1
<b>Clinical Care Total</b>	0.005	27	
<b>All Determinants</b>	0.120	17	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	9.3	17	4.2
Falls (% of adults aged 65+)	31.2	42	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.3	28	3.0
Health Status (very good or excellent as % of adults aged 65+)	44.4	16	50.2
Able-bodied (% of adults aged 65+)	65.8	16	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1796	29	1402
Teeth Extractions (% of adults aged 65+)	13.4	11	7.0
Poor Mental Health Days (days in previous 30)	1.9	9	1.3
<b>All Outcomes</b>	0.089	20	
<b>Overall</b>	0.210	16	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	19.1	37	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	30.6	13	22.4
Cognition (% of adults aged 65+)	6.9	5	6.5
Depression (% of adults aged 65+)	13.9	15	8.7
Suicide (deaths per 100 000 adults aged 65+)	14.5	19	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	38.5	52.7

## Overall Rank: 16



Change: No Change  
 Determinants Rank: 17  
 Outcomes Rank: 20

### Strengths:

- High volunteerism
- High prescription drug coverage
- Low percentage of hospital readmissions

### Challenges:

- High prevalence of activity-limiting arthritis pain
- Limited availability of home health care workers
- High prevalence of falls

### Highlights:

- In the past 2 years, flu vaccine coverage increased 7% from 61.8% to 66.2% of adults aged 65 and older.
- In the past 2 years, very good or excellent health status increased 11% from 40.2% to 44.4% of adults aged 65 and older.
- In the past year, food insecurity increased 21% from 11.2% to 13.5% of adults aged 60 and older.
- In the past year, pain management decreased 26% from 54.5% to 40.5% of adults aged 65 and older with joint pain.
- In the past 2 years, seniors with a dedicated health care provider decreased 2% from 95.7% to 93.9% of adults aged 65 and older.

### Ranking:

Nebraska ranks 16th in *America's Health Rankings® Senior Report*; it was 16th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 10th.

### State Health Department Website:

[www.dhhs.ne.gov/](http://www.dhhs.ne.gov/)

# Nevada

## Overall Rank: 43



Change: ▼ 1  
 Determinants Rank: 48  
 Outcomes Rank: 31

### Strengths:

- Low prevalence of obesity
- Low prevalence of falls
- High health status

### Challenges:

- High prevalence of smoking
- High prevalence of chronic drinking
- Low flu vaccination coverage

### Highlights:

- In the past year, hospital deaths decreased 12% from 27.4% to 24.1% of decedents aged 65 and older.
- In the past year, poor mental health days decreased 23% from 3.0 to 2.3 days in previous 30.
- In the past year, physical inactivity increased 21% from 28.5% to 34.6% of adults aged 65 and older.
- In the past year, pain management decreased 28% from 55.8% to 40.3% of adults aged 65 and older with joint pain.
- In the past year, chronic drinking increased 53% from 4.5% to 6.9% of adults aged 65 and older.

### Ranking:

Nevada ranks 43rd in *America's Health Rankings® Senior Report*; it was 42nd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 39th.

### State Health Department Website:

<http://dhhs.nv.gov/>

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	15.4	50	4.2
Chronic Drinking (% of adults aged 65+)	6.9	50	1.5
Obesity (% of adults aged 65+)	23.9	9	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.6	49	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.6	34	22.8
Dental Visit (% of adults aged 65+)	64.9	26	77.2
Pain Management (% of adults aged 65+ with joint pain)	40.3	47	53.2
<b>Behaviors Total</b>	2.558	50	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.8	29	5.1
Volunteering (% of adults aged 65+)	18.5	47	42.6
Nursing Home Quality (% of 4- & 5-star beds)	39.3	32	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.042	39	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	18.1	32	108.1
Food Insecurity (% of adults aged 60+)	17.1	42	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$298	49	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.042	42	
<b>Community &amp; Environment Total</b>	-0.084	41	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.2	18	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	74.1	23	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.3	27	89.6
Geriatrician Shortfall (% of needed geriatricians)	76.8	39	25.8
<b>Policy Total</b>	-0.022	27	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	90.7	45	97.5
Flu Vaccine (% of adults aged 65+)	51.6	50	73.9
Health Screenings (% of adults aged 65 to 74)	84.4	35	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.1	37	98.4
Diabetes Management (% of Medicare beneficiaries)	76.7	34	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	74.7	35	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	52.0	16	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.8	38	12.9
Hospice Care (% of decedents aged 65+)	50.0	25	65.4
Hospital Deaths (% of decedents aged 65+)	24.1	36	15.1
<b>Clinical Care Total</b>	-0.091	48	
<b>All Determinants</b>	-0.448	48	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	19.6	48	4.2
Falls (% of adults aged 65+)	23.7	7	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.6	34	3.0
Health Status (very good or excellent as % of adults aged 65+)	46.0	8	50.2
Able-bodied (% of adults aged 65+)	64.4	24	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1959	36	1402
Teeth Extractions (% of adults aged 65+)	15.1	18	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	-0.002	31	
<b>Overall</b>	-0.450	43	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	22.7	26	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.6	14	22.4
Cognition (% of adults aged 65+)	8.2	14	6.5
Depression (% of adults aged 65+)	15.9	32	8.7
Suicide (deaths per 100 000 adults aged 65+)	26.9	49	7.1

	2015		No. 1
	Value	Rank	State
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030	89.0		52.7

# New Hampshire

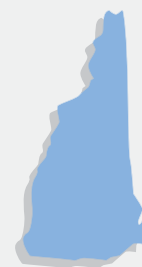
	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.1	7	4.2
Chronic Drinking (% of adults aged 65+)	4.0	26	1.5
Obesity (% of adults aged 65+)	25.5	14	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.1	6	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	27.6	10	22.8
Dental Visit (% of adults aged 65+)	72.8	7	77.2
Pain Management (% of adults aged 65+ with joint pain)	41.2	44	53.2
<b>Behaviors Total</b>	2.821	4	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	6.1	2	5.1
Volunteerism (% of adults aged 65+)	26.7	21	42.6
Nursing Home Quality (% of 4- & 5-star beds)	53.9	5	57.9
<b>Community &amp; Environment—Macro Total</b>	0.110	5	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	98.3	3	108.1
Food Insecurity (% of adults aged 60+)	10.2	3	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$3267	4	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.177	1	
<b>Community &amp; Environment Total</b>	0.287	1	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.3	28	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	63.1	32	136.8
Prescription Drug Coverage (% of adults aged 65+)	78.3	50	89.6
Geriatrician Shortfall (% of needed geriatricians)	50.5	8	25.8
<b>Policy Total</b>	-0.056	39	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.6	5	97.5
Flu Vaccine (% of adults aged 65+)	63.7	20	73.9
Health Screenings (% of adults aged 65 to 74)	91.3	3	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.5	3	98.4
Diabetes Management (% of Medicare beneficiaries)	84.0	5	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	81.2	32	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	50.7	15	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	11	12.9
Hospice Care (% of decedents aged 65+)	46.9	34	65.4
Hospital Deaths (% of decedents aged 65+)	22.6	27	15.1
<b>Clinical Care Total</b>	0.082	4	
<b>All Determinants</b>	0.424	2	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	7.4	10	4.2
Falls (% of adults aged 65+)	29.9	33	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.5	8	3.0
Health Status (very good or excellent as % of adults aged 65+)	50.2	1	50.2
Able-bodied (% of adults aged 65+)	66.6	8	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1675	18	1402
Teeth Extractions (% of adults aged 65+)	13.1	8	7.0
Poor Mental Health Days (days in previous 30)	1.7	4	1.3
<b>All Outcomes</b>	0.208	4	
<b>Overall</b>	0.633	2	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	27.4	9	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.2	18	22.4
Cognition (% of adults aged 65+)	7.4	7	6.5
Depression (% of adults aged 65+)	14.3	19	8.7
Suicide (deaths per 100 000 adults aged 65+)	12.0	11	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	62.2	52.7

## Overall Rank: 2

Change: ▲ 1  
 Determinants Rank: 2  
 Outcomes Rank: 4



### Strengths:

- Low percentage of seniors living in poverty
- Ready availability of home-delivered meals
- High health status

### Challenges:

- High prevalence of activity-limiting arthritis pain
- Low prescription drug coverage
- Low SNAP enrollment

### Highlights:

- In the past year, obesity decreased 4% from 26.5% to 25.5% of adults aged 65 and older.
- In the past year, underweight seniors decreased 35% from 1.7% to 1.1% of adults aged 65 and older.
- In the past 2 years, flu vaccine coverage increased 11% from 57.4% to 63.7% of adults aged 65 and older.
- In the past year, pain management decreased 28% from 57.0% to 41.2% of adults aged 65 and older with joint pain.
- In the past year, ICU use increased 14% from 6.5% to 7.4% of decedents aged 65 and older.

### Ranking:

New Hampshire ranks 2nd in *America's Health Rankings® Senior Report*; it was 3rd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 7th.

### State Health Department Website:

[www.dhhs.state.nh.us](http://www.dhhs.state.nh.us)

# New Jersey

## Overall Rank: 26



Change: ▼ 2  
 Determinants Rank: 29  
 Outcomes Rank: 22

### Strengths:

- Low prevalence of chronic drinking
- Low geriatrician shortfall
- Low prevalence of falls

### Challenges:

- High prevalence of underweight seniors
- Low volunteerism
- High ICU use

### Highlights:

- In the past year, hip fractures decreased 14% from 6.4 to 5.5 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, hospice care increased 4% from 45.9% to 47.6% of decedents aged 65 and older.
- In the past year, flu vaccine coverage decreased 6% from 61.1% to 57.2% of adults aged 65 and older.
- In the past year, pain management decreased 18% from 53.6% to 43.8% of adults aged 65 and older with joint pain.
- In the past year, poor mental health days increased 14% from 2.1 to 2.4 days in previous 30.

### Ranking:

New Jersey ranks 26th in *America's Health Rankings® Senior Report*; it was 24th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 11th.

### State Health Department Website:

[www.state.nj.us/health](http://www.state.nj.us/health)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.7	12	4.2
Chronic Drinking (% of adults aged 65+)	2.9	12	1.5
Obesity (% of adults aged 65+)	26.2	19	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	43	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.3	31	22.8
Dental Visit (% of adults aged 65+)	70.2	14	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
<b>Behaviors Total</b>	-0.290	22	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.0	17	5.1
Volunteerism (% of adults aged 65+)	19.3	43	42.6
Nursing Home Quality (% of 4- & 5-star beds)	44.2	26	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.004	28	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	29.8	18	108.1
Food Insecurity (% of adults aged 60+)	13.7	26	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$688	27	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.019	22	
<b>Community &amp; Environment Total</b>	0.015	28	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	13.0	32	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	83.9	17	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.8	32	89.6
Geriatrician Shortfall (% of needed geriatricians)	52.4	9	25.8
<b>Policy Total</b>	0.032	16	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.0	28	97.5
Flu Vaccine (% of adults aged 65+)	57.2	40	73.9
Health Screenings (% of adults aged 65 to 74)	86.8	19	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.2	35	98.4
Diabetes Management (% of Medicare beneficiaries)	83.9	7	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	74.0	36	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	60.8	34	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.0	43	12.9
Hospice Care (% of decedents aged 65+)	47.6	30	65.4
Hospital Deaths (% of decedents aged 65+)	26.6	46	15.1
<b>Clinical Care Total</b>	-0.047	41	
<b>All Determinants</b>	0.024	29	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	23.5	50	4.2
Falls (% of adults aged 65+)	22.3	5	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.5	8	3.0
Health Status (very good or excellent as % of adults aged 65+)	41.1	26	50.2
Able-bodied (% of adults aged 65+)	66.9	7	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1623	12	1402
Teeth Extractions (% of adults aged 65+)	13.9	15	7.0
Poor Mental Health Days (days in previous 30)	2.4	33	1.3
<b>All Outcomes</b>	0.049	22	
<b>Overall</b>	0.073	26	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	25.0	18	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	44.2	49	22.4
Cognition (% of adults aged 65+)	8.3	16	6.5
Depression (% of adults aged 65+)	12.0	5	8.7
Suicide (deaths per 100 000 adults aged 65+)	9.2	2	7.1

