

Senior Report

2019



30 YEARS

Analysis and Insights to
Build Healthier Communities



America's Health Rankings[®] is built on the World Health Organization's definition of health: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

The model's behaviors, community & environment, policy and clinical care categories reflect the personal, social and environmental factors that influence the health outcomes category.

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Introduction

According to the United States Census Bureau, in 2017 there were nearly 51 million adults aged 65 years and older living in the U.S., a 45 percent increase from 35 million in 2000. It is important to monitor the health trends in this growing population to help identify priorities and take action to improve the health and well-being of seniors, who accounted for an estimated 15.6 percent of the U.S. population in 2017.

The 2019 *America's Health Rankings® Senior Report* provides a comprehensive look at the health of seniors across the nation and on a state-by-state basis. Thirty-four core measures of health are used to create the senior health state rankings. Supplemental measures, such as risk of social isolation, are also available on the website to highlight current and emerging issues affecting seniors. This year, a new supplemental measure, called “avoided care due to cost”, was added to address affordability of health care services and unmet medical needs due to cost.

Data for the measures are obtained from more than a dozen sources including the Centers for Disease Control and Prevention's *Behavioral Risk Factor Surveillance System*, the Administration on Aging's *State Program Reports*, the U.S. Census Bureau's *American Community Survey* and *The Dartmouth Atlas of Health Care*.

The 2019 report includes a special 15-year focus on the health of seniors aged 65 to 74. This perspective examines how the health of young seniors has changed from 2002 to 2017 regarding population demographics, behaviors and health outcomes.

The 2018 senior report focused on disparities in health behaviors and outcomes across rural, suburban and urban areas. The 2019 report brings special attention to disparities by gender across measures of mental health and unhealthy behaviors. In addition, this year's report and website allow users to examine national and state differences in many measures by race/ethnicity, urbanicity, education and income. Data at this level often reveal differences between groups that national or state aggregate data mask.

America's Health Rankings Senior Report strives to improve senior population health by:

- **Providing a benchmark for states.** Each year the report presents trends, strengths, challenges and highlights of every state. In addition, the website offers a core measure impact graphic that displays all measures in order of impact on a state's overall rank. This enables states to zoom in on health issues that have the largest impact on senior population health. With *America's Health Rankings Senior Report's* seven years of data, community leaders, public health officials and policymakers can monitor health trends over time and compare their state with neighboring states and the nation.
- **Stimulating action.** The report's purpose is to promote data-driven discussions among individuals, community leaders, the media, policymakers and public health officials that can drive positive change and improve the

health of seniors. States can incorporate the report into their annual review of programs, and many organizations use the report as a reference point when assigning goals for health-improvement plans.

- **Highlighting disparities.** The state rankings show disparities in health between states and among population groups at state and national levels. The report highlights disparities in gender, race/ethnicity, urbanicity, education and income.

America's Health Rankings is built on the World Health Organization's definition of health, which is quoted below the *America's Health Rankings* model (Figure 1) used in this and other *America's Health Rankings* reports. The model's behaviors, community & environment, policy and clinical care categories reflect the personal, social and environmental factors that influence the health outcomes category.

Figure 1
America's Health Rankings model



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

—World Health Organization

Key Findings

America's Health Rankings Senior Report provides a unique snapshot of senior health for states and the nation. Since 2013, this report has yielded insights on how each state's health changes. Most importantly, the report drives much needed action to improve the health of communities across our nation. This year's report also sheds light on national and state-level gender disparities related to mental health and unhealthy behaviors as well as provides a 15-year comparison of changes in the demographics and health of young seniors.

Then and Now: Changes in the Health of Young Seniors

The young senior population continues to grow with more than 11 million additional seniors aged 65 to 74 in 2017 than there were in 2002. Young seniors represent 9.1 percent of the U.S.

There are 11 million more young seniors than there were in 2002.

population, compared with 6.4 percent of the U.S. population in 2002. This population is also more racially and ethnically diverse than it was in 2002, following a similar trend as the total U.S. population. The proportion of young Hispanic and black seniors has increased 34 percent and 7 percent, respectively.

The percentage of young seniors who report their health is very good or excellent is higher in 2017 than it was in 2002, but the prevalence of certain unhealthy behaviors and health outcomes is higher compared with seniors in the same age bracket in 2002.

Compared with 15 years ago, the health of young seniors is

Better:

Early death 22% lower

Smoking 16% lower

**High health status
11% higher**

Worse:

**Excessive drinking
42% higher**

Obesity 36% higher

Diabetes 36% higher

Suicide 16% higher

State Rankings

The 2019 *America's Health Rankings Senior Report* finds Hawaii is the healthiest state for seniors. Hawaii's top rank is driven by high rankings in the behaviors, policy and health outcomes categories. Utah (No. 2), Connecticut (No. 3), Minnesota (No. 4) and Colorado (No. 5) round out the states in the top five.

Mississippi is No. 50 this year, ranking in the bottom 10 states across all five model categories. Other states in the bottom five are Kentucky (No. 49), Louisiana (No. 48), Oklahoma (No. 47) and West Virginia (No. 46).

This year's State Summaries present state values and ranks for core measures, strengths and challenges and changes in select measures over time. Trend graphs draw attention to food insecurity and depression, two measures highlighted in this year's report.

Finally, a new web tool called Adjust My Rank allows users to see how improvements or declines in various measures can impact a state's rank.

Highest ranked states

- #1 Hawaii**
- #2 Utah**
- #3 Connecticut**
- #4 Minnesota**
- #5 Colorado**

Lowest ranked states

- #46 West Virginia**
- #47 Oklahoma**
- #48 Louisiana**
- #49 Kentucky**
- #50 Mississippi**

Key Findings

National Successes

This year's *America's Health Rankings Senior Report* finds encouraging progress in the availability and use of services that help older adults remain in their homes and communities.

FOOD INSECURITY

14%

Decreased 14 percent **since 2017** from 15.8 to 13.6 percent of adults aged 60+.

SNAP REACH

13%

Increased 13 percent **since 2015** from 71.8 to 80.9 adults aged 60+ participating per 100 adults 60+ living in poverty.

HOME HEALTH CARE WORKERS

44%

Increased 44 percent **since 2013** from 93.8 to 135.5 workers per 1,000 adults aged 75+.

HOSPICE CARE

48%

Increased 48 percent **since 2013** from 36.7 to 54.4 percent of Medicare decedents aged 65+.

National Challenges

The report also finds seniors still face challenges — especially with mental health, unhealthy behaviors and not visiting a doctor when needed due to cost.

DEPRESSION

19%

Increased 19 percent **since 2018** from 13.4 to 16.0 percent of adults aged 65+.

EXCESSIVE DRINKING

12%

Increased 12 percent **since 2016** from 6.6 to 7.4 percent of adults aged 65+.

AVOIDED CARE DUE TO COST

5.2%

5.2 percent of adults aged 65+ reported not seeing a doctor due to cost sometime in the past year.

Key Findings

Health Disparities by Gender

Behaviors, cultural norms as well as social and economic conditions influence health and can result in disparities by gender. There are well-established differences in health determinants, health outcomes and use of the health care system in the U.S. by gender. This report examines health disparities by gender in the senior population and finds large disparities in mental health and unhealthy behaviors at the national level as well as wide variation in gender disparities across states.

Mental Health

A dark blue rectangular box containing the text "1.3x" in a large, bold, light green font. The "1" and "3" are in a slightly lighter shade of green than the "x".

FREQUENT MENTAL DISTRESS

1.3 times higher among females than males

A dark blue rectangular box containing the text "1.5x" in a large, bold, light green font. The "1" and "5" are in a slightly lighter shade of green than the "x".

DEPRESSION

1.5 times higher among females than males

A dark blue rectangular box containing the text "6.0x" in a large, bold, light green font. The "6" and "0" are in a slightly lighter shade of green than the "x".

SUICIDE

6.0 times higher among males than females

Unhealthy Behaviors

1.2x

PHYSICAL INACTIVITY

1.2 times higher among females than males

1.6x

EXCESSIVE DRINKING

1.6 times higher among males than females

1.3x

SMOKING

1.3 times higher among males than females

THEN AND NOW:

Changes in the Health of Young Seniors

Seniors comprise a significant portion of the U.S. population, and the size of this group will only increase as baby boomers age. Analyzing the health of young seniors (aged 65 to 74) can yield important insights that policymakers, advocates, individuals and community members can use to set priorities and anticipate the needs of this growing population.

This analysis examines population demographics, behaviors and health outcomes as well as differences by gender to explore how the health of young seniors has changed between 2002 and 2017, the most recent year of data available. Data are for adults aged 65 to 74 and are from the *Behavioral Risk Factor Surveillance System* and the *National Vital Statistics System*. Population estimates are from the *American Community Survey*.

The young senior population is growing and becoming more racially and ethnically diverse.

Since 2002, the young senior population has grown by more than 11 million individuals to nearly 30 million adults aged 65 to 74 in 2017. Seniors aged 65 to 74 account for 9.1 percent of the U.S. population, compared with 6.4 percent in 2002. This age group had a greater increase in size

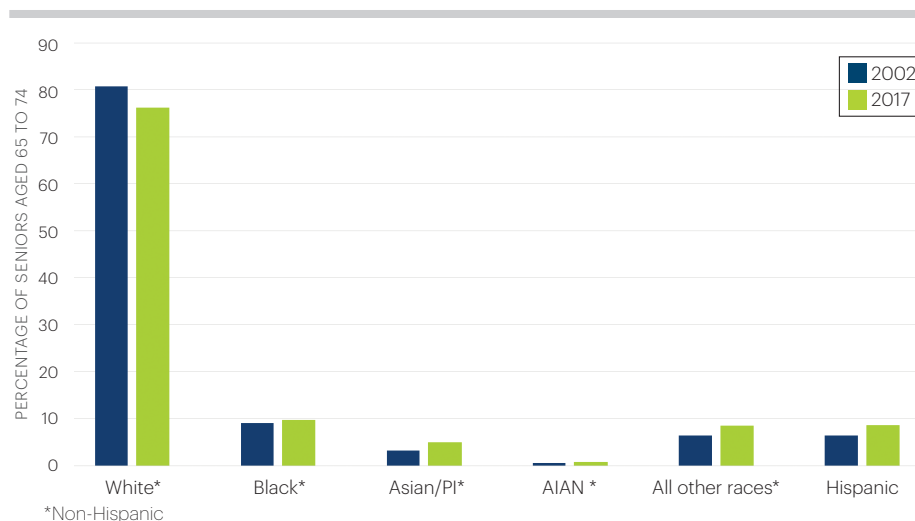
than seniors aged 75 and older, which grew by approximately 4 million individuals from 2002 to 2017.

The population of males aged 65 to 74 increased 66 percent, while the population of females aged 65 to 74 rose 58 percent. The population of young seniors now includes an estimated 13.9 million males and 15.8 million females.

The young senior population is more racially and ethnically diverse than in 2002, following a similar trend as the total U.S. population. Figure 2 displays the 15-year change in the proportion of seniors aged 65 to 74 by race. Between 2002 and 2017 the percentage of young seniors who are:

- Asian or Pacific Islander (Asian/PI) increased 53 percent from 3.2 percent to 4.9 percent.
- Hispanic increased 34 percent from 6.4 percent to 8.6 percent.
- American Indian/Alaskan Native (AIAN) increased 40 percent from 0.5 percent to 0.7 percent.
- Black increased 7 percent from 9.1 percent to 9.7 percent.
- White decreased 6 percent from 80.8 percent to 76.2 percent.

Figure 2
Percentage of seniors aged 65 to 74 by race/ethnicity between 2002 and 2017



Smoking has decreased, but excessive drinking and obesity have increased.

Behaviors affect health and several leading causes of premature death are influenced by modifiable risk factors such as smoking, excessive alcohol use and obesity.

Smoking

Smoking damages nearly every organ in the body and is the leading cause of preventable death in the U.S. Community support, clinical intervention, clean air laws and cigarette taxes can help reduce smoking. The percentage of seniors aged 65 to 74 who report smoking at least 100 cigarettes in their lifetime and currently smoke every day or some days is 16 percent lower than it was in 2002, declining from 13.6 percent to 11.4 percent of young seniors (Figure 3). While the percentage has decreased, the estimated number of seniors who smoke has increased from approximately 2.8 million to 3.3 million due to population growth.

Among females aged 65 to 74, smoking is significantly lower than in 2002, decreasing 22 percent from 13.4 percent to 10.4 percent in 2017. The change among males, however, is not significant.

Excessive Drinking

Excessive drinking is the percentage of adults aged 65 to 74 who report either binge drinking or chronic drinking. Seniors experience the highest alcohol-attributable death rate, and excessive alcohol use contributes to injuries, chronic diseases, dementia and mood disorders. Excessive drinking is 42 percent higher in 2017 than in 2002, increasing from 6.5 percent to 9.2 percent of seniors aged 65 to 74 (Figure 3). This represents an increase of more than 1.2 million young seniors reporting either binge or chronic drinking.

The prevalence of excessive drinking is higher among male and female seniors aged 65 to 74

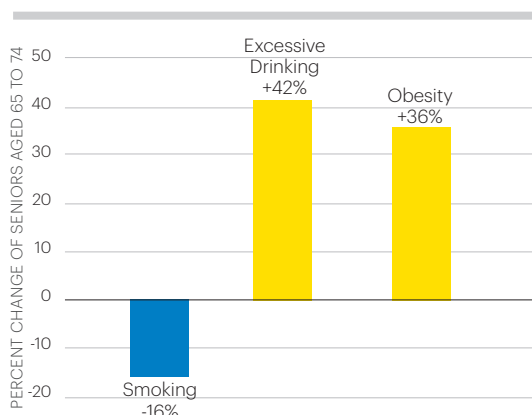
than in 2002, increasing 29 percent among males and 53 percent among females. An estimated additional 776,700 male and 506,900 female seniors aged 65 to 74 reported excessive drinking in 2017.

Obesity

Obesity is the percentage of adults aged 65 to 74 with a body mass index of 30.0 or higher based on reported height and weight. Obesity contributes significantly to early death, diabetes, cognitive decline and certain cancers. Research suggests the relationship between obesity and mortality risk strengthens with age. Obesity among young seniors is 36 percent higher, increasing from 24.1 percent in 2002 to 32.7 percent in 2017 (Figure 3). This represents an increase of more than 4.3 million seniors aged 65 to 74 who have obesity.

The prevalence of obesity is higher in males and females aged 65 to 74 in 2017, increasing 36 percent among males and 35 percent among females since 2002. This is an additional 2.3 million male and 2.0 million female seniors aged 65 to 74 that have obesity.

Figure 3
Percent change in smoking, excessive drinking and obesity prevalence between 2002 and 2017



Early death has decreased, but death by suicide has increased.

Progress has been made in preventing early death among young seniors, and yet, concerning trends in suicide persist.

Early Death

Early death represents mortality from all causes in seniors aged 65 to 74. Fewer seniors are dying early than in 2002. The rate of early death is 22 percent lower, decreasing from 2,300 to 1,791 deaths per 100,000 seniors aged 65 to 74 years (Figure 4).

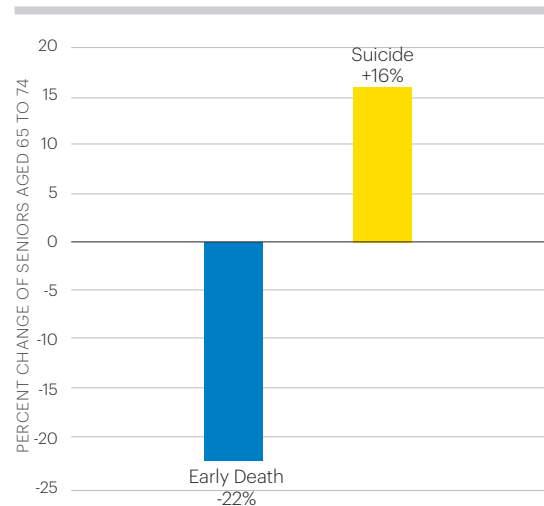
Early death occurs at a higher rate in males than females, though early death has decreased for males and females since 2002.

Suicide

Suicide is one indication of the burden of poor mental health among seniors. Despite a decrease over time in the overall death rate among seniors aged 65 to 74, death due to intentional self-harm per 100,000 adults aged 65 to 74 is 16 percent higher than it was in 2002 (Figure 4). The suicide rate among young seniors is 15.5 deaths per 100,000 adults aged 65 to 74, compared with 13.4 deaths per 100,000 in 2002. The number of suicides increased from 2,460 to 4,614 over this time.

The suicide rate among females aged 65 to 74 is significantly higher than in 2002, increasing 51 percent from 4.1 to 6.2 deaths per 100,000. The increase among males, however, was not significant between these two periods.

Figure 4
Percent change in early death and suicide rates between 2002 and 2017



The prevalence of high health status has increased, but diabetes has also increased.

Despite a higher percentage of young seniors reporting their health is excellent or very good, the prevalence of diabetes has increased sharply since 2002.

High health status

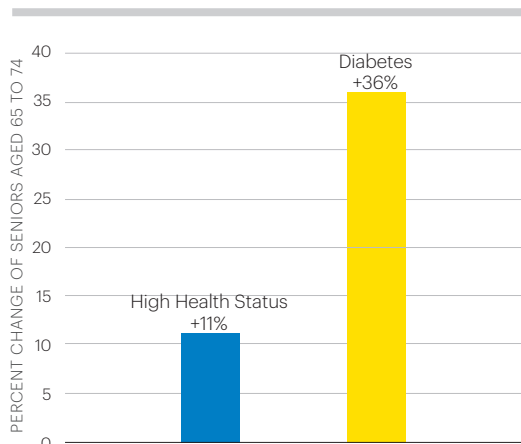
Self-reported health status is an important indicator of overall health and a significant predictor of mortality. Health status is associated with mortality rates, making it a good predictor of future mortality rates and future use of health care. The percentage of seniors aged 65 to 74 who report their health is very good or excellent is 11 percent higher than in 2002, increasing from 39.1 percent to 43.4 percent (Figure 5). This equates to an estimated 5.0 million more young seniors reporting very good or excellent health.

Both males and females aged 65 to 74 report higher prevalences of high health status than in 2002, increasing 9 percent among males and 13 percent among females. An additional 2.5 million male and 2.4 million female seniors aged 65 to 74 reported having high health status in 2017.

Diabetes

Diabetes is the percentage of seniors aged 65 to 74 who report being told by a health professional that they have diabetes (excluding prediabetes and gestational diabetes). According to the National Center for Health Statistics, diabetes was the seventh leading cause of death among seniors in 2017, contributing significantly to deaths from heart disease and stroke. Diabetes can be managed through lifestyle modifications and clinical intervention. The prevalence of diabetes is 36 percent higher in young seniors than it was in 2002, increasing from 16.9 percent to 22.9 percent of young seniors (Figure 5). More than 6.8 million young seniors report

Figure 5
Percent change in high health status and diabetes prevalence between 2002 and 2017



having diabetes, an increase of over 3.3 million individuals since 2002.

Males and females report a higher prevalence of diabetes than in 2002, increasing 33 percent among males and 30 percent among females. It is estimated that nearly 1.9 million more males and 1.5 million more females aged 65 to 74 reported having diabetes in 2017.

Conclusions

This analysis reveals how young seniors face different challenges than they did in 2002. There is progress in the prevalence of smoking and high health status and in the rates of early death among young seniors, and yet more work is needed to combat rising suicide rates and the increasing prevalences of excessive drinking, obesity and diabetes. Data in this analysis allow policymakers and health advocates to better understand the health of young seniors and to prioritize and anticipate the needs of this population.

State Rankings

Thirty-four measures are used to calculate the senior state health rankings¹. The U.S. map in Figure 6 displays the 2019 rankings shaded by quintile. The healthiest states are spread throughout the West, Midwest and New England, and the states with the most challenges are concentrated in the South.

Healthiest States

This year, Hawaii remains the healthiest state for seniors. Last year, Hawaii and Utah were No. 1. Hawaii's top rank in 2019 is driven by ranking No. 1 in behaviors, No. 2 in health outcomes and No. 3 in policy (Table 1).

Hawaii's strengths include:

- Lowest prevalence of obesity at 19.8 percent of adults aged 65 and older, compared with 28.5 percent nationally
- Highest prevalence of arthritis management (those with arthritis who report arthritis does not limit usual activities) at 60.0 percent of adults aged 65 and older, compared with 52.9 percent nationally
- Highest percentage of four- and five-star nursing home beds at 67.9 percent, compared with 47.3 percent nationally
- Lowest death rate among 65- to 74-year-olds at 1,415 deaths per 100,000, compared with 1,791 deaths nationally

¹ The senior state health rankings from 2013 to 2018 have been recalculated and updated on the website to account for changes in data availability and a recalculation of arthritis management in editions 2013 to 2017. For details, please see revised Model Development on page 103.

Despite Hawaii's many strengths, the state faces challenges as well:

- High prevalence of excessive drinking at 10.1 percent of adults aged 65 and older, compared with 7.4 percent nationally
- Low percentage of volunteerism at 20.5 percent of adults aged 65 and older, compared with 28.0 percent nationally
- High percentage of hospital deaths at 24.1 percent of chronically ill Medicare decedents aged 65 and older, compared with 20.8 percent nationally

Other states in the top five are Utah (No. 2), Connecticut (No. 3), Minnesota (No. 4) and Colorado (No. 5). These same states ranked in the top five in 2018, except for Connecticut, which replaced New Hampshire (No. 3 in 2018; No. 6 this year).

Most Challenged States

Mississippi dropped to No. 50 this year (No. 49 in 2018), replacing Louisiana at the bottom. Mississippi faces many health challenges that contribute to its poor health ranking. It ranks No. 50 in community & environment and health outcomes, No. 49 in clinical care, No. 48 in behaviors and No. 41 in policy (Table 1).

Mississippi's challenges include:

- Lowest community support expenditures (used by states for funding personal care, congregate meals, transportation and nutrition-education programs for seniors) at \$184 dollars per adult aged 60 and older in poverty, compared with the average of \$571 dollars for all states
- Highest prevalence of seniors living in poverty at 13.7 percent, compared with 9.3 percent nationally

- Highest early death rate at 2,483 deaths per 100,000 adults aged 65 to 74, compared with 1,791 deaths nationally

Mississippi's bright spots are:

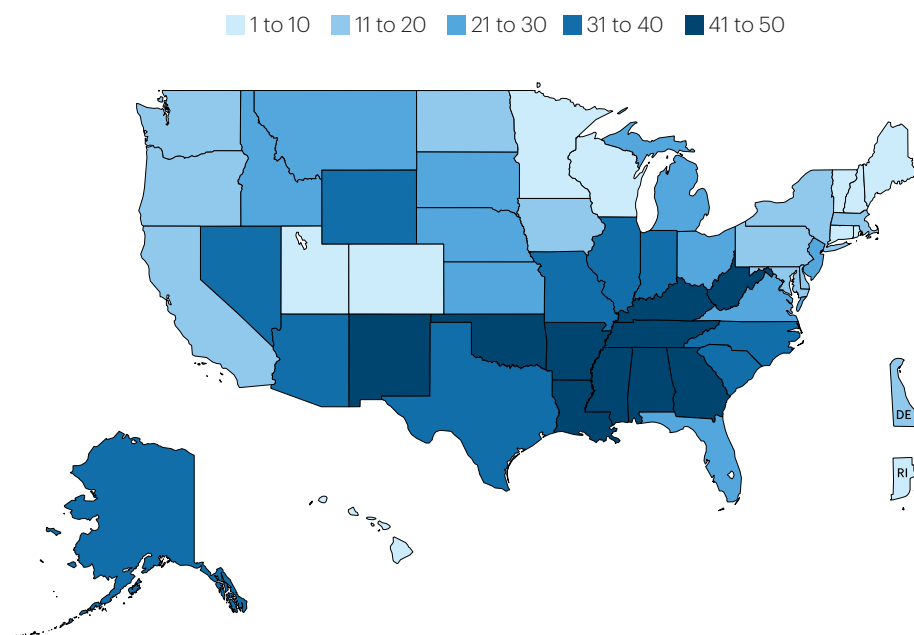
- Low prevalence of excessive drinking at 4.1 percent among adults aged 65 and older, compared with 7.4 percent nationally
- Low percentage of ICU use at 12.3 percent of Medicare decedents aged 65 and older, compared with 14.2 percent nationally
- High percentage of hospice care use at 54.8 percent of Medicare decedents aged 65 and older, compared with 54.4 percent nationally

Other states in the bottom five are Kentucky (No. 49), Louisiana (No. 48), Oklahoma (No. 47) and West Virginia (No. 46). West Virginia fell from its 2018 rank of No. 45, while Arkansas moved out of the bottom five to No. 45 this year.

This year, the *America's Health Rankings* website launched **Adjust My Rank**, a new tool that illustrates the changes in health needed to alter a state's ranking. Users can adjust up to eight individual measures to achieve the desired change in rank. The tool assumes all other states remain at their current level. The goal of **Adjust My Rank** is to spark dialogue on how to improve health, prioritize public health interventions and involve a wide variety of people in improving state health.

For a deeper dive into a state's current ranking, users can view the **Core Measure Impact Graph**. The graph displays the impact each measure has on a state's overall score and ranking, allowing users to identify at-a-glance which measures have the greatest impact on their state's overall ranking.

Figure 6
2019 senior health rankings by state



State Rankings

Table 1
2019 category rankings sorted by overall senior health ranking

	Overall Ranking	Behaviors	Community & Environment	Policy	Clinical Care	Health Outcomes
Hawaii	1	1	23	3	8	2
Utah	2	2	7	28	3	7
Connecticut	3	4	21	3	16	3
Minnesota	4	9	8	17	6	1
Colorado	5	3	12	25	4	8
New Hampshire	6	6	2	38	14	4
Rhode Island	7	8	25	10	2	9
Vermont	8	10	3	22	30	10
Maine	8	16	19	6	5	12
Wisconsin	10	17	15	24	7	6
Massachusetts	11	26	11	5	18	15
Maryland	12	12	22	7	17	11
Iowa	13	12	8	33	9	12
Washington	14	7	18	12	19	16
Delaware	15	27	14	20	1	21
New York	16	19	36	1	34	12
California	17	5	38	14	12	20
North Dakota	18	38	1	31	46	5
Oregon	19	33	19	9	24	18
Pennsylvania	19	22	28	2	11	34
New Jersey	21	11	30	11	33	23
South Dakota	22	18	13	42	36	17
Nebraska	23	21	10	44	28	18
Idaho	24	12	17	46	27	22
Virginia	25	15	26	39	22	27
Michigan	26	27	23	15	25	31
Montana	27	23	6	49	40	26
Kansas	28	20	16	47	32	33
Florida	29	34	29	28	22	28
Ohio	30	34	27	25	15	35
Arizona	31	24	41	37	21	25
Illinois	31	29	34	16	41	29
Alaska	33	45	4	40	47	24
South Carolina	34	25	33	19	13	37
Wyoming	35	32	5	50	50	30
Indiana	36	39	32	27	39	36
North Carolina	37	44	44	8	10	41
Nevada	38	37	35	35	48	32
Missouri	39	30	31	45	29	40
Texas	40	36	46	21	19	38
Georgia	41	40	48	23	26	39
New Mexico	42	31	45	43	35	42
Tennessee	43	41	42	13	45	44
Alabama	44	43	37	28	31	46
Arkansas	45	42	39	36	43	48
West Virginia	46	47	43	18	37	47
Oklahoma	47	46	40	48	42	45
Louisiana	48	50	49	34	38	43
Kentucky	49	49	47	32	44	49
Mississippi	50	48	50	41	49	50

Table 1 shows that the healthiest states generally rank in the top 10 in the behaviors and outcomes category rankings, while the most challenged states perform poorly in these two model categories. States don't always perform equally well across these five categories. For example, North Dakota ranks No. 18 overall, No. 38 in behaviors, No. 1 in community & environment, No. 31 in policy, No. 46 in clinical care and No. 5 in health outcomes.

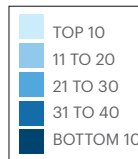
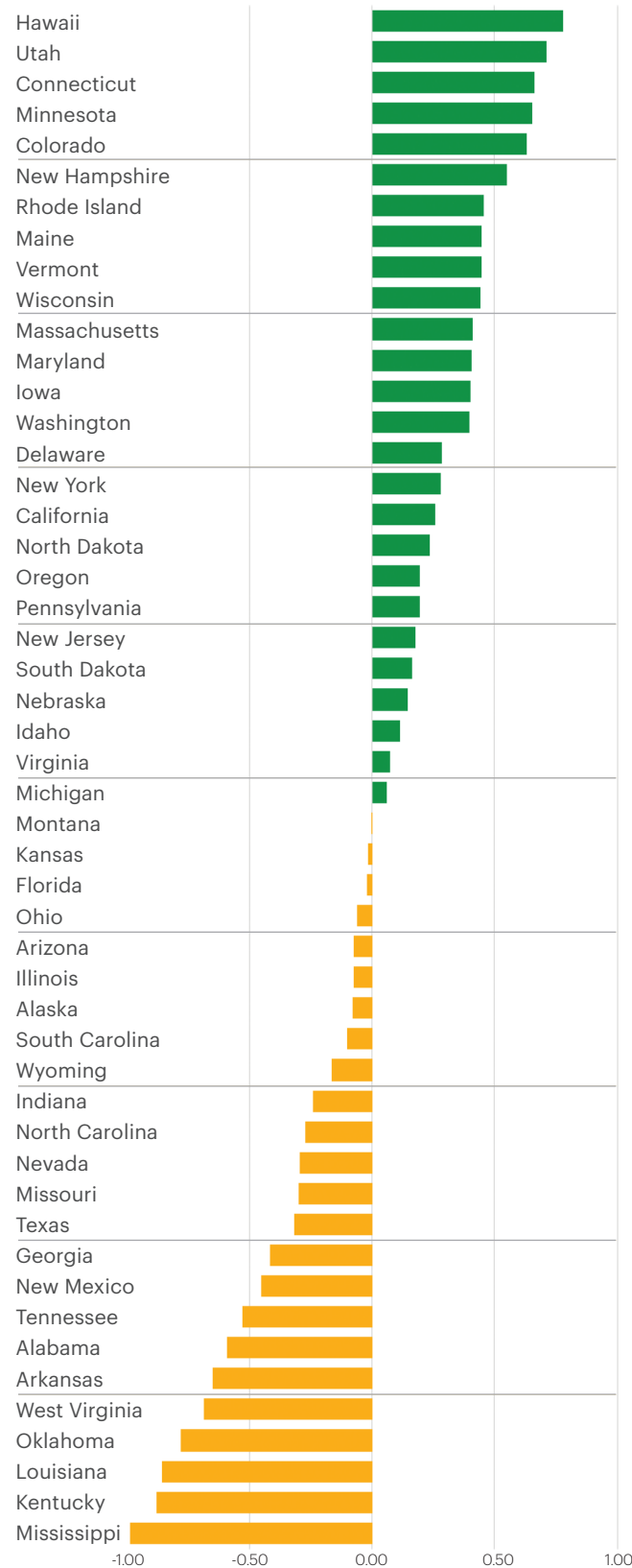


Table 2
2019 senior health state rankings and scores* listed alphabetically

2019 Rank	State	Score*
44	Alabama	-0.594
33	Alaska	-0.082
31	Arizona	-0.077
45	Arkansas	-0.652
17	California	0.256
5	Colorado	0.631
3	Connecticut	0.661
15	Delaware	0.284
29	Florida	-0.020
41	Georgia	-0.416
1	Hawaii	0.778
24	Idaho	0.115
31	Illinois	-0.077
36	Indiana	-0.240
13	Iowa	0.401
28	Kansas	-0.019
49	Kentucky	-0.880
48	Louisiana	-0.857
8	Maine	0.448
12	Maryland	0.406
11	Massachusetts	0.411
26	Michigan	0.058
4	Minnesota	0.655
50	Mississippi	-0.989
39	Missouri	-0.300
27	Montana	-0.001
23	Nebraska	0.146
38	Nevada	-0.298
6	New Hampshire	0.552
21	New Jersey	0.178
42	New Mexico	-0.454
16	New York	0.280
37	North Carolina	-0.272
18	North Dakota	0.233
30	Ohio	-0.063
47	Oklahoma	-0.784
19	Oregon	0.194
19	Pennsylvania	0.194
7	Rhode Island	0.456
34	South Carolina	-0.102
22	South Dakota	0.162
43	Tennessee	-0.528
40	Texas	-0.318
2	Utah	0.710
8	Vermont	0.448
25	Virginia	0.075
14	Washington	0.396
46	West Virginia	-0.687
10	Wisconsin	0.444
35	Wyoming	-0.166

Table 2 lists the 2019 senior health rankings alphabetically for all 50 states. In Figure 7 green bars represent states scoring above the U.S., while yellow bars represent states scoring below the U.S. Washington (No. 14) and Delaware (No. 15) have the largest difference in score, making it difficult for Delaware to move up in the rankings. There is also a large gap in score between Mississippi (No. 50) and the next state, Kentucky (No. 49).

Figure 7
2019 senior health state scores* listed by ranking



*Weighted standard deviation relative to U.S. value. A score of 0 is equal to the U.S. value.

* Weighted standard deviation relative to U.S. value. A score of 0 is equal to the U.S. value.

Largest Changes in Rank

Since 2018

Table 3 shows Illinois and Vermont improved seven and six ranks, respectively. The Illinois policy rank improved from No. 31 to No. 16, and its behaviors rank improved from No. 39 to No. 29. Vermont's change was mainly driven by its behaviors rank, which improved from No. 19 last year to No. 10 this year.

Table 4 shows Alaska experienced the largest decline, dropping from No. 21 to No. 33 this year. It had large declines in policy (from No. 24 to No. 40) and behaviors (from No. 35 to No. 45).

