

Summary

Strengths

- Low prevalence of frequent mental distress
- Low prevalence of food insecurity
- Low prevalence of avoiding care due to cost

Challenges

- High prevalence of obesity
- Low percentage of households with high-speed internet
- Low geriatric provider rate

Highlights

Drug Deaths

87%▲

from 3.1 to 5.8 deaths per 100,000 adults ages 65+ between 2016-2018 and 2019-2021.

Poverty

27%▲

from 6.6% to 8.4% of adults ages 65+ between 2017 and 2021.

Number of Geriatric Providers

19%▲

from 18.6 to 22.1 per 100,000 adults ages 65+ between September 2019 and September 2022.

Measures

		State Rank	State Value	U.S. Value
Social & Economic Factors*		30	0.042	
Community and Family Safety	Firearm Deaths (deaths per 100,000 adults ages 65+)*	18	13.2	13.1
	Motor Vehicle Deaths (deaths per 100,000 adults ages 65+)*	19	11.0	11.8
Economic Resources	Food Insecurity (% of adults ages 60+)	7	8.5%	11.9%
	Poverty (% of adults ages 65+)	8	8.4%	10.3%
	SNAP Reach (participants per 100 adults ages 60+ in poverty)	44	47.7	81.0
Social Support and Engagement	Community Support Expenditures (dollars per adult ages 60+)	22	\$44	\$62
	High-speed Internet (% of households with adults ages 65+)	40	79.3%	83.1%
	Low-care Nursing Home Residents (% of residents)	42	20.7%	15.2%
	Risk of Social Isolation (index from 1-100, adults ages 65+)	8	35	—
	Volunteerism (% of adults ages 65+)	24	24.8%	22.1%
Physical Environment*		7	0.593	
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	28	7.8	7.8
	Drinking Water Violations (% of community water systems)	1	0.0%	0.8%
Housing	Housing Cost Burden (% of households with adults ages 65+)*	15	25.9%	31.8%
	Severe Housing Problems (% of small households with adults ages 62+)	5	24.5%	32.3%
Clinical Care*		10	0.478	
Access to Care	Avoided Care Due to Cost (% of adults ages 65+)	3	1.9%	3.4%
	Geriatric Providers (providers per 100,000 adults ages 65+)	41	22.1	36.4
	Home Health Care Workers (workers per 1,000 adults ages 65+)	27	41.7	60.3
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	21	78.2%	75.9%
	Flu Vaccination (% of adults ages 65+)	7	73.2%	67.5%
	Pneumonia Vaccination (% of adults ages 65+)	3	75.4%	69.7%
Quality of Care	Dedicated Health Care Provider (% of adults ages 65+)	36	95.3%	96.1%
	Hospice Care (% of Medicare decedents)	10	52.7%	46.7%
	Nursing Home Quality (% of beds rated four or five stars)	18	38.0%	32.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	13	1,156	1,482
Behaviors*		31	-0.044	
Nutrition and Physical Activity	Exercise (% of adults ages 65+)	31	21.3%	23.1%
	Fruit and Vegetable Consumption (% of adults ages 65+)	31	5.9%	7.3%
	Physical Inactivity (% of adults ages 65+ in fair or better health)	31	33.0%	31.2%
Sleep Health	Insufficient Sleep (% of adults ages 65+)	10	22.7%	26.0%
Tobacco Use	Smoking (% of adults ages 65+)	21	8.4%	8.9%
Health Outcomes*		23	0.120	
Behavioral Health	Cognitive Difficulty (% of adults ages 65+)*	7	6.1%	7.8%
	Drug Deaths (deaths per 100,000 adults ages 65+)*	4	5.8	9.9
	Excessive Drinking (% of adults ages 65+)	29	7.3%	7.0%
	Frequent Mental Distress (% of adults ages 65+)	5	6.9%	8.5%
	Suicide (deaths per 100,000 adults ages 65+)	20	16.4	16.9
Mortality	Early Death (deaths per 100,000 adults ages 65-74)	26	2,054	2,151
	Early Death Racial Disparity (ratio)**	—	2.0	1.5
Physical Health	Falls (% of adults ages 65+)	36	29.8%	27.1%
	Frequent Physical Distress (% of adults ages 65+)	9	12.7%	15.8%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	21	49%	52%
	Obesity (% of adults ages 65+)	43	34.7%	29.5%
	Teeth Extractions (% of adults ages 65+)	18	11.9%	13.4%
Overall		20	0.159	

* Value is a sum of weighted, ranking measure z-scores (the number of standard deviations a state value was above or below the U.S. value).

Higher summation scores are better. Scores are not calculated for the District of Columbia.

** Disparity measures compare the group with the highest or lowest rate to the white rate.

† Non-ranking measure.

— Data not available, missing or suppressed.

For measure descriptions, source details and methodology, visit AmericasHealthRankings.org.

Ranks are calculated by state for each measure, ordered by the states' values, with 1 corresponding to the healthiest value and 50 the least healthy value. Ties in value are assigned equal ranks.