	2015		No. 1 State
	Value	Rank	
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030		41.5	52.7

# New Mexico

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.9	37	4.2
Chronic Drinking (% of adults aged 65+)	3.5	22	1.5
Obesity (% of adults aged 65+)	20.5	3	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.2	47	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	25.6	4	22.8
Dental Visit (% of adults aged 65+)	63.6	29	77.2
Pain Management (% of adults aged 65+ with joint pain)	51.2	3	53.2
<b>Behaviors Total</b>	-1.535	3	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	11.8	47	5.1
Volunteerism (% of adults aged 65+)	23.9	33	42.6
Nursing Home Quality (% of 4- & 5-star beds)	33.9	42	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.090	46	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	27.4	20	108.1
Food Insecurity (% of adults aged 60+)	13.1	18	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$976	14	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.029	18	
<b>Community &amp; Environment Total</b>	-0.061	37	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	13.3	33	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	62.3	34	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.7	34	89.6
Geriatrician Shortfall (% of needed geriatricians)	66.0	22	25.8
<b>Policy Total</b>	-0.043	33	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	90.5	47	97.5
Flu Vaccine (% of adults aged 65+)	55.6	45	73.9
Health Screenings (% of adults aged 65 to 74)	81.8	45	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	30	98.4
Diabetes Management (% of Medicare beneficiaries)	68.8	48	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	200.4	4	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	50.1	13	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.0	8	12.9
Hospice Care (% of decedents aged 65+)	52.7	17	65.4
Hospital Deaths (% of decedents aged 65+)	19.5	11	15.1
<b>Clinical Care Total</b>	-0.017	33	
<b>All Determinants</b>	-0.003	30	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	11.6	22	4.2
Falls (% of adults aged 65+)	32.0	43	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.8	36	3.0
Health Status (very good or excellent as % of adults aged 65+)	40.0	29	50.2
Able-bodied (% of adults aged 65+)	58.9	43	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1667	17	1402
Teeth Extractions (% of adults aged 65+)	16.2	26	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	-0.063	36	
<b>Overall</b>	-0.066	33	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	26.6	13	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	29.9	12	22.4
Cognition (% of adults aged 65+)	11.6	46	6.5
Depression (% of adults aged 65+)	16.6	38	8.7
Suicide (deaths per 100 000 adults aged 65+)	23.5	48	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	61.6	52.7

## Overall Rank: 33



Change: ▲ 5  
 Determinants Rank: 30  
 Outcomes Rank: 36

### Strengths:

- Low prevalence of obesity
- Low prevalence of activity-limiting arthritis pain
- Ready availability of home health care providers

### Challenges:

- High prevalence of underweight seniors
- High percentage of seniors in poverty
- Low percentage of able-bodied seniors

### Highlights:

- In the past year, food insecurity decreased 28% from 18.1% to 13.1% of adults aged 60 and older.
- In the past year, hospital deaths decreased 14% from 22.6% to 19.5% of decedents aged 65 and older.
- In the past year, pain management increased 10% from 46.6% to 51.2% of adults aged 65 and older with joint pain.
- In the past year, flu vaccine coverage decreased 4% from 57.8% to 55.6% of adults aged 65 and older.
- In the past year, underweight seniors increased 29% from 1.7% to 2.2% of adults aged 65 and older.

### Ranking:

New Mexico ranks 33rd in *America's Health Rankings® Senior Report*; it was 38th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 33rd.

State Health Department Website:  
[www.health.state.nm.us](http://www.health.state.nm.us)

# New York

NEW YORK

## Overall Rank: 21



Change: ▲ 11  
 Determinants Rank: 16  
 Outcomes Rank: 23

### Strengths:

- Low prevalence of smoking
- High SNAP enrollment
- Ready availability of home health care providers

### Challenges:

- High percentage of seniors in poverty
- Low volunteerism
- High percentage of hospital deaths

### Highlights:

- In the past year, flu vaccine coverage increased 13% from 55.1% to 62.2% of adults aged 65 and older.
- In the past year, smoking decreased 20% from 8.1% to 6.5% of adults aged 65 and older.
- In the past year, poor mental health days decreased 22% from 3.2 to 2.5 days in previous 30.
- In the past year, hospice care increased 10% from 28.9% to 31.7% of decedents aged 65 and older.
- In the past year, food insecurity increased 6% from 14.8% to 15.7% of adults aged 60 and older.

### Ranking:

New York ranks 21st in *America's Health Rankings® Senior Report*; it was 32nd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 14th.

### State Health Department Website:

[www.health.state.ny.us](http://www.health.state.ny.us)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	6.5	4	4.2
Chronic Drinking (% of adults aged 65+)	4.3	30	1.5
Obesity (% of adults aged 65+)	25.9	16	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	33	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.9	24	22.8
Dental Visit (% of adults aged 65+)	66.7	22	77.2
Pain Management (% of adults aged 65+ with joint pain)	47.7	12	53.2
<b>Behaviors Total</b>	0.563	11	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	11.6	46	5.1
Volunteerism (% of adults aged 65+)	17.5	49	42.6
Nursing Home Quality (% of 4- & 5-star beds)	43.9	28	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.080	44	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	17.6	34	108.1
Food Insecurity (% of adults aged 60+)	15.7	34	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1281	11	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.001	30	
<b>Community &amp; Environment Total</b>	-0.081	40	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	8.9	15	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	119.9	2	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.5	14	89.6
Geriatrician Shortfall (% of needed geriatricians)	41.6	4	25.8
<b>Policy Total</b>	0.173	1	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.7	9	97.5
Flu Vaccine (% of adults aged 65+)	62.2	29	73.9
Health Screenings (% of adults aged 65 to 74)	87.9	13	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.6	45	98.4
Diabetes Management (% of Medicare beneficiaries)	84.1	4	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	224.2	3	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	59.2	29	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.0	43	12.9
Hospice Care (% of decedents aged 65+)	31.7	48	65.4
Hospital Deaths (% of decedents aged 65+)	32.6	50	15.1
<b>Clinical Care Total</b>	-0.023	34	
<b>All Determinants</b>	0.123	16	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	12.4	25	4.2
Falls (% of adults aged 65+)	28.8	28	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.4	4	3.0
Health Status (very good or excellent as % of adults aged 65+)	37.8	36	50.2
Able-bodied (% of adults aged 65+)	66.0	12	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1610	10	1402
Teeth Extractions (% of adults aged 65+)	15.1	18	7.0
Poor Mental Health Days (days in previous 30)	2.5	36	1.3
<b>All Outcomes</b>	0.043	23	
<b>Overall</b>	0.166	21	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	24.4	19	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	43.0	48	22.4
Cognition (% of adults aged 65+)	8.7	26	6.5
Depression (% of adults aged 65+)	13.3	9	8.7
Suicide (deaths per 100 000 adults aged 65+)	10.2	5	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	33.1	52.7

# North Carolina

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.7	34	4.2
Chronic Drinking (% of adults aged 65+)	2.6	11	1.5
Obesity (% of adults aged 65+)	25.7	15	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.8	18	22.8
Dental Visit (% of adults aged 65+)	63.8	28	77.2
Pain Management (% of adults aged 65+ with joint pain)	48.8	10	53.2
<b>Behaviors Total</b>	3.892	17	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.0	35	5.1
Volunteerism (% of adults aged 65+)	26.6	22	42.6
Nursing Home Quality (% of 4- & 5-star beds)	34.9	38	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.039	38	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	14.5	43	108.1
Food Insecurity (% of adults aged 60+)	20.1	46	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$554	34	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.069	48	
<b>Community &amp; Environment Total</b>	-0.108	44	

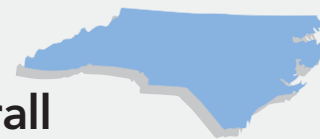
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	7.0	9	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	61.4	37	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.9	11	89.6
Geriatrician Shortfall (% of needed geriatricians)	63.3	17	25.8
<b>Policy Total</b>	0.042	11	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.5	24	97.5
Flu Vaccine (% of adults aged 65+)	70.9	4	73.9
Health Screenings (% of adults aged 65 to 74)	87.6	17	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.2	5	98.4
Diabetes Management (% of Medicare beneficiaries)	83.3	9	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	110.0	17	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	56.7	26	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.9	21	12.9
Hospice Care (% of decedents aged 65+)	51.0	21	65.4
Hospital Deaths (% of decedents aged 65+)	23.5	34	15.1
<b>Clinical Care Total</b>	0.061	9	
<b>All Determinants</b>	0.037	27	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	13.3	29	4.2
Falls (% of adults aged 65+)	27.3	20	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.1	40	3.0
Health Status (very good or excellent as % of adults aged 65+)	39.3	32	50.2
Able-bodied (% of adults aged 65+)	62.3	36	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1984	37	1402
Teeth Extractions (% of adults aged 65+)	21.0	40	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	-0.100	38	
<b>Overall</b>	-0.063	32	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	21.4	32	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	35.7	24	22.4
Cognition (% of adults aged 65+)	10.0	34	6.5
Depression (% of adults aged 65+)	16.5	37	8.7
Suicide (deaths per 100 000 adults aged 65+)	15.9	22	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	58.1	52.7



## Overall Rank: 32

Change: ▼ 3  
 Determinants Rank: 27  
 Outcomes Rank: 38

### Strengths:

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

### Challenges:

- Low percentage of quality nursing home beds
- High prevalence of food insecurity
- High hip fracture rate

### Highlights:

- In the past 2 years, very good or excellent health status increased 15% from 34.1% to 39.3% of adults aged 65 and older.
- In the past year, chronic drinking decreased 24% from 3.4% to 2.6% of adults aged 65 and older.
- In the past year, physical inactivity increased 10% from 29.0% to 31.8% of adults aged 65 and older.
- In the past year, smoking increased 5% from 9.2% to 9.7% of adults aged 65 and older.
- In the past 2 years, food insecurity increased 28% from 15.7% to 20.1% of adults aged 60 and older.

### Ranking:

North Carolina ranks 32nd in *America's Health Rankings® Senior Report*; it was 29th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 37th.

### State Health Department Website:

[www.dhhs.state.nc.us](http://www.dhhs.state.nc.us)

# North Dakota

NORTH DAKOTA

**Overall Rank: 19**



Change: ▼ 1  
 Determinants Rank: 23  
 Outcomes Rank: 14

**Strengths:**

- Low prevalence of chronic drinking
- Ready availability of home-delivered meals
- Low ICU use

**Challenges:**

- High prevalence of smoking
- Low SNAP enrollment
- Low hospice care use

**Highlights:**

- In the past year, ICU use decreased 19% from 5.2% to 4.2% of decedents aged 65 and older.
- In the past year, underweight seniors decreased 45% from 2.0% to 1.1% of adults aged 65 and older.
- In the past year, smoking increased 17% from 8.6% to 10.1% of adults aged 65 and older.
- In the past year, food insecurity increased 42% from 9.3% to 13.2% of adults aged 60 and older.
- In the past year, hospital deaths increased 4% from 22.2% to 23.0% of decedents aged 65 and older.

**Ranking:**

North Dakota ranks 19th in *America's Health Rankings® Senior Report*; it was 18th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 9th.

**State Health Department Website:**  
[www.ndhealth.gov](http://www.ndhealth.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.1	40	4.2
Chronic Drinking (% of adults aged 65+)	2.3	7	1.5
Obesity (% of adults aged 65+)	29.2	40	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.1	6	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.3	31	22.8
Dental Visit (% of adults aged 65+)	62.0	36	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.8	24	53.2
<b>Behaviors Total</b>	-1.854	26	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.2	36	5.1
Volunteering (% of adults aged 65+)	32.6	10	42.6
Nursing Home Quality (% of 4- & 5-star beds)	46.9	16	57.9
<b>Community &amp; Environment—Macro Total</b>	0.038	21	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	51.9	7	108.1
Food Insecurity (% of adults aged 60+)	13.2	19	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1454	8	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.078	6	
<b>Community &amp; Environment Total</b>	0.116	14	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	15.1	37	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	41.3	48	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.6	3	89.6
Geriatrician Shortfall (% of needed geriatricians)	47.8	7	25.8
<b>Policy Total</b>	0.005	19	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	91.4	44	97.5
Flu Vaccine (% of adults aged 65+)	59.0	35	73.9
Health Screenings (% of adults aged 65 to 74)	84.2	36	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.9	13	98.4
Diabetes Management (% of Medicare beneficiaries)	79.1	30	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	92.9	26	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	56.1	25	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.7	17	12.9
Hospice Care (% of decedents aged 65+)	30.2	49	65.4
Hospital Deaths (% of decedents aged 65+)	23.0	29	15.1
<b>Clinical Care Total</b>	-0.055	42	
<b>All Determinants</b>	0.069	23	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	4.2	1	4.2
Falls (% of adults aged 65+)	28.4	25	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.6	12	3.0
Health Status (very good or excellent as % of adults aged 65+)	36.0	41	50.2
Able-bodied (% of adults aged 65+)	66.0	12	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1625	13	1402
Teeth Extractions (% of adults aged 65+)	17.1	28	7.0
Poor Mental Health Days (days in previous 30)	1.8	6	1.3
<b>All Outcomes</b>	0.118	14	
<b>Overall</b>	0.187	19	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	16.3	48	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	31.9	17	22.4
Cognition (% of adults aged 65+)	6.5	1	6.5
Depression (% of adults aged 65+)	13.4	11	8.7
Suicide (deaths per 100 000 adults aged 65+)	10.3	6	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	41.2	52.7