Since 2013

Since the first edition of *America's Health Rankings Senior Report*, Rhode Island has made the biggest improvement in senior health, from No. 30 in 2013 to No. 7 this year (Table 5). Rhode Island's improvement was driven by progress in clinical care (No. 38 to No. 2), community & environment (No. 38 to No. 25) and behaviors (No. 21 to No. 8).

Wisconsin improved from No. 19 in 2013 to No. 10 this year, moving from No. 38 to No. 17 in behaviors, No. 41 to No. 24 in policy and No. 16 to No. 6 in health outcomes.

California and Montana improved eight ranks since 2013, while New York, Utah and Alaska improved seven ranks. Despite short-term setbacks, Alaska made long-term improvements and moved from No. 40 in 2013 to No. 33 this year.

Table 6 shows Kansas and Nebraska dropped 10 ranks since the first edition. Kansas' clinical care rank changed from No. 12 to No. 32, and community & environment fell from No. 4 to No. 16. Nebraska dropped from No. 23 to No. 44 in policy and from No. 5 to No. 10 in community & environment.

Much of North Carolina's nine-rank decline since 2013 is attributable to a four-rank drop since 2018. Holding spots in the top five in 2013, Iowa and Massachusetts have dropped eight and seven ranks, respectively. North Dakota and Arizona, previously No. 11 and No. 24, have dropped seven ranks.

Table 3
States with largest improvement in rank since 2018

State	2018 Ranking	2019 Ranking	Rank Change
Illinois	38	31	+7
Vermont	14	8	+6
Maine	12	8	+4
Ohio	34	30	+4

Table 4
States with largest decline in rank since 2018

State	2018 Ranking	2019 Ranking	Rank Change
Alaska	21	33	-12
Massachusetts	7	11	-4
North Carolina	33	37	-4
Oregon	15	19	-4

Table 5
States with largest improvement in rank since 2013

State	2013 Ranking	2019 Ranking	Rank Change
Rhode Island	30	7	+23
Wisconsin	19	10	+9
California	25	17	+8
Montana	35	27	+8
New York	23	16	+7
Utah	9	2	+7
Alaska	40	33	+7

Table 6
States with largest decline in rank since 2013

State	2013 Ranking	2019 Ranking	Rank Change
Kansas	18	28	-10
Nebraska	13	23	-10
North Carolina	28	37	-9
Iowa	5	13	-8
North Dakota	11	18	-7
Arizona	24	31	-7
Massachusetts	4	11	-7

Successes

Increases in the availability and use of home-based and other support services may help seniors remain in their homes and communities.

Food Insecurity

Food insecurity is the percentage of adults aged 60 and older who faced the threat of hunger in the past 12 months. Since 2017, food insecurity decreased from 15.8 percent to 13.6 percent in 2019. This 14 percent drop reversed an upward trend between 2013 and 2017 (Figure 8). Despite recent progress, food insecurity among seniors is expected to increase through 2050 as baby boomers age, according to Feeding America, a nonprofit focused on fighting food insecurity. Seniors experiencing food insecurity may have reduced intake of vital nutrients, which could have negative implications for overall health. Studies indicate food insecurity is associated with increases in heart attack, diabetes, high blood pressure, asthma and depression.

In Louisiana, the least healthy state for this measure at 21.7 percent, food insecurity is 3.7 times higher than in Colorado, the healthiest state for this measure at 5.8 percent. Figure 9 shows that since 2017, food insecurity among seniors decreased in Colorado (-7.9 percentage points), Arkansas (-7.4 percentage points), Kansas (-5.5 percentage points), New York (-5.3 percentage points) and Vermont (-5.0 percentage points). Food insecurity increased in New Mexico (+9.4 percentage points), Alaska (+4.4 percentage points) and West Virginia (+4.2 percentage points). Another 11 states, including New Hampshire and Pennsylvania, had increases in food insecurity over this same period.

Figure 8
Food insecurity among adults aged 60+, United States 2013 to 2019

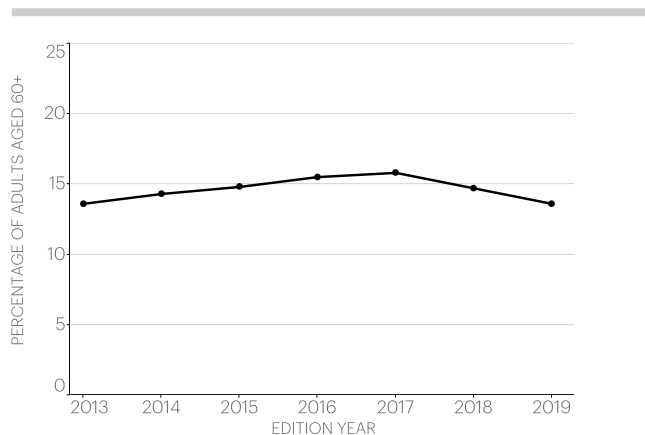
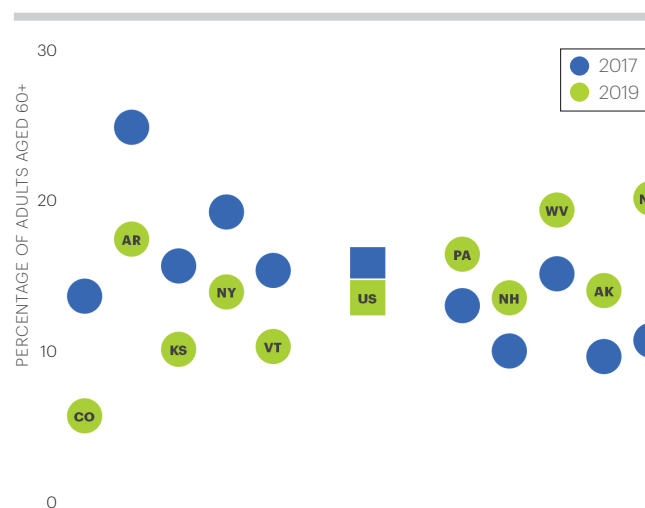


Figure 9
State changes in food insecurity among adults aged 60+ between 2017 and 2019



States with the largest percentage point decreases in food insecurity relative to the United States are to the left, and states with the largest increases are to the right.

Supplemental Nutrition Assistance Program (SNAP) Reach

Supplemental Nutrition Assistance Program (SNAP) reach is the number of adults aged 60 and older who participate in SNAP per 100 adults aged 60 and older living in poverty. SNAP is the largest federal nutrition program, helping millions of low-income Americans access food and improve their economic security and health. While program eligibility requirements vary by state, the majority of SNAP participants are living in poverty. Since 2015, SNAP reach increased 13 percent from 71.8 to 80.9 participants per 100 adults aged 60 and older living in poverty, or an estimated 5.4 million seniors (Figure 10).

Connecticut, the District of Columbia, Massachusetts, New York, Oregon, Pennsylvania, Rhode Island, Vermont and Washington all have a SNAP reach of 100 participants per 100 adults aged 60 and older living in poverty. This is 3.6 times higher than in Wyoming (27.5 participants per 100 adults aged 60 and older living in poverty), the least healthy state for this measure. Figure 11 shows that since 2015, the largest improvements occurred in California (+19.2 percentage points), North Carolina (+18.3 percentage points), Nevada (+17.4 percentage points), Louisiana and Montana (+16.8 percentage points), Pennsylvania (+16.3 percentage points) and Maine (+15.3 percentage points). The largest declines occurred in Alaska (-25.0 percentage points), New Hampshire (-12.5 percentage points), Tennessee (-11.7 percentage points), Hawaii (-10.9 percentage points) and Kentucky (-10.4 percentage points).

Figure 10
SNAP reach among adults aged 60+ living in poverty, United States 2015 to 2019

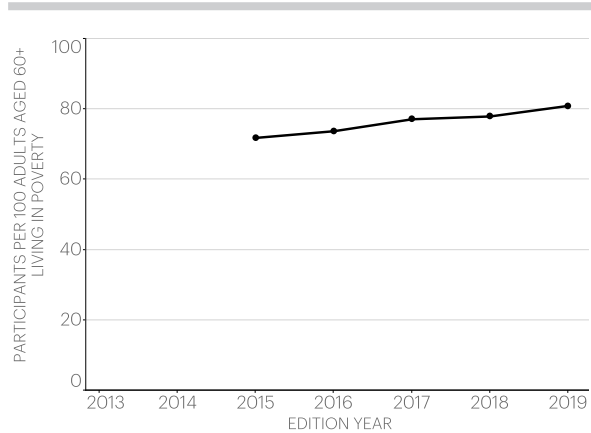
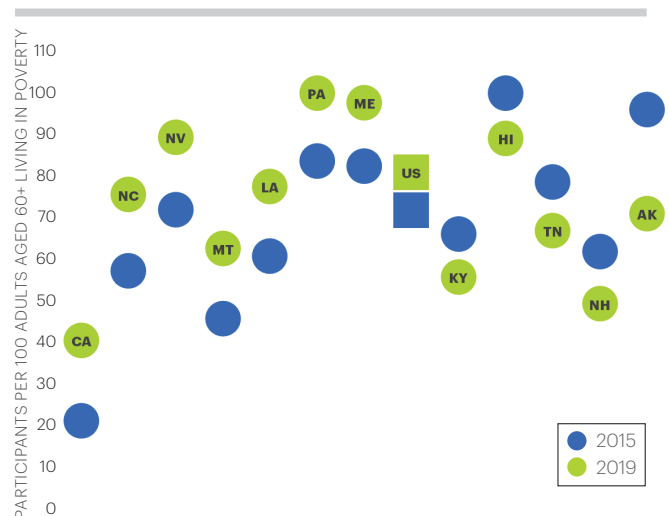
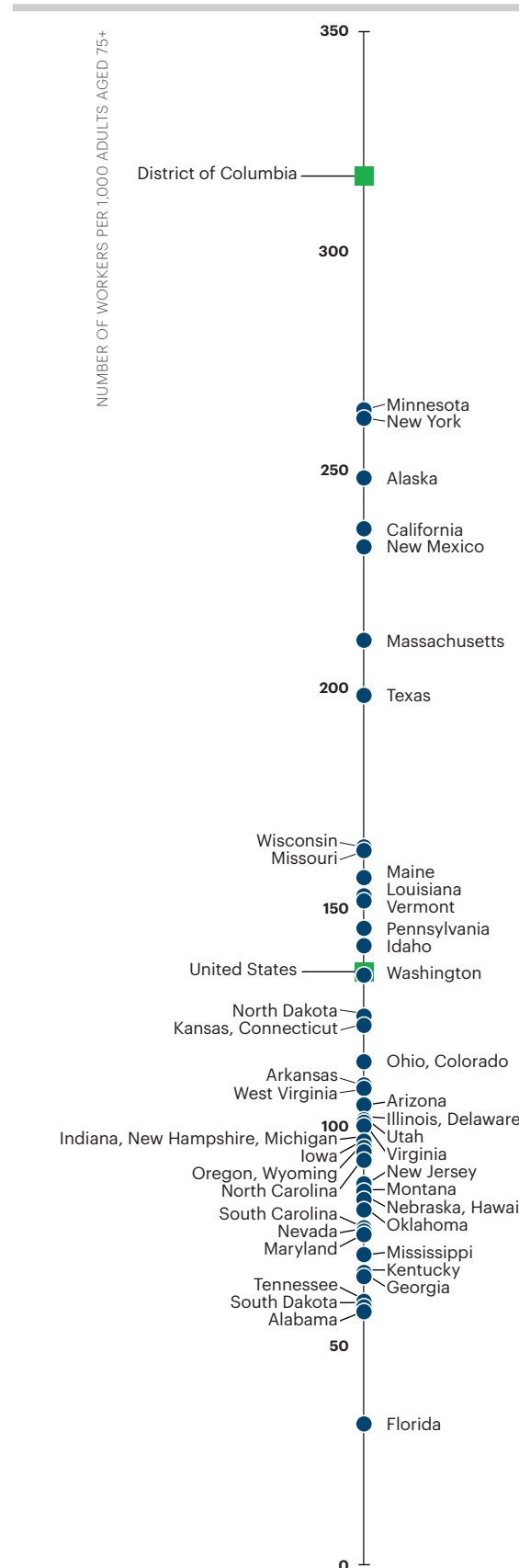


Figure 11
State changes in SNAP reach among adults aged 60+ living in poverty between 2015 and 2019



States with the largest percentage point increases in SNAP reach relative to the United States are to the left, and states with the largest decreases are to the right.

Figure 13
Home health care workers per 1,000 adults aged 75+ by state, 2019

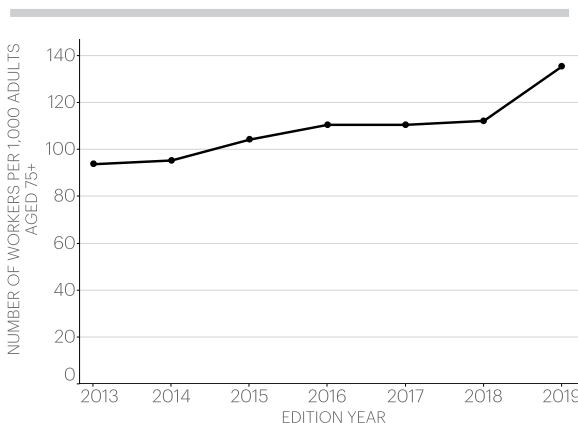


Home Health Care Workers

Home health care workers is the number of personal care and home health aides per 1,000 adults aged 75 and older. Home health care workers increased 21 percent in the past year from 112.3 to 135.5 workers per 1,000 adults aged 75 and older, and 44 percent in the past six years from 93.8 workers per 1,000 adults aged 75 and older (Figure 12). The number of home health care workers grew more than 550,000 from 2018 to 2019. Home health and personal care aides enable seniors to remain in their homes by providing short-term, skilled nursing services for seniors with functional decline or chronic illness. According to the Bureau of Labor Statistics, the need for long-term support and services — including home health care — is expected to increase 41 percent over the next decade to accommodate the growing senior population.

The number of home health care workers per 1,000 adults aged 75 and older varies widely across states. There are 8.2 times more home health care workers in the healthiest state for this measure, Minnesota at 263.9 workers per 1,000 adults aged 75 and older, than in the least healthy state for this measure, Florida at 32.2 workers per 1,000 adults aged 75 and older (Figure 13).

Figure 12
Home health care workers per 1,000 adults aged 75+, United States 2013 to 2019



Hospice Care

Hospice care is the percentage of Medicare decedents aged 65 and older who were enrolled in hospice during the last six months of life after diagnosis of a condition with a high probability of death. Hospice care increased 5 percent in the past year from 52.0 percent to 54.4 percent, and 48 percent in the past six years from 36.7 percent (Figure 14). Hospice care is for terminally ill patients; it emphasizes pain control and emotional support, as opposed to focusing on a cure, for patients and families. According to a report funded by the Medicare Payment Advisory Commission, Medicare hospice use has nearly doubled over the past decade.

Hospice care is 2.3 times higher in Utah, the healthiest state for this measure at 67.1 percent, compared with the least healthy state, North Dakota at 29.2 percent. Since 2013, there have been increases in hospice care in all 50 states and the District of Columbia. Figure 15 shows the largest increases occurred in Hawaii (+29.3 percentage points), Maine (+28.2 percentage points), Arkansas (+26.6 percentage points), South Carolina (+24.9 percentage points), and Rhode Island and Wisconsin (+23.4 percentage points). The smallest increases were in North Dakota (+5.4 percentage points), Colorado (+10.6 percentage points), New York (+10.9 percentage points), Nevada (+11.6 percentage points) and Arizona (+11.9 percentage points).

Figure 14
Hospice care among adults aged 65+, United States 2013 to 2019

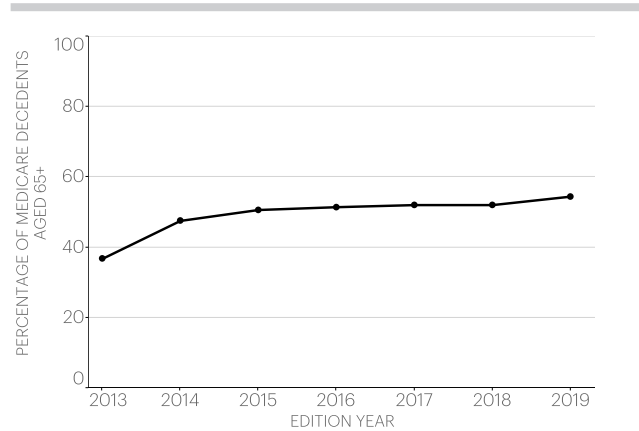
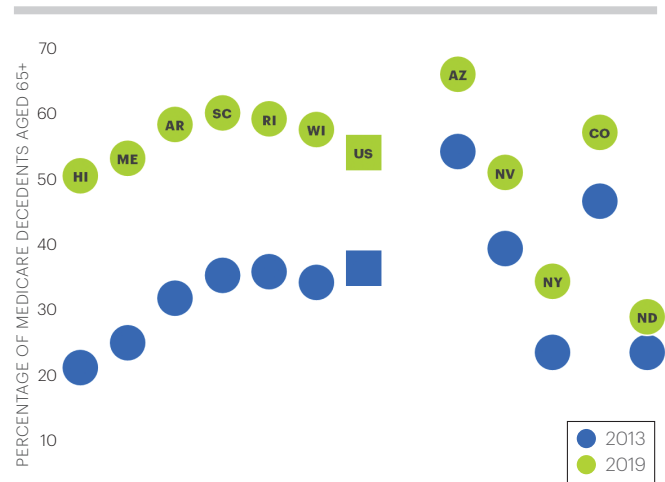


Figure 15
State changes in hospice care between 2013 and 2019



States with the largest percentage point increases in hospice care relative to the United States are to the left, and states with the smallest increases are to the right.

Challenges

At a time when the use of support services for seniors is increasing, seniors still face challenges — especially with mental health, unhealthy behaviors and not visiting a doctor when needed due to cost.

Depression

Depression is the percentage of adults aged 65 and older who report being told by a health professional they have a depressive disorder. Depression increased 19 percent in the past year from 13.4 to 16.0 percent, and 23 percent in the past six years from 13.0 percent (Figure 16). This year's prevalence of 16.0 percent is the highest level reported in

Figure 16
Depression among adults aged 65+, United States 2013 to 2019

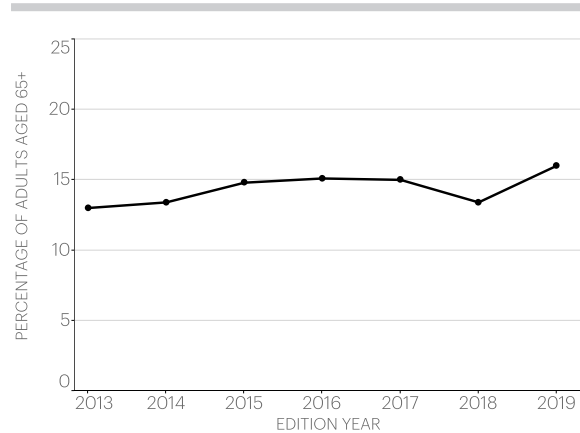


Figure 17
Map of state changes in depression among adults aged 65+ between 2018 and 2019

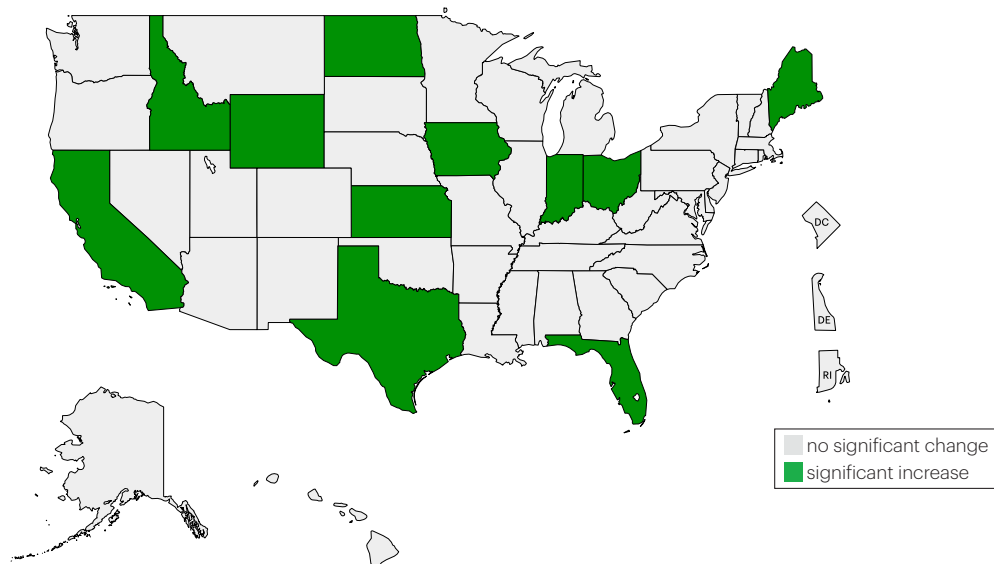
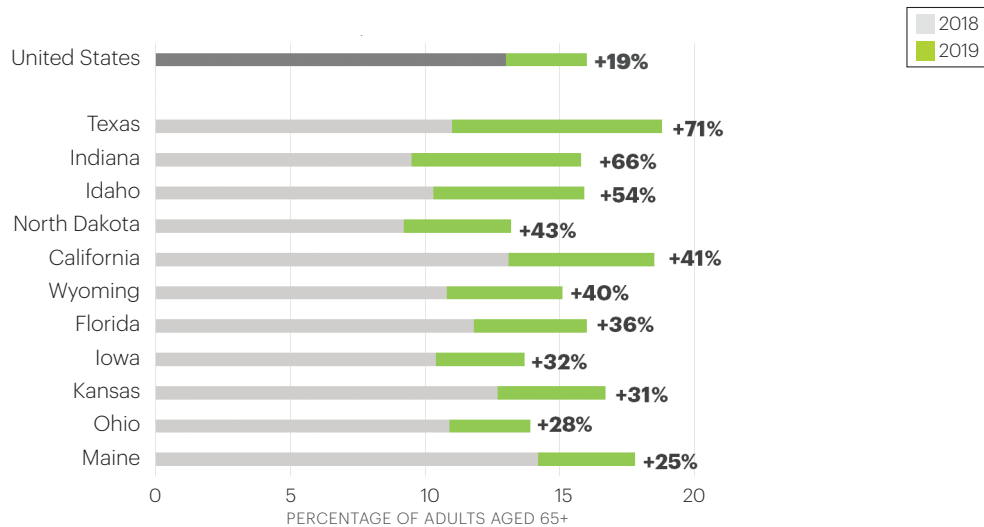


Figure 18
Percent increase in depression among adults aged 65+ in 11 States, 2018 to 2019



the history of *America’s Health Rankings Senior Report*. Depression among older adults may go undiagnosed or misdiagnosed, sometimes because many seniors assume depression and depressive symptoms are an inevitable part of aging. Research shows that unrecognized or untreated depression can lead to decreased physical, cognitive and social functioning; increased suicide rate; and diminished health-related quality of life.

The prevalence of depression in Louisiana, the least healthy state for this measure, is 19.8 percent; the prevalence in the healthiest state, Hawaii, is 10.0 percent.

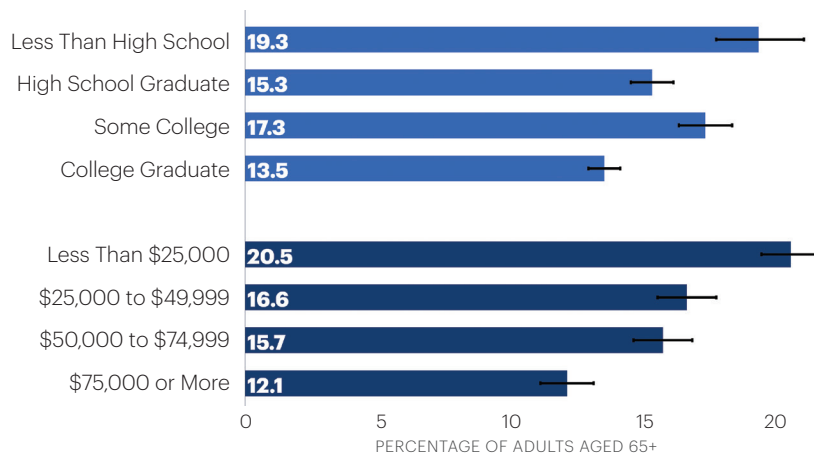
The 11 states with significant increases in the prevalence of depression among seniors are

scattered across the U.S. (Figure 17). Depression among seniors in Texas increased 71 percent in the past year — the most of any state — from 11.0 percent to 18.8 percent (Figure 18). Other states with large increases in the past year include Indiana (66 percent), Idaho (54 percent) and North Dakota (43 percent).

Disparities in the prevalence of reported depression vary by gender (see *Health Disparities by Gender* page 32), education and income level (Figure 19). Depression is highest among seniors at the lowest income level and lowest among seniors at the highest income level. The prevalence of depression is also higher among those with less than a high school education and some college, compared

Figure 19
Percentage of adults aged 65+ with depression by education and income, United States 2019

with 95 percent confidence intervals



with high school and college graduates.

Table 7 displays depression alongside four other measures in the *America’s Health Rankings Senior Report* that studies show are related to depression. These include frequent mental distress, risk of social isolation, suicide and excessive drinking.

Depression among seniors is strongly associated with frequent mental distress, a measure that aims to capture the population experiencing persistent and likely severe mental health issues, and risk of social isolation, a composite measure of six risk factors for social isolation (poverty; living alone; being divorced, separated or widowed; having never married; disability; and independent

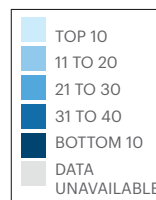
living difficulty), at the state level. Four states (Alabama, Kentucky, Oklahoma and Louisiana) are in the bottom quintile for depression, frequent mental distress and risk of social isolation. Delaware and Colorado are in the top quintile for depression and risk of social isolation, while North Dakota, South Dakota and Alaska are in the top quintile for depression and frequent mental distress.

Though not significant, states with a higher prevalence of depression have a higher rate of suicide (positive correlation) and a lower prevalence of excessive drinking (negative correlation).

Challenges

Table 7
Depression and related measures sorted by depression rankings, 2019

	Depression (%)	Frequent Mental Distress (%)	Risk of Social Isolation (percentile)	Suicide (rate per 100,000)	Excessive Drinking (%)
Hawaii	10.0	6.3	24.0	16.2	10.1
South Dakota	10.7	6.1	34.0	21.9	5.3
New York	12.2	8.0	85.0	8.6	8.1
Alaska	12.9	5.7	20.0	27.9	10.1
Delaware	12.9	7.5	4.0		7.2
Georgia	13.0	7.6	71.0	17.3	6.3
Pennsylvania	13.0	8.1	59.0	17.5	6.7
North Dakota	13.2	4.9	30.0		7.0
Connecticut	13.2	6.5	40.0	12.6	7.4
Colorado	13.5	7.3	10.0	20.6	7.0
Minnesota	13.6	4.8	6.0	14.4	8.4
Iowa	13.7	5.3	8.0	16.3	6.0
Wisconsin	13.8	6.4	18.0	15.4	12.0
Ohio	13.9	6.9	63.0	15.4	6.3
New Jersey	14.0	8.7	51.0	10.0	6.9
Maryland	14.2	7.4	46.0	13.2	6.3
Montana	14.3	8.2	16.0	33.6	9.3
Illinois	14.5	6.6	69.0	12.5	7.2
Massachusetts	14.6	7.9	67.0	8.7	8.7
Nevada	14.7	8.7	48.0	30.7	8.7
Nebraska	14.8	6.2	22.0	13.2	7.5
Mississippi	14.8	9.2	97.0	18.6	4.1
Wyoming	15.1	6.0	28.0		7.1
Virginia	15.2	6.5	26.0	16.1	6.7
Indiana	15.8	6.7	55.0	14.9	6.5
Idaho	15.9	7.2	12.0	23.8	7.8
Arizona	16.0	7.4	14.0	25.0	7.4
Florida	16.0	7.8	44.0	19.4	9.3
Arkansas	16.0	9.0	83.0	23.4	3.6
New Hampshire	16.2	6.1	2.0	18.2	8.7
Missouri	16.2	8.0	61.0	17.8	5.6
Kansas	16.7	6.5	42.0	19.8	6.2
Rhode Island	16.9	7.2	81.0		7.9
South Carolina	17.2	8.8	53.0	16.5	5.8
New Mexico	17.3	9.1	91.0	29.8	7.5
West Virginia	17.5	9.7	87.0	22.5	3.6
Utah	17.6	6.2	1.0	21.5	3.4
Vermont	17.7	6.5	36.0		8.2
Maine	17.8	6.1	32.0	27.0	8.6
North Carolina	17.9	11.9	65.0	18.3	6.2
Alabama	18.0	9.9	89.0	19.7	5.4
Tennessee	18.2	8.2	77.0	19.9	4.0
California	18.5	7.6	73.0	16.5	8.8
Kentucky	18.6	10.0	93.0	20.2	5.5
Texas	18.8	8.3	75.0	16.2	6.7
Michigan	19.0	8.7	57.0	14.9	7.8
Oklahoma	19.1	9.2	79.0	18.4	3.5
Washington	19.2	7.5	38.0	22.7	7.8
Oregon	19.3	8.3	50.0	26.5	9.8
Louisiana	19.8	9.9	95.0	15.1	8.7



Excessive Drinking

Excessive drinking is the percentage of adults who report either binge drinking or chronic drinking. Excessive drinking increased 12 percent from 6.6 percent in 2016 to 7.4 percent in 2019 (Figure 20); this was an increase of an estimated 657,700 seniors who reported excessive drinking. According to the Centers for Disease Control and Prevention, on average 23,748 people aged 65 and older died from excessive alcohol use each year between 2006 and 2010. Excessive alcohol consumption is associated with many negative health outcomes such as cardiovascular conditions, cancers and unintentional injuries.

The prevalence of excessive drinking in Wisconsin, the least healthy state for this measure, is 12.0 percent, which is 3.5 times higher than the healthiest state, Utah, at 3.4 percent.

Unlike other unhealthy behaviors, the prevalence of excessive drinking increases with each increase in education or income level (Figure 21).

Figure 20
Excessive drinking among adults aged 65+, United States 2016 to 2019

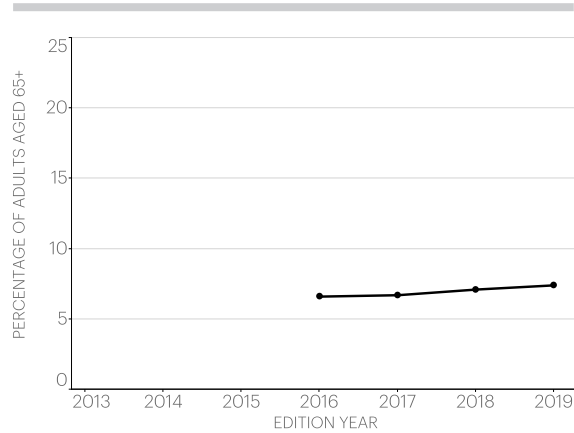
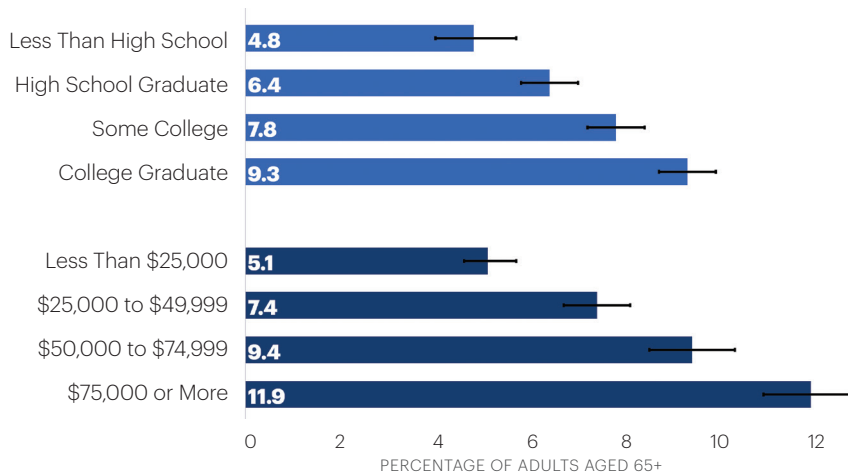


Figure 21
Excessive drinking among adults aged 65+ by education and income, United States 2019
with 95 percent confidence intervals



Obesity

Obesity is the percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight. Obesity increased 13 percent over six years, from 25.3 percent in 2013 to 28.5 percent in 2019 (Figure 22). Relative to 2014, there are an estimated 2.8 million more seniors with obesity. Differences in obesity prevalence exist by race and ethnicity, education and income. According to the Centers for Disease Control and Prevention, adults with obesity are at an increased risk of developing serious health conditions such as heart disease, stroke and type 2 diabetes. Further, research suggests that the association between obesity and mortality risk increases with age.

The prevalence of obesity among seniors in Alaska, the least healthy state for this measure, is 34.8 percent, compared with the healthiest state, Hawaii at 19.8 percent.

In the past six years, obesity increased significantly in 15 states concentrated in the Midwest and Southern regions of the U.S. (Figure 23). Figure 24 shows the percent increases for each of the 15 states. Obesity increased most among seniors in Wyoming (by 40 percent, from 20.4 to 28.6 percent) and North Dakota (by 32 percent, from 24.4 to 32.1 percent).