	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.7	34	4.2
Chronic Drinking (% of adults aged 65+)	3.2	19	1.5
Obesity (% of adults aged 65+)	28.6	36	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.4	15	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	37.0	41	22.8
Dental Visit (% of adults aged 65+)	63.6	29	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.9	21	53.2
<b>Behaviors Total</b>	0.492	38	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.1	19	5.1
Volunteerism (% of adults aged 65+)	25.5	26	42.6
Nursing Home Quality (% of 4- & 5-star beds)	36.6	35	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.003	26	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	26.5	21	108.1
Food Insecurity (% of adults aged 60+)	12.9	13	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$691	26	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.021	21	
<b>Community &amp; Environment Total</b>	0.018	27	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	9.2	16	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	78.1	21	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.4	5	89.6
Geriatrician Shortfall (% of needed geriatricians)	70.0	27	25.8
<b>Policy Total</b>	0.042	11	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.9	20	97.5
Flu Vaccine (% of adults aged 65+)	62.6	27	73.9
Health Screenings (% of adults aged 65 to 74)	85.7	30	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.9	13	98.4
Diabetes Management (% of Medicare beneficiaries)	79.2	29	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	110.4	16	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	71.7	45	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.9	41	12.9
Hospice Care (% of decedents aged 65+)	58.1	7	65.4
Hospital Deaths (% of decedents aged 65+)	18.2	5	15.1
<b>Clinical Care Total</b>	0.018	23	
<b>All Determinants</b>	0.039	26	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	15.5	40	4.2
Falls (% of adults aged 65+)	26.7	17	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.2	26	3.0
Health Status (very good or excellent as % of adults aged 65+)	38.2	34	50.2
Able-bodied (% of adults aged 65+)	64.4	24	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2061	41	1402
Teeth Extractions (% of adults aged 65+)	20.3	39	7.0
Poor Mental Health Days (days in previous 30)	2.1	16	1.3
<b>All Outcomes</b>	-0.055	34	
<b>Overall</b>	-0.016	30	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.3	41	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.9	42	22.4
Cognition (% of adults aged 65+)	8.5	24	6.5
Depression (% of adults aged 65+)	14.8	24	8.7
Suicide (deaths per 100 000 adults aged 65+)	14.1	17	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	33.4	52.7

## Overall Rank: 30



Change: ▲ 1  
 Determinants Rank: 26  
 Outcomes Rank: 34

### Strengths:

- Low percentage of seniors living in poverty
- High prescription drug coverage
- Low percentage of hospital deaths

### Challenges:

- High prevalence of physical inactivity
- Low percentage of quality nursing home beds
- High premature death rate

### Highlights:

- In the past year, food insecurity decreased 7% from 13.8% to 12.9% of adults aged 60 and older.
- In the past year, smoking decreased 5% from 10.2% to 9.7% of adults aged 65 and older.
- In the past year, poor mental health days decreased 16% from 2.5 to 2.1 days in previous 30.
- In the past year, pain management decreased 18% from 56.2% to 45.9% of adults aged 65 and older with joint pain.
- In the past year, community support decreased 17% from \$835 to \$691 per adult aged 65 and older in poverty.

### Ranking:

Ohio ranks 30th in *America's Health Rankings® Senior Report*; it was 31st last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 40th.

**State Health Department Website:**  
[www.odh.ohio.gov](http://www.odh.ohio.gov)

# Oklahoma

OKLAHOMA

## Overall Rank: 46

Change: ▲ 1  
 Determinants Rank: 45  
 Outcomes Rank: 45

### Strengths:

- Low prevalence of activity-limiting arthritis pain
- High flu vaccination coverage
- Low ICU use

### Challenges:

- High prevalence of physical inactivity
- High percentage of low-care nursing home residents
- High hip fracture rate

### Highlights:

- In the past year, pain management increased 9% from 48.9% to 53.2% of adults aged 65 and older with joint pain.
- In the past year, hip fractures decreased 14% from 9.2 to 7.9 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, smoking decreased 7% from 10.6% to 9.9% of adults aged 65 and older.
- In the past year, physical inactivity increased 15% from 36.7% to 42.3% of adults aged 65 and older.
- In the past year, seniors with a dedicated health care provider decreased 2% from 95.7% to 93.5% of adults aged 65 and older.

### Ranking:

Oklahoma ranks 46th in *America's Health Rankings® Senior Report*; it was 47th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 46th.

### State Health Department Website:

[www.ok.gov/health](http://www.ok.gov/health)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.9	37	4.2
Chronic Drinking (% of adults aged 65+)	2.3	7	1.5
Obesity (% of adults aged 65+)	26.9	27	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	42.3	49	22.8
Dental Visit (% of adults aged 65+)	56.5	45	77.2
Pain Management (% of adults aged 65+ with joint pain)	53.2	1	53.2
<b>Behaviors Total</b>	<b>3.547</b>	<b>33</b>	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.7	34	5.1
Volunteering (% of adults aged 65+)	24.2	31	42.6
Nursing Home Quality (% of 4- & 5-star beds)	28.8	47	57.9
<b>Community &amp; Environment—Macro Total</b>	<b>-0.071</b>	<b>41</b>	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	21.1	27	108.1
Food Insecurity (% of adults aged 60+)	15.4	33	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$468	39	\$6798
<b>Community &amp; Environment—Micro Total</b>	<b>-0.017</b>	<b>37</b>	
<b>Community &amp; Environment Total</b>	<b>-0.088</b>	<b>42</b>	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	25.0	49	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	66.2	31	136.8
Prescription Drug Coverage (% of adults aged 65+)	84.2	41	89.6
Geriatrician Shortfall (% of needed geriatricians)	86.1	48	25.8
<b>Policy Total</b>	<b>-0.182</b>	<b>49</b>	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.5	34	97.5
Flu Vaccine (% of adults aged 65+)	68.7	7	73.9
Health Screenings (% of adults aged 65 to 74)	81.7	46	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.6	45	98.4
Diabetes Management (% of Medicare beneficiaries)	72.9	46	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	84.3	31	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	71.4	42	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.7	36	12.9
Hospice Care (% of decedents aged 65+)	54.1	14	65.4
Hospital Deaths (% of decedents aged 65+)	23.0	29	15.1
<b>Clinical Care Total</b>	<b>-0.059</b>	<b>43</b>	
<b>All Determinants</b>	<b>-0.347</b>	<b>45</b>	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	11.8	23	4.2
Falls (% of adults aged 65+)	32.6	47	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.9	48	3.0
Health Status (very good or excellent as % of adults aged 65+)	35.7	42	50.2
Able-bodied (% of adults aged 65+)	58.0	44	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2274	44	1402
Teeth Extractions (% of adults aged 65+)	21.0	40	7.0
Poor Mental Health Days (days in previous 30)	2.7	46	1.3
<b>All Outcomes</b>	<b>-0.283</b>	<b>45</b>	
<b>Overall</b>	<b>-0.630</b>	<b>46</b>	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	19.7	36	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.8	31	22.4
Cognition (% of adults aged 65+)	10.0	34	6.5
Depression (% of adults aged 65+)	17.8	46	8.7
Suicide (deaths per 100 000 adults aged 65+)	19.4	39	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	36.8	52.7

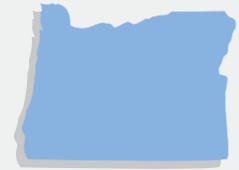
# Oregon

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.0	14	4.2
Chronic Drinking (% of adults aged 65+)	5.7	48	1.5
Obesity (% of adults aged 65+)	26.0	18	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	33	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	22.8	1	22.8
Dental Visit (% of adults aged 65+)	68.0	20	77.2
Pain Management (% of adults aged 65+ with joint pain)	47.3	13	53.2
<b>Behaviors Total</b>	-3.007	10	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.1	19	5.1
Volunteerism (% of adults aged 65+)	30.0	13	42.6
Nursing Home Quality (% of 4- & 5-star beds)	50.4	7	57.9
<b>Community &amp; Environment—Macro Total</b>	0.077	11	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	29.0	19	108.1
Food Insecurity (% of adults aged 60+)	16.2	37	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$495	36	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.012	35	
<b>Community &amp; Environment Total</b>	0.065	19	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	6.5	8	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	116.2	3	136.8
Prescription Drug Coverage (% of adults aged 65+)	85.7	34	89.6
Geriatrician Shortfall (% of needed geriatricians)	66.0	22	25.8
<b>Policy Total</b>	0.090	7	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.7	23	97.5
Flu Vaccine (% of adults aged 65+)	56.2	43	73.9
Health Screenings (% of adults aged 65 to 74)	87.7	15	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.8	43	98.4
Diabetes Management (% of Medicare beneficiaries)	78.6	32	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	88.9	28	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	37.7	4	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.6	3	12.9
Hospice Care (% of decedents aged 65+)	55.7	13	65.4
Hospital Deaths (% of decedents aged 65+)	20.2	15	15.1
<b>Clinical Care Total</b>	0.050	12	
<b>All Determinants</b>	0.264	7	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	5.9	4	4.2
Falls (% of adults aged 65+)	18.4	3	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.7	17	3.0
Health Status (very good or excellent as % of adults aged 65+)	47.5	5	50.2
Able-bodied (% of adults aged 65+)	62.2	37	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1680	19	1402
Teeth Extractions (% of adults aged 65+)	15.0	17	7.0
Poor Mental Health Days (days in previous 30)	2.6	41	1.3
<b>All Outcomes</b>	0.145	10	
<b>Overall</b>	0.409	9	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	27.1	11	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	26.4	4	22.4
Cognition (% of adults aged 65+)	10.1	36	6.5
Depression (% of adults aged 65+)	19.8	50	8.7
Suicide (deaths per 100 000 adults aged 65+)	22.7	47	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	49.3	52.7

## Overall Rank: 9



Change: ▼ 1  
 Determinants Rank: 7  
 Outcomes Rank: 10

### Strengths:

- Low prevalence of physical inactivity
- High SNAP enrollment
- Low prevalence of falls

### Challenges:

- High prevalence of chronic drinking
- Low flu vaccination coverage
- Many poor mental health days

### Highlights:

- In the past year, home health care increased 11% from 79.8 to 88.9 home health care workers per 1000 adults aged 75 and older.
- In the past year, hip fractures decreased 17% from 6.9 to 5.7 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, food insecurity increased 10% from 14.8% to 16.2% of adults aged 60 and older.
- In the past year, community support decreased 14% from \$574 to \$495 per adult aged 65 and older in poverty.
- In the past year, poor mental health days increased 8% from 2.4 to 2.6 days in previous 30.

### Ranking:

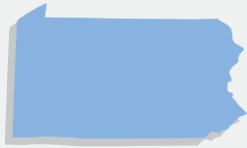
Oregon ranks 9th in *America's Health Rankings® Senior Report*; it was 8th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 12th.

### State Health Department Website:

<http://public.health.oregon.gov/>

# Pennsylvania

**Overall Rank: 25**



Change: ▼ 3  
 Determinants Rank: 21  
 Outcomes Rank: 33

**Strengths:**

- High community-support expenditures
- Low percentage of low-care nursing home residents
- Low geriatrician shortfall

**Challenges:**

- High prevalence of obesity
- High prevalence of physical inactivity
- Low percentage of quality nursing home beds

**Highlights:**

- In the past year, food insecurity decreased 16% from 15.3% to 12.9% of adults aged 60 and older.
- In the past year, home health care increased 12% from 105.5 to 118.5 home health care workers per 1000 adults aged 75 and older.
- In the past year, pain management decreased 17% from 52.9% to 43.9% of adults aged 65 and older with joint pain.
- In the past year, hip fractures decreased 15% from 6.7 to 5.7 hospitalizations per 1000 Medicare beneficiaries.
- In the past 2 years, physical inactivity increased 13% from 32.4% to 36.7% of adults aged 65 and older.

**Ranking:**

Pennsylvania ranks 25th in *America's Health Rankings® Senior Report*; it was 22nd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 28th.