Figure 22
**Obesity among adults aged 65+, United States
2013 to 2019**

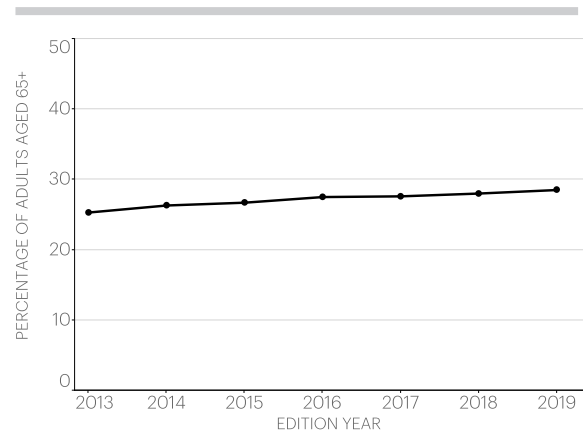


Figure 23
Map of state changes in obesity between 2013 and 2019

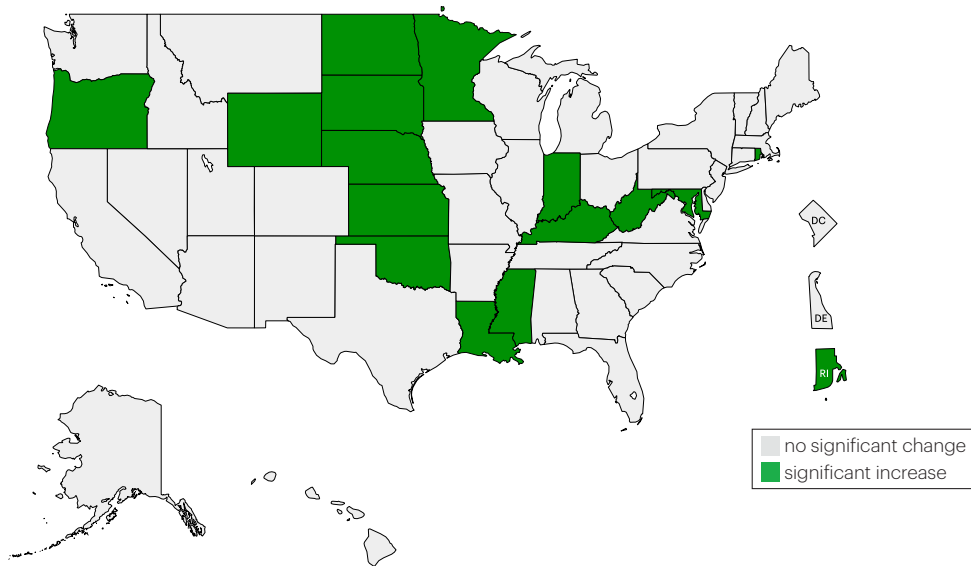
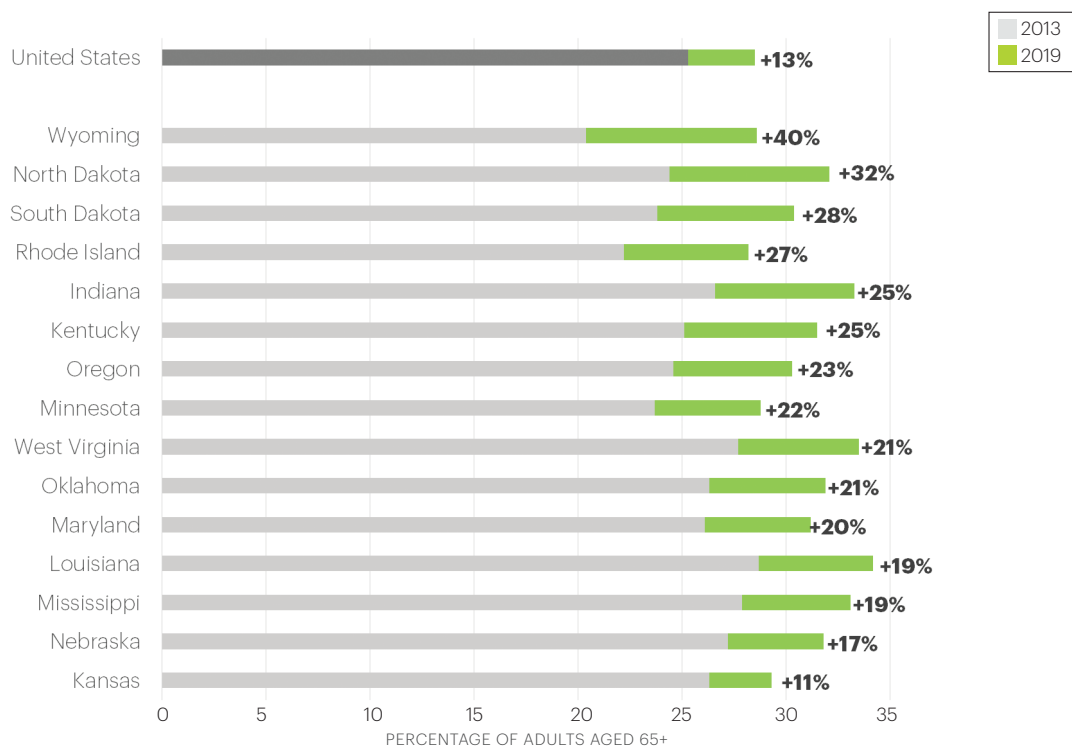


Figure 24
Percent increase in obesity among adults aged 65+ in 15 states, 2013 to 2019



Avoided Care Due to Cost

This year, a new clinical care supplemental measure was added to address affordability of health care services and unmet medical needs among seniors due to cost. Avoided care due to cost is the percentage of adults aged 65 and older who reported that there was a time in the past 12 months when they needed to see a doctor but could not because of cost. Nationally, 5.2 percent of seniors report not seeing a doctor in the past year due to cost, representing an estimated 2.7 million adults aged 65 and older.

The percentage of seniors who avoided care due to cost is 3.2 times higher in Louisiana, the least healthy state for this measure at 7.4 percent, compared with the healthiest state, North Dakota at 2.3 percent (Figure 25).

Large gaps exist by race/ethnicity, education and income. Compared with non-Hispanic white seniors at 4.0 percent, the prevalence of seniors who avoided care due to cost is higher among American Indian/Alaska Native (10.0 percent), non-Hispanic black (9.0 percent) and Hispanic (8.7 percent) seniors (Figure 26). Seniors who report avoiding care due to cost is nearly 3.5 times higher among those with less than a high school education (10.2 percent) compared with college graduates (3.0 percent). Among those in the lowest income group (annual household income less than \$25,000), the prevalence of seniors who avoided care due to cost is 10.6 percent; among seniors in the highest income group (\$75,000 or more), the prevalence is 2.0 percent.

Figure 25
Avoided care due to cost among adults aged 65+ by state, 2019

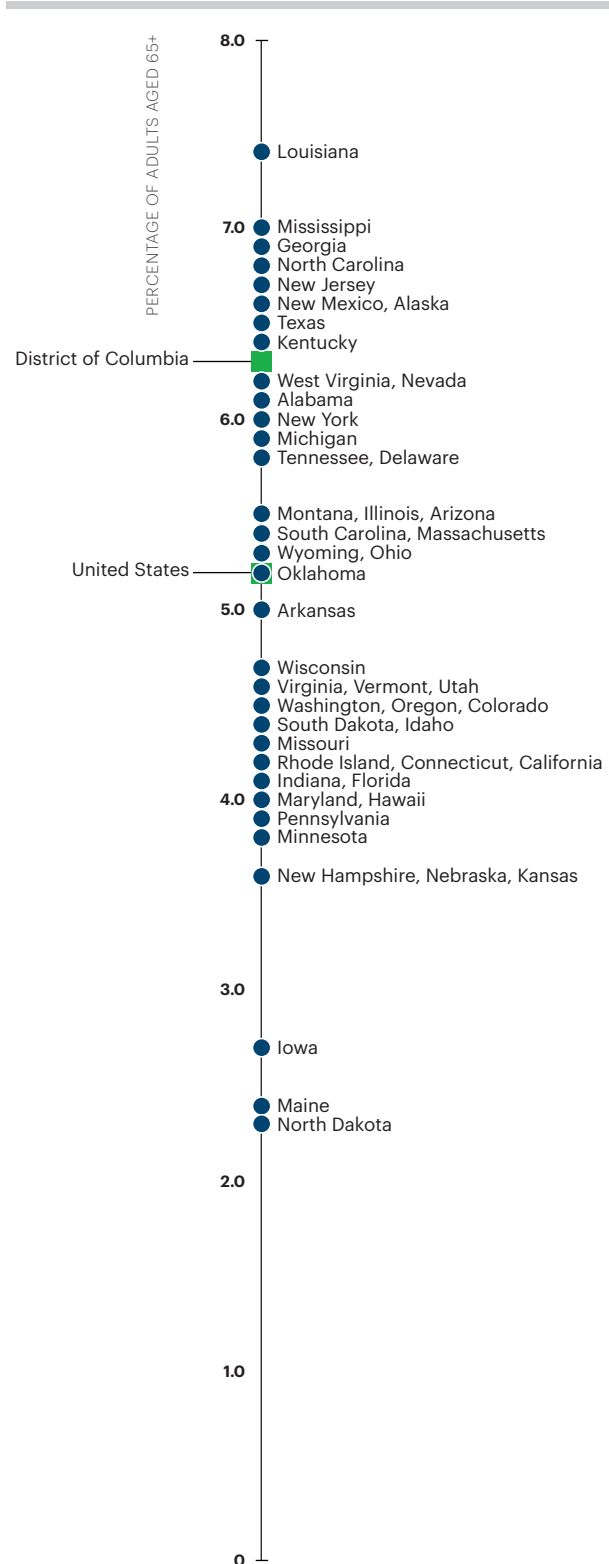
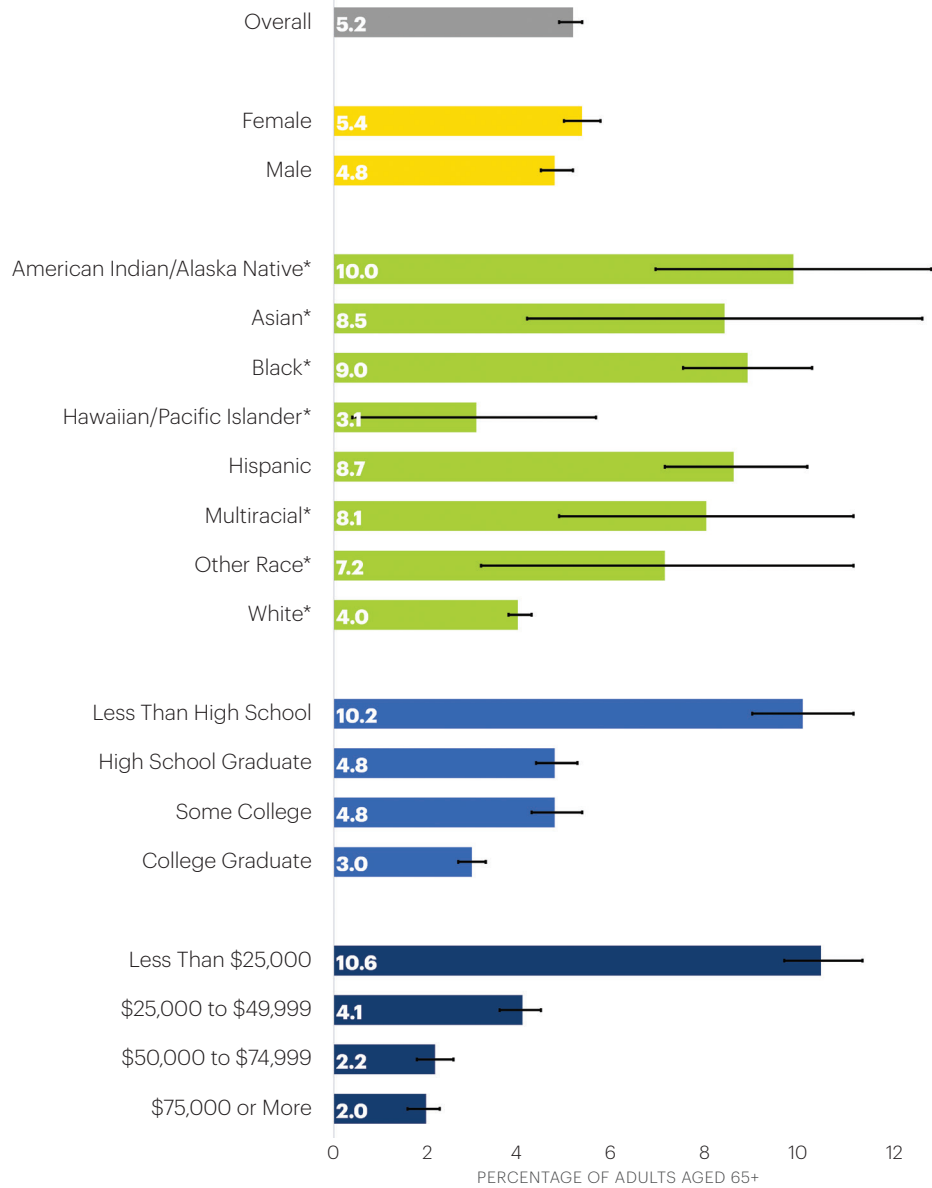


Figure 26
Avoided care due to cost among adults aged 65+ by subpopulation, United States 2019
 with 95 percent confidence intervals



Health Disparities by Gender

There are well-documented differences in the health and well-being of males and females. These disparities are not strictly based on biology but develop through gendered experiences over the lifecycle and are influenced by factors such as differences in access to resources and societal gender norms.

A 2017 report from the Milken Institute explored health disparities between females and males across states. The report found that states with lower gender disparities were concentrated in the Northeastern region and tended to have better health outcomes overall. These states also tended to have greater availability of health care resources — suggesting access to care (including preventive care) plays an important role. The report also found that females have a higher prevalence of depression, while males have higher rates of unhealthy behaviors like drinking and smoking.

Because differential experiences accumulate over the life span, gender disparities among male and female seniors were examined for six measures of health, focusing on mental health and unhealthy behaviors. Gender was defined by the original data sources (*National Vital Statistics Systems* for suicide data, *Behavioral Risk Factor Surveillance System* for all other measures). Gender disparity ratios were calculated to compare prevalence estimates among male and female seniors, with a ratio of 1.0 indicating no disparity between genders.

Higher Among Females

Mental Health

Frequent Mental Distress
Depression

Unhealthy Behaviors

Physical Inactivity

Higher Among Males

Mental Health

Suicide

Unhealthy Behaviors

Excessive Drinking
Smoking

Mental Health

Females have a higher prevalence of frequent mental distress and depression, while males have a higher suicide rate.

Frequent Mental Distress

Frequent mental distress is the percentage of adults aged 65 and older reporting 14 or more days of poor mental health in the past 30 days. Frequent mental distress captures those experiencing persistent and likely severe mental health issues. Since 2016, the prevalence of frequent mental distress has been consistently higher among females than males (Figure 27). In this year's report, frequent mental distress is 1.28 times higher among females (8.7 percent) than males (6.8 percent). In 2019, an estimated 2.4 million female and 1.5 million male seniors reported frequent mental distress. In the past year, frequent mental distress among males increased 15 percent from 5.9 to 6.8 percent and remained stable among females.

Figure 27
Frequent mental distress among adults aged 65+ by gender, United States 2016 to 2019

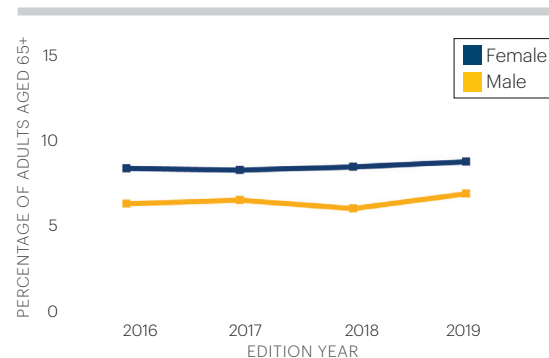
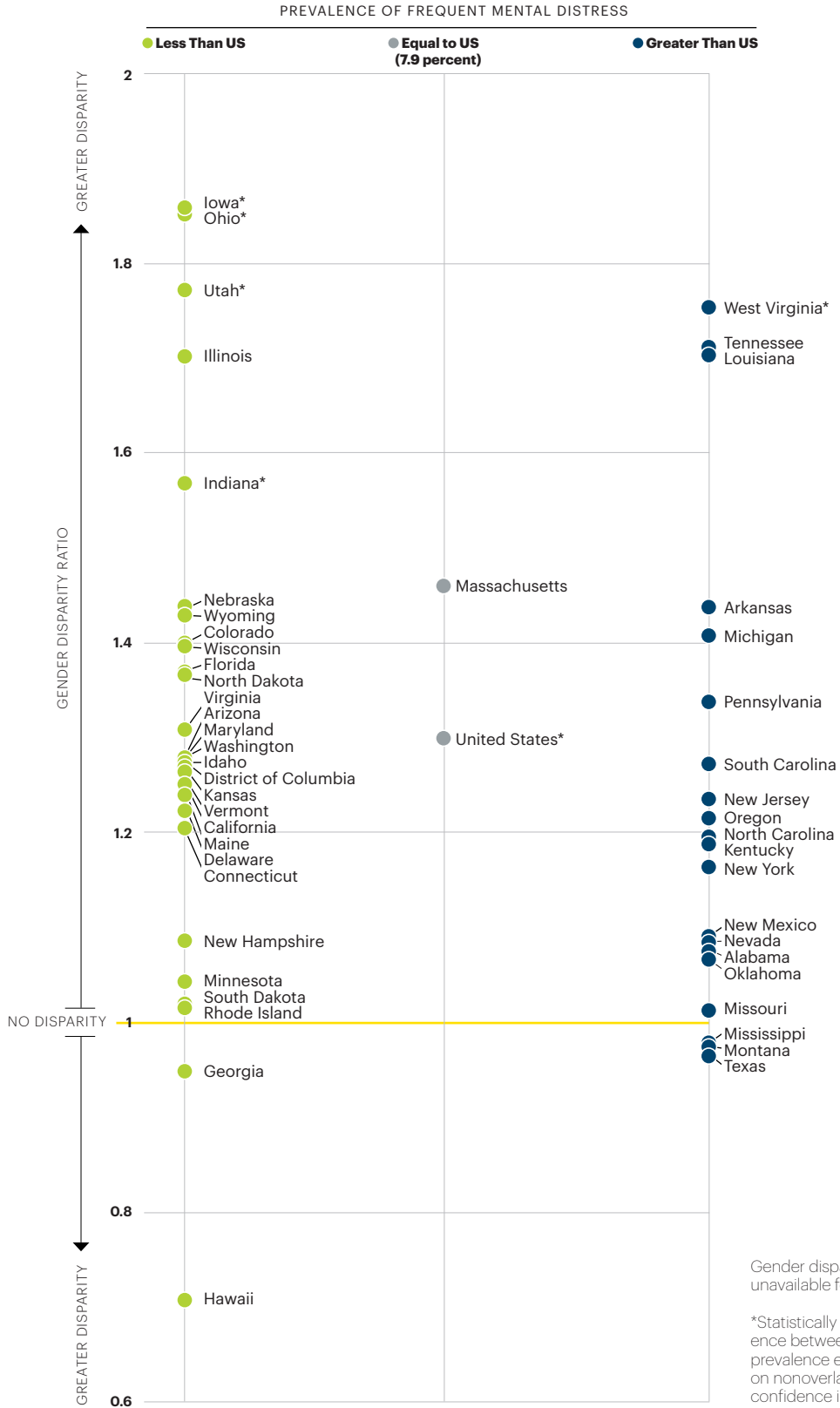


Figure 28

Frequent mental distress gender disparity ratio (females to males) among adults aged 65+ by state, 2019



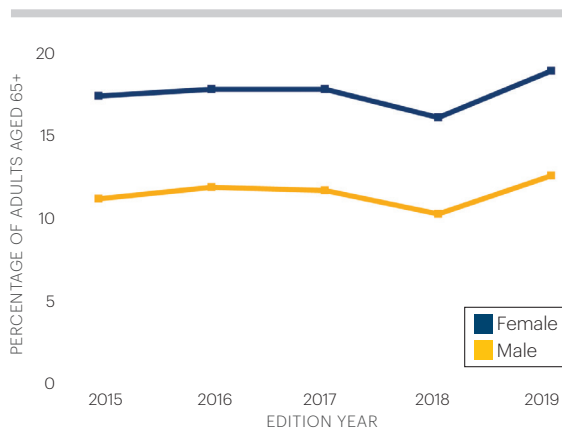
Health Disparities by Gender

Frequent mental distress is significantly higher among female seniors in Iowa, Ohio, Utah, West Virginia and Indiana, compared with male seniors. The highest gender disparity ratio is in Iowa (females at 6.7 percent, males at 3.6 percent) and Ohio (females at 8.7 percent, males at 4.7 percent), where frequent mental distress is around 1.86 times higher among females than males in both states (Figure 28). While these two states have a lower prevalence of frequent mental distress than the U.S. overall, West Virginia has a high gender disparity ratio and an overall prevalence higher than the U.S. This measure is more prevalent among females in the majority of states, however, there are five states in which males have a higher prevalence than females (gender disparity ratio less than 1.0). In Hawaii frequent mental distress is higher among males (7.5 percent) than females (5.3 percent), leading to a gender disparity ratio less than 1.0.

Depression

Depression among seniors is often underreported and underdiagnosed despite being associated with worsening cognitive, physical and social functioning and other important health outcomes. Depression is the percentage of adults aged 65 and older who report being told by a health professional they have a depressive disorder. Depression is 1.50 times higher among females (18.8 percent) than males (12.5 percent). In 2019, an estimated 5.4 million females and 2.8 million males report having depression. In the past year, the prevalence of depression increased 18 percent among females (from 16.0 to 18.8 percent) and 23 percent among males (from 10.2 to 12.5 percent) (Figure 29).

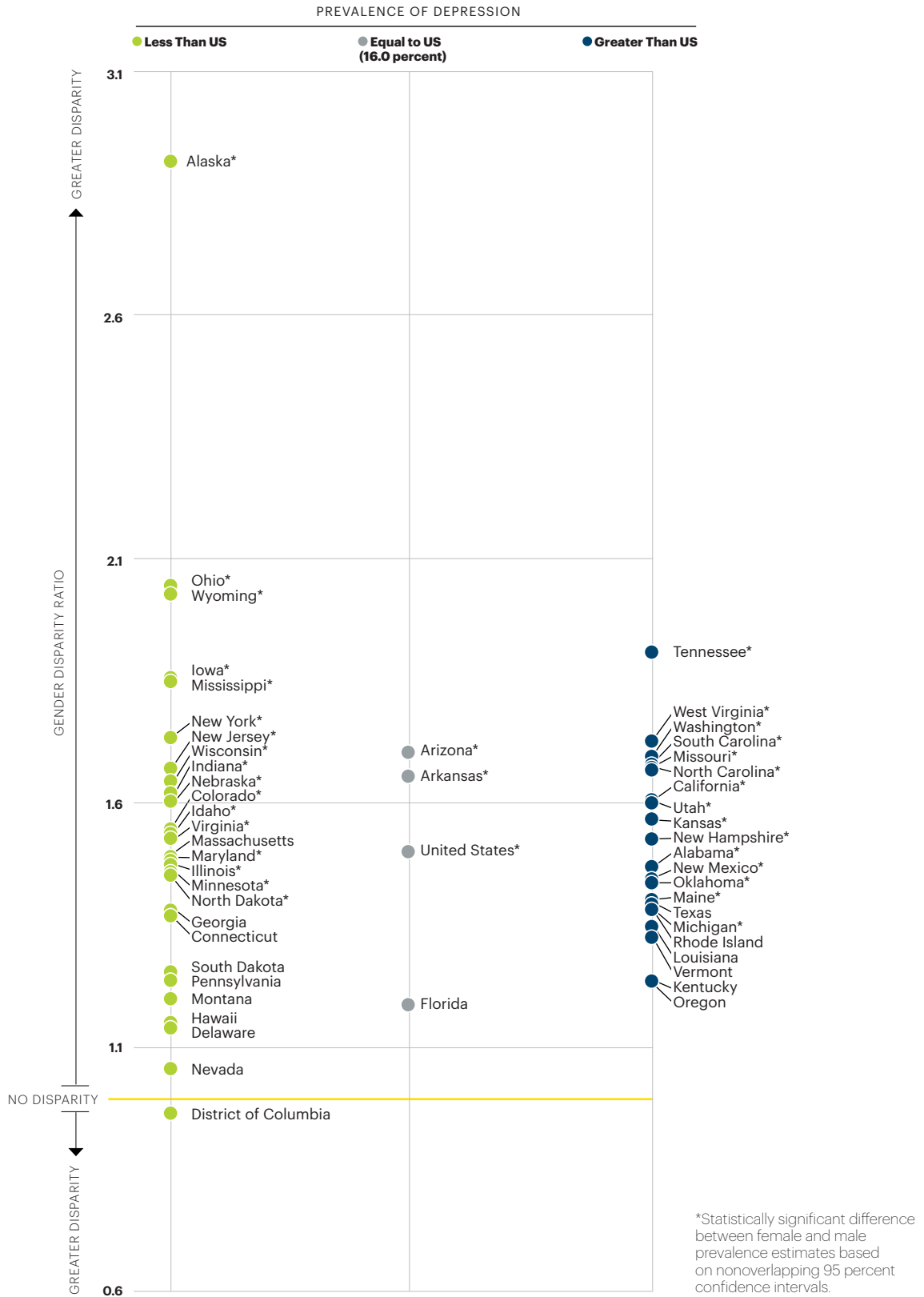
Figure 29
Depression among adults aged 65+ by gender, United States 2015 to 2019



Depression is significantly higher among females in 34 states compared with males, resulting in a gender disparity ratio greater than 1.0. Seventeen of these states have a lower overall prevalence of depression than the U.S., while 15 have a higher overall prevalence and two have the same overall prevalence as the U.S. Figure 30 shows Alaska has the highest gender disparity ratio, with depression 2.91 times higher among females (19.2 percent) than males (6.6 percent). Ohio, Wyoming and Tennessee follow with females reporting around 2.0 times the prevalence of depression compared with males. All states have a gender disparity ratio greater than 1.0. The District of Columbia, however, has a higher prevalence of depression among males (11.1 percent) than females (10.7 percent), leading to a gender disparity ratio less than 1.0.

Figure 30

Depression gender disparity ratio (females to males) among adults aged 65+ by state, 2019



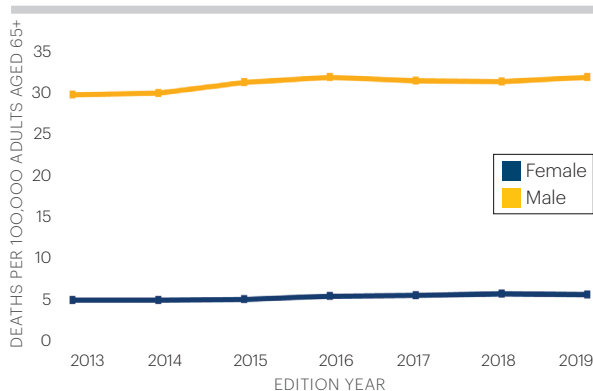
Suicide

Suicide rates are another indication of the burden of poor mental health among seniors. Males of all ages are generally at a higher risk of death by suicide compared with females, despite females having higher rates of depression and suicidal ideation. Several factors are associated with the elevated risk of death by suicide among males, including a higher use of more lethal methods, such as firearms, compared with females. Data from the Centers for Disease Control and Prevention show that non-Hispanic white males aged 85 and older have the highest suicide rate of any group in the nation.

From 2013 to 2019, the suicide rate among males increased 7 percent from 29.3 to 31.4 deaths per 100,000 males aged 65 and older; among females it increased 16 percent from 4.5 to 5.2 deaths per 100,000 (Figure 31). In 2019, the suicide rate is 6.04 times higher among males (31.4 deaths per 100,000 males aged 65 and older) than females (5.2 deaths per 100,000 females aged 65 and older). In 2019, 1,481 female and 7,079 male seniors died by suicide.

The suicide rate among males is significantly higher compared with females in every state for which data are available for both genders (25 states) (Figure 32). The gender disparity ratios for suicide are the highest of any measure examined in this report, with gender disparity ratios of around

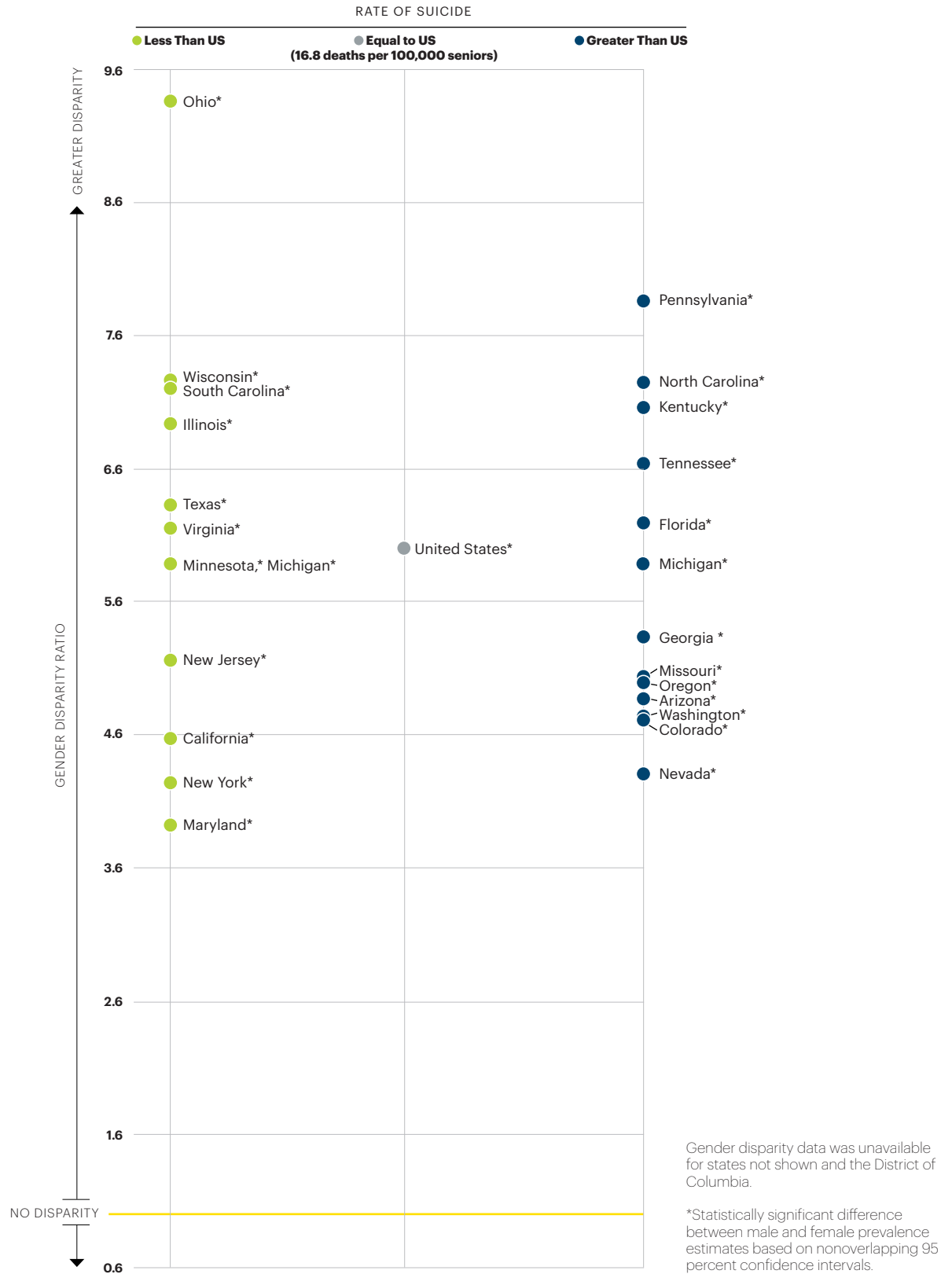
Figure 31
Suicide among adults aged 65+ by gender, United States 2013 to 2019



four or higher for each state examined. In Ohio, the state with the highest gender disparity ratio, the suicide rate is 9.36 times higher among males (30.9 deaths per 100,000 males aged 65 and older) than females (3.3 deaths per 100,000 females aged 65 and older), despite having an overall suicide rate that is lower than the U.S. rate. In Pennsylvania, the overall suicide rate is higher than the U.S. rate and is 7.84 times higher in males (34.5 deaths per 100,000 males aged 65 and older) than females (4.4 deaths per 100,000 females aged 65 and older).

Figure 32

Suicide gender disparity ratio (males to females) among adults aged 65+ by state, 2019



Unhealthy Behaviors

Females have a higher prevalence of physical inactivity, while males have a higher prevalence of smoking and excessive drinking.

Physical Inactivity

Being physically active can prevent or delay the onset of many chronic diseases. Physical inactivity is the percentage of adults aged 65 and older in fair or better health who report doing no physical activity or exercise other than their regular job in the past 30 days. Physical inactivity is 1.24 times higher among females (32.6 percent) than males (26.2 percent). Between 2016 and 2019 the prevalence of physical inactivity among male and female seniors has remained stable (Figure 33). In 2019 an estimated 5.1 million male and nearly 8 million female seniors report being physically inactive.

In 19 states, the prevalence of physical inactivity among female seniors is significantly higher than male seniors (Figure 34). Six of these states have an overall prevalence less than the U.S. prevalence, while 13 states have an overall prevalence that is greater than the U.S. Massachusetts has the highest gender disparity ratio, with physical inactivity 1.72 times higher among females (41.0 percent) than males (23.9 percent). There are three states with a gender disparity ratio less than 1.0, where males report a higher prevalence of physical inactivity than females.