**State Health Department Website:**

[www.health.state.pa.us](http://www.health.state.pa.us)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.0	39	4.2
Chronic Drinking (% of adults aged 65+)	4.0	26	1.5
Obesity (% of adults aged 65+)	30.1	45	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.5	18	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	36.7	40	22.8
Dental Visit (% of adults aged 65+)	63.4	31	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.9	33	53.2
<b>Behaviors Total</b>	1.276	43	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.3	24	5.1
Volunteerism (% of adults aged 65+)	26.6	22	42.6
Nursing Home Quality (% of 4- & 5-star beds)	35.3	37	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.006	31	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	17.2	36	108.1
Food Insecurity (% of adults aged 60+)	12.9	13	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1917	6	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.043	15	
<b>Community &amp; Environment Total</b>	0.037	26	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	6.0	5	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	87.1	15	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.4	15	89.6
Geriatrician Shortfall (% of needed geriatricians)	46.4	6	25.8
<b>Policy Total</b>	0.126	4	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	96.6	5	97.5
Flu Vaccine (% of adults aged 65+)	59.4	34	73.9
Health Screenings (% of adults aged 65 to 74)	87.7	15	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.2	5	98.4
Diabetes Management (% of Medicare beneficiaries)	82.5	11	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	118.5	13	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	62.6	35	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	28	12.9
Hospice Care (% of decedents aged 65+)	49.7	26	65.4
Hospital Deaths (% of decedents aged 65+)	21.0	19	15.1
<b>Clinical Care Total</b>	0.040	14	
<b>All Determinants</b>	0.092	21	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	15.3	39	4.2
Falls (% of adults aged 65+)	25.6	14	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.7	17	3.0
Health Status (very good or excellent as % of adults aged 65+)	39.1	33	50.2
Able-bodied (% of adults aged 65+)	65.2	20	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1877	33	1402
Teeth Extractions (% of adults aged 65+)	18.2	33	7.0
Poor Mental Health Days (days in previous 30)	2.5	36	1.3
<b>All Outcomes</b>	-0.016	33	
<b>Overall</b>	0.076	25	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.6	39	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.1	43	22.4
Cognition (% of adults aged 65+)	8.3	16	6.5
Depression (% of adults aged 65+)	14.3	19	8.7
Suicide (deaths per 100 000 adults aged 65+)	14.4	18	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	34.5	52.7

# Rhode Island

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.0	6	4.2
Chronic Drinking (% of adults aged 65+)	4.9	42	1.5
Obesity (% of adults aged 65+)	26.8	26	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.0	2	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.9	36	22.8
Dental Visit (% of adults aged 65+)	72.3	8	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.8	34	53.2
<b>Behaviors Total</b>	0.190	14	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.5	33	5.1
Volunteerism (% of adults aged 65+)	18.5	47	42.6
Nursing Home Quality (% of 4- & 5-star beds)	44.6	25	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.033	36	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	14.7	42	108.1
Food Insecurity (% of adults aged 60+)	16.2	37	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$388	44	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.036	39	
<b>Community &amp; Environment Total</b>	-0.069	39	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	18.0	44	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	112.3	4	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.2	9	89.6
Geriatrician Shortfall (% of needed geriatricians)	53.3	10	25.8
<b>Policy Total</b>	0.077	8	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	97.5	1	97.5
Flu Vaccine (% of adults aged 65+)	63.1	23	73.9
Health Screenings (% of adults aged 65 to 74)	92.4	1	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	95.4	47	98.4
Diabetes Management (% of Medicare beneficiaries)	81.9	17	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	98.1	23	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	60.4	32	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.6	34	12.9
Hospice Care (% of decedents aged 65+)	56.9	9	65.4
Hospital Deaths (% of decedents aged 65+)	21.2	20	15.1
<b>Clinical Care Total</b>	0.057	11	
<b>All Determinants</b>	0.115	18	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.9	16	4.2
Falls (% of adults aged 65+)	24.4	10	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.7	17	3.0
Health Status (very good or excellent as % of adults aged 65+)	43.3	18	50.2
Able-bodied (% of adults aged 65+)	65.4	18	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1652	15	1402
Teeth Extractions (% of adults aged 65+)	12.5	6	7.0
Poor Mental Health Days (days in previous 30)	2.1	16	1.3
<b>All Outcomes</b>	0.158	7	
<b>Overall</b>	0.274	14	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	23.7	22	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	40.2	40	22.4
Cognition (% of adults aged 65+)	8.3	16	6.5
Depression (% of adults aged 65+)	16.3	35	8.7
Suicide (deaths per 100 000 adults aged 65+)	9.7	4	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	40.7	52.7

## Overall Rank: 14



Change: ▲ 12  
 Determinants Rank: 18  
 Outcomes Rank: 7

### Strengths:

- Low prevalence of underweight seniors
- High SNAP enrollment
- High percentage of health screenings

### Challenges:

- Low volunteerism
- High percentage of low-care nursing home residents
- Low percentage of recommended hospital care

### Highlights:

- In the past year, poor mental health days decreased 19% from 2.6 to 2.1 days in previous 30.
- In the past year, smoking decreased 21% from 8.8% to 7.0% of adults aged 65 and older.
- In the past 2 years, flu vaccine coverage increased 12% from 56.6% to 63.1% of adults aged 65 and older.
- In the past 2 years, obesity increased 21% from 22.2% to 26.8% of adults aged 65 and older.
- In the past year, pain management decreased 14% from 50.9% to 43.8% of adults aged 65 and older with joint pain.

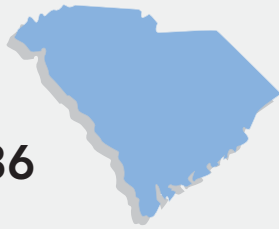
### Ranking:

Rhode Island ranks 14th in *America's Health Rankings® Senior Report*; it was 26th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 15th.

State Health Department Website:  
[www.health.state.ri.us](http://www.health.state.ri.us)

# South Carolina

## Overall Rank: 36



Change: ▼ 2  
 Determinants Rank: 32  
 Outcomes Rank: 41

### Strengths:

- High percentage of quality nursing home beds
- Low percentage of low-care nursing home residents
- High hospice care use

### Challenges:

- High prevalence of food insecurity
- High hip fracture rate
- Many poor mental health days

### Highlights:

- In the past year, flu vaccine coverage increased 9% from 60.1% to 65.3% of adults aged 65 and older.
- In the past year, smoking decreased 17% from 10.1% to 8.4% of adults aged 65 and older.
- In the past year, physical inactivity increased 15% from 27.8% to 32.0% of adults aged 65 and older.
- In the past year, pain management decreased 17% from 55.7% to 46.1% of adults aged 65 and older with joint pain.
- In the past year, community support decreased 11% from \$409 to \$363 per adult aged 65 and older in poverty.

### Ranking:

South Carolina ranks 36th in *America's Health Rankings® Senior Report*; it was 34th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 42nd.

### State Health Department Website:

[www.scdhec.gov](http://www.scdhec.gov)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.4	17	4.2
Chronic Drinking (% of adults aged 65+)	4.5	35	1.5
Obesity (% of adults aged 65+)	26.7	24	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.7	30	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.0	20	22.8
Dental Visit (% of adults aged 65+)	61.3	38	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.1	20	53.2
<b>Behaviors Total</b>	-0.163	37	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.2	36	5.1
Volunteering (% of adults aged 65+)	24.7	29	42.6
Nursing Home Quality (% of 4- & 5-star beds)	45.2	21	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.011	32	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	16.7	38	108.1
Food Insecurity (% of adults aged 60+)	18.4	44	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$363	46	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.055	45	
<b>Community &amp; Environment Total</b>	-0.066	38	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	5.7	4	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	72.5	25	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.0	20	89.6
Geriatrician Shortfall (% of needed geriatricians)	71.2	28	25.8
<b>Policy Total</b>	0.033	15	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.8	33	97.5
Flu Vaccine (% of adults aged 65+)	65.3	17	73.9
Health Screenings (% of adults aged 65 to 74)	86.0	28	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	17	98.4
Diabetes Management (% of Medicare beneficiaries)	82.0	16	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	72.7	38	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	54.1	20	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.0	23	12.9
Hospice Care (% of decedents aged 65+)	56.5	12	65.4
Hospital Deaths (% of decedents aged 65+)	22.2	24	15.1
<b>Clinical Care Total</b>	0.032	17	
<b>All Determinants</b>	-0.027	32	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.7	37	4.2
Falls (% of adults aged 65+)	27.2	19	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.1	40	3.0
Health Status (very good or excellent as % of adults aged 65+)	36.9	40	50.2
Able-bodied (% of adults aged 65+)	62.7	33	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2034	40	1402
Teeth Extractions (% of adults aged 65+)	19.5	37	7.0
Poor Mental Health Days (days in previous 30)	2.6	41	1.3
<b>All Outcomes</b>	-0.140	41	
<b>Overall</b>	-0.167	36	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	22.0	29	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	36.4	27	22.4
Cognition (% of adults aged 65+)	10.3	37	6.5
Depression (% of adults aged 65+)	16.9	41	8.7
Suicide (deaths per 100 000 adults aged 65+)	17.4	32	7.1

	2015		No. 1 State
	Value	Rank	
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030	55.6		52.7

# South Dakota

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.4	17	4.2
Chronic Drinking (% of adults aged 65+)	2.1	4	1.5
Obesity (% of adults aged 65+)	28.7	37	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.0	2	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	31.1	17	22.8
Dental Visit (% of adults aged 65+)	64.0	27	77.2
Pain Management (% of adults aged 65+ with joint pain)	41.8	42	53.2
<b>Behaviors Total</b>	0.714	15	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.5	41	5.1
Volunteerism (% of adults aged 65+)	37.5	4	42.6
Nursing Home Quality (% of 4- & 5-star beds)	36.4	36	57.9
<b>Community &amp; Environment—Macro Total</b>	0.016	24	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	25.2	24	108.1
Food Insecurity (% of adults aged 60+)	13.0	17	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1141	13	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.032	17	
<b>Community &amp; Environment Total</b>	0.048	24	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	16.7	41	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	43.6	47	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.6	3	89.6
Geriatrician Shortfall (% of needed geriatricians)	67.3	26	25.8
<b>Policy Total</b>	-0.055	38	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	92.9	38	97.5
Flu Vaccine (% of adults aged 65+)	71.3	3	73.9
Health Screenings (% of adults aged 65 to 74)	86.2	25	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	17	98.4
Diabetes Management (% of Medicare beneficiaries)	74.5	43	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	45.1	49	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	57.5	28	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.2	9	12.9
Hospice Care (% of decedents aged 65+)	38.3	45	65.4
Hospital Deaths (% of decedents aged 65+)	19.5	11	15.1
<b>Clinical Care Total</b>	0.004	29	
<b>All Determinants</b>	0.043	25	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	8.3	12	4.2
Falls (% of adults aged 65+)	27.9	23	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.1	24	3.0
Health Status (very good or excellent as % of adults aged 65+)	40.0	29	50.2
Able-bodied (% of adults aged 65+)	64.3	26	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1769	26	1402
Teeth Extractions (% of adults aged 65+)	19.4	36	7.0
Poor Mental Health Days (days in previous 30)	1.5	3	1.3
<b>All Outcomes</b>	0.088	21	
<b>Overall</b>	0.132	23	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	20.5	33	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	29.4	11	22.4
Cognition (% of adults aged 65+)	7.8	12	6.5
Depression (% of adults aged 65+)	10.5	2	8.7
Suicide (deaths per 100 000 adults aged 65+)	11.4	8	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	44.6	52.7

## Overall Rank: 23



Change: ▲ 4  
 Determinants Rank: 25  
 Outcomes Rank: 21

### Strengths:

- Low prevalence of chronic drinking
- High volunteerism
- Few poor mental health days

### Challenges:

- Low SNAP enrollment
- Limited availability of home health care workers
- Low hospice care use

### Highlights:

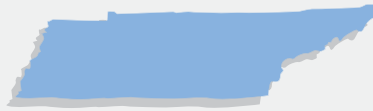
- In the past year, flu vaccine coverage increased 7% from 66.4% to 71.3% of adults aged 65 and older.
- In the past year, chronic drinking decreased 42% from 3.6% to 2.1% of adults aged 65 and older.
- In the past year, smoking decreased 9% from 9.2% to 8.4% of adults aged 65 and older.
- In the past year, ICU use increased 20% from 6.9% to 8.3% of decedents aged 65 and older.
- In the past year, pain management decreased 20% from 52.1% to 41.8% of adults aged 65 and older with joint pain.

### Ranking:

South Dakota ranks 23rd in *America's Health Rankings® Senior Report*; it was 27th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 18th.

State Health Department Website:  
<http://doh.sd.gov>

# Tennessee



## Overall Rank: 44

Change: ▼ 1

Determinants Rank: 43

Outcomes Rank: 43

### Strengths:

- Low prevalence of chronic drinking
- High prescription drug coverage
- High flu vaccination coverage

### Challenges:

- High prevalence of physical inactivity
- High prevalence of food insecurity
- High hip fracture rate

### Highlights:

- In the past year, chronic drinking decreased 29% from 2.1% to 1.5% of adults aged 65 and older.
- In the past year, smoking decreased 14% from 12.5% to 10.8% of adults aged 65 and older.
- In the past year, physical inactivity increased 30% from 32.2% to 41.7% of adults aged 65 and older.
- In the past year, food insecurity increased 20% from 17.9% to 21.4% of adults aged 60 and older.
- In the past year, home health care decreased 11% from 72.9 to 64.8 home health care workers per 1000 adults aged 75 and older.

### Ranking:

Tennessee ranks 44th in *America's Health Rankings® Senior Report*; it was 43rd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 45th.