- Wisconsin: 28.1 percent of male seniors report being physically inactive, compared with 26.5 percent of female seniors.
- Maine: 29.3 percent of male seniors report being physically inactive, compared with 27.0 percent of female seniors.
- Nevada: 34.0 percent of male seniors report being physically inactive, compared with 28.5 percent of female seniors.

Figure 33
Physical inactivity among adults aged 65+ by gender, United States 2013 to 2019

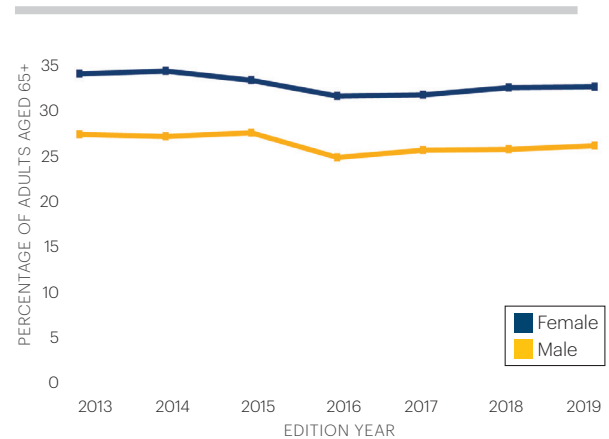
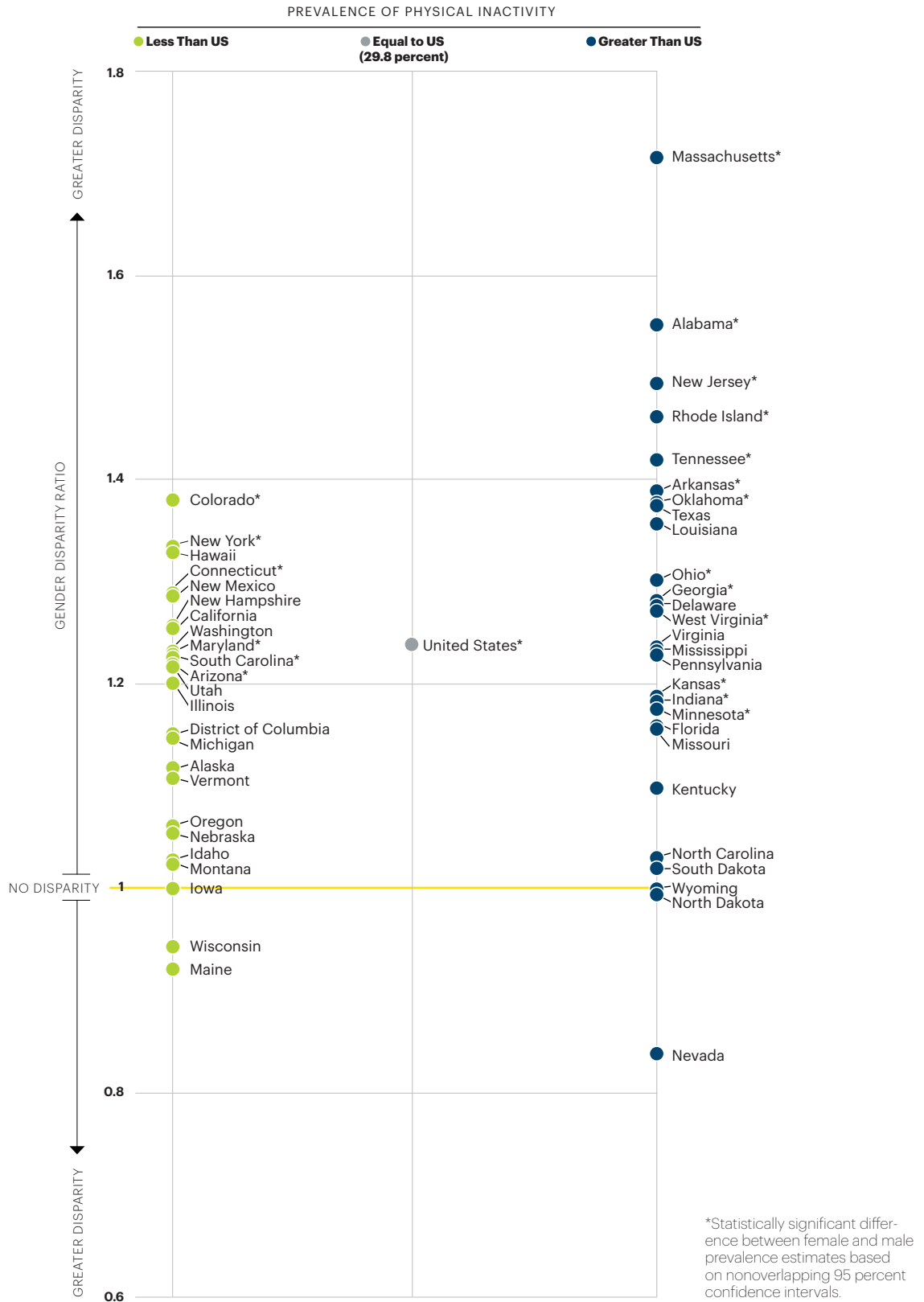


Figure 34
Physical inactivity gender disparity ratio (females to males) among adults aged 65+ by state, 2019



Health Disparities by Gender

Excessive Drinking

Excessive drinking is the percentage of adults aged 65 and older who report chronic or binge drinking. Seniors experience the highest alcohol-attributable death rate, and excessive alcohol use contributes to injuries, chronic diseases, dementia and mood disorders. Excessive drinking is 1.62 times higher among male seniors compared with female seniors. The prevalence has increased 9 percent among females (from 5.3 to 5.8 percent) and 12 percent among males (from 8.4 to 9.4 percent) since 2016 (Figure 35). This year, an estimated 1.5 million females and 2.0 million males reported excessive drinking.

Excessive drinking prevalence is significantly higher among male seniors than female seniors in 23 states (Figure 36). Sixteen of these states have a lower overall prevalence of excessive drinking than the U.S., while seven have a higher overall prevalence than the U.S. Iowa has the highest gender disparity ratio, with male seniors (9.6 percent) reporting 3.0 times the prevalence of excessive drinking than female seniors (3.2 percent). No states have a gender disparity of 1.0 or less, meaning males have a higher prevalence of excessive drinking than females in every state.

Figure 35
Excessive drinking among adults aged 65+ by gender, United States 2016 to 2019

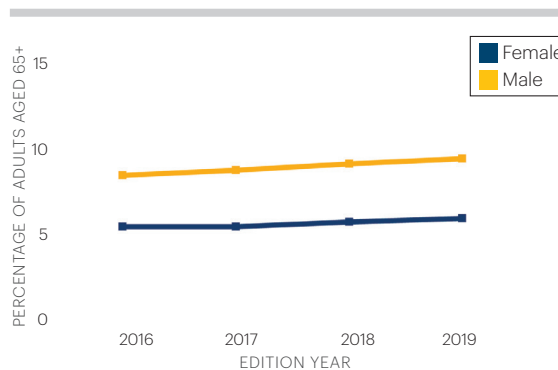
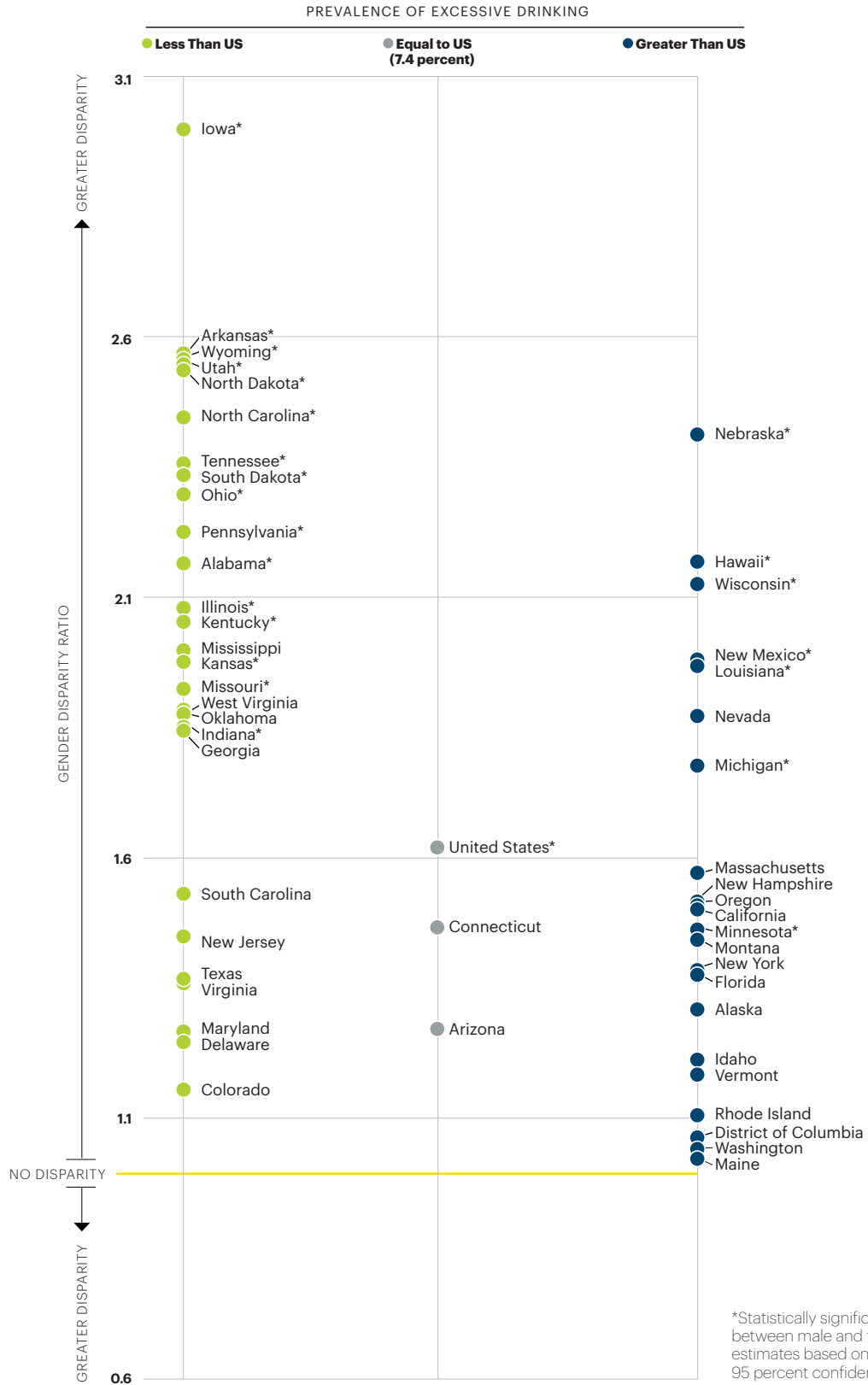


Figure 36

Excessive drinking gender disparity ratio (males to females) among adults aged 65+ by state, 2019



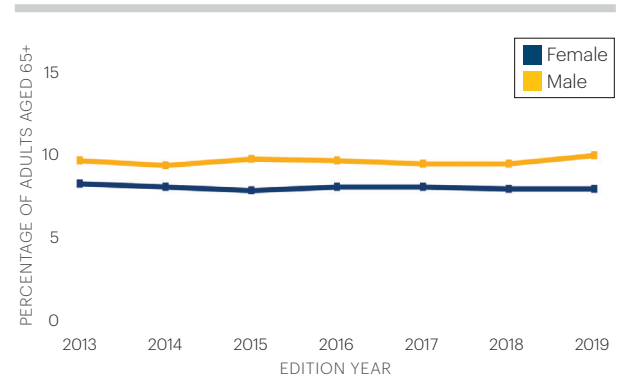
Health Disparities by Gender

Smoking

Individuals who smoke have a greater risk of death from any cause no matter their age. However, smoking cessation, even in older adults, has been shown to improve health outcomes. Smoking is the percentage of adults aged 65 and older who are smokers (report smoking at least 100 cigarettes in their lifetime and currently smoke every or some days). Smoking prevalence is 1.25 times higher among male than female seniors. Since 2013, smoking has gradually decreased 4 percent among female seniors (from 8.3 to 8.0 percent) but increased 3 percent among male seniors (from 9.7 to 10.0 percent) (Figure 37).

Smoking is significantly more prevalent among males in three states (Hawaii, Georgia, and South Carolina) and the District of Columbia. Hawaii has an overall smoking prevalence that is lower than the U.S. prevalence, while Georgia, South Carolina and the District of Columbia have overall prevalences higher than the U.S. Hawaii has the highest gender disparity ratio with smoking prevalence twice as high among males (8.5 percent) than females (4.2 percent) (Figure 38). Ten states have a gender disparity ratio that is less than 1.0, indicating female seniors report a higher prevalence of smoking than male seniors in those states.

Figure 37
Smoking among adults aged 65+ by gender, United States 2013 to 2019



Conclusions

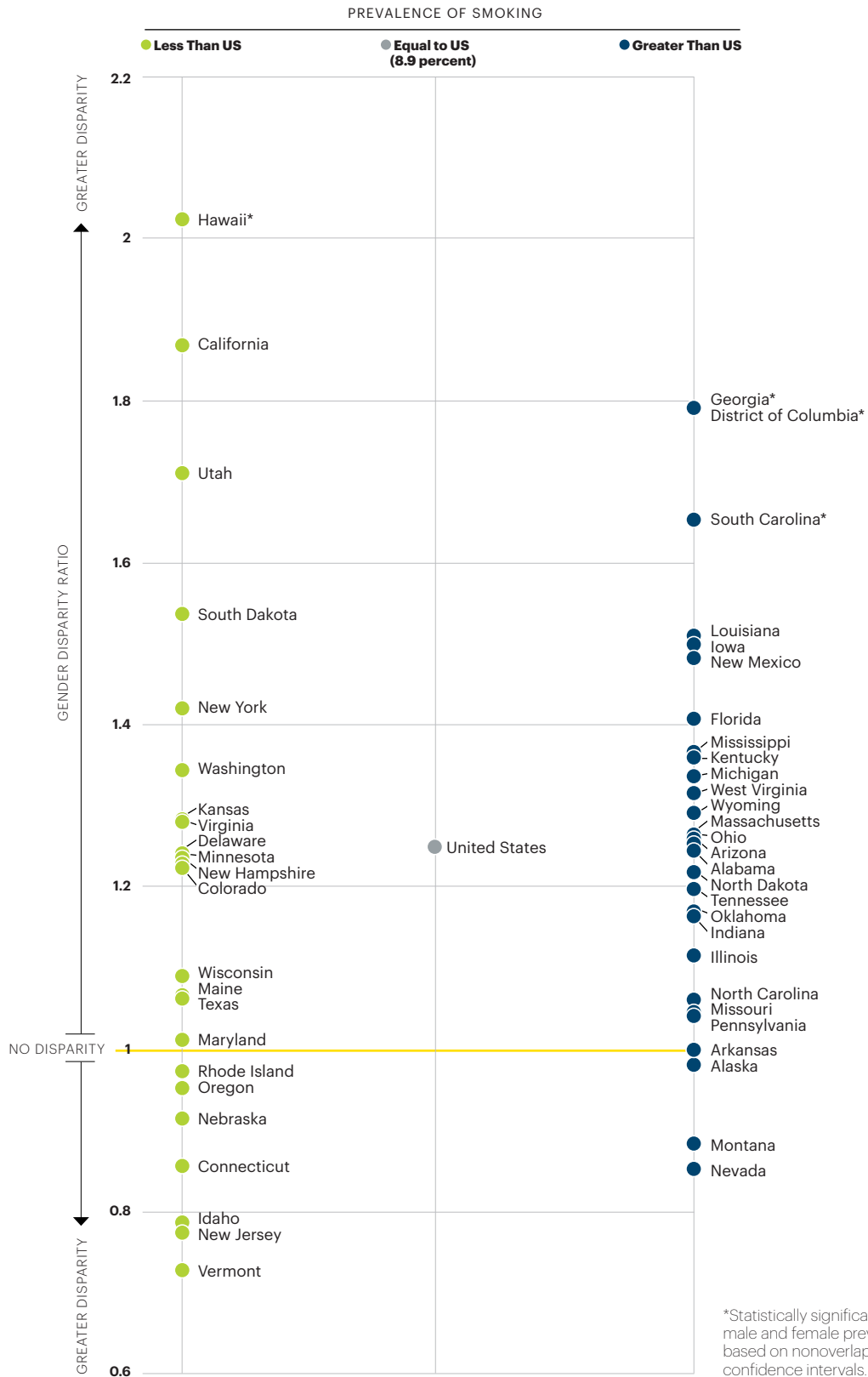
Female seniors report a higher prevalence of physical inactivity, frequent mental distress and depression than male seniors. Male seniors have a higher prevalence of smoking and excessive drinking; they also have a higher suicide rate than female seniors.

Gender disparity ratios for the six measures examined vary widely by state. The reason for a large gender disparity ratio for a state may be a particularly high or low prevalence for either gender. A state may also have a small gender disparity ratio due to both genders having a high or low prevalence.

The findings shed light on gender disparities among seniors in the United States. A better understanding of these disparities offers policymakers and community leaders an opportunity to tailor programs that address health challenges facing seniors today, as well as future generations of seniors. This information can be used to target programs and advocate for systems improvements that promote health equity.

Figure 38

Smoking gender disparity ratio (males to females) among adults aged 65+ by state, 2019



State Summaries

Alabama

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	49.3	45	60.0
Dental Visit (% of adults aged 65+)	+	60.9	42	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.4	8	3.4
Obesity (% of adults aged 65+)	+++	29.0	23	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.7	48	20.0
Smoking (% of adults aged 65+)	+	10.8	41	5.1
Behaviors Total*	+	-0.152	43	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	52.4	24	67.9
Poverty (% of adults aged 65+)	++	9.9	38	5.8
Volunteerism (% of adults aged 65+)	++	25.4	39	44.6
Community & Environment—Macro Total*	++	-0.009	34	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$776	14	\$3,048
Food Insecurity (% of adults aged 60+)	+	19.3	45	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	11.1	23	37.5
Community & Environment—Micro Total*	++	-0.031	36	0.156
Community & Environment Total*	++	-0.040	37	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	80.4	43	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	54.2	21	83.3
Low-care Nursing Home Residents (% of residents)	+++	12.5	30	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	70.3	28	100.0
Policy Total*	+++	-0.041	28	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.2	26	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.0	15	84.8
Flu Vaccine (% of adults aged 65+)	+++	60.0	27	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	75.6	14	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	57.8	48	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	57.6	15	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.7	37	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.4	22	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	62.0	46	23.3
Clinical Care Total*	++	-0.025	31	0.095
All Determinants*	+	-0.258	41	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+	58.9	46	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,348	46	1,415
Falls (% of adults aged 65+)	+	32.4	41	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.9	47	4.8
High Health Status (% of adults aged 65+)	+	30.9	50	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.1	45	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.9	37	4.6
Teeth Extractions (% of adults aged 65+)	+	18.4	41	5.6
All Outcomes*	+	-0.336	46	0.288
OVERALL*	+	-0.594	44	0.778

RATING	
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

OVERALL RANK:

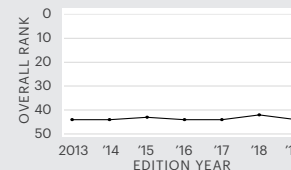
44



Change: ▼ 2

Determinants Rank: **41**

Outcomes Rank: **46**



Strengths:

- Low prevalence of excessive drinking
- High community support expenditures
- High percentage of hospice care use

Challenges:

- Low prevalence of high health status
- High prevalence of physical inactivity
- Low home health care worker rate

Highlights:

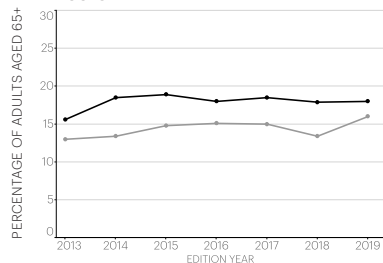
- In the past two years, obesity decreased 4% from 30.2% to 29.0% of adults aged 65+
- In the past six years, poverty decreased 8% from 10.8% to 9.9% of adults aged 65+
- In the past two years, food insecurity increased 12% from 17.2% to 19.3% of adults aged 60+
- In the past six years, home-delivered meals increased 48% from 7.5% to 11.1% of adults aged 60+ with independent living difficulty
- In the past six years, hospice care use increased 37% from 41.9% to 57.6% of Medicare decedents aged 65+
- In the past six years, depression increased 15% from 15.6% to 18.0% of adults aged 65+

Ranking:

Alabama is 44th this year; it was 42nd in 2018. The state ranks 48th for general population health and 46th for the health of women and children.

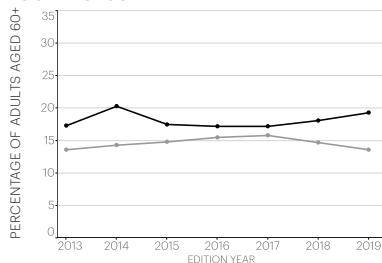
State Health Department Website:
alabamapublichealth.gov

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



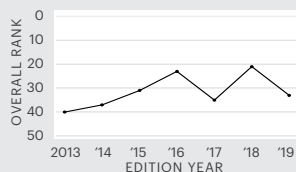
Alaska

ALASKA

OVERALL RANK:
33



Change: ▼ 12
Determinants Rank: **35**
Outcomes Rank: **24**



Strengths:

- High community support expenditures
- High home health care worker rate
- Low prevalence of frequent mental distress

Challenges:

- High prevalence of obesity
- Low flu vaccination coverage
- Low percentage of hospice care use

Highlights:

- In the past six years, obesity increased 19% from 29.3% to 34.8% of adults aged 65+
- In the past two years, smoking increased 20% from 8.8% to 10.6% of adults aged 65+
- In the past year, poverty increased 76% from 4.2% to 7.4% of adults aged 65+
- In the past three years, food insecurity increased 58% from 8.9% to 14.1% of adults aged 60+
- In the past six years, hospice care use increased 97% from 15.6% to 30.8% of Medicare decedents aged 65+
- In the past six years, early deaths decreased 13% from 1,899 to 1,644 deaths per 100,000 adults aged 65-74

Ranking:

Alaska is 33rd this year; it was 21st in 2018. The state ranks 32nd for general population health and 33rd for the health of women and children.

State Health Department Website:

dhss.alaska.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	51.0	36	60.0
Dental Visit (% of adults aged 65+)	+++	67.0	28	77.9
Excessive Drinking (% of adults aged 65+)	+	10.1	48	3.4
Obesity (% of adults aged 65+)	+	34.8	50	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	26.7	11	20.0
Smoking (% of adults aged 65+)	++	10.6	40	5.1
Behaviors Total*	+	-0.169	45	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	52.8	22	67.9
Poverty (% of adults aged 65+)	++++	7.4	11	5.8
Volunteering (% of adults aged 65+)	++++	35.0	14	44.6
Community & Environment—Macro Total*	++++	0.097	11	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$2,295	2	\$3,048
Food Insecurity (% of adults aged 60+)	++	14.1	31	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	24.4	6	37.5
Community & Environment—Micro Total*	+++++	0.124	7	0.156
Community & Environment Total*	+++++	0.222	4	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	65.6	20	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++++	—	—	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	79	48	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	71.0	26	100.0
Policy Total*	++	-0.099	40	0.191

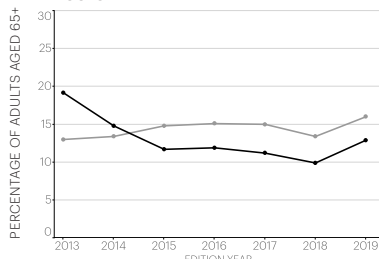
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	89.8	47	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	62.7	49	84.8
Flu Vaccine (% of adults aged 65+)	+	52.0	50	68.5
Health Screenings (% of seniors with recommended screenings)	+	67.3	42	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	248.4	3	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	30.8	49	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	28.0	49	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.8	4	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.0	7	23.3
Clinical Care Total*	+	-0.099	47	0.095

All Determinants* ++ -0.145 35 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	61.3	43	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,644	16	1,415
Falls (% of adults aged 65+)	+	37.5	50	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.7	4	4.8
High Health Status (% of adults aged 65+)	+++	42.4	21	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.5	2	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.9	15	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
All Outcomes*	+++	0.062	24	0.288
OVERALL*	++	-0.082	33	0.778

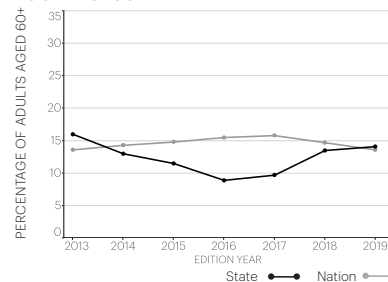
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



Arizona

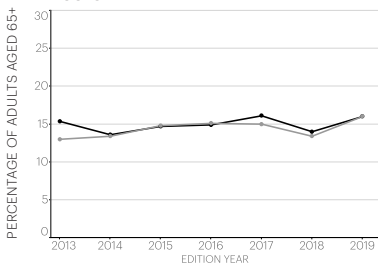
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	50.8	38	60.0
Dental Visit (% of adults aged 65+)	+++	67.6	25	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.4	28	3.4
Obesity (% of adults aged 65+)	+++++	25.5	8	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.5	15	20.0
Smoking (% of adults aged 65+)	++	10.0	34	5.1
Behaviors Total*	+++	0.003	24	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	54.8	17	67.9
Poverty (% of adults aged 65+)	+++	9.0	30	5.8
Volunteerism (% of adults aged 65+)	++	25.0	40	44.6
Community & Environment—Macro Total*	++	0.016	32	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$247	43	\$3,048
Food Insecurity (% of adults aged 60+)	+	18.9	44	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	5.0	43	37.5
Community & Environment—Micro Total*	+	-0.083	48	0.156
Community & Environment Total*	+	-0.067	41	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	76.9	36	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.1	21	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	53.2	40	100.0
Policy Total*	++	-0.079	37	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	92.3	41	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.1	37	84.8
Flu Vaccine (% of adults aged 65+)	+	55.0	44	68.5
Health Screenings (% of seniors with recommended screenings)	++	68.9	36	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	105.1	23	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	66.4	2	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.0	2	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.1	8	23.3
Clinical Care Total*	+++	0.010	21	0.095
All Determinants*	++	-0.133	33	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.8	21	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,631	15	1,415
Falls (% of adults aged 65+)	++++	28.2	12	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.4	23	4.8
High Health Status (% of adults aged 65+)	++++	44.1	16	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.7	30	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.5	46	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.0	15	5.6
All Outcomes*	+++	0.057	25	0.288
OVERALL*	++	-0.077	31	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

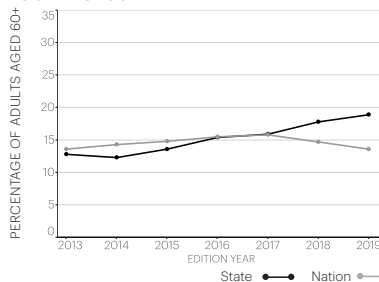
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

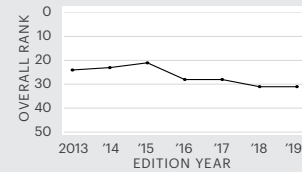
FOOD INSECURITY



OVERALL RANK:
31



Change: **no change**
Determinants Rank: **33**
Outcomes Rank: **25**



Strengths:

- High percentage of hospice care use
- Low percentage of hospital deaths
- Low prevalence of obesity

Challenges:

- High percentage of ICU use
- Low flu vaccination coverage
- High prevalence of food insecurity

Highlights:

- In the past three years, physical inactivity increased 16% from 24.6% to 28.5% of adults aged 65+ in fair or better health
- In the past six years, obesity increased 16% from 22.0% to 25.5% of adults aged 65+
- In the past five years, food insecurity increased 54% from 12.3% to 18.9% of adults aged 60+
- In the past five years, home health care workers increased 17% from 89.6 to 105.1 aides per 1,000 adults aged 75+
- In the past six years, hospital deaths decreased 25% from 21.2% to 16.0% of Medicare decedents aged 65+
- In the past three years, ICU use in the last six months of life increased 10% from 15.0% to 16.5% of decedents aged 65+

Ranking:

Arizona is 31st this year; it was 31st in 2018. The state ranks 30th for general population health and 39th for the health of women and children.

State Health Department Website:
azdhs.gov

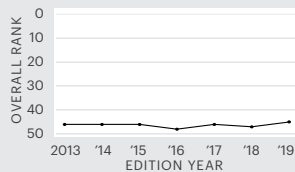
Arkansas

ARKANSAS

OVERALL RANK:
45



Change: ▲ 2
Determinants Rank: **44**
Outcomes Rank: **48**



Strengths:

- Low prevalence of excessive drinking
- High percentage of home-delivered meals
- Low percentage of hospital deaths

Challenges:

- High prevalence of physical inactivity
- Low SNAP enrollment
- High early death rate

Highlights:

- In the past year, obesity increased 11% from 27.6% to 30.5% of adults aged 65+
- In the past three years, excessive drinking decreased 33% from 5.4% to 3.6% of adults aged 65+
- In the past four years, four- or five-star rated nursing home beds decreased 22% from 54.7% to 42.7% of certified nursing home beds
- In the past four years, food insecurity decreased 31% from 25.4% to 17.5% of adults aged 60+
- In the past six years, hospital deaths decreased 45% from 33.1% to 18.3% of Medicare decedents aged 65+
- In the past six years, depression increased 23% from 13.0% to 16.0% of adults aged 65+

Ranking:

Arkansas is 45th this year; it was 47th in 2018. The state ranks 46th for general population health and 49th for the health of women and children.

State Health Department Website:

healthy.arkansas.gov

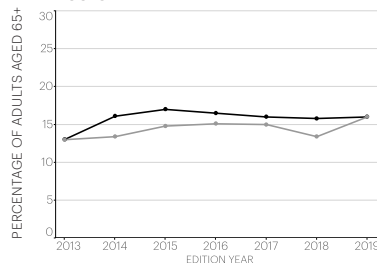
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	51.1	35	60.0
Dental Visit (% of adults aged 65+)	+	56.0	47	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.6	3	3.4
Obesity (% of adults aged 65+)	++	30.5	33	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	36.9	50	20.0
Smoking (% of adults aged 65+)	+++	9.6	29	5.1
Behaviors Total*	+	-0.128	42	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	42.7	38	67.9
Poverty (% of adults aged 65+)	+	10.2	41	5.8
Volunteering (% of adults aged 65+)	++	28.9	32	44.6
Community & Environment—Macro Total*	+	-0.030	42	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$502	21	\$3,048
Food Insecurity (% of adults aged 60+)	+	17.5	42	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	12.3	19	37.5
Community & Environment—Micro Total*	++	-0.026	34	0.156
Community & Environment Total*	++	-0.056	39	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.1	26	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	+	15.9	43	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	43.2	48	100.0
Policy Total*	++	-0.067	36	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.2	26	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.8	27	84.8
Flu Vaccine (% of adults aged 65+)	++	57.3	36	68.5
Health Screenings (% of seniors with recommended screenings)	+	63.7	48	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	109.6	21	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	58.7	12	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.3	12	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	61.8	45	23.3
Clinical Care Total*	+	-0.060	43	0.095
All Determinants*	+	-0.310	44	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+	58.0	48	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,369	48	1,415
Falls (% of adults aged 65+)	+	35.2	48	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.0	42	4.8
High Health Status (% of adults aged 65+)	+	32.8	45	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.2	47	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	10.0	19	4.6
Teeth Extractions (% of adults aged 65+)	+	22.9	48	5.6
All Outcomes*	+	-0.342	48	0.288
OVERALL*	+	-0.652	45	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

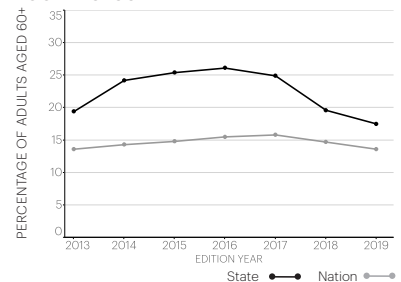
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



California

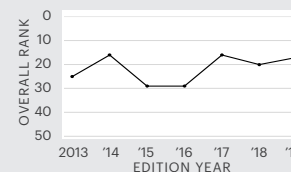
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	51.0	36	60.0
Dental Visit (% of adults aged 65+)	++++	70.9	13	77.9
Excessive Drinking (% of adults aged 65+)	+	8.8	44	3.4
Obesity (% of adults aged 65+)	+++++	24.2	5	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	20.0	1	20.0
Smoking (% of adults aged 65+)	+++++	5.3	2	5.1
Behaviors Total*	+++++	0.186	5	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	55.8	14	67.9
Poverty (% of adults aged 65+)	+	10.2	41	5.8
Volunteerism (% of adults aged 65+)	+	23.3	42	44.6
Community & Environment—Macro Total*	++	-0.015	38	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$290	38	\$3,048
Food Insecurity (% of adults aged 60+)	++	14.1	31	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	5.0	43	37.5
Community & Environment—Micro Total*	++	-0.037	37	0.156
Community & Environment Total*	++	-0.052	38	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.8	23	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	++++	11.0	20	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	40.6	49	100.0
Policy Total*	++++	0.010	14	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	94.6	20	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	77.2	31	84.8
Flu Vaccine (% of adults aged 65+)	++	59.3	32	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	80.0	1	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	236.7	4	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	50.2	37	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	25.3	47	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.6	27	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.2	9	23.3
Clinical Care Total*	++++	0.038	12	0.095
All Determinants*	++++	0.182	17	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.3	29	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,503	6	1,415
Falls (% of adults aged 65+)	++	32.1	39	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.6	27	4.8
High Health Status (% of adults aged 65+)	+++++	45.9	10	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.7	5	3.2
ICU Use (% of Medicare decedents aged 65+)	+	18.5	48	4.6
Teeth Extractions (% of adults aged 65+)	+++++	9.4	2	5.6
All Outcomes*	++++	0.074	20	0.288
OVERALL*	++++	0.256	17	0.778

RATING	
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

OVERALL RANK:
17

Change: **▲ 3**
Determinants Rank: **17**
Outcomes Rank: **20**



Strengths:

- Low prevalence of physical inactivity
- Low prevalence of smoking
- High home health care worker rate

Challenges:

- High percentage of ICU use
- High percentage of hospital deaths
- High prevalence of excessive drinking

Highlights:

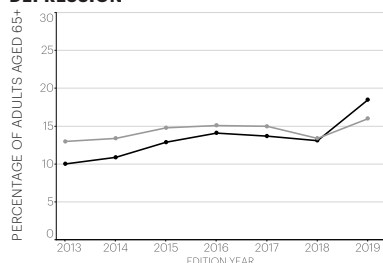
- In the past two years, excessive drinking increased 26% from 7.0% to 8.8% of adults aged 65+
- In the past four years, SNAP reach increased 90% from 21.4 to 40.6 participants per 100 adults aged 60+ in poverty
- In the past year, home health care workers increased 214% from 75.4 to 236.7 aides per 1,000 adults aged 75+
- In the past six years, hospital deaths decreased 23% from 32.7% to 25.3% of Medicare decedents aged 65+
- In the past six years, high health status increased 5% from 43.7% to 45.9% of adults aged 65+
- In the past year, depression increased 41% from 13.1% to 18.5% of adults aged 65+

Ranking:

California is 17th this year; it was 20th in 2018. The state ranks 12th for general population health and seventh for the health of women and children.