### State Health Department Website:

<http://health.state.tn.us>

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.8	43	4.2
Chronic Drinking (% of adults aged 65+)	1.5	1	1.5
Obesity (% of adults aged 65+)	28.3	34	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	41.7	48	22.8
Dental Visit (% of adults aged 65+)	59.8	42	77.2
Pain Management (% of adults aged 65+ with joint pain)	48.9	9	53.2
<b>Behaviors Total</b>	-0.602	39	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	10.2	36	5.1
Volunteerism (% of adults aged 65+)	21.0	38	42.6
Nursing Home Quality (% of 4- & 5-star beds)	33.7	43	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.077	42	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	10.1	48	108.1
Food Insecurity (% of adults aged 60+)	21.4	47	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$458	41	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.090	50	
<b>Community &amp; Environment Total</b>	-0.167	47	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	10.6	23	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	77.5	22	136.8
Prescription Drug Coverage (% of adults aged 65+)	87.8	12	89.6
Geriatrician Shortfall (% of needed geriatricians)	81.2	46	25.8
<b>Policy Total</b>	-0.007	22	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.5	14	97.5
Flu Vaccine (% of adults aged 65+)	73.4	2	73.9
Health Screenings (% of adults aged 65 to 74)	85.2	31	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	17	98.4
Diabetes Management (% of Medicare beneficiaries)	82.3	14	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	64.8	43	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	73.1	46	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.8	38	12.9
Hospice Care (% of decedents aged 65+)	45.2	39	65.4
Hospital Deaths (% of decedents aged 65+)	24.3	37	15.1
<b>Clinical Care Total</b>	-0.001	32	
<b>All Determinants</b>	-0.243	43	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	15.1	38	4.2
Falls (% of adults aged 65+)	27.9	23	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.9	48	3.0
Health Status (very good or excellent as % of adults aged 65+)	32.7	46	50.2
Able-bodied (% of adults aged 65+)	59.9	41	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2215	43	1402
Teeth Extractions (% of adults aged 65+)	24.8	46	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	-0.251	43	
<b>Overall</b>	-0.495	44	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	18.1	42	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	38.2	36	22.4
Cognition (% of adults aged 65+)	11.2	43	6.5
Depression (% of adults aged 65+)	15.0	28	8.7
Suicide (deaths per 100 000 adults aged 65+)	19.0	36	7.1

	2015	No. 1
	Value	State
<b>Senior Population Growth</b>		<b>US</b>
Projected Increase 2015 to 2030	46.3	52.7



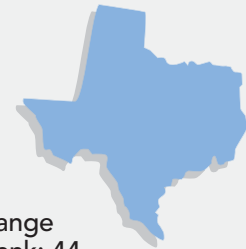
# Texas

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.7	22	4.2
Chronic Drinking (% of adults aged 65+)	5.1	45	1.5
Obesity (% of adults aged 65+)	27.6	31	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	38.1	42	22.8
Dental Visit (% of adults aged 65+)	61.2	39	77.2
Pain Management (% of adults aged 65+ with joint pain)	49.9	7	53.2
<b>Behaviors Total</b>	-3.382	40	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	11.3	45	5.1
Volunteerism (% of adults aged 65+)	21.9	37	42.6
Nursing Home Quality (% of 4- & 5-star beds)	25.9	50	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.123	49	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	19.8	29	108.1
Food Insecurity (% of adults aged 60+)	19.8	45	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$338	47	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.064	46	
<b>Community &amp; Environment Total</b>	-0.187	49	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	14.3	34	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	79.4	20	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.2	29	89.6
Geriatrician Shortfall (% of needed geriatricians)	72.0	30	25.8
<b>Policy Total</b>	-0.031	29	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	91.5	42	97.5
Flu Vaccine (% of adults aged 65+)	61.0	31	73.9
Health Screenings (% of adults aged 65 to 74)	85.0	33	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.7	21	98.4
Diabetes Management (% of Medicare beneficiaries)	81.7	19	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	177.4	5	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	62.9	37	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	28	12.9
Hospice Care (% of decedents aged 65+)	57.2	8	65.4
Hospital Deaths (% of decedents aged 65+)	20.5	17	15.1
<b>Clinical Care Total</b>	0.017	24	
<b>All Determinants</b>	-0.280	44	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	17.1	45	4.2
Falls (% of adults aged 65+)	30.2	34	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.0	38	3.0
Health Status (very good or excellent as % of adults aged 65+)	37.0	38	50.2
Able-bodied (% of adults aged 65+)	60.1	40	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1869	32	1402
Teeth Extractions (% of adults aged 65+)	13.4	11	7.0
Poor Mental Health Days (days in previous 30)	1.9	9	1.3
<b>All Outcomes</b>	-0.085	37	
<b>Overall</b>	-0.365	41	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	22.8	25	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	39.5	38	22.4
Cognition (% of adults aged 65+)	10.7	39	6.5
Depression (% of adults aged 65+)	13.7	14	8.7
Suicide (deaths per 100 000 adults aged 65+)	16.0	23	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	66.6	52.7

## Overall Rank: 41



Change: No Change  
Determinants Rank: 44  
Outcomes Rank: 37

### Strengths:

- Ready availability of home health care providers
- Low prevalence of full-mouth tooth extraction
- Few poor mental health days

### Challenges:

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

### Highlights:

- In the past year, hip fractures decreased 17% from 8.4 to 7.0 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, poor mental health days decreased 24% from 2.5 to 1.9 days in previous 30.
- In the past year, physical inactivity increased 35% from 28.3% to 38.1% of adults aged 65 and older.
- In the past year, food insecurity increased 8% from 18.4% to 19.8% of adults aged 60 and older.
- In the past year, chronic drinking increased 59% from 3.2% to 5.1% of adults aged 65 and older.

### Ranking:

Texas ranks 41st in *America's Health Rankings® Senior Report*; it was 41st last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 31st.

### State Health Department Website:

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

# Utah

## Overall Rank: 5

Change: ▲ 2  
 Determinants Rank: 3  
 Outcomes Rank: 12

### Strengths:

- Low prevalence of smoking
- High volunteerism
- Ready availability of home-delivered meals

### Challenges:

- Low SNAP enrollment
- High geriatrician shortfall
- Low percentage of diabetes management

### Highlights:

- In the past year, home health care increased 57% from 44.9 to 70.3 home health care workers per 1000 adults aged 75 and older.
- In the past year, very good or excellent health status increased 10% from 42.7% to 47.1% of adults aged 65 and older.
- In the past year, volunteerism increased 10% from 38.6% to 42.6% of adults aged 65 and older.
- In the past year, poverty increased 7% from 6.1% to 6.5% of adults aged 65 and older.
- In the past year, community support decreased 16% from \$1569 to \$1312 per adult aged 65 and older in poverty.

### Ranking:

Utah ranks 5th in *America's Health Rankings® Senior Report*; it was 7th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 5th.

### State Health Department Website:

[www.health.utah.gov](http://www.health.utah.gov)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	4.2	1	4.2
Chronic Drinking (% of adults aged 65+)	2.1	4	1.5
Obesity (% of adults aged 65+)	25.4	12	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	24	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.8	5	22.8
Dental Visit (% of adults aged 65+)	71.1	11	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.7	25	53.2
<b>Behaviors Total</b>	-3.223	1	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	6.5	4	5.1
Volunteerism (% of adults aged 65+)	42.6	1	42.6
Nursing Home Quality (% of 4- & 5-star beds)	42.8	29	57.9
<b>Community &amp; Environment—Macro Total</b>	0.123	3	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	57.6	5	108.1
Food Insecurity (% of adults aged 60+)	14.8	31	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1312	10	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.067	8	
<b>Community &amp; Environment Total</b>	0.190	5	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	5.6	3	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	45.8	46	136.8
Prescription Drug Coverage (% of adults aged 65+)	84.4	38	89.6
Geriatrician Shortfall (% of needed geriatricians)	80.8	44	25.8
<b>Policy Total</b>	-0.075	41	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.2	37	97.5
Flu Vaccine (% of adults aged 65+)	57.4	39	73.9
Health Screenings (% of adults aged 65 to 74)	83.7	40	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.2	5	98.4
Diabetes Management (% of Medicare beneficiaries)	73.9	44	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	70.3	39	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	34.0	2	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	12.9	1	12.9
Hospice Care (% of decedents aged 65+)	64.8	2	65.4
Hospital Deaths (% of decedents aged 65+)	15.1	1	15.1
<b>Clinical Care Total</b>	0.061	9	
<b>All Determinants</b>	0.391	3	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	6.9	8	4.2
Falls (% of adults aged 65+)	30.9	39	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.1	24	3.0
Health Status (very good or excellent as % of adults aged 65+)	47.1	6	50.2
Able-bodied (% of adults aged 65+)	65.0	22	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1568	7	1402
Teeth Extractions (% of adults aged 65+)	12.9	7	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	0.127	12	
<b>Overall</b>	0.518	5	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	29.1	4	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	26.9	6	22.4
Cognition (% of adults aged 65+)	8.3	16	6.5
Depression (% of adults aged 65+)	17.7	45	8.7
Suicide (deaths per 100 000 adults aged 65+)	21.4	43	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	63.9	52.7

# Vermont

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.4	10	4.2
Chronic Drinking (% of adults aged 65+)	4.5	35	1.5
Obesity (% of adults aged 65+)	25.4	12	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.9	6	22.8
Dental Visit (% of adults aged 65+)	70.6	12	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.2	28	53.2
<b>Behaviors Total</b>	0.000	4	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.3	7	5.1
Volunteerism (% of adults aged 65+)	32.8	9	42.6
Nursing Home Quality (% of 4- & 5-star beds)	48.7	11	57.9
<b>Community &amp; Environment—Macro Total</b>	0.099	7	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	64.0	4	108.1
Food Insecurity (% of adults aged 60+)	12.3	10	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$2479	5	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.134	4	
<b>Community &amp; Environment Total</b>	0.233	2	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	6.5	7	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	136.8	1	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.2	29	89.6
Geriatrician Shortfall (% of needed geriatricians)	61.2	15	25.8
<b>Policy Total</b>	0.122	5	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.7	9	97.5
Flu Vaccine (% of adults aged 65+)	65.0	18	73.9
Health Screenings (% of adults aged 65 to 74)	89.2	10	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.1	10	98.4
Diabetes Management (% of Medicare beneficiaries)	76.7	34	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	175.3	6	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	48.3	12	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	13.9	6	12.9
Hospice Care (% of decedents aged 65+)	32.2	46	65.4
Hospital Deaths (% of decedents aged 65+)	25.1	39	15.1
<b>Clinical Care Total</b>	0.046	13	
<b>All Determinants</b>	0.512	1	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	4.4	2	4.2
Falls (% of adults aged 65+)	32.0	43	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.6	12	3.0
Health Status (very good or excellent as % of adults aged 65+)	49.9	3	50.2
Able-bodied (% of adults aged 65+)	66.6	8	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1708	23	1402
Teeth Extractions (% of adults aged 65+)	17.5	30	7.0
Poor Mental Health Days (days in previous 30)	1.9	9	1.3
<b>All Outcomes</b>	0.153	9	
<b>Overall</b>	0.664	1	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	30.6	2	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	27.0	7	22.4
Cognition (% of adults aged 65+)	8.3	16	6.5
Depression (% of adults aged 65+)	17.4	44	8.7
Suicide (deaths per 100 000 adults aged 65+)	20.7	40	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	53.3	52.7

## Overall Rank: 1

Change: ▲ 3  
 Determinants Rank: 1  
 Outcomes Rank: 9



### Strengths:

- Ready availability of home-delivered meals
- High SNAP enrollment
- Low ICU use

### Challenges:

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

### Highlights:

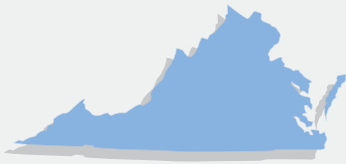
- In the past year, hip fractures decreased 19% from 6.9 to 5.6 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, hospice care increased 13% from 28.5% to 32.2% of decedents aged 65 and older.
- In the past year, poor mental health days decreased 14% from 2.2 to 1.9 days in previous 30.
- In the past year, food insecurity increased 14% from 10.8% to 12.3% of adults aged 60 and older.
- In the past year, diabetes management decreased 4% from 79.7% to 76.7% of Medicare beneficiaries.

### Ranking:

Vermont ranks 1st in *America's Health Rankings® Senior Report*; it was 4th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 2nd.

**State Health Department Website:**  
[www.healthvermont.gov](http://www.healthvermont.gov)

# Virginia



## Overall Rank: 28

Change: ▼ 7

Determinants Rank: 31

Outcomes Rank: 29

### Strengths:

- Low percentage of seniors living in poverty
- Low prevalence of food insecurity
- High percentage of recommended hospital care

### Challenges:

- High prevalence of smoking
- Low percentage of quality nursing home beds
- Low prescription drug coverage

### Highlights:

- In the past year, home health care increased 18% from 86.0 to 101.3 home health care workers per 1000 adults aged 75 and older.
- In the past year, hip fractures decreased 16% from 7.7 to 6.5 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, physical inactivity increased 21% from 28.6% to 34.6% of adults aged 65 and older.
- In the past year, pain management decreased 19% from 52.6% to 42.7% of adults aged 65 and older with joint pain.
- In the past year, food insecurity increased 43% from 8.4% to 12.0% of adults aged 60 and older.

### Ranking:

Virginia ranks 28th in *America's Health Rankings® Senior Report*; it was 21st last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 21st.