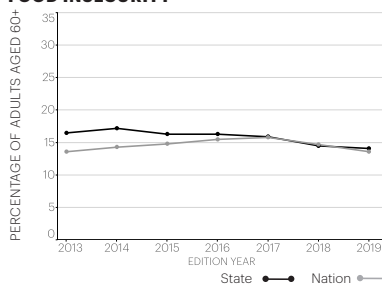
State Health Department Website:
cdph.ca.gov

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



Colorado

COLORADO

OVERALL RANK:

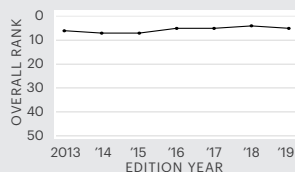
5



Change: ▼ 1

Determinants Rank: **4**

Outcomes Rank: **8**



Strengths:

- Low prevalence of food insecurity
- Low prevalence of physical inactivity
- Low early death rate

Challenges:

- High percentage of low-care nursing home residents
- Low SNAP enrollment
- Low percentage of home-delivered meals

Highlights:

- In the past three years, excessive drinking increased 23% from 5.7% to 7.0% of adults aged 65+
- In the past two years, poverty increased 11% from 7.0% to 7.8% of adults aged 65+
- In the past three years, food insecurity decreased 60% from 14.6% to 5.8% of adults aged 60+
- In the past six years, hospice care use increased 23% from 46.9% to 57.5% of Medicare decedents aged 65+
- In the past six years, high health status increased 14% from 44.9% to 51.1% of adults aged 65+
- In the past year, depression decreased 11% from 15.2% to 13.5% of adults aged 65+

Ranking:

Colorado is fifth this year; it was fourth in 2018. The state ranks eighth for general population health and 10th for the health of women and children.

State Health Department Website:
colorado.gov/cdphe

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.1	18	60.0
Dental Visit (% of adults aged 65+)	+++++	71.3	9	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.0	23	3.4
Obesity (% of adults aged 65+)	+++++	22.4	3	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	21.0	2	20.0
Smoking (% of adults aged 65+)	++++	8.4	19	5.1
Behaviors Total*	+++++	0.238	3	0.274

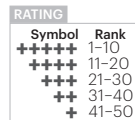
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	60.9	8	67.9
Poverty (% of adults aged 65+)	++++	7.8	14	5.8
Volunteering (% of adults aged 65+)	+++	31.7	25	44.6
Community & Environment—Macro Total*	+++++	0.099	9	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$454	24	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	5.8	1	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	8.4	30	37.5
Community & Environment—Micro Total*	++++	0.058	11	0.156
Community & Environment Total*	++++	0.157	12	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.6	18	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	66.7	15	83.3
Low-care Nursing Home Residents (% of residents)	++	14.8	38	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	68.5	30	100.0
Policy Total*	+++	-0.029	25	0.191

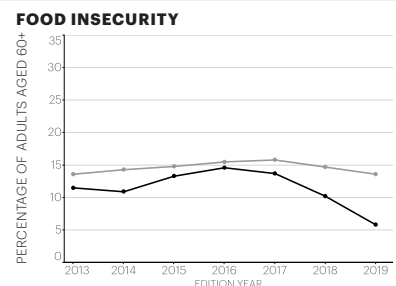
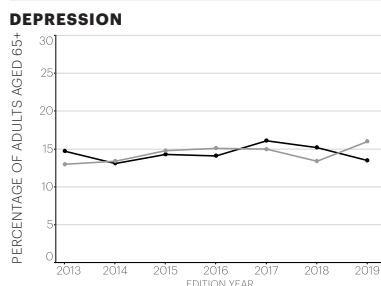
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.5	22	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	71.1	44	84.8
Flu Vaccine (% of adults aged 65+)	++++	64.1	12	68.5
Health Screenings (% of seniors with recommended screenings)	+++	71.4	27	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	114.7	20	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	57.5	16	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.5	4	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.9	6	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	31.2	3	23.3
Clinical Care Total*	+++++	0.069	4	0.095

All Determinants* +++++ 0.434 4 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.7	12	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,454	2	1,415
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.3	22	4.8
High Health Status (% of adults aged 65+)	+++++	51.1	2	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.9	15	4.6
Teeth Extractions (% of adults aged 65+)	+++++	9.8	4	5.6
All Outcomes*	+++++	0.197	8	0.288
OVERALL*	+++++	0.631	5	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Connecticut

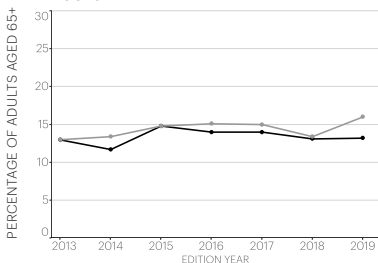
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.4	6	60.0
Dental Visit (% of adults aged 65+)	+++++	75.5	4	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.4	28	3.4
Obesity (% of adults aged 65+)	+++++	26.4	10	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	26.6	10	20.0
Smoking (% of adults aged 65+)	+++++	7.2	7	5.1
Behaviors Total*	+++++	0.201	4	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	56.1	13	67.9
Poverty (% of adults aged 65+)	+++++	7.1	5	5.8
Volunteerism (% of adults aged 65+)	+++	30.7	27	44.6
Community & Environment—Macro Total*	++++	0.092	14	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$505	19	\$3,048
Food Insecurity (% of adults aged 60+)	++++	12.2	19	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	5.3	42	37.5
Community & Environment—Micro Total*	+++	-0.006	28	0.156
Community & Environment Total*	+++	0.086	21	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	44.1	5	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	++	14.0	34	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.123	3	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.1	4	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.7	16	84.8
Flu Vaccine (% of adults aged 65+)	++++	62.6	19	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.9	6	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	123.1	18	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	49.9	38	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	23.0	40	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.9	33	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	46.2	19	23.3
Clinical Care Total*	++++	0.024	16	0.095
All Determinants*	+++++	0.435	3	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	70.4	2	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,480	3	1,415
Falls (% of adults aged 65+)	+++++	26.3	6	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.5	13	4.8
High Health Status (% of adults aged 65+)	+++++	46.2	9	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.9	33	4.6
Teeth Extractions (% of adults aged 65+)	+++++	9.6	3	5.6
All Outcomes*	+++++	0.227	3	0.288
OVERALL*	+++++	0.661	3	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

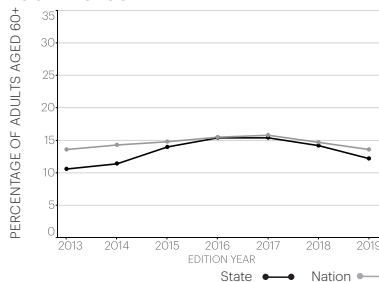
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY

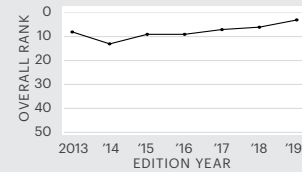


OVERALL RANK:

3



Change: ▲ **3**
 Determinants Rank: **3**
 Outcomes Rank: **3**



Strengths:

- High percentage of able-bodied seniors
- High SNAP enrollment
- Low early death rate

Challenges:

- Low percentage of home-delivered meals
- High percentage of hospital deaths
- High percentage of low-care nursing home residents

Highlights:

- In the past year, obesity increased 6% from 24.9% to 26.4% of adults aged 65+
- In the past year, arthritis management increased 7% from 52.8% to 56.4% of adults aged 65+ with arthritis
- In the past two years, food insecurity decreased 21% from 15.4% to 12.2% of adults aged 60+
- In the past six years, hospice care use increased 70% from 29.4% to 49.9% of Medicare decedents aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 15% from 48.9% to 56.1% of certified nursing home beds
- In the past six years, high health status increased 12% from 41.4% to 46.2% of adults aged 65+

Ranking:

Connecticut is third this year; it was sixth in 2018. The state ranks third for general population health and sixth for the health of women and children.

State Health Department Website:
portal.ct.gov/dph

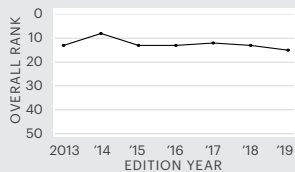
Delaware

DELAWARE

OVERALL RANK:
15



Change: ▼ 2
Determinants Rank: **16**
Outcomes Rank: **21**



Strengths:

- High percentage of able-bodied seniors
- High percentage of hospice care use
- High percentage of four- and five-star nursing home beds

Challenges:

- High prevalence of obesity
- High percentage of ICU use
- High prevalence of physical inactivity

Highlights:

- In the past year, obesity increased 12% from 30.4% to 33.9% of adults aged 65+
- In the past two years, poverty increased 37% from 6.2% to 8.5% of adults aged 65+
- In the past six years, low-care nursing home residents decreased 19% from 14.5% to 11.8% of residents
- In the past six years, home health care workers increased 117% from 46.8 to 101.4 aides per 1,000 adults aged 75+
- In the past four years, early deaths increased 10% from 1,639 to 1,800 deaths per 100,000 adults aged 65-74
- In the past three years, depression decreased 10% from 14.4% to 12.9% of adults aged 65+

Ranking:

Delaware is 15th this year; it was 13th in 2018. The state ranks 31st for general population health and 20th for the health of women and children.

State Health Department Website:
dhss.delaware.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.2	17	60.0
Dental Visit (% of adults aged 65+)	++++	70.1	19	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.2	26	3.4
Obesity (% of adults aged 65+)	+	33.9	48	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.2	37	20.0
Smoking (% of adults aged 65+)	+++++	7.7	9	5.1
Behaviors Total*	+++	-0.018	27	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	62.8	4	67.9
Poverty (% of adults aged 65+)	+++	8.5	23	5.8
Volunteering (% of adults aged 65+)	+++	32.0	23	44.6
Community & Environment—Macro Total*	++++	0.093	13	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$610	16	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.2	14	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	15.2	13	37.5
Community & Environment—Micro Total*	++++	0.050	13	0.156
Community & Environment Total*	++++	0.142	14	0.246

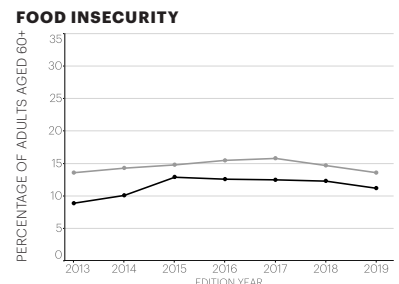
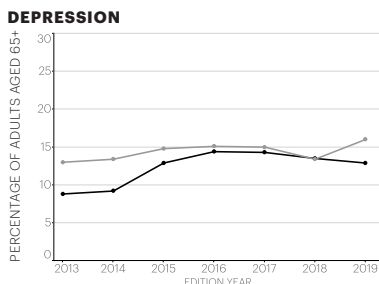
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.3	27	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.8	28	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	67.8	31	100.0
Policy Total*	++++	-0.005	20	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.1	14	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.8	5	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.2	8	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.8	7	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	101.4	25	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	64.4	3	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.5	4	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	47.2	23	23.3
Clinical Care Total*	+++++	0.095	1	0.095

All Determinants* +++ 0.213 16 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	71.2	1	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,800	30	1,415
Falls (% of adults aged 65+)	+++++	25.5	3	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.5	25	4.8
High Health Status (% of adults aged 65+)	++	38.3	37	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	++	15.3	39	4.6
Teeth Extractions (% of adults aged 65+)	++	16.9	35	5.6
All Outcomes*	+++	0.071	21	0.288
OVERALL*	++++	0.284	15	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Florida

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	51.4	34	60.0
Dental Visit (% of adults aged 65+)	+++	68.4	22	77.9
Excessive Drinking (% of adults aged 65+)	+	9.3	45	3.4
Obesity (% of adults aged 65+)	+++++	25.3	7	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	32.0	33	20.0
Smoking (% of adults aged 65+)	++	10.4	37	5.1
Behaviors Total*	++	-0.068	34	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	62.8	4	67.9
Poverty (% of adults aged 65+)	+	10.2	41	5.8
Volunteerism (% of adults aged 65+)	+	20.3	47	44.6
Community & Environment—Macro Total*	++	-0.007	33	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,154	8	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.3	15	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	5.5	41	37.5
Community & Environment—Micro Total*	++++	0.042	15	0.156
Community & Environment Total*	+++	0.035	29	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	77.0	37	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.7	12	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	95.3	12	100.0
Policy Total*	+++	-0.041	28	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	92.6	40	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	84.8	1	84.8
Flu Vaccine (% of adults aged 65+)	+++	62.2	21	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	76.5	13	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	32.2	49	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	63.0	4	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.7	8	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	53.6	35	23.3
Clinical Care Total*	+++	0.007	22	0.095
All Determinants*	++	-0.067	31	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.1	18	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,618	14	1,415
Falls (% of adults aged 65+)	+++++	25.3	2	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.8	29	4.8
High Health Status (% of adults aged 65+)	++++	42.8	20	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	+	20.3	49	4.6
Teeth Extractions (% of adults aged 65+)	+++	14.2	25	5.6
All Outcomes*	+++	0.047	28	0.288
OVERALL*	+++	-0.020	29	0.778

RATING

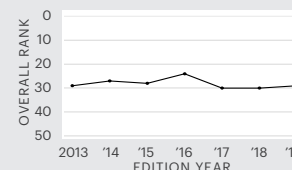
Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

OVERALL RANK:
29



Change: ▲1
Determinants Rank: **31**
Outcomes Rank: **28**



Strengths:

- High percentage of four- and five-star nursing home beds
- High percentage of hospice care use
- Low prevalence of obesity

Challenges:

- Low home health care worker rate
- High percentage of ICU use
- Low percentage of volunteerism

Highlights:

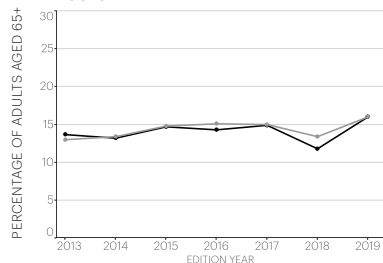
- In the past four years, smoking increased 20% from 8.7% to 10.4% of adults aged 65+
- In the past three years, community support increased 44% from \$799 to \$1,154 per adult aged 60+ in poverty
- In the past six years, food insecurity decreased 32% from 16.6% to 11.3% of adults aged 60+
- In the past year, home health care workers increased 15% from 27.9 to 32.2 aides per 1,000 adults aged 75+
- In the past two years, the percentage of adults aged 65+ with a dedicated health care provider decreased 3% from 95.5% to 92.6%
- In the past year, depression increased 36% from 11.8% to 16.0% of adults aged 65+

Ranking:

Florida is 29th this year; it was 30th in 2018. The state ranks 29th for general population health and 34th for the health of women and children.

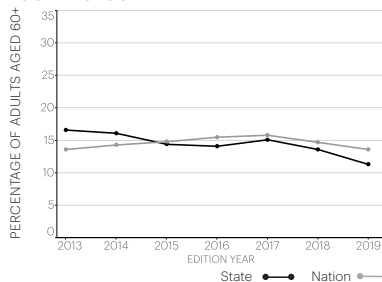
State Health Department Website:
floridahealth.gov

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



Georgia

GEORGIA

OVERALL RANK:

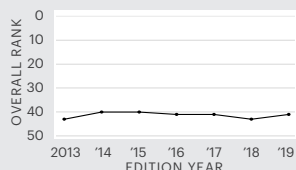
41



Change: ▲ 2

Determinants Rank: 42

Outcomes Rank: 39



Strengths:

- High percentage of hospice care use
- Low percentage of low-care nursing home residents
- Low prevalence of excessive drinking

Challenges:

- Low percentage of volunteerism
- Low percentage of home-delivered meals
- Low home health care worker rate

Highlights:

- In the past two years, excessive drinking increased 19% from 5.3% to 6.3% of adults aged 65+
- In the past two years, physical inactivity increased 17% from 29.9% to 34.9% of adults aged 65+ in fair or better health
- In the past six years, poverty decreased 10% from 11.2% to 10.1% of adults aged 65+
- In the past four years, community support decreased 35% from \$293 to \$191 per adult aged 60+ in poverty
- In the past four years, low-care nursing home residents decreased 11% from 11.1% to 9.9% of residents
- In the past six years, high health status increased 16% from 32.9% to 38.2% of adults aged 65+

Ranking:

Georgia is 41st this year; it was 43rd in 2018. The state ranks 39th for general population health and 37th for the health of women and children.

State Health Department Website:
dph.georgia.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	52.2	32	60.0
Dental Visit (% of adults aged 65+)	+	61.1	41	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.3	15	3.4
Obesity (% of adults aged 65+)	+++	29.3	26	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.9	43	20.0
Smoking (% of adults aged 65+)	++	9.8	33	5.1
Behaviors Total*	++	-0.106	40	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	38.6	41	67.9
Poverty (% of adults aged 65+)	++	10.1	40	5.8
Volunteerism (% of adults aged 65+)	+	19.7	49	44.6
Community & Environment—Macro Total*	+	-0.092	46	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$191	49	\$3,048
Food Insecurity (% of adults aged 60+)	+	18.0	43	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	4.7	47	37.5
Community & Environment—Micro Total*	+	-0.080	47	0.156
Community & Environment Total*	+	-0.172	48	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	72.3	31	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.9	15	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	78.5	21	100.0
Policy Total*	+++	-0.022	23	0.191

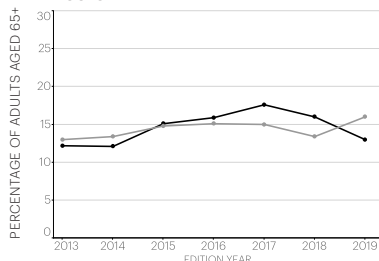
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	93.9	29	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.3	18	84.8
Flu Vaccine (% of adults aged 65+)	+++	61.2	23	68.5
Health Screenings (% of seniors with recommended screenings)	++	69.9	31	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	65.8	45	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	61.8	6	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	18.0	10	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.9	33	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	50.2	30	23.3
Clinical Care Total*	+++	0.000	26	0.095

All Determinants* + -0.300 42 0.512

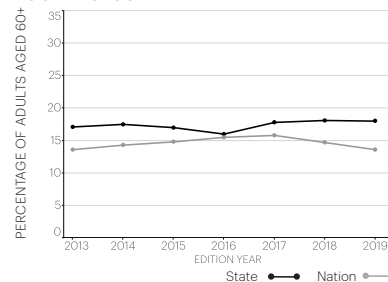
	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.2	34	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	2,003	39	1,415
Falls (% of adults aged 65+)	+++	30.5	28	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.6	27	4.8
High Health Status (% of adults aged 65+)	++	38.2	39	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.9	43	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.3	23	4.6
Teeth Extractions (% of adults aged 65+)	+	19.0	43	5.6
All Outcomes*	++	-0.116	39	0.288
OVERALL*	+	-0.416	41	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



FOOD INSECURITY



Supplemental measure, see website for data

Hawaii

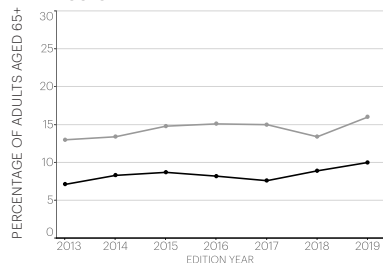
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	60.0	1	60.0
Dental Visit (% of adults aged 65+)	+++++	77.9	1	77.9
Excessive Drinking (% of adults aged 65+)	+	10.1	48	3.4
Obesity (% of adults aged 65+)	+++++	19.8	1	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	26.5	8	20.0
Smoking (% of adults aged 65+)	+++++	6.2	3	5.1
Behaviors Total*	+++++	0.274	1	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	67.9	1	67.9
Poverty (% of adults aged 65+)	++	9.3	37	5.8
Volunteerism (% of adults aged 65+)	+	20.5	46	44.6
Community & Environment—Macro Total*	++	0.026	31	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$519	17	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	9.6	5	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.8	32	37.5
Community & Environment—Micro Total*	++++	0.029	19	0.156
Community & Environment Total*	+++	0.055	23	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	22.7	1	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	4.1	2	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	89.1	15	100.0
Policy Total*	+++++	0.123	3	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.2	12	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	83.7	3	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.6	29	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.7	8	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	83.5	38	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	50.8	35	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	24.1	44	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.2	1	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	23.3	1	23.3
Clinical Care Total*	+++++	0.060	8	0.095
All Determinants*	+++++	0.512	1	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.4	15	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,415	1	1,415
Falls (% of adults aged 65+)	+++++	24.8	1	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.3	11	4.8
High Health Status (% of adults aged 65+)	++	40.1	32	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	3.2	1	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.8	31	4.6
Teeth Extractions (% of adults aged 65+)	+++++	5.6	1	5.6
All Outcomes*	+++++	0.265	2	0.288
OVERALL*	+++++	0.778	1	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

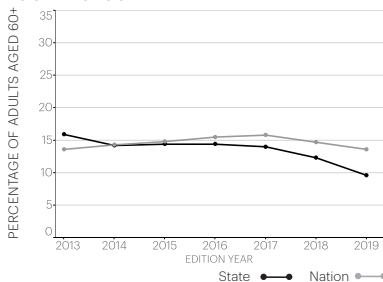
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY

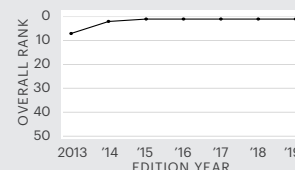


OVERALL RANK:

1



Change: **no change**
 Determinants Rank: **1**
 Outcomes Rank: **2**



Strengths:

- Low prevalence of obesity
- High percentage of four- and five-star nursing home beds
- Low early death rate

Challenges:

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

Highlights:

- In the past three years, obesity increased 40% from 14.1% to 19.8% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 33% from 51.2% to 67.9% of certified nursing home beds
- In the past four years, SNAP reach decreased 11% from 100.0 to 89.1 participants per 100 adults aged 60+ in poverty
- In the past six years, hospice care use increased 136% from 21.5% to 50.8% of Medicare decedents aged 65+
- In the past six years, early deaths decreased 7% from 1,516 to 1,415 deaths per 100,000 adults aged 65-74
- In the past two years, depression increased 32% from 7.6% to 10.0% of adults aged 65+

Ranking:

Hawaii is first this year; it was first in 2018. The state ranks first for general population health and 13th for the health of women and children.

State Health Department Website:
health.hawaii.gov

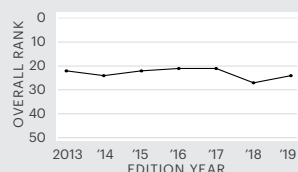
Idaho

IDAHO

OVERALL RANK:
24



Change: ▲ 3
Determinants Rank: **24**
Outcomes Rank: **22**



Strengths:

- Low percentage of ICU use
- Low prevalence of food insecurity
- Low prevalence of physical inactivity

Challenges:

- Low SNAP enrollment
- Low flu vaccination coverage
- Low prevalence of seniors with a dedicated provider

Highlights:

- In the past four years, obesity decreased 13% from 29.9% to 26.1% of adults aged 65+
- In the past two years, community support increased 9% from \$278 to \$303 per adult aged 60+ in poverty
- In the past six years, low-care nursing home residents increased 49% from 7.6% to 11.3% of residents
- In the past two years, ICU use in the last six months of life increased 10% from 5.0% to 5.5% of decedents aged 65+
- In the past six years, hospital deaths decreased 27% from 24.4% to 17.8% of Medicare decedents aged 65+
- In the past year, depression increased 54% from 10.3% to 15.9% of adults aged 65+

Ranking:

Idaho is 24th this year; it was 27th in 2018. The state ranks 16th for general population health and 25th for the health of women and children.

State Health Department Website:
healthandwelfare.idaho.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	54.7	21	60.0
Dental Visit (% of adults aged 65+)	++	64.3	33	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	32	3.4
Obesity (% of adults aged 65+)	+++++	26.1	9	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	25.6	5	20.0
Smoking (% of adults aged 65+)	+++	8.5	21	5.1
Behaviors Total*	++++	0.079	12	0.274

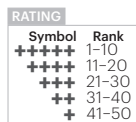
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	61.2	7	67.9
Poverty (% of adults aged 65+)	++++	8.1	19	5.8
Volunteering (% of adults aged 65+)	+++	30.5	28	44.6
Community & Environment—Macro Total*	++++	0.087	17	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$303	37	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	8.5	3	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	9.5	27	37.5
Community & Environment—Micro Total*	++++	0.033	17	0.156
Community & Environment Total*	++++	0.121	17	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	88.3	49	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.3	23	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	50.7	42	100.0
Policy Total*	+	-0.149	46	0.191

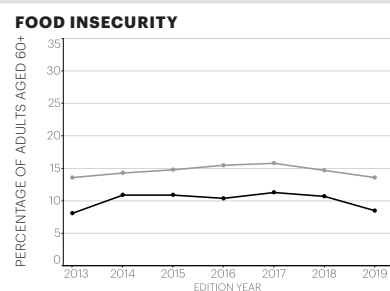
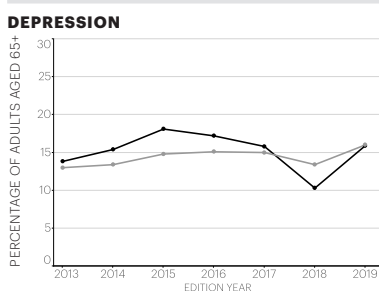
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.0	38	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	71.2	43	84.8
Flu Vaccine (% of adults aged 65+)	+	55.2	41	68.5
Health Screenings (% of seniors with recommended screenings)	+	64.4	47	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	141.4	14	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	55.8	21	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.8	9	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.5	3	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	32.3	4	23.3
Clinical Care Total*	+++	-0.005	27	0.095

All Determinants* +++ 0.045 24 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.3	33	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,668	19	1,415
Falls (% of adults aged 65+)	+	34.1	46	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	7.2	20	4.8
High Health Status (% of adults aged 65+)	+++++	46.3	8	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.5	2	4.6
Teeth Extractions (% of adults aged 65+)	+++	15.1	29	5.6
All Outcomes*	+++	0.070	22	0.288
OVERALL*	+++	0.115	24	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Illinois

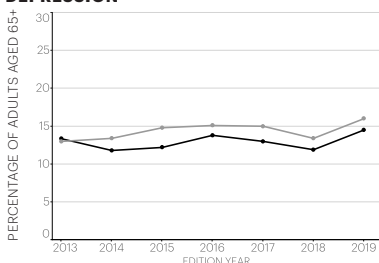
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.3	28	60.0
Dental Visit (% of adults aged 65+)	++	64.0	34	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.2	26	3.4
Obesity (% of adults aged 65+)	+++	30.2	29	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.4	21	20.0
Smoking (% of adults aged 65+)	+++	9.1	25	5.1
Behaviors Total*	+++	-0.031	29	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	37.9	42	67.9
Poverty (% of adults aged 65+)	+++	8.6	27	5.8
Volunteerism (% of adults aged 65+)	++	27.8	34	44.6
Community & Environment—Macro Total*	++	-0.019	39	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$353	33	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.1	24	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	8.9	29	37.5
Community & Environment—Micro Total*	+++	-0.008	29	0.156
Community & Environment Total*	++	-0.027	34	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	60.6	13	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	37.5	33	83.3
Low-care Nursing Home Residents (% of residents)	++	12.6	31	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	98.9	9	100.0
Policy Total*	++++	0.005	16	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	94.7	19	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	79.8	20	84.8
Flu Vaccine (% of adults aged 65+)	+	54.8	45	68.5
Health Screenings (% of seniors with recommended screenings)	+	66.9	44	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	101.8	24	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	55.4	23	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	19.9	22	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.2	36	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.8	38	23.3
Clinical Care Total*	+	-0.054	41	0.095
All Determinants*	++	-0.107	32	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.1	18	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,796	29	1,415
Falls (% of adults aged 65+)	++	31.6	36	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.6	17	4.8
High Health Status (% of adults aged 65+)	+++	41.8	25	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.2	44	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.1	16	5.6
All Outcomes*	+++	0.030	29	0.288
OVERALL*	++	-0.077	31	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

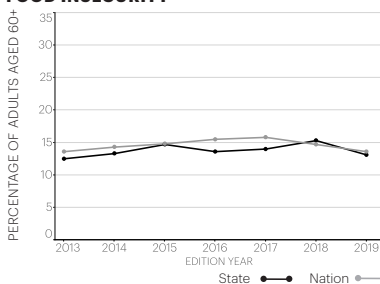
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

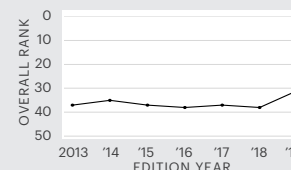
FOOD INSECURITY



OVERALL RANK:
31



Change: ▲ 7
Determinants Rank: **32**
Outcomes Rank: **29**



Strengths:

- High SNAP enrollment
- Low prevalence of frequent mental distress
- High percentage of able-bodied seniors

Challenges:

- Low flu vaccination coverage
- High percentage of ICU use
- Low percentage of four- and five-star nursing home beds

Highlights:

- In the past six years, smoking increased 20% from 7.6% to 9.1% of adults aged 65+
- In the past four years, four- or five-star rated nursing home beds decreased 8% from 41.0% to 37.9% of certified nursing home beds
- In the past four years, SNAP reach increased 15% from 85.7 to 98.9 participants per 100 adults aged 60+ in poverty
- In the past five years, hospice care use increased 18% from 47.1% to 55.4% of Medicare decedents aged 65+
- In the past four years, high health status increased 11% from 37.8% to 41.8% of adults aged 65+
- In the past six years, depression increased 9% from 13.4% to 14.5% of adults aged 65+

Ranking:

Illinois is 31st this year; it was 38th in 2018. The state ranks 26th for general population health and 26th for the health of women and children.

State Health Department Website:
dph.illinois.gov

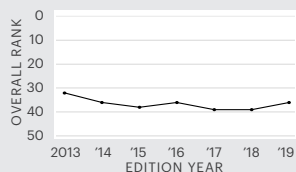
Indiana

INDIANA

OVERALL RANK:
36



Change: ▲ 3
Determinants Rank: **37**
Outcomes Rank: **36**



Strengths:

- High prevalence of arthritis management
- Low percentage of low-care nursing home residents
- Low percentage of seniors living in poverty

Challenges:

- Low percentage of home-delivered meals
- Low flu vaccination coverage
- High prevalence of obesity

Highlights:

- In the past three years, excessive drinking increased 33% from 4.9% to 6.5% of adults aged 65+
- In the past six years, smoking decreased 10% from 11.5% to 10.4% of adults aged 65+
- In the past three years, community support decreased 25% from \$590 to \$445 per adult aged 60+ in poverty
- In the past six years, hospice care use increased 55% from 35.2% to 54.5% of Medicare decedents aged 65+
- In the past six years, high health status increased 11% from 35.7% to 39.4% of adults aged 65+
- In the past year, depression increased 66% from 9.5% to 15.8% of adults aged 65+

Ranking:

Indiana is 36th this year; it was 39th in 2018. The state ranks 41st for general population health and 35th for the health of women and children.

State Health Department Website:
in.gov/isdh

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.1	10	60.0
Dental Visit (% of adults aged 65+)	++	61.5	40	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.5	18	3.4
Obesity (% of adults aged 65+)	+	33.3	46	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	32.9	35	20.0
Smoking (% of adults aged 65+)	++	10.4	37	5.1
Behaviors Total*	++	-0.097	39	0.274

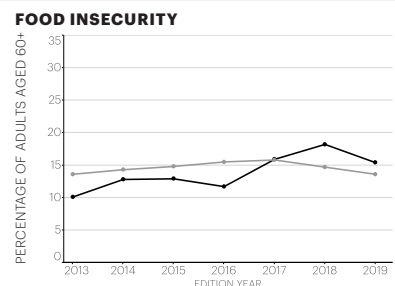
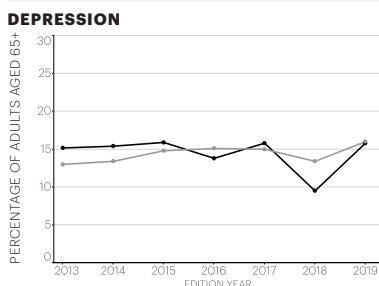
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	42.9	37	67.9
Poverty (% of adults aged 65+)	++++	7.7	12	5.8
Volunteering (% of adults aged 65+)	++++	35.2	12	44.6
Community & Environment—Macro Total*	+++	0.058	23	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$445	26	\$3,048
Food Insecurity (% of adults aged 60+)	++	15.4	35	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	3.7	49	37.5
Community & Environment—Micro Total*	++	-0.045	39	0.156
Community & Environment Total*	++	0.013	32	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	79.9	41	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.8	10	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	48.1	45	100.0
Policy Total*	+++	-0.040	27	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.1	14	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.7	32	84.8
Flu Vaccine (% of adults aged 65+)	+	54.5	46	68.5
Health Screenings (% of seniors with recommended screenings)	+	67.1	43	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	96.9	28	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	54.5	27	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.4	20	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.4	22	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	56.8	41	23.3
Clinical Care Total*	++	-0.051	39	0.095
All Determinants*	++	-0.174	37	0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.1	36	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,087	42	1,415
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.7	18	4.8
High Health Status (% of adults aged 65+)	++	39.4	35	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.0	35	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	13.1	26	4.6
Teeth Extractions (% of adults aged 65+)	+	18.6	42	5.6
All Outcomes*	++	-0.066	36	0.288
OVERALL*	++	-0.240	36	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Iowa

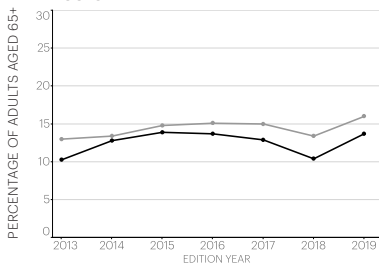
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	58.9	2	60.0
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.0	12	3.4
Obesity (% of adults aged 65+)	+	32.5	44	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.6	22	20.0
Smoking (% of adults aged 65+)	+++	9.3	26	5.1
Behaviors Total*	++++	0.079	12	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	57.3	12	67.9
Poverty (% of adults aged 65+)	+++++	6.6	3	5.8
Volunteerism (% of adults aged 65+)	+++++	36.9	6	44.6
Community & Environment—Macro Total*	+++++	0.140	3	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$660	15	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	10.2	6	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	13.2	16	37.5
Community & Environment—Micro Total*	++++	0.054	12	0.156
Community & Environment Total*	+++++	0.194	8	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	78.8	39	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+	17.2	45	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	67.6	32	100.0
Policy Total*	++	-0.057	33	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	94.8	18	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	79.4	21	84.8
Flu Vaccine (% of adults aged 65+)	+++++	66.3	5	68.5
Health Screenings (% of seniors with recommended screenings)	++	69.9	31	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	94.9	31	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	60.1	9	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.6	6	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	13.9	13	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	48.9	25	23.3
Clinical Care Total*	+++++	0.057	9	0.095
All Determinants*	++++	0.273	12	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	69.8	4	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,812	31	1,415
Falls (% of adults aged 65+)	++	31.7	38	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	5.3	3	4.8
High Health Status (% of adults aged 65+)	+++	42.3	22	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.1	13	4.6
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
All Outcomes*	++++	0.128	12	0.288
OVERALL*	++++	0.401	13	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

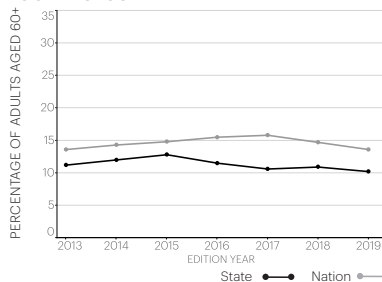
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

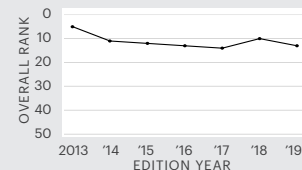
FOOD INSECURITY



OVERALL RANK:
13



Change: **▼ 3**
Determinants Rank: **12**
Outcomes Rank: **12**



Strengths:

- High prevalence of arthritis management
- Low percentage of seniors living in poverty
- Low prevalence of frequent mental distress

Challenges:

- High percentage of low-care nursing home residents
- High prevalence of obesity
- Low SNAP enrollment

Highlights:

- In the past year, obesity increased 5% from 30.9% to 32.5% of adults aged 65+
- In the past year, excessive drinking decreased 19% from 7.4% to 6.0% of adults aged 65+
- In the past four years, poverty decreased 13% from 7.6% to 6.6% of adults aged 65+
- In the past two years, flu vaccination coverage decreased 5% from 70.1% to 66.3% of adults aged 65+
- In the past six years, hospice care use increased 40% from 42.8% to 60.1% of Medicare decedents aged 65+
- In the past six years, depression increased 33% from 10.3% to 13.7% of adults aged 65+

Ranking:

Iowa is 13th this year; it was 10th in 2018. The state ranks 18th for general population health and ninth for the health of women and children.

State Health Department Website:
idph.iowa.gov

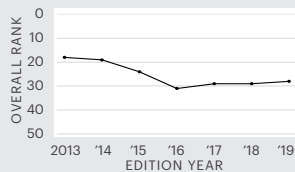
Kansas

KANSAS

OVERALL RANK:
28



Change: ▲ 1
Determinants Rank: **28**
Outcomes Rank: **33**



Strengths:

- Low prevalence of food insecurity
- Low percentage of seniors living in poverty
- High percentage of volunteerism

Challenges:

- High percentage of low-care nursing home residents
- Low SNAP enrollment
- Low flu vaccination coverage

Highlights:

- In the past three years, excessive drinking increased 27% from 4.9% to 6.2% of adults aged 65+
- In the past two years, home-delivered meals decreased 12% from 15.1% to 13.3% of adults aged 60+ with independent-living difficulty
- In the past three years, SNAP reach decreased 11% from 51.7 to 46.0 participants per 100 adults aged 60+ in poverty
- In the past six years, hospital deaths decreased 31% from 26.8% to 18.6% of Medicare decedents aged 65+
- In the past six years, high health status increased 5% from 39.7% to 41.5% of adults aged 65+
- In the past five years, depression increased 52% from 11.0% to 16.7% of adults aged 65+

Ranking:

Kansas is 28th this year; it was 29th in 2018. The state ranks 27th for general population health and 27th for the health of women and children.

State Health Department Website:
kdheks.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.3	16	60.0
Dental Visit (% of adults aged 65+)	+++	68.4	22	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.2	13	3.4
Obesity (% of adults aged 65+)	+++	29.3	26	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	32.8	34	20.0
Smoking (% of adults aged 65+)	+++	8.8	22	5.1
Behaviors Total*	++++	0.031	20	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	47.9	31	67.9
Poverty (% of adults aged 65+)	+++++	7.3	10	5.8
Volunteerism (% of adults aged 65+)	+++++	36.0	10	44.6
Community & Environment—Macro Total*	++++	0.088	15	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$469	23	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	10.2	6	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	13.3	15	37.5
Community & Environment—Micro Total*	++++	0.043	14	0.156
Community & Environment Total*	++++	0.130	16	0.246

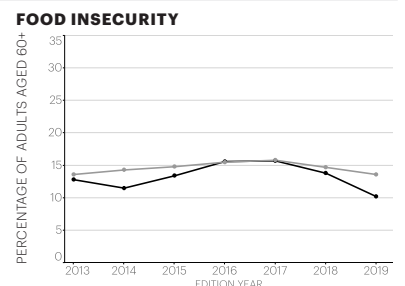
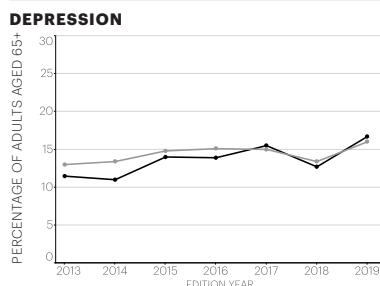
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	73.3	32	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+	20.3	47	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	46.0	46	100.0
Policy Total*	+	-0.155	47	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.6	32	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	74.2	39	84.8
Flu Vaccine (% of adults aged 65+)	++	56.0	38	68.5
Health Screenings (% of seniors with recommended screenings)	++++	70.1	30	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	123.8	17	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	56.6	18	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.6	14	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	51.3	32	23.3
Clinical Care Total*	++	-0.026	32	0.095

All Determinants* +++ -0.020 28 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.1	36	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,906	35	1,415
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.5	13	4.8
High Health Status (% of adults aged 65+)	+++	41.5	27	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	11.5	22	4.6
Teeth Extractions (% of adults aged 65+)	+++	14.0	24	5.6
All Outcomes*	++	0.000	33	0.288
OVERALL*	+++	-0.019	28	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Kentucky

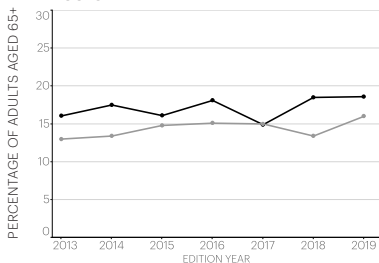
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	50.5	40	60.0
Dental Visit (% of adults aged 65+)	+	58.6	44	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.5	9	3.4
Obesity (% of adults aged 65+)	++	31.5	38	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	36.5	49	20.0
Smoking (% of adults aged 65+)	+	12.5	49	5.1
Behaviors Total*	+	-0.231	49	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	37.5	44	67.9
Poverty (% of adults aged 65+)	+	10.3	45	5.8
Volunteerism (% of adults aged 65+)	+	18.9	50	44.6
Community & Environment—Macro Total*	+	-0.105	48	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$225	47	\$3,048
Food Insecurity (% of adults aged 60+)	++	16.6	39	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	4.9	46	37.5
Community & Environment—Micro Total*	+	-0.064	46	0.156
Community & Environment Total*	+	-0.168	47	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	79.5	40	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.4	8	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	55.8	39	100.0
Policy Total*	++	-0.056	32	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.3	24	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.6	11	84.8
Flu Vaccine (% of adults aged 65+)	+++	60.8	24	68.5
Health Screenings (% of seniors with recommended screenings)	+++	73.0	22	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	66.6	44	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	45.6	44	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.9	39	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.4	42	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	76.6	50	23.3
Clinical Care Total*	+	-0.082	44	0.095
All Determinants*	+	-0.537	48	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+	59.5	45	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,369	48	1,415
Falls (% of adults aged 65+)	+++	30.8	29	24.8
Frequent Mental Distress (% of adults aged 65+)	+	10.0	49	4.8
High Health Status (% of adults aged 65+)	+	31.7	48	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.1	45	3.2
ICU Use (% of Medicare decedents aged 65+)	+	15.8	41	4.6
Teeth Extractions (% of adults aged 65+)	+	22.0	47	5.6
All Outcomes*	+	-0.343	49	0.288
OVERALL*	+	-0.880	49	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

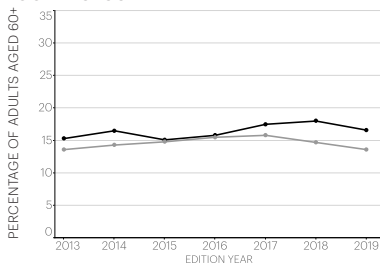
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

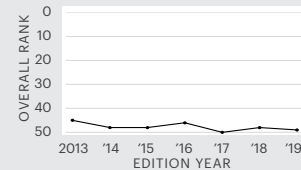
49



Change: ▼1

Determinants Rank: **48**

Outcomes Rank: **49**



Strengths:

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

Challenges:

- Low percentage of volunteerism
- High prevalence of physical inactivity
- High prevalence of frequent mental distress

Highlights:

- In the past three years, excessive drinking increased 38% from 4.0% to 5.5% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 27% from 29.5% to 37.5% of certified nursing home beds
- In the past six years, poverty decreased 13% from 11.9% to 10.3% of adults aged 65+
- In the past four years, food insecurity increased 10% from 15.1% to 16.6% of adults aged 60+
- In the past four years, hospice care use increased 11% from 41.0% to 45.6% of Medicare decedents aged 65+
- In the past two years, depression increased 25% from 14.9% to 18.6% of adults aged 65+

Ranking:

Kentucky is 49th this year; it was 48th in 2018. The state ranks 45th for general population health and 42nd for the health of women and children.

State Health Department Website:

chfs.ky.gov/agencies/dph

Louisiana

LOUISIANA

OVERALL RANK:

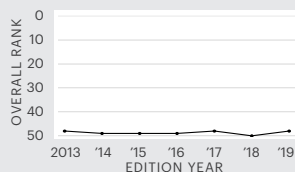
48



Change: ▲ 2

Determinants Rank: 49

Outcomes Rank: 43



Strengths:

- High home health care worker rate
- High prevalence of seniors with a dedicated provider
- High percentage of hospice care use

Challenges:

- High prevalence of food insecurity
- High prevalence of obesity
- Low percentage of four- and five-star nursing home beds

Highlights:

- In the past two years, excessive drinking increased 36% from 6.4% to 8.7% of adults aged 65+
- In the past six years, physical inactivity decreased 18% from 38.5% to 31.5% of adults aged 65+ in fair or better health
- In the past four years, SNAP reach increased 28% from 60.8 to 77.6 participants per 100 adults aged 60+ in poverty
- In the past three years, flu vaccination coverage decreased 16% from 65.1% to 54.4% of adults aged 65+
- In the past five years, hospice care use increased 20% from 48.7% to 58.2% of Medicare decedents aged 65+
- In the past six years, depression increased 43% from 13.8% to 19.8% of adults aged 65+

Ranking:

Louisiana is 48th this year; it was 50th in 2018. The state ranks 50th for general population health and 48th for the health of women and children.

State Health Department Website:
ldh.la.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	50.6	39	60.0
Dental Visit (% of adults aged 65+)	+	55.3	48	77.9
Excessive Drinking (% of adults aged 65+)	++	8.7	40	3.4
Obesity (% of adults aged 65+)	+	34.2	49	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	31.5	32	20.0
Smoking (% of adults aged 65+)	+	11.5	46	5.1
Behaviors Total*	+	-0.283	50	0.274

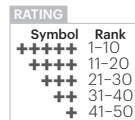
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	33.5	49	67.9
Poverty (% of adults aged 65+)	+	12.0	48	5.8
Volunteering (% of adults aged 65+)	+	22.0	44	44.6
Community & Environment—Macro Total*	+	-0.138	50	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$413	28	\$3,048
Food Insecurity (% of adults aged 60+)	+	21.7	50	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	12.8	18	37.5
Community & Environment—Micro Total*	+	-0.060	44	0.156
Community & Environment Total*	+	-0.198	49	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	83.1	46	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++	14.0	34	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	77.6	22	100.0
Policy Total*	++	-0.064	34	0.191

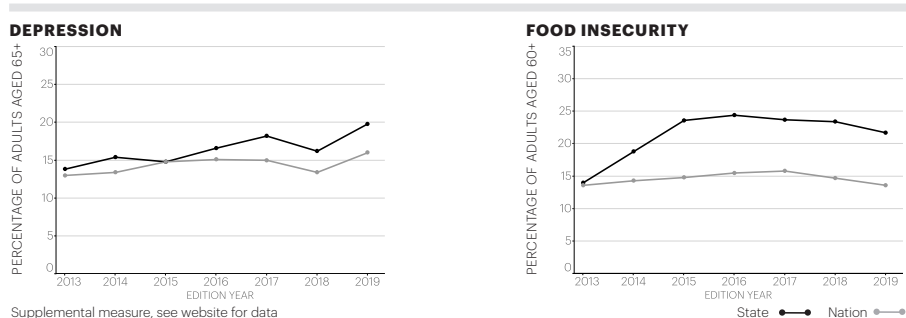
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.2	12	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.1	24	84.8
Flu Vaccine (% of adults aged 65+)	+	54.4	47	68.5
Health Screenings (% of seniors with recommended screenings)	++	68.3	40	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	152.7	11	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	58.2	13	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	19.7	21	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	65.8	47	23.3
Clinical Care Total*	++	-0.048	38	0.095

All Determinants* + -0.593 49 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	61.4	42	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,258	43	1,415
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.9	47	4.8
High Health Status (% of adults aged 65+)	+	33.7	44	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.7	42	3.2
ICU Use (% of Medicare decedents aged 65+)	++	13.8	31	4.6
Teeth Extractions (% of adults aged 65+)	+	20.5	44	5.6
All Outcomes*	+	-0.265	43	0.288
OVERALL*	+	-0.857	48	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Maine

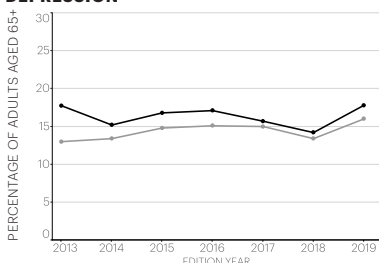
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.6	14	60.0
Dental Visit (% of adults aged 65+)	+++	67.4	26	77.9
Excessive Drinking (% of adults aged 65+)	++	8.6	39	3.4
Obesity (% of adults aged 65+)	++++	27.8	17	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.0	13	20.0
Smoking (% of adults aged 65+)	+++++	7.7	9	5.1
Behaviors Total*	++++	0.066	16	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	59.3	10	67.9
Poverty (% of adults aged 65+)	++++	8.1	19	5.8
Volunteerism (% of adults aged 65+)	++++	33.7	15	44.6
Community & Environment—Macro Total*	+++++	0.098	10	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$380	30	\$3,048
Food Insecurity (% of adults aged 60+)	++	14.3	33	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	10.8	24	37.5
Community & Environment—Micro Total*	++	-0.010	32	0.156
Community & Environment Total*	++++	0.088	19	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	58.9	12	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++++	3.8	1	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	97.7	10	100.0
Policy Total*	+++++	0.099	6	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.3	3	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.6	28	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.2	16	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.6	9	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	157.0	10	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	53.5	29	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	19.9	22	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.4	28	23.3
Clinical Care Total*	+++++	0.067	5	0.095
All Determinants*	+++++	0.320	7	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.4	28	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,782	28	1,415
Falls (% of adults aged 65+)	+	32.5	43	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.1	6	4.8
High Health Status (% of adults aged 65+)	+++++	49.7	3	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.7	4	4.6
Teeth Extractions (% of adults aged 65+)	++	15.2	31	5.6
All Outcomes*	++++	0.128	12	0.288
OVERALL*	+++++	0.448	8	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

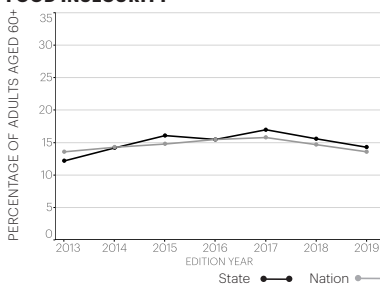
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

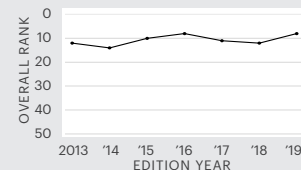
8



Change: ▲ 4

Determinants Rank: 7

Outcomes Rank: 12



Strengths:

- Low percentage of low-care nursing home residents
- High prevalence of high health status
- High prevalence of seniors with a dedicated provider

Challenges:

- High prevalence of excessive drinking
- High prevalence of food insecurity
- Low community support expenditures

Highlights:

- In the past year, excessive drinking increased 10% from 7.8% to 8.6% of adults aged 65+
- In the past four years, food insecurity decreased 11% from 16.1% to 14.3% of adults aged 60+
- In the past four years, community support increased 32% from \$287 to \$380 per adult aged 60+ in poverty
- In the past five years, home health care workers increased 48% from 106.3 to 157.0 aides per 1,000 adults aged 75+
- In the past five years, ICU use in the last six months of life decreased 15% from 6.7% to 5.7% of decedents aged 65+
- In the past year, depression increased 25% from 14.2% to 17.8% of adults aged 65+

Ranking:

Maine is eighth this year; it was 12th in 2018. The state ranks 16th for general population health and 21st for the health of women and children.

State Health Department Website:

maine.gov/dhhs

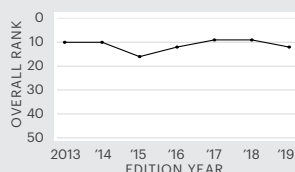
Maryland

MARYLAND

OVERALL RANK:
12



Change: ▼ 3
Determinants Rank: **13**
Outcomes Rank: **11**



Strengths:

- High flu vaccination coverage
- High prevalence of seniors with a dedicated provider
- High percentage of volunteerism

Challenges:

- Low percentage of home-delivered meals
- Low home health care worker rate
- Low community support expenditures

Highlights:

- In the past five years, obesity increased 19% from 26.2% to 31.2% of adults aged 65+
- In the past three years, community support decreased 25% from \$358 to \$270 per adult aged 60+ in poverty
- In the past year, SNAP reach increased 11% from 86.0 to 95.6 participants per 100 adults aged 60+ in poverty
- In the past six years, hospice care use increased 63% from 32.6% to 53.0% of Medicare decedents aged 65+
- In the past four years, ICU use in the last six months of life decreased 14% from 12.5% to 10.7% of decedents aged 65+
- In the past six years, depression increased 55% from 9.2% to 14.2% of adults aged 65+

Ranking:

Maryland is 12th this year; it was ninth in 2018. The state ranks 19th for general population health and 16th for the health of women and children.

State Health Department Website:
health.maryland.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.4	6	60.0
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.3	15	3.4
Obesity (% of adults aged 65+)	++	31.2	37	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	29.6	22	20.0
Smoking (% of adults aged 65+)	++++	8.2	15	5.1
Behaviors Total*	+++++	0.079	12	0.274

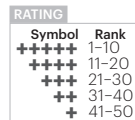
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	50.6	28	67.9
Poverty (% of adults aged 65+)	++++	7.9	16	5.8
Volunteerism (% of adults aged 65+)	+++++	38.2	4	44.6
Community & Environment—Macro Total*	++++	0.096	12	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$270	40	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.4	16	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	4.6	48	37.5
Community & Environment—Micro Total*	++	-0.015	33	0.156
Community & Environment Total*	+++	0.081	22	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	39.6	3	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.9	6	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	76	50	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	95.6	11	100.0
Policy Total*	+++++	0.088	7	0.191

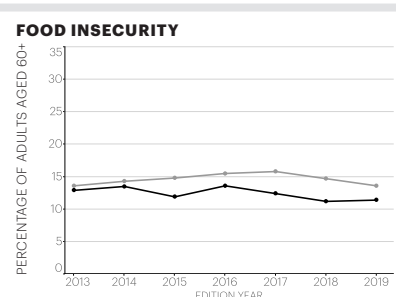
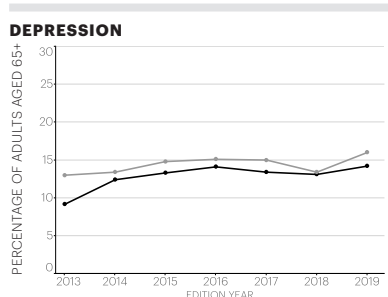
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.1	4	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	79.9	19	84.8
Flu Vaccine (% of adults aged 65+)	+++++	66.8	3	68.5
Health Screenings (% of seniors with recommended screenings)	++++	74.5	16	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	75.4	42	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	53.0	30	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.0	35	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	0.0	0	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	46.7	20	23.3
Clinical Care Total*	++++	0.023	17	0.095

All Determinants* +++ 0.271 13 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	68.8	7	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,725	23	1,415
Falls (% of adults aged 65+)	++++	28.6	15	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.4	23	4.8
High Health Status (% of adults aged 65+)	++++	43.9	17	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.3	18	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	10.7	21	4.6
Teeth Extractions (% of adults aged 65+)	+++++	11.3	9	5.6
All Outcomes*	++++	0.135	11	0.288
OVERALL*	++++	0.406	12	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Massachusetts

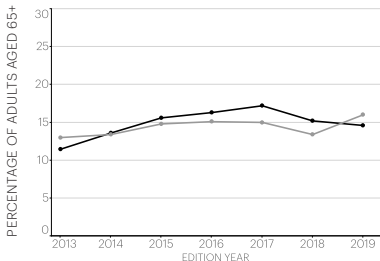
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.7	25	60.0
Dental Visit (% of adults aged 65+)	+++++	71.2	10	77.9
Excessive Drinking (% of adults aged 65+)	++	8.7	40	3.4
Obesity (% of adults aged 65+)	++++	26.8	12	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.7	39	20.0
Smoking (% of adults aged 65+)	+++	9.3	26	5.1
Behaviors Total*	+++	-0.017	26	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	51.1	26	67.9
Poverty (% of adults aged 65+)	+++	9.0	30	5.8
Volunteerism (% of adults aged 65+)	++	30.1	31	44.6
Community & Environment—Macro Total*	+++	0.031	28	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$3,048	1	\$3,048
Food Insecurity (% of adults aged 60+)	++++	12.0	18	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	23.1	7	37.5
Community & Environment—Micro Total*	+++++	0.138	4	0.156
Community & Environment Total*	++++	0.169	11	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	39.0	2	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	58.3	19	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.5	18	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.111	5	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.9	6	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	83.0	4	84.8
Flu Vaccine (% of adults aged 65+)	++	57.5	35	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	79.6	2	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	211.2	6	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	51.0	34	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.7	43	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.3	37	23.3
Clinical Care Total*	++++	0.022	18	0.095
All Determinants*	+++++	0.285	9	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.4	15	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,525	7	1,415
Falls (% of adults aged 65+)	++++	29.0	18	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.9	30	4.8
High Health Status (% of adults aged 65+)	++++	45.6	11	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.3	14	4.6
Teeth Extractions (% of adults aged 65+)	++	16.3	33	5.6
All Outcomes*	++++	0.126	15	0.288
OVERALL*	++++	0.411	11	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

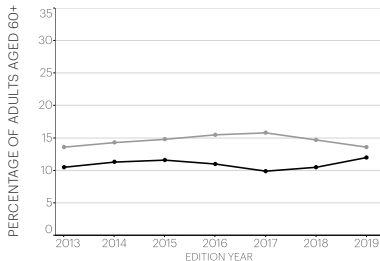
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

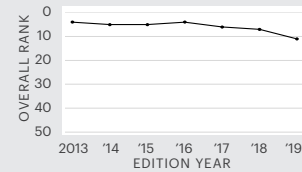
11



Change: ▼ 4

Determinants Rank: **9**

Outcomes Rank: **15**



Strengths:

- High community support expenditures
- High SNAP enrollment
- High home health care worker rate

Challenges:

- High percentage of hospital deaths
- High prevalence of excessive drinking
- High prevalence of physical inactivity

Highlights:

- In the past two years, excessive drinking increased 24% from 7.0% to 8.7% of adults aged 65+
- In the past three years, community support increased 11% from \$2,734 to \$3,048 per adult aged 60+ in poverty
- In the past six years, hospice care use increased 66% from 30.7% to 51.0% of Medicare decedents aged 65+
- In the past four years, flu vaccination coverage decreased 13% from 66.1% to 57.5% of adults aged 65+
- In the past three years, low-care nursing home residents decreased 5% from 11.0% to 10.5% of residents
- In the past six years, depression increased 27% from 11.5% to 14.6% of adults aged 65+

Ranking:

Massachusetts is 11th this year; it was seventh in 2018. The state ranks second for general population health and first for the health of women and children.

State Health Department Website:

mass.gov/orgs/department-of-public-health

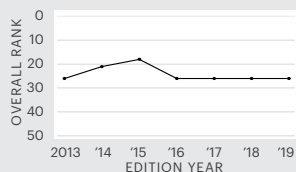
Michigan

MICHIGAN

OVERALL RANK:
26



Change: **no change**
Determinants Rank: **23**
Outcomes Rank: **31**



Strengths:

- High percentage of hospice care use
- High prevalence of seniors with a dedicated provider
- High percentage of home-delivered meals

Challenges:

- High prevalence of obesity
- High prevalence of frequent mental distress
- Low percentage of volunteerism

Highlights:

- In the past three years, physical inactivity decreased 13% from 32.7% to 28.5% of adults aged 65+ in fair or better health
- In the past three years, four- or five-star rated nursing home beds increased 19% from 46.0% to 54.8% of certified nursing home beds
- In the past two years, poverty increased 9% from 7.8% to 8.5% of adults aged 65+
- In the past two years, SNAP reach decreased 14% from 92.5 to 79.6 participants per 100 adults aged 60+ in poverty
- In the past five years, hospital deaths decreased 14% from 21.8% to 18.8% of Medicare decedents aged 65+
- In the past two years, depression increased 31% from 14.5% to 19.0% of adults aged 65+

Ranking:

Michigan is 26th this year; it was 26th in 2018. The state ranks 34th for general population health and 29th for the health of women and children.

State Health Department Website:
michigan.gov/mdhhs

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.0	29	60.0
Dental Visit (% of adults aged 65+)	+++++	72.8	7	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	32	3.4
Obesity (% of adults aged 65+)	+	32.4	42	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.5	15	20.0
Smoking (% of adults aged 65+)	+++	9.6	29	5.1
Behaviors Total*	+++	-0.018	27	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	54.8	17	67.9
Poverty (% of adults aged 65+)	+++	8.5	23	5.8
Volunteerism (% of adults aged 65+)	++	26.1	38	44.6
Community & Environment—Macro Total*	+++	0.033	27	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$413	28	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.8	29	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	17.1	10	37.5
Community & Environment—Micro Total*	+++	0.022	22	0.156
Community & Environment Total*	+++	0.055	23	0.246

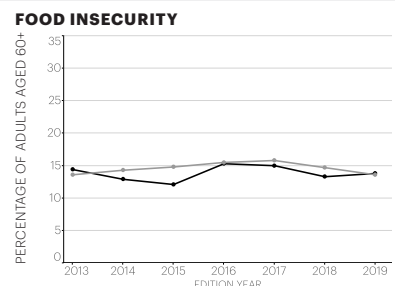
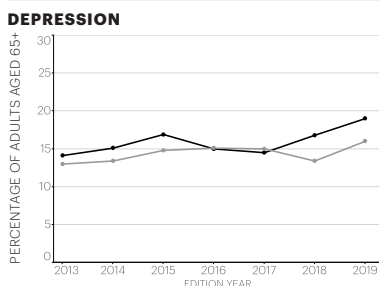
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.2	21	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.4	17	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	79.6	19	100.0
Policy Total*	++++	0.008	15	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.7	9	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.9	26	84.8
Flu Vaccine (% of adults aged 65+)	+++	60.3	26	68.5
Health Screenings (% of seniors with recommended screenings)	++++	73.8	19	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	96.2	30	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	59.3	11	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.8	17	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.4	42	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	55.4	39	23.3
Clinical Care Total*	+++	0.001	25	0.095

All Determinants* +++ 0.046 23 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.6	27	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,886	34	1,415
Falls (% of adults aged 65+)	++++	28.9	17	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.7	38	4.8
High Health Status (% of adults aged 65+)	+++	41.2	29	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.3	28	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.4	20	5.6
All Outcomes*	++	0.012	31	0.288
OVERALL*	+++	0.058	26	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Minnesota

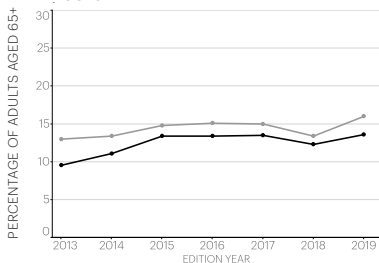
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	57.1	4	60.0
Dental Visit (% of adults aged 65+)	+++++	76.1	2	77.9
Excessive Drinking (% of adults aged 65+)	++	8.4	38	3.4
Obesity (% of adults aged 65+)	+++	28.8	22	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.0	24	20.0
Smoking (% of adults aged 65+)	++++	8.3	17	5.1
Behaviors Total*	+++++	0.104	9	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	61.9	6	67.9
Poverty (% of adults aged 65+)	+++++	7.0	4	5.8
Volunteerism (% of adults aged 65+)	+++++	43.3	2	44.6
Community & Environment—Macro Total*	+++++	0.166	1	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$365	31	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	8.5	3	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.2	36	37.5
Community & Environment—Micro Total*	++++	0.028	20	0.156
Community & Environment Total*	+++++	0.194	8	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	56.6	11	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+	15.4	41	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	69.0	29	100.0
Policy Total*	++++	0.004	17	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	91.4	44	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.2	36	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.1	9	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	78.2	5	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	263.9	1	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	54.8	25	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.7	30	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	36.6	10	23.3
Clinical Care Total*	+++++	0.066	6	0.095
All Determinants*	+++++	0.367	5	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	68.8	7	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,496	5	1,415
Falls (% of adults aged 65+)	++++	28.2	12	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	4.8	1	4.8
High Health Status (% of adults aged 65+)	+++++	47.8	5	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.5	6	4.6
Teeth Extractions (% of adults aged 65+)	+++++	10.3	6	5.6
All Outcomes*	+++++	0.288	1	0.288
OVERALL*	+++++	0.655	4	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

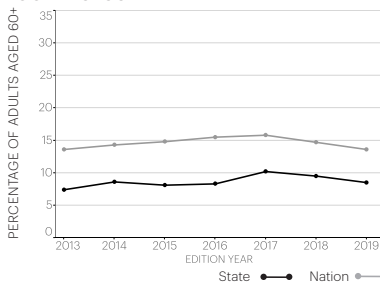
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

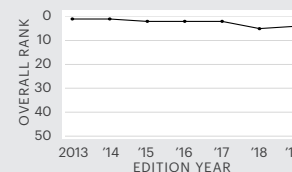
4



Change: ▲ 1

Determinants Rank: 5

Outcomes Rank: 1



Strengths:

- Low prevalence of frequent mental distress
- High home health care worker rate
- High percentage of volunteerism

Challenges:

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

Highlights:

- In the past two years, smoking increased 12% from 7.4% to 8.3% of adults aged 65+
- In the past six years, poverty decreased 16% from 8.3% to 7.0% of adults aged 65+
- In the past four years, community support decreased 25% from \$489 to \$365 per adult aged 60+ in poverty
- In the past four years, SNAP reach increased 19% from 58.2 to 69.0 participants per 100 adults aged 60+ in poverty
- In the past five years, high health status increased 6% from 45.3% to 47.8% of adults aged 65+
- In the past six years, depression increased 42% from 9.6% to 13.6% of adults aged 65+

Ranking:

Minnesota is fourth this year; it was fifth in 2018. The state ranks seventh for general population health and fifth for the health of women and children.