### State Health Department Website:

[www.vdh.state.va.us](http://www.vdh.state.va.us)

	2015		No. 1 State
	Value	Rank	
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	10.4	41	4.2
Chronic Drinking (% of adults aged 65+)	3.7	25	1.5
Obesity (% of adults aged 65+)	26.4	21	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	34.6	34	22.8
Dental Visit (% of adults aged 65+)	69.1	17	77.2
Pain Management (% of adults aged 65+ with joint pain)	42.7	40	53.2
<b>Behaviors Total</b>	-1.354	35	

<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.6	11	5.1
Volunteerism (% of adults aged 65+)	26.9	19	42.6
Nursing Home Quality (% of 4- & 5-star beds)	32.6	45	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.003	26	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	15.2	41	108.1
Food Insecurity (% of adults aged 60+)	12.0	8	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$564	32	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.010	24	
<b>Community &amp; Environment Total</b>	0.007	30	

<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	8.6	14	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	69.0	28	136.8
Prescription Drug Coverage (% of adults aged 65+)	84.3	39	89.6
Geriatrician Shortfall (% of needed geriatricians)	63.8	18	25.8
<b>Policy Total</b>	-0.015	23	

<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.9	29	97.5
Flu Vaccine (% of adults aged 65+)	62.8	26	73.9
Health Screenings (% of adults aged 65 to 74)	87.9	13	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	97.9	2	98.4
Diabetes Management (% of Medicare beneficiaries)	82.4	13	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	101.3	21	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	55.2	22	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.3	28	12.9
Hospice Care (% of decedents aged 65+)	46.6	35	65.4
Hospital Deaths (% of decedents aged 65+)	25.3	41	15.1
<b>Clinical Care Total</b>	0.019	22	
<b>All Determinants</b>	-0.011	31	

<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	16.5	42	4.2
Falls (% of adults aged 65+)	26.1	16	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.5	33	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.2	23	50.2
Able-bodied (% of adults aged 65+)	65.8	16	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1794	27	1402
Teeth Extractions (% of adults aged 65+)	16.1	23	7.0
Poor Mental Health Days (days in previous 30)	2.3	27	1.3
<b>All Outcomes</b>	0.009	29	
<b>Overall</b>	-0.002	28	

	2015		No. 1 State
	Value	Rank	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	27.0	12	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	35.2	23	22.4
Cognition (% of adults aged 65+)	9.3	32	6.5
Depression (% of adults aged 65+)	14.1	18	8.7
Suicide (deaths per 100 000 adults aged 65+)	17.3	31	7.1

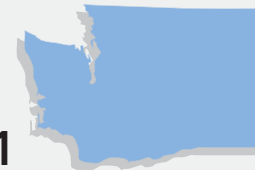
Senior Population Growth	State	US
Projected Increase 2015 to 2030	54.5	52.7

# Washington

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	7.3	9	4.2
Chronic Drinking (% of adults aged 65+)	4.8	39	1.5
Obesity (% of adults aged 65+)	27.0	28	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.3	10	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	24.4	3	22.8
Dental Visit (% of adults aged 65+)	70.5	13	77.2
Pain Management (% of adults aged 65+ with joint pain)	50.3	5	53.2
<b>Behaviors Total</b>	3.615	2	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.2	21	5.1
Volunteerism (% of adults aged 65+)	30.1	11	42.6
Nursing Home Quality (% of 4- & 5-star beds)	47.4	14	57.9
<b>Community &amp; Environment—Macro Total</b>	0.063	15	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	15.4	40	108.1
Food Insecurity (% of adults aged 60+)	13.5	23	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$436	43	\$6798
<b>Community &amp; Environment—Micro Total</b>	-0.008	33	
<b>Community &amp; Environment Total</b>	0.055	23	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	6.4	6	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	103.0	6	136.8
Prescription Drug Coverage (% of adults aged 65+)	82.2	46	89.6
Geriatrician Shortfall (% of needed geriatricians)	63.8	18	25.8
<b>Policy Total</b>	0.021	17	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	93.9	29	97.5
Flu Vaccine (% of adults aged 65+)	60.8	32	73.9
Health Screenings (% of adults aged 65 to 74)	84.5	34	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.6	23	98.4
Diabetes Management (% of Medicare beneficiaries)	78.8	31	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	85.5	29	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	39.3	6	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.5	11	12.9
Hospice Care (% of decedents aged 65+)	45.7	37	65.4
Hospital Deaths (% of decedents aged 65+)	22.3	26	15.1
<b>Clinical Care Total</b>	0.008	26	
<b>All Determinants</b>	0.240	10	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	9.7	18	4.2
Falls (% of adults aged 65+)	32.7	48	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.3	3	3.0
Health Status (very good or excellent as % of adults aged 65+)	45.0	14	50.2
Able-bodied (% of adults aged 65+)	63.3	31	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1614	11	1402
Teeth Extractions (% of adults aged 65+)	10.9	3	7.0
Poor Mental Health Days (days in previous 30)	2.2	21	1.3
<b>All Outcomes</b>	0.103	15	
<b>Overall</b>	0.343	11	
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	29.1	4	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	28.0	10	22.4
Cognition (% of adults aged 65+)	9.4	33	6.5
Depression (% of adults aged 65+)	18.1	47	8.7
Suicide (deaths per 100 000 adults aged 65+)	18.8	35	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	62.0	52.7

## Overall Rank: 11



Change: ▲ 4  
 Determinants Rank: 10  
 Outcomes Rank: 15

### Strengths:

- Low prevalence of physical inactivity
- High SNAP enrollment
- Low prevalence of full-mouth tooth extraction

### Challenges:

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

### Highlights:

- In the past year, hip fractures decreased 21% from 6.7 to 5.3 hospitalizations per 1000 Medicare beneficiaries.
- In the past 2 years, home health care increased 17% from 73.2 to 85.5 home health care workers per 1000 adults aged 75 and older.
- In the past 2 years, preventable hospitalizations decreased 15% from 46.4 to 39.3 discharges per 1000 Medicare beneficiaries.
- In the past year, obesity increased 6% from 25.6% to 27.0% of adults aged 65 and older.
- In the past year, poverty increased 5% from 7.8% to 8.2% of adults aged 65 and older.

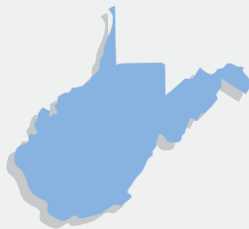
### Ranking:

Washington ranks 11th in *America's Health Rankings® Senior Report*; it was 15th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 13th.

State Health Department Website:  
[www.doh.wa.gov](http://www.doh.wa.gov)

# West Virginia

## Overall Rank: 45



Change: No Change  
Determinants Rank: 42  
Outcomes Rank: 48

### Strengths:

- Low prevalence of chronic drinking
- High prescription drug coverage
- High flu vaccination coverage

### Challenges:

- Low percentage of dental visit
- Low health status
- High prevalence of full-mouth tooth extraction

### Highlights:

- In the past year, food insecurity decreased 19% from 16.3% to 13.2% of adults aged 60 and older.
- In the past 2 years, flu vaccine coverage increased 8% from 68.5% to 73.9% of adults aged 65 and older.
- In the past year, preventable hospitalizations decreased 10% from 103.1 to 93.3 discharges per 1000 Medicare beneficiaries.
- In the past year, ICU use increased 6% from 15.8% to 16.8% of decedents aged 65 and older.
- In the past year, very good or excellent health status decreased 8% from 32.0% to 29.5% of adults aged 65 and older.

### Ranking:

West Virginia ranks 45th in *America's Health Rankings® Senior Report*; it was 45th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 44th.

### State Health Department Website:

[www.dhhr.wv.gov](http://www.dhhr.wv.gov)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	11.2	45	4.2
Chronic Drinking (% of adults aged 65+)	1.5	1	1.5
Obesity (% of adults aged 65+)	29.1	39	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.9	37	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	38.4	44	22.8
Dental Visit (% of adults aged 65+)	49.6	50	77.2
Pain Management (% of adults aged 65+ with joint pain)	46.5	17	53.2
<b>Behaviors Total</b>	0.344	44	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.2	31	5.1
Volunteerism (% of adults aged 65+)	20.6	40	42.6
Nursing Home Quality (% of 4- & 5-star beds)	29.3	46	57.9
<b>Community &amp; Environment—Macro Total</b>	-0.079	43	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	31.4	16	108.1
Food Insecurity (% of adults aged 60+)	13.2	19	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$745	24	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.028	20	
<b>Community &amp; Environment Total</b>	-0.051	34	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	11.7	25	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	84.4	16	136.8
Prescription Drug Coverage (% of adults aged 65+)	88.0	10	89.6
Geriatrician Shortfall (% of needed geriatricians)	74.5	34	25.8
<b>Policy Total</b>	0.016	18	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	92.9	38	97.5
Flu Vaccine (% of adults aged 65+)	73.9	1	73.9
Health Screenings (% of adults aged 65 to 74)	83.9	37	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.1	37	98.4
Diabetes Management (% of Medicare beneficiaries)	79.6	27	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	131.1	10	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	93.3	49	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	16.9	49	12.9
Hospice Care (% of decedents aged 65+)	44.5	42	65.4
Hospital Deaths (% of decedents aged 65+)	25.3	41	15.1
<b>Clinical Care Total</b>	-0.064	44	
<b>All Determinants</b>	-0.225	42	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	16.8	44	4.2
Falls (% of adults aged 65+)	27.4	21	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.0	38	3.0
Health Status (very good or excellent as % of adults aged 65+)	29.5	48	50.2
Able-bodied (% of adults aged 65+)	55.8	49	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	2332	48	1402
Teeth Extractions (% of adults aged 65+)	33.7	50	7.0
Poor Mental Health Days (days in previous 30)	2.6	41	1.3
<b>All Outcomes</b>	-0.318	48	
<b>Overall</b>	-0.543	45	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	13.3	50	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	41.2	44	22.4
Cognition (% of adults aged 65+)	11.7	48	6.5
Depression (% of adults aged 65+)	15.8	31	8.7
Suicide (deaths per 100 000 adults aged 65+)	17.0	29	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	29.3	52.7

# Wisconsin

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	6.4	3	4.2
Chronic Drinking (% of adults aged 65+)	4.3	30	1.5
Obesity (% of adults aged 65+)	32.5	50	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.8	33	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	30.1	13	22.8
Dental Visit (% of adults aged 65+)	75.1	3	77.2
Pain Management (% of adults aged 65+ with joint pain)	42.8	39	53.2
<b>Behaviors Total</b>	2.006	28	
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	8.0	17	5.1
Volunteerism (% of adults aged 65+)	35.0	6	42.6
Nursing Home Quality (% of 4- & 5-star beds)	50.3	8	57.9
<b>Community &amp; Environment—Macro Total</b>	0.105	6	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	30.7	17	108.1
Food Insecurity (% of adults aged 60+)	9.7	2	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$794	22	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.061	9	
<b>Community &amp; Environment Total</b>	0.166	9	
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	11.8	26	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	80.7	18	136.8
Prescription Drug Coverage (% of adults aged 65+)	80.2	49	89.6
Geriatrician Shortfall (% of needed geriatricians)	60.8	14	25.8
<b>Policy Total</b>	-0.052	37	
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.2	18	97.5
Flu Vaccine (% of adults aged 65+)	54.4	48	73.9
Health Screenings (% of adults aged 65 to 74)	89.3	9	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.9	13	98.4
Diabetes Management (% of Medicare beneficiaries)	84.2	3	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	157.6	8	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	50.6	14	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	14.6	15	12.9
Hospice Care (% of decedents aged 65+)	51.9	19	65.4
Hospital Deaths (% of decedents aged 65+)	18.8	7	15.1
<b>Clinical Care Total</b>	0.074	5	
<b>All Determinants</b>	0.186	12	
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	6.6	7	4.2
Falls (% of adults aged 65+)	14.5	1	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.5	8	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.1	24	50.2
Able-bodied (% of adults aged 65+)	67.4	4	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1710	25	1402
Teeth Extractions (% of adults aged 65+)	13.5	13	7.0
Poor Mental Health Days (days in previous 30)	1.4	2	1.3
<b>All Outcomes</b>	0.266	2	
<b>Overall</b>	0.452	7	

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	19.8	35	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	32.6	20	22.4
Cognition (% of adults aged 65+)	7.0	6	6.5
Depression (% of adults aged 65+)	10.9	3	8.7
Suicide (deaths per 100 000 adults aged 65+)	12.6	13	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	48.8	52.7

## Overall Rank: 7



Change: ▲ 3  
 Determinants Rank: 12  
 Outcomes Rank: 2

### Strengths:

- High percentage of dental visit
- Low prevalence of food insecurity
- Low prevalence of falls

### Challenges:

- High prevalence of obesity
- Low prescription drug coverage
- Low flu vaccination coverage

### Highlights:

- In the past year, chronic drinking decreased 25% from 5.7% to 4.3% of adults aged 65 and older.
- In the past year, home health care increased 24% from 127.3 to 157.6 home health care workers per 1000 adults aged 75 and older.
- In the past year, hip fractures decreased 18% from 6.7 to 5.5 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, community support decreased 22% from \$1013 to \$794 per adult aged 65 and older in poverty.
- In the past year, poor mental health days decreased 33% from 2.1 to 1.4 days in previous 30.