State Health Department Website:

health.state.mn.us

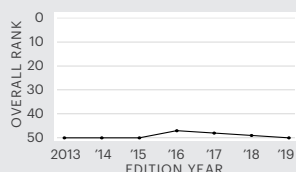
Mississippi

MISSISSIPPI

OVERALL RANK:
50



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



Strengths:

- Low prevalence of excessive drinking
- Low percentage of ICU use
- High percentage of hospice care use

Challenges:

- High percentage of seniors living in poverty
- High early death rate
- Low community support expenditures

Highlights:

- In the past three years, obesity increased 15% from 28.8% to 33.1% of adults aged 65+
- In the past year, food insecurity decreased 19% from 24.3% to 19.8% of adults aged 60+
- In the past three years, home-delivered meals decreased 47% from 14.0% to 7.4% of adults aged 60+ with an independent-living difficulty
- In the past six years, flu vaccination coverage decreased 16% from 65.4% to 55.1% of adults aged 65+
- In the past six years, hospice care use increased 56% from 35.1% to 54.8% of Medicare decedents aged 65+
- In the past three years, depression decreased 14% from 17.2% to 14.8% of adults aged 65+

Ranking:

Mississippi is 50th this year; it was 49th in 2018. The state ranks 49th for general population health and 50th for the health of women and children.

State Health Department Website:
msdh.ms.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	49.8	43	60.0
Dental Visit (% of adults aged 65+)	+	53.0	49	77.9
Excessive Drinking (% of adults aged 65+)	+++++	4.1	6	3.4
Obesity (% of adults aged 65+)	+	33.1	45	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.9	43	20.0
Smoking (% of adults aged 65+)	+	11.4	45	5.1
Behaviors Total*	+	-0.215	48	0.274

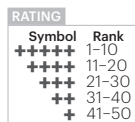
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	44.9	34	67.9
Poverty (% of adults aged 65+)	+	13.7	50	5.8
Volunteering (% of adults aged 65+)	+	20.2	48	44.6
Community & Environment—Macro Total*	+	-0.117	49	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$184	50	\$3,048
Food Insecurity (% of adults aged 60+)	+	19.8	47	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.4	34	37.5
Community & Environment—Micro Total*	+	-0.085	49	0.156
Community & Environment Total*	+	-0.203	50	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	84.9	48	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	54.2	21	83.3
Low-care Nursing Home Residents (% of residents)	++	12.9	32	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	57.4	37	100.0
Policy Total*	+	-0.100	41	0.191

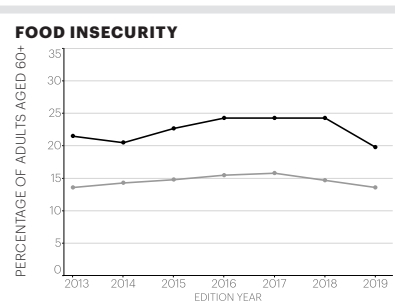
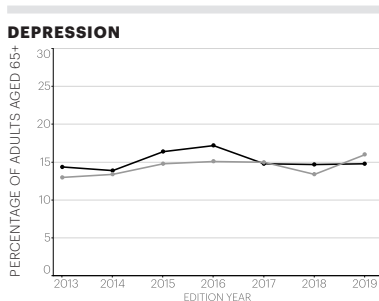
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.4	33	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.6	33	84.8
Flu Vaccine (% of adults aged 65+)	+	55.1	43	68.5
Health Screenings (% of seniors with recommended screenings)	+	65.5	45	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	71.1	43	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	54.8	25	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	21.2	32	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.6	47	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	70.2	48	23.3
Clinical Care Total*	+	-0.125	49	0.095

All Determinants* + -0.643 50 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	57.4	49	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,483	50	1,415
Falls (% of adults aged 65+)	++	31.5	35	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.2	44	4.8
High Health Status (% of adults aged 65+)	+	31.0	49	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.4	50	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.3	23	4.6
Teeth Extractions (% of adults aged 65+)	+	26.1	49	5.6
All Outcomes*	+	-0.346	50	0.288
OVERALL*	+	-0.989	50	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Missouri

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.0	29	60.0
Dental Visit (% of adults aged 65+)	++	62.5	39	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.6	10	3.4
Obesity (% of adults aged 65+)	+++	29.8	28	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	31.4	30	20.0
Smoking (% of adults aged 65+)	+++	9.5	28	5.1
Behaviors Total*	+++	-0.033	30	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	37.8	43	67.9
Poverty (% of adults aged 65+)	+++	8.7	28	5.8
Volunteerism (% of adults aged 65+)	++	26.7	37	44.6
Community & Environment—Macro Total*	+	-0.027	41	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$501	22	\$3,048
Food Insecurity (% of adults aged 60+)	+++	12.6	22	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	18.1	8	37.5
Community & Environment—Micro Total*	++++	0.042	15	0.156
Community & Environment Total*	++	0.015	31	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	68.1	25	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	8.3	46	83.3
Low-care Nursing Home Residents (% of residents)	+	24.8	49	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	57.0	38	100.0
Policy Total*	+	-0.140	45	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.2	36	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.1	24	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.4	7	68.5
Health Screenings (% of seniors with recommended screenings)	+++	71.9	26	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	163.4	9	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	55.7	22	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	21.6	34	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	56.6	40	23.3
Clinical Care Total*	+++	-0.012	29	0.095
All Determinants*	++	-0.171	36	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	62.9	38	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,073	41	1,415
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.0	31	4.8
High Health Status (% of adults aged 65+)	++	38.7	36	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.1	36	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.3	35	4.6
Teeth Extractions (% of adults aged 65+)	++	18.3	40	5.6
All Outcomes*	++	-0.128	40	0.288
OVERALL*	++	-0.300	39	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

OVERALL RANK:

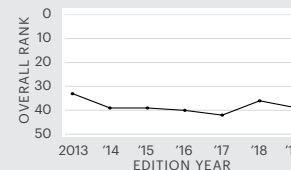
39



Change: ▼ 3

Determinants Rank: **36**

Outcomes Rank: **40**



Strengths:

- High flu vaccination coverage
- High percentage of home-delivered meals
- High home health care worker rate

Challenges:

- High percentage of low-care nursing home residents
- Low percentage of four- and five-star nursing home beds
- High early death rate

Highlights:

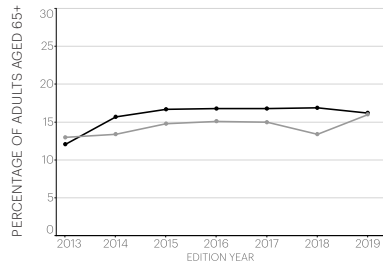
- In the past five years, smoking decreased 19% from 11.7% to 9.5% of adults aged 65+
- In the past year, poverty increased 6% from 8.2% to 8.7% of adults aged 65+
- In the past four years, community support increased 10% from \$456 to \$501 per adult aged 60+ in poverty
- In the past six years, low-care nursing home residents increased 17% from 21.1% to 24.8% of residents
- In the past five years, hospice care use increased 14% from 48.7% to 55.7% of Medicare decedents aged 65+
- In the past six years, depression increased 34% from 12.1% to 16.2% of adults aged 65+

Ranking:

Missouri is 39th this year; it was 36th in 2018. The state ranks 38th for general population health and 41st for the health of women and children.

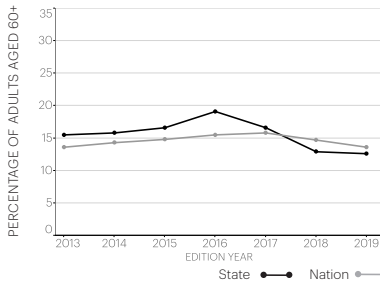
State Health Department Website:
health.mo.gov

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



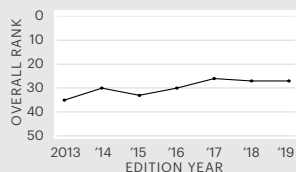
Montana

MONTANA

OVERALL RANK:
27



Change: **no change**
Determinants Rank: **30**
Outcomes Rank: **26**



Strengths:

- Low prevalence of obesity
- High percentage of home-delivered meals
- High community support expenditures

Challenges:

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

Highlights:

- In the past three years, excessive drinking increased 12% from 8.3% to 9.3% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds decreased 8% from 51.5% to 47.4% of certified nursing home beds
- In the past five years, low-care nursing home residents increased 13% from 16.5% to 18.6% of residents
- In the past five years, hospice care use increased 13% from 40.8% to 46.3% of Medicare decedents aged 65+
- In the past six years, high health status increased 18% from 39.8% to 46.8% of adults aged 65+
- In the past three years, depression decreased 9% from 15.8% to 14.3% of adults aged 65+

Ranking:

Montana is 27th this year; it was 27th in 2018. The state ranks 21st for general population health and 28th for the health of women and children.

State Health Department Website:
dphhs.mt.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	50.5	40	60.0
Dental Visit (% of adults aged 65+)	+++	67.4	26	77.9
Excessive Drinking (% of adults aged 65+)	+	9.3	45	3.4
Obesity (% of adults aged 65+)	+++++	23.1	4	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.7	19	20.0
Smoking (% of adults aged 65+)	+++	9.0	24	5.1
Behaviors Total*	+++	0.004	23	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	47.4	32	67.9
Poverty (% of adults aged 65+)	+++++	7.2	8	5.8
Volunteering (% of adults aged 65+)	++++	35.1	13	44.6
Community & Environment—Macro Total*	++++	0.083	20	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,263	6	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	10.8	10	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	27.4	4	37.5
Community & Environment—Micro Total*	+++++	0.133	5	0.156
Community & Environment Total*	+++++	0.216	6	0.246

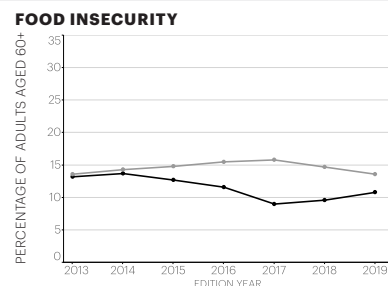
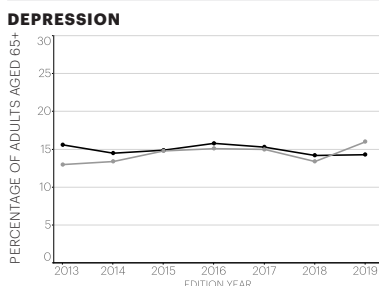
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	89.2	50	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	8.3	46	83.3
Low-care Nursing Home Residents (% of residents)	+	18.6	46	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	80	46	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	62.7	35	100.0
Policy Total*	+	-0.224	49	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	87.5	50	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	67.1	47	84.8
Flu Vaccine (% of adults aged 65+)	+++	60.7	25	68.5
Health Screenings (% of seniors with recommended screenings)	++	69.1	35	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	85.2	36	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	46.3	43	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.4	13	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.8	4	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	41.1	13	23.3
Clinical Care Total*	++	-0.052	40	0.095

All Determinants* +++ -0.055 30 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.8	21	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,664	18	1,415
Falls (% of adults aged 65+)	+	34.8	47	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.2	34	4.8
High Health Status (% of adults aged 65+)	+++++	46.8	7	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.9	8	4.6
Teeth Extractions (% of adults aged 65+)	+++	13.5	21	5.6
All Outcomes*	+++	0.055	26	0.288
OVERALL*	+++	-0.001	27	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Nebraska

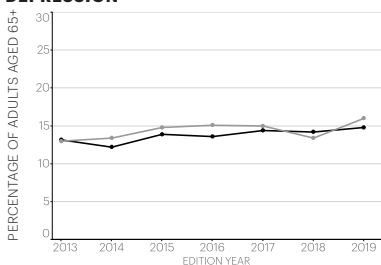
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	54.8	20	60.0
Dental Visit (% of adults aged 65+)	++++	69.1	20	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.5	30	3.4
Obesity (% of adults aged 65+)	++	31.8	39	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	29.1	20	20.0
Smoking (% of adults aged 65+)	++++	8.0	11	5.1
Behaviors Total*	+++	0.025	21	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	54.9	16	67.9
Poverty (% of adults aged 65+)	+++++	7.2	8	5.8
Volunteerism (% of adults aged 65+)	++++	35.5	11	44.6
Community & Environment—Macro Total*	+++++	0.112	6	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,117	9	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.2	26	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	16.0	11	37.5
Community & Environment—Micro Total*	+++++	0.065	8	0.156
Community & Environment Total*	+++++	0.176	10	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	80.2	42	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	++	14.9	39	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	62.3	36	100.0
Policy Total*	+	-0.130	44	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.1	14	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	72.7	41	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.5	6	68.5
Health Screenings (% of seniors with recommended screenings)	+	68.1	41	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	83.7	37	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	53.8	28	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.5	27	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	48.3	24	23.3
Clinical Care Total*	+++	-0.011	28	0.095
All Determinants*	+++	0.061	21	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.7	25	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,763	27	1,415
Falls (% of adults aged 65+)	+++	31.0	30	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.2	9	4.8
High Health Status (% of adults aged 65+)	++++	44.2	15	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.5	28	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	10.6	20	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
All Outcomes*	++++	0.085	18	0.288
OVERALL*	+++	0.146	23	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

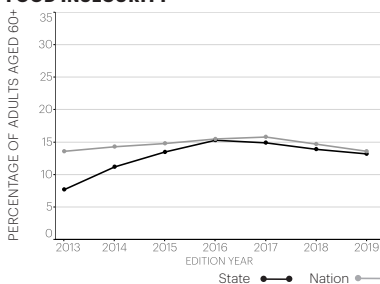
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:
23



Change: ▲ 2
Determinants Rank: **21**
Outcomes Rank: **18**



Strengths:

- High flu vaccination coverage
- Low percentage of seniors living in poverty
- Low prevalence of frequent mental distress

Challenges:

- High prevalence of obesity
- High percentage of low-care nursing home residents
- Low home health care worker rate

Highlights:

- In the past three years, excessive drinking increased 27% from 5.9% to 7.5% of adults aged 65+
- In the past six years, obesity increased 17% from 27.2% to 31.8% of adults aged 65+
- In the past three years, food insecurity decreased 14% from 15.3% to 13.2% of adults aged 60+
- In the past three years, home health care workers increased 35% from 61.8 to 83.7 aides per 1,000 adults aged 75+
- In the past year, hospice care use increased 7% from 50.5% to 53.8% of Medicare decedents aged 65+
- In the past three years, depression increased 9% from 13.6% to 14.8% of adults aged 65+

Ranking:

Nebraska is 23rd this year; it was 25th in 2018. The state ranks 15th for general population health and 22nd for the health of women and children.

State Health Department Website:
dhhs.ne.gov

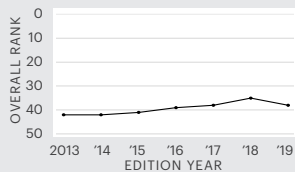
Nevada

NEVADA

OVERALL RANK:
38



Change: ▼ 3
Determinants Rank: **43**
Outcomes Rank: **32**



Strengths:

- High percentage of home-delivered meals
- Low prevalence of obesity
- High SNAP enrollment

Challenges:

- High prevalence of smoking
- High percentage of ICU use
- Low prevalence of seniors with a dedicated provider

Highlights:

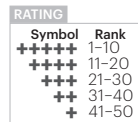
- In the past three years, physical inactivity increased 22% from 25.4% to 31.1% of adults aged 65+ in fair or better health
- In the past year, smoking increased 48% from 10.2% to 15.1% of adults aged 65+
- In the past four years, community support increased 45% from \$228 to \$331 per adult aged 60+ in poverty
- In the past five years, food insecurity decreased 23% from 18.8% to 14.4% of adults aged 60+
- In the past two years, flu vaccination coverage increased 6% from 54.3% to 57.6% of adults aged 65+
- In the past six years, depression increased 23% from 12.0% to 14.7% of adults aged 65+

Ranking:

Nevada is 38th this year; it was 35th in 2018. The state ranks 36th for general population health and 45th for the health of women and children.

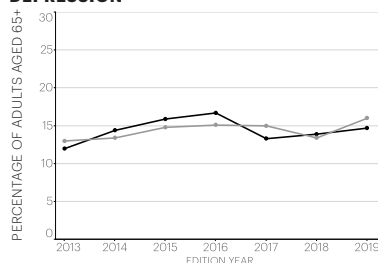
State Health Department Website:
dhhs.nv.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.9	23	60.0
Dental Visit (% of adults aged 65+)	++	63.7	35	77.9
Excessive Drinking (% of adults aged 65+)	++	8.7	40	3.4
Obesity (% of adults aged 65+)	+++++	25.0	6	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	31.1	29	20.0
Smoking (% of adults aged 65+)	+	15.1	50	5.1
Behaviors Total*	++	-0.091	37	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	41.9	39	67.9
Poverty (% of adults aged 65+)	+++	8.5	23	5.8
Volunteering (% of adults aged 65+)	+	24.1	41	44.6
Community & Environment—Macro Total*	++	-0.023	40	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$331	35	\$3,048
Food Insecurity (% of adults aged 60+)	++	14.4	34	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	11.9	21	37.5
Community & Environment—Micro Total*	+++	-0.009	30	0.156
Community & Environment Total*	++	-0.032	35	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	76.8	35	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.2	22	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	89.4	14	100.0
Policy Total*	++	-0.066	35	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	90.3	46	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	75.7	35	84.8
Flu Vaccine (% of adults aged 65+)	++	57.6	34	68.5
Health Screenings (% of seniors with recommended screenings)	++	68.4	38	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	76.1	41	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	51.3	33	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	24.2	45	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.6	47	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	42.2	14	23.3
Clinical Care Total*	+	-0.114	48	0.095
All Determinants*	+	-0.303	43	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.7	25	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,952	37	1,415
Falls (% of adults aged 65+)	+++++	26.1	5	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.7	38	4.8
High Health Status (% of adults aged 65+)	++	40.8	31	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	+	17.1	47	4.6
Teeth Extractions (% of adults aged 65+)	+++++	12.8	14	5.6
All Outcomes*	++	0.004	32	0.288
OVERALL*	++	-0.298	38	0.778

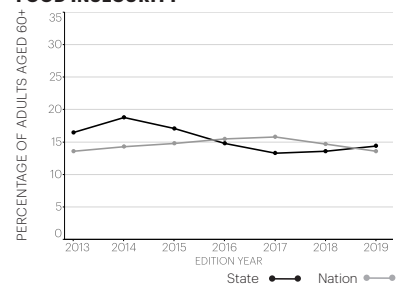


* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



FOOD INSECURITY



Supplemental measure, see website for data

New Hampshire

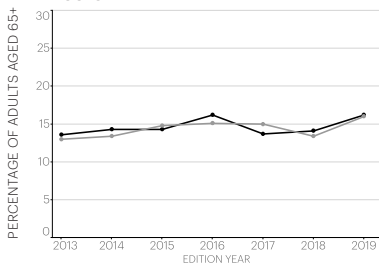
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.4	6	60.0
Dental Visit (% of adults aged 65+)	+++++	74.4	6	77.9
Excessive Drinking (% of adults aged 65+)	++	8.7	40	3.4
Obesity (% of adults aged 65+)	+++	29.0	23	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	26.3	7	20.0
Smoking (% of adults aged 65+)	+++++	6.7	4	5.1
Behaviors Total*	+++++	0.147	6	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	54.2	19	67.9
Poverty (% of adults aged 65+)	+++++	5.8	1	5.8
Volunteerism (% of adults aged 65+)	+++	32.3	22	44.6
Community & Environment—Macro Total*	+++++	0.114	4	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,591	4	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.6	27	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	37.5	1	37.5
Community & Environment—Micro Total*	+++++	0.127	6	0.156
Community & Environment Total*	+++++	0.241	2	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.8	10	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	++	14.1	36	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	79	48	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	49.4	43	100.0
Policy Total*	++	-0.088	38	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.4	10	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	79.1	22	84.8
Flu Vaccine (% of adults aged 65+)	+++	61.9	22	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.2	11	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	96.4	29	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	50.6	36	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.5	27	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.3	19	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	47.1	22	23.3
Clinical Care Total*	++++	0.026	14	0.095
All Determinants*	+++++	0.326	6	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.6	13	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,579	10	1,415
Falls (% of adults aged 65+)	++++	29.3	20	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.1	6	4.8
High Health Status (% of adults aged 65+)	+++++	51.9	1	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	7.6	12	4.6
Teeth Extractions (% of adults aged 65+)	+++++	12.4	13	5.6
All Outcomes*	+++++	0.226	4	0.288
OVERALL*	+++++	0.552	6	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

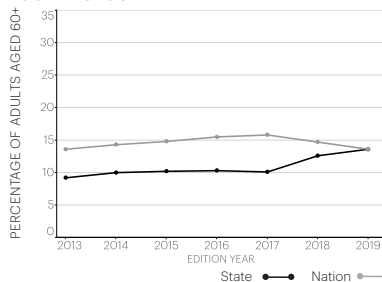
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY

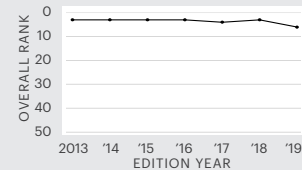


OVERALL RANK:

6



Change: ▼ 3
 Determinants Rank: 6
 Outcomes Rank: 4



Strengths:

- Low percentage of seniors living in poverty
- High percentage of home-delivered meals
- High prevalence of high health status

Challenges:

- Low SNAP enrollment
- High prevalence of excessive drinking
- High percentage of low-care nursing home residents

Highlights:

- In the past three years, excessive drinking increased 23% from 7.1% to 8.7% of adults aged 65+
- In the past four years, four- or five-star rated nursing home beds decreased 15% from 64.0% to 54.2% of certified nursing home beds
- In the past six years, low-care nursing home residents increased 14% from 12.3% to 14.1% of residents
- In the past year, community support decreased 29% from \$2,231 to \$1,591 per adult aged 60+ in poverty
- In the past six years, hospice care use increased 64% from 30.9% to 50.6% of Medicare decedents aged 65+
- In the past five years, high health status increased 9% from 47.7% to 51.9% of adults aged 65+

Ranking:

New Hampshire is sixth this year; it was third in 2018. The state ranks sixth for general population health and second for the health of women and children.

State Health Department Website:
dhhs.nh.gov

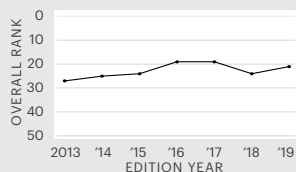
New Jersey

NEW JERSEY

OVERALL RANK:
21



Change: ▲ 3
Determinants Rank: **19**
Outcomes Rank: **23**



Strengths:

- High percentage of able-bodied seniors
- High prevalence of arthritis management
- Low early death rate

Challenges:

- High prevalence of physical inactivity
- High percentage of hospital deaths
- Low percentage of volunteerism

Highlights:

- In the past year, obesity decreased 5% from 27.9% to 26.6% of adults aged 65+
- In the past two years, physical inactivity increased 8% from 32.1% to 34.8% of adults aged 65+ in fair or better health
- In the past six years, poverty increased 11% from 7.6% to 8.4% of adults aged 65+
- In the past six years, home-delivered meals decreased 32% from 11.6% to 7.9% of adults aged 60+ with independent-living difficulty
- In the past four years, flu vaccination coverage increased 11% from 57.2% to 63.4% of adults aged 65+
- In the past two years, depression increased 30% from 10.8% to 14.0% of adults aged 65+

Ranking:

New Jersey is 21st this year; it was 24th in 2018. The state ranks 11th for general population health and 12th for the health of women and children.

State Health Department Website:
state.nj.us/health

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.7	5	60.0
Dental Visit (% of adults aged 65+)	++++	70.8	14	77.9
Excessive Drinking (% of adults aged 65+)	+++	6.9	22	3.4
Obesity (% of adults aged 65+)	++++	26.6	11	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.8	42	20.0
Smoking (% of adults aged 65+)	++++	8.0	11	5.1
Behaviors Total*	++++	0.081	11	0.274

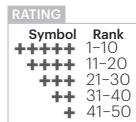
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	59.6	9	67.9
Poverty (% of adults aged 65+)	+++	8.4	21	5.8
Volunteerism (% of adults aged 65+)	+	21.9	45	44.6
Community & Environment—Macro Total*	+++	0.029	29	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$516	18	\$3,048
Food Insecurity (% of adults aged 60+)	+++	12.4	21	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.9	31	37.5
Community & Environment—Micro Total*	+++	0.004	23	0.156
Community & Environment Total*	+++	0.032	30	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.7	9	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	62.5	17	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.3	23	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	92.0	13	100.0
Policy Total*	++++	0.037	11	0.191

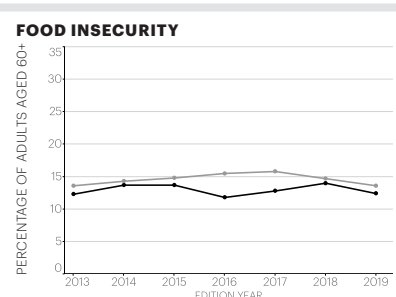
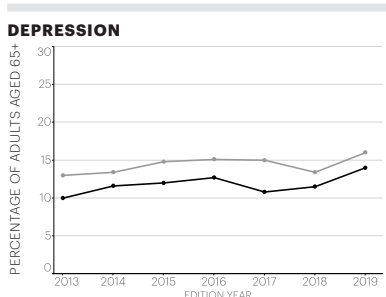
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.8	31	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	84.4	2	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.4	15	68.5
Health Screenings (% of seniors with recommended screenings)	+++	70.7	28	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	87.1	35	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	49.1	39	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	25.3	47	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.2	36	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.6	29	23.3
Clinical Care Total*	++	-0.039	33	0.095

All Determinants* +++++ 0.111 19 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	69.9	3	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,563	9	1,415
Falls (% of adults aged 65+)	+++++	25.6	4	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.7	38	4.8
High Health Status (% of adults aged 65+)	+++	41.0	30	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.1	11	3.2
ICU Use (% of Medicare decedents aged 65+)	+	22.9	50	4.6
Teeth Extractions (% of adults aged 65+)	+++++	11.7	10	5.6
All Outcomes*	+++	0.067	23	0.288
OVERALL*	+++	0.178	21	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

New Mexico

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	48.3	47	60.0
Dental Visit (% of adults aged 65+)	++	63.7	35	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.5	30	3.4
Obesity (% of adults aged 65+)	+++++	21.6	2	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.5	15	20.0
Smoking (% of adults aged 65+)	+	11.1	42	5.1
Behaviors Total*	++	-0.038	31	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	36.1	45	67.9
Poverty (% of adults aged 65+)	+	12.2	49	5.8
Volunteerism (% of adults aged 65+)	+++	30.5	28	44.6
Community & Environment—Macro Total*	+	-0.087	45	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$504	20	\$3,048
Food Insecurity (% of adults aged 60+)	+	20.2	48	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	15.4	12	37.5
Community & Environment—Micro Total*	++	-0.038	38	0.156
Community & Environment Total*	+	-0.125	45	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	68.0	24	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++	14.9	39	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	63.8	34	100.0
Policy Total*	+	-0.114	43	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	89.6	48	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	65.2	48	84.8
Flu Vaccine (% of adults aged 65+)	+	55.2	41	68.5
Health Screenings (% of seniors with recommended screenings)	+	60.6	50	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	232.5	5	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++	55.1	24	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.0	18	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.7	8	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	39.5	12	23.3
Clinical Care Total*	++	-0.044	35	0.095
All Determinants*	+	-0.321	45	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	61.8	40	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,732	24	1,415
Falls (% of adults aged 65+)	+	33.1	44	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.1	43	4.8
High Health Status (% of adults aged 65+)	+	37.3	42	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.3	37	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.4	29	4.6
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
All Outcomes*	+	-0.133	42	0.288
OVERALL*	+	-0.454	42	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

OVERALL RANK:

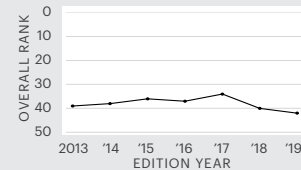
42



Change: ▼ 2

Determinants Rank: **45**

Outcomes Rank: **42**



Strengths:

- Low prevalence of obesity
- High home health care worker rate
- High percentage of home-delivered meals

Challenges:

- High percentage of seniors living in poverty
- High prevalence of food insecurity
- Low prevalence of seniors with a dedicated provider

Highlights:

- In the past year, smoking increased 31% from 8.5% to 11.1% of adults aged 65+
- In the past four years, home-delivered meals increased 11% from 13.9% to 15.4% of adults aged 60+ with an independent-living difficulty
- In the past six years, low-care nursing home residents increased 12% from 13.3% to 14.9% of residents
- In the past six years, hospice care use increased 30% from 42.5% to 55.1% of Medicare decedents aged 65+
- In the past two years, ICU use in the last six months of life increased 11% from 12.1% to 13.4% of decedents aged 65+
- In the past six years, depression increased 7% from 16.1% to 17.3% of adults aged 65+

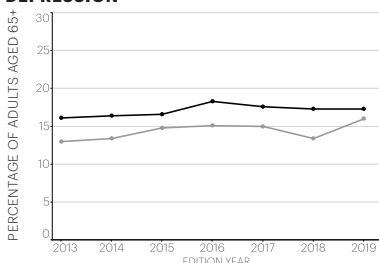
Ranking:

New Mexico is 42nd this year; it was 40th in 2018. The state ranks 35th for general population health and 37th for the health of women and children.

State Health Department Website:

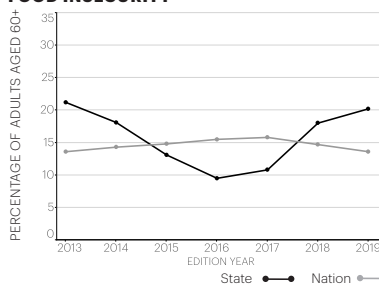
nmhealth.org

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



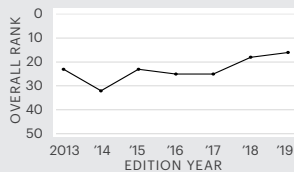
New York

NEW YORK

OVERALL RANK:
16



Change: **▲ 2**
Determinants Rank: **18**
Outcomes Rank: **12**



Strengths:

- High SNAP enrollment
- High home health care worker rate
- Low early death rate

Challenges:

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

Highlights:

- In the past three years, excessive drinking increased 17% from 6.9% to 8.1% of adults aged 65+
- In the past six years, physical inactivity decreased 10% from 31.3% to 28.2% of adults aged 65+ in fair or better health
- In the past year, community support increased 10% from \$901 to \$994 per adult aged 60+ in poverty
- In the past two years, ICU use in the last six months of life increased 5% from 11.8% to 12.4% of decedents aged 65+
- In the past six years, high health status increased 21% from 35.0% to 42.3% of adults aged 65+
- In the past three years, depression decreased 18% from 14.8% to 12.2% of adults aged 65+

Ranking:

New York is 16th this year; it was 18th in 2018. The state ranks 10th for general population health and 19th for the health of women and children.