### Ranking:

Wisconsin ranks 7th in *America's Health Rankings® Senior Report*; it was 10th last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 23rd.

**State Health Department Website:**  
[www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)

# Wyoming

## Overall Rank: 35

Change: ▼ 2  
 Determinants Rank: 41  
 Outcomes Rank: 25

### Strengths:

- Low prevalence of obesity
- Low percentage of seniors living in poverty
- Ready availability of home-delivered meals

### Challenges:

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

### Highlights:

- In the past year, ICU use decreased 20% from 8.6% to 6.9% of decedents aged 65 and older.
- In the past year, smoking decreased 15% from 11.2% to 9.5% of adults aged 65 and older.
- In the past year, food insecurity increased 17% from 13.8% to 16.1% of adults aged 60 and older.
- In the past year, pain management decreased 17% from 52.2% to 43.2% of adults aged 65 and older with joint pain.
- In the past year, recommended hospital care decreased 2% from 98.7% to 96.6% of hospitalized patients aged 65 and older.

### Ranking:

Wyoming ranks 35th in *America's Health Rankings® Senior Report*; it was 33rd last year. In the 2014 *America's Health Rankings®* (all ages), the state ranks 25th.

### State Health Department Website:

<http://www.health.wyo.gov>

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	9.5	31	4.2
Chronic Drinking (% of adults aged 65+)	3.0	15	1.5
Obesity (% of adults aged 65+)	23.4	6	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	43	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	32.1	23	22.8
Dental Visit (% of adults aged 65+)	61.2	39	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.2	37	53.2
<b>Behaviors Total</b>	2.720	33	

	2015 Value	2015 Rank	No. 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	6.2	3	5.1
Volunteerism (% of adults aged 65+)	26.6	22	42.6
Nursing Home Quality (% of 4- & 5-star beds)	45.9	20	57.9
<b>Community &amp; Environment—Macro Total</b>	0.075	12	
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	108.1	1	108.1
Food Insecurity (% of adults aged 60+)	16.1	35	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$4073	2	\$6798
<b>Community &amp; Environment—Micro Total</b>	0.121	5	
<b>Community &amp; Environment Total</b>	0.196	4	

	2015 Value	2015 Rank	No. 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	19.2	46	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	27.7	49	136.8
Prescription Drug Coverage (% of adults aged 65+)	81.8	47	89.6
Geriatrician Shortfall (% of needed geriatricians)	78.9	41	25.8
<b>Policy Total</b>	-0.234	50	

	2015 Value	2015 Rank	No. 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	89.5	48	97.5
Flu Vaccine (% of adults aged 65+)	55.7	44	73.9
Health Screenings (% of adults aged 65 to 74)	79.1	49	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.6	23	98.4
Diabetes Management (% of Medicare beneficiaries)	59.4	50	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	75.2	34	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	52.7	17	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.1	26	12.9
Hospice Care (% of decedents aged 65+)	31.9	47	65.4
Hospital Deaths (% of decedents aged 65+)	21.8	21	15.1
<b>Clinical Care Total</b>	-0.124	50	
<b>All Determinants</b>	-0.180	41	

	2015 Value	2015 Rank	No. 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	6.9	8	4.2
Falls (% of adults aged 65+)	32.1	46	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	7.2	42	3.0
Health Status (very good or excellent as % of adults aged 65+)	42.6	19	50.2
Able-bodied (% of adults aged 65+)	65.4	18	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1845	31	1402
Teeth Extractions (% of adults aged 65+)	17.7	31	7.0
Poor Mental Health Days (days in previous 30)	1.8	6	1.3
<b>All Outcomes</b>	0.030	25	
<b>Overall</b>	-0.150	35	

	2015 Value	2015 Rank	No. 1 State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	22.1	28	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	22.4	1	22.4
Cognition (% of adults aged 65+)	6.8	4	6.5
Depression (% of adults aged 65+)	13.4	11	8.7
Suicide (deaths per 100 000 adults aged 65+)	30.0	50	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	56.0	52.7

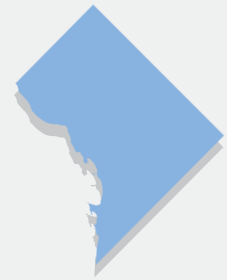


# District of Columbia

	2015		No. 1
	Value	Rank	State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.0	—	4.2
Chronic Drinking (% of adults aged 65+)	5.8	—	1.5
Obesity (% of adults aged 65+)	23.8	—	16.1
Underweight (% of adults aged 65+ in fair or better health)	2.0	—	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	25.6	—	22.8
Dental Visit (% of adults aged 65+)	66.6	—	77.2
Pain Management (% of adults aged 65+ with joint pain)	43.2	—	53.2
<b>Behaviors Total</b>	—	—	—
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	14.0	—	5.1
Volunteerism (% of adults aged 65+)	27.1	—	42.6
Nursing Home Quality (% of 4- & 5-star beds)	51.9	—	57.9
<b>Community &amp; Environment—Macro Total</b>	—	—	—
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	20.6	—	108.1
Food Insecurity (% of adults aged 60+)	15.2	—	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$1947	—	\$6798
<b>Community &amp; Environment—Micro Total</b>	—	—	—
<b>Community &amp; Environment Total</b>	—	—	—
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	NA	—	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	82.7	—	136.8
Prescription Drug Coverage (% of adults aged 65+)	79.1	—	89.6
Geriatrician Shortfall (% of needed geriatricians)	19.2	—	25.8
<b>Policy Total</b>	—	—	—
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	90.7	—	97.5
Flu Vaccine (% of adults aged 65+)	58.5	—	73.9
Health Screenings (% of adults aged 65 to 74)	89.4	—	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	90.0	—	98.4
Diabetes Management (% of Medicare beneficiaries)	75.4	—	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	226.0	—	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	47.2	—	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.8	—	12.9
Hospice Care (% of decedents aged 65+)	42.5	—	65.4
Hospital Deaths (% of decedents aged 65+)	27.8	—	15.1
<b>Clinical Care Total</b>	—	—	—
<b>All Determinants</b>	—	—	—
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	15.5	—	4.2
Falls (% of adults aged 65+)	27.5	—	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	5.0	—	3.0
Health Status (very good or excellent as % of adults aged 65+)	46.3	—	50.2
Able-bodied (% of adults aged 65+)	65.4	—	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1962	—	1402
Teeth Extractions (% of adults aged 65+)	13.1	—	7.0
Poor Mental Health Days (days in previous 30)	2.4	—	1.3
<b>All Outcomes</b>	—	—	—
<b>Overall</b>	—	—	—

	2015		No. 1
	Value	Rank	State
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	38.6	—	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	34.9	—	22.4
Cognition (% of adults aged 65+)	9.4	—	6.5
Depression (% of adults aged 65+)	11.9	—	8.7
Suicide (deaths per 100 000 adults aged 65+)	Unreliable	—	7.1

Senior Population Growth	State	US
Projected Increase 2015 to 2030	-5.6	52.7



## Overall Rank: not ranked

### Strengths:

- Low prevalence of physical inactivity
- High percentage of quality nursing home beds
- Ready availability of home health care providers

### Challenges:

- High prevalence of chronic drinking
- High percentage of seniors in poverty
- Low flu vaccination coverage

### Highlights:

- In the past year, volunteerism increased 16% from 23.4% to 27.1% of adults aged 65 and older.
- In the past year, home health care increased 12% from 202.2 to 226.0 home health care workers per 1000 adults aged 75 and older.
- In the past 2 years, very good or excellent health status increased 18% from 39.3% to 46.3% of adults aged 65 and older.
- In the past year, obesity increased 25% from 19.1% to 23.8% of adults aged 65 and older.
- In the past year, food insecurity increased 25% from 12.1% to 15.2% of adults aged 60 and older.

### State Health Department Website:

[www.dchealth.dc.gov](http://www.dchealth.dc.gov)

# United States

### Strengths:

- In the past year, flu vaccine coverage increased 5% from 60.1% to 62.8% of adults aged 65 and older.
- In the past year, home health care increased 9% from 95.4 to 104.3 home health care workers per 1000 adults aged 75 and older.
- In the past year, preventable hospitalizations decreased 9% from 64.9 to 59.3 discharges per 1000 Medicare beneficiaries.
- In the past year, hospice care increased 7% from 47.5% to 50.6% of decedents aged 65 and older.
- In the past year, hip fractures decreased 15% from 7.3 to 6.2 hospitalizations per 1000 Medicare beneficiaries.
- In the past year, seniors with a college education increased 4% from 22.2% to 23.1% of adults aged 65 and older.

### Challenges:

- In the past year, physical inactivity increased 15% from 28.7% to 33.1% of adults aged 65 and older.
- In the past year, pain management decreased 12% from 51.7% to 45.7% of adults aged 65 and older with joint pain.
- In the past year, community support decreased 24% from \$1147 to \$873 per adult aged 65 and older in poverty.
- In the past year, recommended hospital care decreased 2% from 98.1% to 96.3% of hospitalized patients aged 65 and older.
- In the past year, depression increased 10% from 13.4% to 14.8% of adults aged 65 and older.
- In the past year, suicide increased 5% from 14.8 to 15.6 deaths per 100 000 adults aged 65 and older.

### Websites:

Center for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)  
 Healthy People: [www.healthypeople.gov](http://www.healthypeople.gov)  
 Administration on Aging: [www.aoa.gov](http://www.aoa.gov)  
 Office of Disease Prevention and Health Promotion: [www.health.gov](http://www.health.gov)  
 US Department of Health & Human Services: [www.hhs.gov](http://www.hhs.gov)  
 Medicare: [www.medicare.gov](http://www.medicare.gov)

	2015 Value	2015 Rank	No. 1 State
<b>Behaviors</b>			
Smoking (% of adults aged 65+)	8.7	—	4.2
Chronic Drinking (% of adults aged 65+)	4.0	—	1.5
Obesity (% of adults aged 65+)	26.7	—	16.1
Underweight (% of adults aged 65+ in fair or better health)	1.6	—	0.9
Physical Inactivity (% of adults aged 65+ in fair or better health)	33.1	—	22.8
Dental Visit (% of adults aged 65+)	65.6	—	77.2
Pain Management (% of adults aged 65+ with joint pain)	45.7	—	53.2
<b>Behaviors Total</b>	—	—	—
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	9.5	—	5.1
Volunteering (% of adults aged 65+)	26.4	—	42.6
Nursing Home Quality (% of 4- & 5-star beds)	42.5	—	57.9
<b>Community &amp; Environment—Macro Total</b>	—	—	—
Home-Delivered Meals (participants as % of adults aged 65+ in poverty)	20.6	—	108.1
Food Insecurity (% of adults aged 60+)	14.8	—	8.1
Community Support (dollars per adult aged 65+ in poverty)	\$873	—	\$6798
<b>Community &amp; Environment—Micro Total</b>	—	—	—
<b>Community &amp; Environment Total</b>	—	—	—
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	12.2	—	1.1
SNAP Reach (participants as % of adults aged 60+ in poverty)	75.2	—	136.8
Prescription Drug Coverage (% of adults aged 65+)	86.5	—	89.6
Geriatrician Shortfall (% of needed geriatricians)	65.1	—	25.8
<b>Policy Total</b>	—	—	—
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	94.3	—	97.5
Flu Vaccine (% of adults aged 65+)	62.8	—	73.9
Health Screenings (% of adults aged 65 to 74)	86.2	—	92.4
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.3	—	98.4
Diabetes Management (% of Medicare beneficiaries)	80.8	—	86.0
Home Health Care (number of workers per 1000 adults aged 75+)	104.3	—	316.6
Preventable Hospitalizations (discharges per 1000 Medicare beneficiaries)	59.3	—	28.2
Hospital Readmissions (% of hospitalized patients aged 65+)	15.5	—	12.9
Hospice Care (% of decedents aged 65+)	50.6	—	65.4
Hospital Deaths (% of decedents aged 65+)	22.8	—	15.1
<b>Clinical Care Total</b>	—	—	—
<b>All Determinants</b>	—	—	—
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	14.7	—	4.2
Falls (% of adults aged 65+)	28.4	—	14.5
Hip Fractures (hospitalizations per 1000 Medicare beneficiaries)	6.2	—	3.0
Health Status (very good or excellent as % of adults aged 65+)	41.8	—	50.2
Able-bodied (% of adults aged 65+)	63.7	—	68.2
Premature Death (deaths per 100 000 adults aged 65 to 74)	1803	—	1402
Teeth Extractions (% of adults aged 65+)	16.1	—	7.0
Poor Mental Health Days (days in previous 30)	2.2	—	1.3
<b>All Outcomes</b>	—	—	—
<b>Overall</b>	—	—	—
<b>Supplemental Measures</b>			
Education (% of adults aged 65+)	23.1	—	32.5
Multiple Chronic Conditions (% of Medicare beneficiaries aged 65+)	37.6	—	22.4
Cognition (% of adults aged 65+)	9.3	—	6.5
Depression (% of adults aged 65+)	14.8	—	8.7
Suicide (deaths per 100 000 adults aged 65+)	15.6	—	7.1
<b>Senior Population Growth</b>			
Projected Increase 2015 to 2030	NA	State	US
			52.7

# Appendix

# Appendix

TABLE 9

## Summary of Core Measures

Measure	Description	Source, Data Year(s)	
<b>Behaviors</b>	<b>Smoking</b>	Percentage of adults aged 65 and older who regularly smoke (at least 100 cigarettes in their lifetime and currently smoke daily or some days)	Centers for Disease Control and Prevention (CDC). <i>Behavioral Risk Factor Surveillance System</i> , 2013
	<b>Chronic Drinking</b>	Percentage of adults aged 65 and older who consumed more than 60 drinks in the last 30 days for men and more than 30 drinks in the last 30 days for women	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
	<b>Obesity</b>	Percentage of adults aged 65 and older estimated to be obese, with a body mass index (BMI) of 30.0 or higher	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
	<b>Underweight</b>	Percentage of adults aged 65 and older with fair or better health status estimated to be underweight, with a body mass index (BMI) of 18.5 or less	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
	<b>Physical Inactivity</b>	Percentage of adults aged 65 and older with fair or better health status who report doing no physical activity or exercise (such as running, calisthenics, golf, gardening, or walking) other than their regular job in the last 30 days	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
	<b>Dental Visit</b>	Percentage of adults aged 65 and older who report having visited a dental health professional within the last 12 months	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2012
	<b>Pain Management</b>	Percentage of adults aged 65 and older with arthritis who report arthritis or joint pain does not limit their usual activities	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
<b>Community &amp; Environment — Macro</b>	<b>Poverty</b>	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> , 2011 to 2013
	<b>Volunteerism</b>	Percentage of adults aged 65 and older who report volunteering in the past 12 months	US Census Bureau. <i>Current Population Survey</i> , 2011 to 2013
	<b>Nursing Home Quality</b>	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> , 2015
<b>Community &amp; Environment — Micro</b>	<b>Home-Delivered Meals</b>	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> , 2012 Denominator: US Census Bureau. <i>American Community Survey</i> , 2011 to 2013
	<b>Food Insecurity</b>	Percentage of adults aged 60 and older who are marginally food insecure	National Foundation to End Senior Hunger. <i>The State of Senior Hunger in America 2012: An Annual Report</i> , 2012
	<b>Community Support</b>	Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty	Numerator: AoA. <i>State Program Reports</i> , 2012 Denominator: US Census Bureau. <i>American Community Survey</i> , 2011 to 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> , 2010
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> , 2010
SNAP Reach	Number of adults aged 60 and older who participate in Supplemental Nutrition Assistance Plan (SNAP) as a percentage of adults aged 60 and older living in poverty	Numerator: US Department of Agriculture. Food and Nutrition Service, 2013 Denominator: US Census Bureau. <i>American Community Survey</i> , 2011 to 2013
Geriatrician Shortfall	Estimated geriatrician shortfall as a percentage of the minimum number required	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 report having a personal doctor or health care provider	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
Flu Vaccine	Percentage of adults aged 65 and older who received a flu vaccine in the last year	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
Health Screenings	Percentage of adults aged 65 to 74 who have had mammograms and/or fecal occult/colonoscopy/sigmoidoscopy screens within the recommended time period	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2012
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	The Commonwealth Fund, 2013 to 2014
Diabetes Management	Percentage of Medicare beneficiaries aged 65 to 75 with diabetes receiving a blood lipids test	The Dartmouth Atlas of Health Care, 2012
Home Health Care	Number of personal care and home health aides per 1000 adults aged 75 or older	Numerator: Bureau of Labor Statistics, 2014 Denominator: US Census, 2014
Preventable Hospitalizations	Number of discharges for ambulatory care-sensitive conditions per 1000 Medicare beneficiaries	The Dartmouth Atlas of Health Care, 2012
Hospital Readmissions	Percentage of patients aged 65 and older who were readmitted within 30 days of discharge	The Dartmouth Atlas of Health Care, 2012
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, 2012
Hospital Deaths	Percentage of decedents aged 65 and older who died in a hospital	The Dartmouth Atlas of Health Care, 2012

# Appendix

TABLE 9 (continued)

## Summary of Core Measures

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, 2012
	Hip Fracture	Rate of hospitalization for hip fracture per 1000 Medicare beneficiaries	The Dartmouth Atlas of Health Care, 2012
	Falls	Percentage of adults aged 65 and older who report having had a fall in the last 12 months (2012 definition)	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2012
	Health Status	Percentage of adults aged 65 and older who report their health is very good or excellent	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013
	Able-bodied	Percentage of adults aged 65 and older with no disability	US Census. American Community Survey, 2011 to 2013
	Premature Death	Number of deaths per 100 000 adults aged 65 to 74 years	CDC. National Center for Health Statistics, 2013
	Teeth Extractions	Percentage of adults aged 65 and older who have had all teeth removed due to tooth decay or gum disease	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2012
	Poor Mental Health Days	Number of days in the previous 30 that adults aged 65 and older indicate their activities were limited due to mental health difficulties	CDC. <i>Behavioral Risk Factor Surveillance System</i> , 2013

TABLE 10

## Summary of Supplemental Measures

	Measure	Description	Source, Data Year(s)
Behaviors	Education	Percentage of adults aged 65 and older with a college degree	US Census Bureau. <i>American Community Survey</i> , 2011 to 2013
Policy	Prescription Drug Plan With Gap	Percentage of Medicare prescription drug plans with a payment gap (“donut hole”)	The Henry J Kaiser Family Foundation. <i>State Health Facts</i> , 2014
Outcomes	Multiple Chronic Conditions	Percentage of Medicare beneficiaries aged 65 and older with 4 or more chronic conditions (2015 definition)	Centers for Medicare & Medicaid Services, 2012
	Cognition	Percentage of adults aged 65 and older who report having a cognitive difficulty	US Census Bureau. <i>American Community Survey</i> , 2011 to 2013
	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 Factor Surveillance System</i> , 2013
	Suicide	Number of deaths due to intentional self-harm per 100 000 adults aged 65 and older	CDC. National Center for Health Statistics, 2011 to 2013

## 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 with the exception of measures from the Behavioral Risk Factor Surveillance System (BRFSS). For BRFSS measures, the median of the state values is used for the US value to conform to the Centers for Disease Control and Prevention tradition. Overall score is calculated by adding the scores of each measure multiplied by its assigned weight (the percentage of total overall ranking). Not all changes in rank are statistically significant.

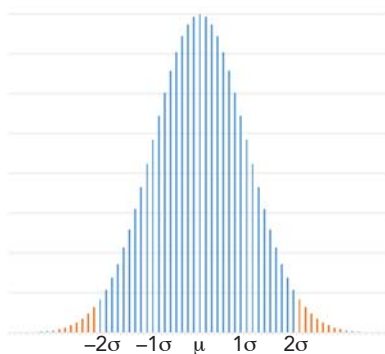
The overall ranking is the ordering of each state according to the overall score. The ranking of individual measures is the ordering of each state according to the measure’s value. Ties in values are assigned equal ranks.

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 metric using US value (calculate z score)



3. Eliminate outliers

4. Multiply by weights and direction of effect on score

5. Sum weighted scores

6. Rank states by sum of all metric scores



# 2015 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 February 2015, the panel convened by telephone, and each measure included in the 2014 edition was reviewed. Panelists recommended that the following items be explored:

1. Replace Social Support. This is a Behavioral Risk Factor Surveillance System measure that is no longer collected in all 50 states.
2. Consider replacing Low-Care Nursing Home Residents. This measure, produced by the *Shaping Long Term Care in America Project* at Brown University, has not been updated since 2010.
3. Consider replacing Prescription Drug Coverage. This measure, calculated by Kaiser State Health Facts, has not been updated since 2010.
4. Identify improved measures relating to social isolation.
5. Explore elder abuse metrics, including such proxies as the variation in mandatory reporting in each state.
6. Separate community expenditures (based on Administration on Aging data) into sub-categories to highlight the variation in utilization of different aspects of the programs, such as home-based health care spending.
7. Explore the inclusion of metrics related to overuse of clinical care, such as prostate cancer screening.
8. Measure out-of-pocket health care expenses for seniors.
9. Identify improved measures of diet and/or nutrition.

## Changes Implemented in 2015

Social Support, a Community & Environment measure, was replaced with Home-Delivered Meals (p 39).

A Policy measure, SNAP Reach (p 44), was added.

A new supplemental measure was added, Prescription Drug Plan With Gap (p 73).

The denominator of supplemental measure Multiple Chronic Conditions was amended from all Medicare beneficiaries to Medicare beneficiaries aged 65 and older.

In addition to the changes made at the suggestion of the expert panel, The Centers for Medicare & Medicaid Services (CMS) revised its Five Star Quality Rating System, impacting the Nursing Home Quality metric (p 38).

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# The Team

*America's Health Rankings® Senior Report* is a team effort. Members of this team, listed alphabetically below by organization, all contribute a vital part to the creation and dissemination of this report and website, [www.americashealthrankings.org](http://www.americashealthrankings.org).

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# Appendix

*America's Health Rankings® Senior Report* is available in its entirety at [www.americashealthrankings.org](http://www.americashealthrankings.org). Visit the site to request or download additional copies.

*America's Health Rankings® Senior Report—2015 Edition* is funded entirely by United Health Foundation, a recognized 501(c)(3) organization.

Data contained within this document were obtained from and used with permission of:

US Department of Agriculture, Food and Nutrition Service  
US Department of Health and Human Services  
    Centers for Disease Control and Prevention  
        Behavioral Risk Factor Surveillance System  
        National Center for Health Statistics  
    Administration on Aging, State Program Reports  
    Centers for Medicare & Medicaid Services  
        Nursing Home Compare  
US Department of Commerce  
    US Census Bureau  
        American Community Survey  
        Current Population Survey  
US Department of Labor, Bureau of Labor Statistics  
The Dartmouth Atlas of Health Care  
National Foundation to End Senior Hunger, *The State of Senior Hunger in America 2012: An Annual Report*  
The Henry J Kaiser Family Foundation, Kaiser State Health Facts  
    Brown University, *Shaping Long Term Care in America Project*  
American Geriatrics Society  
The Commonwealth Fund

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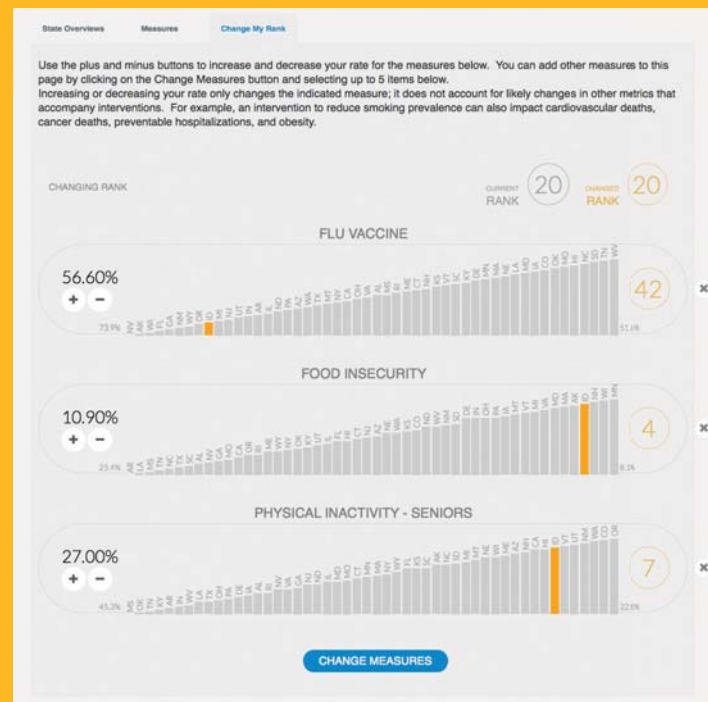


# Change My Rank

At *America's Health Rankings*<sup>®</sup> website, you can find information about the health of your state compared with other states, build custom reports, and download graphs to share. And you can discover ways to take action and make changes in the health of your state.

What impact will you have on your overall ranking if you reduce physical inactivity? Lower obesity rates? Improve your flu vaccination coverage? Reduce food insecurity among seniors? You can answer these and other questions by going to the Change My Rank application. This tool is located on its own tab on each state information page.

Go to your state's information page by clicking on your state's image or by selecting the state from various drop-down lists. Then click on the Change My Rank tab. Use the plus and minus buttons to change your rate for physical inactivity, food insecurity, flu vaccine, or whatever measure interests you. You'll immediately see the change in rank for that measure and how that change may affect the overall ranking for your state. Click on the Change Measures button at the bottom of the page to choose other measures to explore.





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.

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MAY 2015