State Health Department Website:
health.ny.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	52.1	33	60.0
Dental Visit (% of adults aged 65+)	+++	68.9	21	77.9
Excessive Drinking (% of adults aged 65+)	++	8.1	36	3.4
Obesity (% of adults aged 65+)	++++	26.9	14	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.2	14	20.0
Smoking (% of adults aged 65+)	++++	8.2	15	5.1
Behaviors Total*	++++	0.038	19	0.274

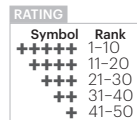
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	51.8	25	67.9
Poverty (% of adults aged 65+)	+	11.4	47	5.8
Volunteerism (% of adults aged 65+)	+	22.2	43	44.6
Community & Environment—Macro Total*	+	-0.060	44	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$994	10	\$3,048
Food Insecurity (% of adults aged 60+)	+++	14.0	30	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	10.0	26	37.5
Community & Environment—Micro Total*	+++	0.026	21	0.156
Community & Environment Total*	++	-0.035	36	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	42.3	4	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	83.3	1	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.6	9	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.191	1	0.191

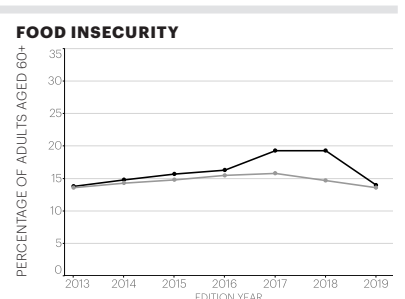
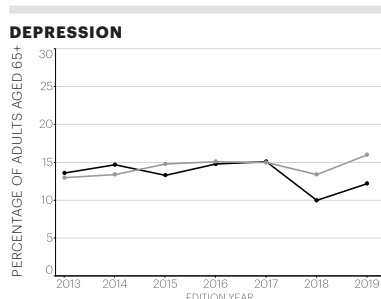
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.5	22	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.7	6	84.8
Flu Vaccine (% of adults aged 65+)	++	58.0	33	68.5
Health Screenings (% of seniors with recommended screenings)	+++	72.1	25	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	262.0	2	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	34.7	48	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	29.8	50	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.5	44	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	46.8	21	23.3
Clinical Care Total*	++	-0.042	34	0.095

All Determinants* +++ 0.152 18 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.6	13	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,530	8	1,415
Falls (% of adults aged 65+)	+++++	27.4	8	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.0	31	4.8
High Health Status (% of adults aged 65+)	+++	42.3	22	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	12.4	25	4.6
Teeth Extractions (% of adults aged 65+)	++++	12.3	12	5.6
All Outcomes*	++++	0.128	12	0.288
OVERALL*	++++	0.280	16	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

North Carolina

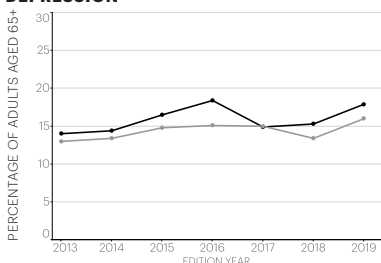
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	47.3	50	60.0
Dental Visit (% of adults aged 65+)	++	63.1	37	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.2	13	3.4
Obesity (% of adults aged 65+)	+++	30.3	30	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.6	27	20.0
Smoking (% of adults aged 65+)	+	11.6	47	5.1
Behaviors Total*	+	-0.164	44	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	34.9	48	67.9
Poverty (% of adults aged 65+)	++	9.1	33	5.8
Volunteerism (% of adults aged 65+)	++++	32.7	20	44.6
Community & Environment—Macro Total*	++	-0.014	37	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$319	36	\$3,048
Food Insecurity (% of adults aged 60+)	+	20.5	49	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	6.2	39	37.5
Community & Environment—Micro Total*	+	-0.089	50	0.156
Community & Environment Total*	+	-0.103	44	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	61.5	14	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.9	6	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	75.6	23	100.0
Policy Total*	+++++	0.068	8	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.4	10	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.0	8	84.8
Flu Vaccine (% of adults aged 65+)	+++++	66.4	4	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	77.3	10	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	92.4	34	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	56.2	20	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.2	25	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.0	26	23.3
Clinical Care Total*	+++++	0.056	10	0.095
All Determinants*	++	-0.143	34	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.8	31	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,945	36	1,415
Falls (% of adults aged 65+)	+++++	28.1	10	24.8
Frequent Mental Distress (% of adults aged 65+)	+	11.9	50	4.8
High Health Status (% of adults aged 65+)	++	38.3	37	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.2	27	4.6
Teeth Extractions (% of adults aged 65+)	++	18.1	39	5.6
All Outcomes*	+	-0.129	41	0.288
OVERALL*	++	-0.272	37	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

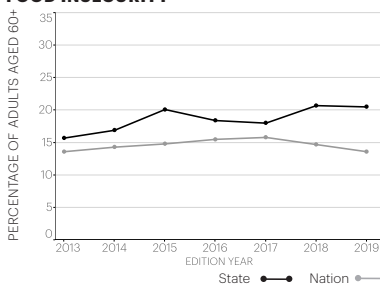
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

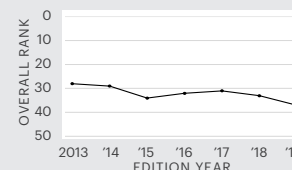
37



Change: ▼ 4

Determinants Rank: **34**

Outcomes Rank: **41**



Strengths:

- High flu vaccination coverage
- Low percentage of low-care nursing home residents
- High prevalence of seniors with a dedicated provider

Challenges:

- High prevalence of frequent mental distress
- Low prevalence of arthritis management
- High prevalence of food insecurity

Highlights:

- In the past three years, obesity increased 17% from 25.9% to 30.3% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 24% from 28.2% to 34.9% of certified nursing home beds
- In the past six years, food insecurity increased 31% from 15.7% to 20.5% of adults aged 60+
- In the past five years, hospice care use increased 16% from 48.4% to 56.2% of Medicare decedents aged 65+
- In the past six years, high health status increased 12% from 34.1% to 38.3% of adults aged 65+
- In the past six years, depression increased 28% from 14.0% to 17.9% of adults aged 65+

Ranking:

North Carolina is 37th this year; it was 33rd in 2018. The state ranks 33rd for general population health and 30th for the health of women and children.

State Health Department Website:

ncdhs.gov

North Dakota

NORTH DAKOTA

OVERALL RANK:

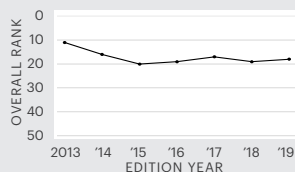
18



Change: **▲ 1**

Determinants Rank: **26**

Outcomes Rank: **5**



Strengths:

- Low prevalence of frequent mental distress
- Low prevalence of food insecurity
- High percentage of four- and five-star nursing home beds

Challenges:

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

Highlights:

- In the past two years, smoking increased 28% from 8.2% to 10.5% of adults aged 65+
- In the past three years, community support decreased 33% from \$1,389 to \$926 per adult aged 60+ in poverty
- In the past four years, home-delivered meals increased 7% from 25.5% to 27.3% of adults aged 60+ with an independent-living difficulty
- In the past five years, hospital deaths increased 9% from 22.2% to 24.3% of Medicare decedents aged 65+
- In the past six years, high health status increased 18% from 35.1% to 41.5% of adults aged 65+
- In the past year, depression increased 43% from 9.2% to 13.2% of adults aged 65+

Ranking:

North Dakota is 18th this year; it was 19th in 2018. The state ranks 13th for general population health and 17th for the health of women and children.

State Health Department Website:

ndhealth.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.8	12	60.0
Dental Visit (% of adults aged 65+)	++	64.9	32	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.0	23	3.4
Obesity (% of adults aged 65+)	+	32.1	41	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	34.5	41	20.0
Smoking (% of adults aged 65+)	++	10.5	39	5.1
Behaviors Total*	++	-0.093	38	0.274

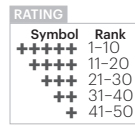
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	63.0	3	67.9
Poverty (% of adults aged 65+)	++	9.9	38	5.8
Volunteering (% of adults aged 65+)	+++++	38.7	3	44.6
Community & Environment—Macro Total*	+++++	0.100	8	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$926	11	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	7.2	2	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	27.3	5	37.5
Community & Environment—Micro Total*	+++++	0.146	2	0.156
Community & Environment Total*	+++++	0.246	1	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	54.3	8	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	37.5	33	83.3
Low-care Nursing Home Residents (% of residents)	++	14.3	37	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	49.1	44	100.0
Policy Total*	++	-0.054	31	0.191

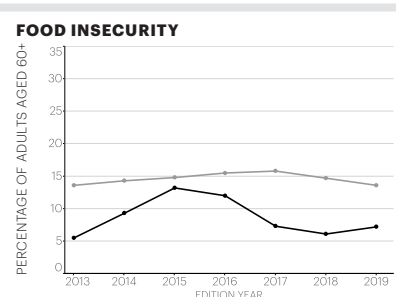
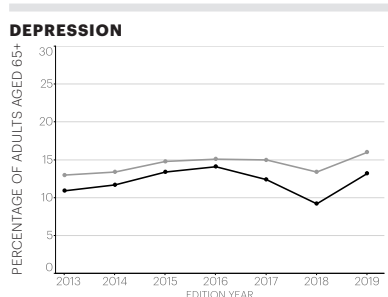
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	90.7	45	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.5	29	84.8
Flu Vaccine (% of adults aged 65+)	+++	60.0	27	68.5
Health Screenings (% of seniors with recommended screenings)	++	68.4	38	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	125.3	16	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	29.2	50	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	24.3	46	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.1	15	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++	49.1	27	23.3
Clinical Care Total*	+	-0.091	46	0.095

All Determinants* +++ 0.009 26 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	69.6	5	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,608	12	1,415
Falls (% of adults aged 65+)	+++++	28.1	10	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	4.9	2	4.8
High Health Status (% of adults aged 65+)	+++	41.5	27	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.1	11	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.8	5	4.6
Teeth Extractions (% of adults aged 65+)	+++	13.6	22	5.6
All Outcomes*	+++++	0.224	5	0.288
OVERALL*	++++	0.233	18	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Ohio

OHIO

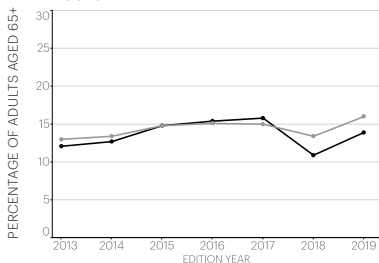
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	56.4	6	60.0
Dental Visit (% of adults aged 65+)	+++	66.1	29	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.3	15	3.4
Obesity (% of adults aged 65+)	++	30.9	36	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.3	45	20.0
Smoking (% of adults aged 65+)	+	11.1	42	5.1
Behaviors Total*	++	-0.068	34	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	45.6	33	67.9
Poverty (% of adults aged 65+)	++++	7.7	12	5.8
Volunteerism (% of adults aged 65+)	+++	30.3	30	44.6
Community & Environment—Macro Total*	+++	0.040	25	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$414	27	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.1	24	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	10.4	25	37.5
Community & Environment—Micro Total*	+++	0.001	25	0.156
Community & Environment Total*	+++	0.042	27	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.9	29	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.9	29	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	89	1	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	79.3	20	100.0
Policy Total*	+++	-0.029	25	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.8	7	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	77.3	30	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.0	18	68.5
Health Screenings (% of seniors with recommended screenings)	++	69.8	33	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	114.8	19	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	62.1	5	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	16.1	3	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.1	35	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	57.0	42	23.3
Clinical Care Total*	++++	0.025	15	0.095
All Determinants*	+++	-0.030	29	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.8	21	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	2,055	40	1,415
Falls (% of adults aged 65+)	++++	28.8	16	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.9	19	4.8
High Health Status (% of adults aged 65+)	++	39.9	33	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	++	15.1	38	4.6
Teeth Extractions (% of adults aged 65+)	++	17.1	36	5.6
All Outcomes*	++	-0.033	35	0.288
OVERALL*	+++	-0.063	30	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

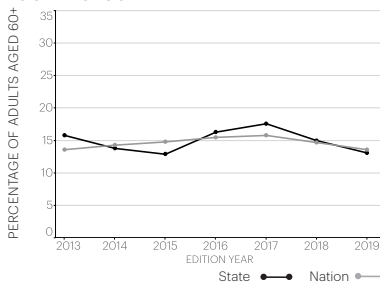
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

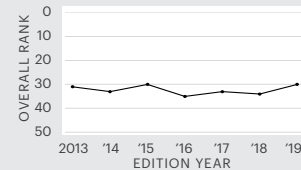
30



Change: ▲ 4

Determinants Rank: **29**

Outcomes Rank: **35**



Strengths:

- Low percentage of hospital deaths
- High prevalence of arthritis management
- High prevalence of seniors with a dedicated provider

Challenges:

- High prevalence of physical inactivity
- High prevalence of smoking
- High early death rate

Highlights:

- In the past three years, excessive drinking increased 11% from 5.7% to 6.3% of adults aged 65+
- In the past six years, smoking increased 14% from 9.7% to 11.1% of adults aged 65+
- In the past two years, food insecurity decreased 26% from 17.6% to 13.1% of adults aged 60+
- In the past year, flu vaccination coverage increased 10% from 57.3% to 63.0% of adults aged 65+
- In the past six years, hospice care use increased 50% from 41.4% to 62.1% of Medicare decedents aged 65+
- In the past six years, depression increased 15% from 12.1% to 13.9% of adults aged 65+

Ranking:

Ohio is 30th this year; it was 34th in 2018. The state ranks 40th for general population health and 32nd for the health of women and children.

State Health Department Website:

odh.ohio.gov

Oklahoma

OKLAHOMA

OVERALL RANK:

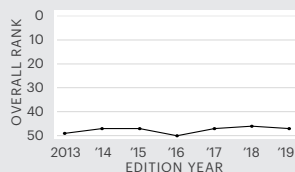
47



Change: ▼ 1

Determinants Rank: 47

Outcomes Rank: 45



Strengths:

- High flu vaccination coverage
- Low prevalence of excessive drinking
- High percentage of volunteerism

Challenges:

- High percentage of low-care nursing home residents
- Low prevalence of arthritis management
- High prevalence of physical inactivity

Highlights:

- In the past six years, obesity increased 21% from 26.3% to 31.9% of adults aged 65+
- In the past two years, smoking decreased 22% from 13.0% to 10.1% of adults aged 65+
- In the past two years, home-delivered meals decreased 20% from 8.7% to 7.0% of adults aged 60+ with an independent-living difficulty
- In the past six years, hospice care use increased 27% from 44.4% to 56.6% of Medicare decedents aged 65+
- In the past two years, high health status increased 17% from 32.3% to 37.7% of adults aged 65+
- In the past six years, depression increased 9% from 17.6% to 19.1% of adults aged 65+

Ranking:

Oklahoma is 47th this year; it was 46th in 2018. The state ranks 47th for general population health and 47th for the health of women and children.

State Health Department Website:
ok.gov/health

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	48.0	48	60.0
Dental Visit (% of adults aged 65+)	+	57.6	45	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.5	2	3.4
Obesity (% of adults aged 65+)	++	31.9	40	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.6	47	20.0
Smoking (% of adults aged 65+)	++	10.1	35	5.1
Behaviors Total*	+	-0.173	46	0.274

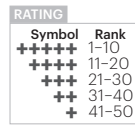
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	35.1	47	67.9
Poverty (% of adults aged 65+)	++	9.1	33	5.8
Volunteerism (% of adults aged 65+)	+++++	33.0	18	44.6
Community & Environment—Macro Total*	++	-0.011	35	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$264	41	\$3,048
Food Insecurity (% of adults aged 60+)	++	16.6	39	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.0	37	37.5
Community & Environment—Micro Total*	+	-0.053	41	0.156
Community & Environment Total*	++	-0.064	40	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	84.8	47	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	29.2	35	83.3
Low-care Nursing Home Residents (% of residents)	+	22.9	48	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	81	44	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	72.2	24	100.0
Policy Total*	+	-0.194	48	0.191

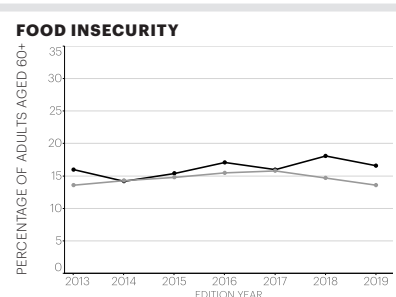
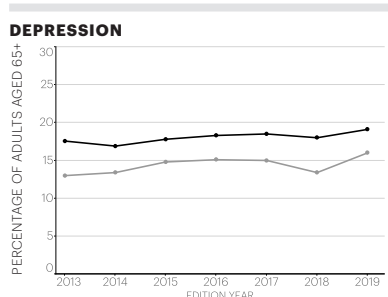
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.2	36	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	71.1	44	84.8
Flu Vaccine (% of adults aged 65+)	+++++	68.5	1	68.5
Health Screenings (% of seniors with recommended screenings)	+	64.5	46	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	81.0	39	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	56.6	18	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	21.3	33	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.7	29	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	59.9	44	23.3
Clinical Care Total*	+	-0.058	42	0.095

All Determinants* + -0.489 47 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	58.1	47	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,329	45	1,415
Falls (% of adults aged 65+)	++	31.6	36	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.2	44	4.8
High Health Status (% of adults aged 65+)	+	37.7	41	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.3	48	3.2
ICU Use (% of Medicare decedents aged 65+)	+++	13.7	30	4.6
Teeth Extractions (% of adults aged 65+)	+	21.4	45	5.6
All Outcomes*	+	-0.295	45	0.288
OVERALL*	+	-0.784	47	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Oregon

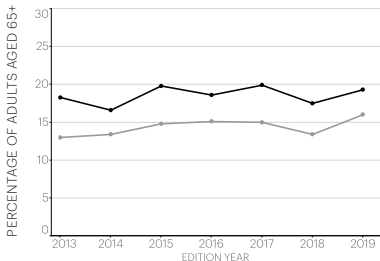
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	47.6	49	60.0
Dental Visit (% of adults aged 65+)	++++	70.4	15	77.9
Excessive Drinking (% of adults aged 65+)	+	9.8	47	3.4
Obesity (% of adults aged 65+)	+++	30.3	30	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	23.6	4	20.0
Smoking (% of adults aged 65+)	++++	8.3	17	5.1
Behaviors Total*	++	-0.047	33	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	55.5	15	67.9
Poverty (% of adults aged 65+)	+++	8.7	28	5.8
Volunteerism (% of adults aged 65+)	+++++	36.5	9	44.6
Community & Environment—Macro Total*	++++	0.087	17	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$246	44	\$3,048
Food Insecurity (% of adults aged 60+)	+++	12.8	23	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	12.0	20	37.5
Community & Environment—Micro Total*	+++	0.001	25	0.156
Community & Environment Total*	++++	0.088	19	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	64.4	19	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.3	16	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.065	9	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.3	35	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	74.9	38	84.8
Flu Vaccine (% of adults aged 65+)	++	55.7	40	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	73.8	19	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	93.8	32	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	56.7	17	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.2	25	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.7	8	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	33.9	6	23.3
Clinical Care Total*	+++	0.004	24	0.095
All Determinants*	++++	0.109	20	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.8	31	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,660	17	1,415
Falls (% of adults aged 65+)	+	32.4	41	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.3	36	4.8
High Health Status (% of adults aged 65+)	++++	45.2	12	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.8	6	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.9	8	4.6
Teeth Extractions (% of adults aged 65+)	++++	13.2	17	5.6
All Outcomes*	++++	0.085	18	0.288
OVERALL*	++++	0.194	19	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

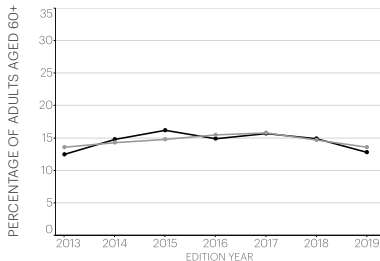
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

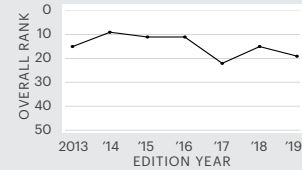
FOOD INSECURITY



OVERALL RANK:
19



Change: **▼ 4**
 Determinants Rank: **20**
 Outcomes Rank: **18**



Strengths:

- Low prevalence of physical inactivity
- High SNAP enrollment
- Low percentage of ICU use

Challenges:

- Low prevalence of arthritis management
- High prevalence of excessive drinking
- Low community support expenditures

Highlights:

- In the past six years, obesity increased 23% from 24.6% to 30.3% of adults aged 65+
- In the past year, home-delivered meals increased 6% from 11.3% to 12.0% of adults aged 60+ with an independent-living difficulty
- In the past four years, low-care nursing home residents increased 30% from 7.9% to 10.3% of residents
- In the past year, flu vaccination coverage increased 8% from 51.5% to 55.7% of adults aged 65+
- In the past six years, high health status increased 5% from 43.1% to 45.2% of adults aged 65+
- In the past three years, frequent mental distress increased 20% from 6.9% to 8.3% of adults aged 65+

Ranking:

Oregon is 19th this year; it was 15th in 2018. The state ranks 21st for general population health and 18th for the health of women and children.

State Health Department Website:
oregon.gov/oha/ph

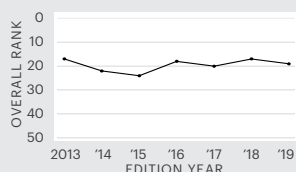
Pennsylvania

PENNSYLVANIA

OVERALL RANK:
19



Change: ▼ 2
Determinants Rank: **15**
Outcomes Rank: **34**



Strengths:

- High prevalence of seniors with a dedicated provider
- High prevalence of arthritis management
- High community support expenditures

Challenges:

- High prevalence of obesity
- High percentage of ICU use
- Low prevalence of high health status

Highlights:

- In the past year, excessive drinking decreased 17% from 8.1% to 6.7% of adults aged 65+
- In the past year, poverty increased 9% from 7.8% to 8.5% of adults aged 65+
- In the past three years, food insecurity increased 40% from 11.8% to 16.5% of adults aged 60+
- In the past three years, flu vaccination coverage increased 6% from 59.6% to 63.2% of adults aged 65+
- In the past six years, early deaths decreased 4% from 1,933 to 1,847 deaths per 100,000 adults aged 65-74
- In the past year, frequent mental distress increased 37% from 5.9% to 8.1% of adults aged 65+

Ranking:

Pennsylvania is 19th this year; it was 17th in 2018. The state ranks 28th for general population health and 23rd for the health of women and children.

State Health Department Website: health.pa.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++++	58.6	3	60.0
Dental Visit (% of adults aged 65+)	+++	66.0	30	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.7	19	3.4
Obesity (% of adults aged 65+)	+	32.4	42	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	31.4	30	20.0
Smoking (% of adults aged 65+)	+++	9.6	29	5.1
Behaviors Total*	+++	0.007	22	0.274

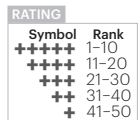
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	44.8	35	67.9
Poverty (% of adults aged 65+)	+++	8.5	23	5.8
Volunteering (% of adults aged 65+)	++++	32.8	19	44.6
Community & Environment—Macro Total*	+++	0.034	26	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,155	7	\$3,048
Food Insecurity (% of adults aged 60+)	++	16.5	37	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.4	34	37.5
Community & Environment—Micro Total*	+++	0.002	24	0.156
Community & Environment Total*	+++	0.036	28	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	49.4	6	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	7.8	10	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.129	2	0.191

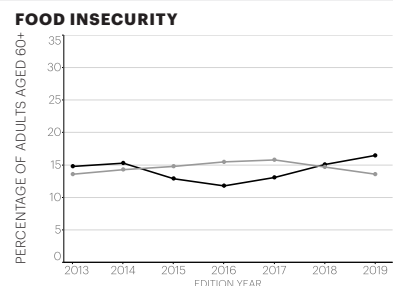
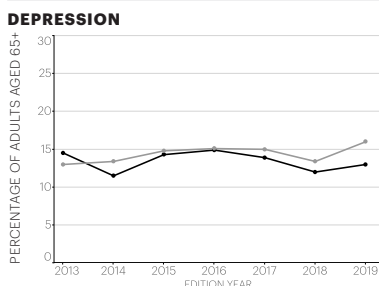
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	96.7	2	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.1	13	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.2	16	68.5
Health Screenings (% of seniors with recommended screenings)	++++	73.8	19	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	145.1	13	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	52.7	31	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.7	16	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.6	27	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	51.7	33	23.3
Clinical Care Total*	++++	0.051	11	0.095

All Determinants* +++ 0.222 15 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.8	21	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,847	32	1,415
Falls (% of adults aged 65+)	++++	28.5	14	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.1	33	4.8
High Health Status (% of adults aged 65+)	++	38.2	39	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.4	24	3.2
ICU Use (% of Medicare decedents aged 65+)	++	15.4	40	4.6
Teeth Extractions (% of adults aged 65+)	++	16.7	34	5.6
All Outcomes*	++	-0.028	34	0.288
OVERALL*	++++	0.194	19	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Rhode Island

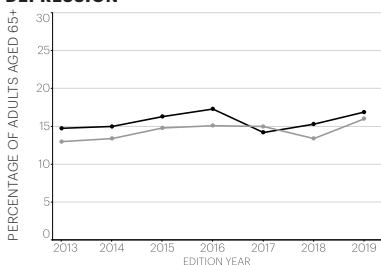
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.9	11	60.0
Dental Visit (% of adults aged 65+)	+++++	74.6	5	77.9
Excessive Drinking (% of adults aged 65+)	++	7.9	35	3.4
Obesity (% of adults aged 65+)	++++	28.2	18	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.5	26	20.0
Smoking (% of adults aged 65+)	+++++	7.6	8	5.1
Behaviors Total*	+++++	0.107	8	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++++	65.8	2	67.9
Poverty (% of adults aged 65+)	+++	9.0	30	5.8
Volunteerism (% of adults aged 65+)	++	28.4	33	44.6
Community & Environment—Macro Total*	+++	0.073	21	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$252	42	\$3,048
Food Insecurity (% of adults aged 60+)	+++	13.6	27	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	6.3	38	37.5
Community & Environment—Micro Total*	++	-0.029	35	0.156
Community & Environment Total*	+++	0.044	25	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++++	53.3	7	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	25.0	36	83.3
Low-care Nursing Home Residents (% of residents)	++	13.9	33	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	88	5	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++++	0.047	10	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	97.2	1	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.1	13	84.8
Flu Vaccine (% of adults aged 65+)	++++	64.3	11	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	79.0	3	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	0.0	0	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	59.5	10	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.2	11	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.8	31	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	54.0	36	23.3
Clinical Care Total*	+++++	0.084	2	0.095
All Determinants*	+++++	0.281	10	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	68.0	10	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,723	22	1,415
Falls (% of adults aged 65+)	+++++	27.2	7	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	7.2	20	4.8
High Health Status (% of adults aged 65+)	++++	45.0	13	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	5.0	8	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.9	15	4.6
Teeth Extractions (% of adults aged 65+)	++++	11.9	11	5.6
All Outcomes*	+++++	0.175	9	0.288
OVERALL*	+++++	0.456	7	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

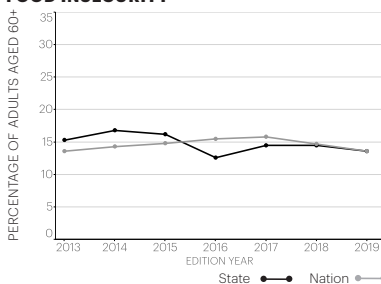
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

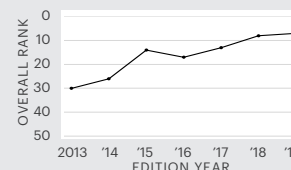
7



Change: ▲1

Determinants Rank: 10

Outcomes Rank: 9



Strengths:

- High prevalence of seniors with a dedicated provider
- High percentage of four- and five-star nursing home beds
- High SNAP enrollment

Challenges:

- Low community support expenditures
- Low percentage of home-delivered meals
- High prevalence of excessive drinking

Highlights:

- In the past two years, excessive drinking increased 23% from 6.4% to 7.9% of adults aged 65+
- In the past three years, four- or five-star rated nursing home beds increased 47% from 44.8% to 65.8% of certified nursing home beds
- In the past two years, poverty decreased 13% from 10.3% to 9.0% of adults aged 65+
- In the past five years, food insecurity decreased 19% from 16.8% to 13.6% of adults aged 60+
- In the past year, early deaths increased 9% from 1,575 to 1,723 deaths per 100,000 adults aged 65-74
- In the past six years, depression increased 14% from 14.8% to 16.9% of adults aged 65+

Ranking:

Rhode Island is seventh this year; it was eighth in 2018. The state ranks 14th for general population health and third for the health of women and children.

State Health Department Website: health.ri.gov

South Carolina

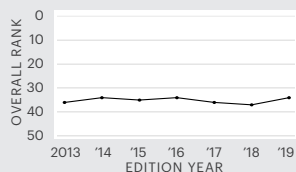
SOUTH CAROLINA

OVERALL RANK:

34



Change: ▲ 3
 Determinants Rank: **27**
 Outcomes Rank: **37**



Strengths:

- Low percentage of low-care nursing home residents
- High percentage of hospice care use
- Low prevalence of excessive drinking

Challenges:

- High prevalence of frequent mental distress
- High prevalence of food insecurity
- Low home health care worker rate

Highlights:

- In the past four years, smoking increased 15% from 8.4% to 9.7% of adults aged 65+
- In the past four years, community support increased 20% from \$230 to \$276 per adult aged 60+ in poverty
- In the past two years, food insecurity decreased 12% from 19.3% to 16.9% of adults aged 60+
- In the past six years, hospital deaths decreased 42% from 35.3% to 20.5% of Medicare decedents aged 65+
- In the past six years, high health status increased 14% from 34.7% to 39.6% of adults aged 65+
- In the past six years, depression increased 36% from 12.6% to 17.2% of adults aged 65+

Ranking:

South Carolina is 34th this year; it was 37th in 2018. The state ranks 43rd for general population health and 36th for the health of women and children.

State Health Department Website:
sodhec.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.9	23	60.0
Dental Visit (% of adults aged 65+)	+	60.1	43	77.9
Excessive Drinking (% of adults aged 65+)	++++	5.8	11	3.4
Obesity (% of adults aged 65+)	+++	28.7	21	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	28.5	15	20.0
Smoking (% of adults aged 65+)	++	9.7	32	5.1
Behaviors Total*	+++	-0.003	25	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	48.9	30	67.9
Poverty (% of adults aged 65+)	++	9.2	35	5.8
Volunteering (% of adults aged 65+)	+++	31.9	24	44.6
Community & Environment—Macro Total*	+++	0.029	29	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$276	39	\$3,048
Food Insecurity (% of adults aged 60+)	+	16.9	41	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	7.6	33	37.5
Community & Environment—Micro Total*	+	-0.053	41	0.156
Community & Environment Total*	++	-0.024	33	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	72.2	30	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++	45.8	32	83.3
Low-care Nursing Home Residents (% of residents)	+++++	6.4	5	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	70.9	27	100.0
Policy Total*	+++++	-0.002	19	0.191

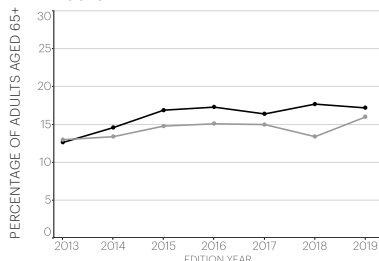
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.3	24	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	81.7	10	84.8
Flu Vaccine (% of adults aged 65+)	++++	62.5	20	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	74.3	17	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	77.5	40	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	60.5	8	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	20.5	27	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.5	24	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	45.6	18	23.3
Clinical Care Total*	+++++	0.029	13	0.095

All Determinants* +++ 0.000 27 0.512

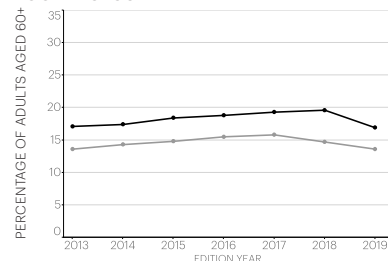
	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+++	65.0	30	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,971	38	1,415
Falls (% of adults aged 65+)	+++	29.4	21	24.8
Frequent Mental Distress (% of adults aged 65+)	+	8.8	41	4.8
High Health Status (% of adults aged 65+)	++	39.6	34	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	6.4	38	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.7	36	4.6
Teeth Extractions (% of adults aged 65+)	++	17.7	37	5.6
All Outcomes*	++	-0.102	37	0.288
OVERALL*	++	-0.102	34	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



FOOD INSECURITY



Supplemental measure, see website for data

South Dakota

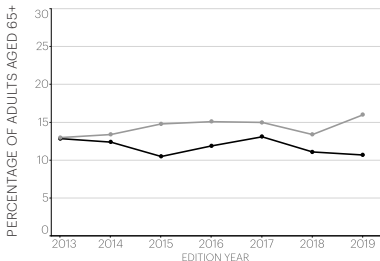
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.5	15	60.0
Dental Visit (% of adults aged 65+)	++	65.0	31	77.9
Excessive Drinking (% of adults aged 65+)	+++++	5.3	7	3.4
Obesity (% of adults aged 65+)	++	30.4	32	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.8	28	20.0
Smoking (% of adults aged 65+)	++++	8.4	19	5.1
Behaviors Total*	++++	0.046	18	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	51.0	27	67.9
Poverty (% of adults aged 65+)	++++	8.0	17	5.8
Volunteerism (% of adults aged 65+)	+++++	36.8	7	44.6
Community & Environment—Macro Total*	++++	0.088	15	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$922	12	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.1	12	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	13.9	14	37.5
Community & Environment—Micro Total*	+++++	0.064	9	0.156
Community & Environment Total*	++++	0.152	13	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	74.5	33	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	62.5	17	83.3
Low-care Nursing Home Residents (% of residents)	+	17.0	44	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	84	34	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	50.8	41	100.0
Policy Total*	+	-0.104	42	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	91.9	43	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	73.0	40	84.8
Flu Vaccine (% of adults aged 65+)	+++++	65.0	10	68.5
Health Screenings (% of seniors with recommended screenings)	++	69.4	34	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	59.9	47	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	41.2	46	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	19.3	19	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.2	7	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	50.5	31	23.3
Clinical Care Total*	++	-0.045	36	0.095
All Determinants*	+++	0.049	22	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	68.4	9	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,695	21	1,415
Falls (% of adults aged 65+)	+++	29.6	22	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.1	6	4.8
High Health Status (% of adults aged 65+)	+++	41.7	26	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++	5.8	32	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	7.4	11	4.6
Teeth Extractions (% of adults aged 65+)	++	15.9	32	5.6
All Outcomes*	++++	0.113	17	0.288
OVERALL*	+++	0.162	22	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

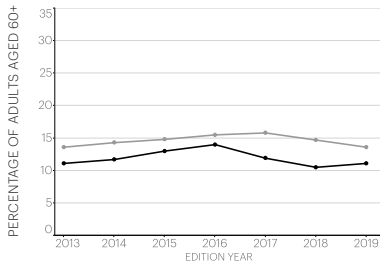
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

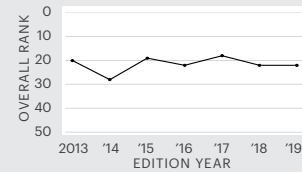
FOOD INSECURITY



OVERALL RANK:
22



Change: **no change**
Determinants Rank: **22**
Outcomes Rank: **17**



Strengths:

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

Challenges:

- Low home health care worker rate
- Low percentage of hospice care use
- High percentage of low-care nursing home residents

Highlights:

- In the past six years, obesity increased 28% from 23.8% to 30.4% of adults aged 65+
- In the past three years, physical inactivity increased 22% from 25.2% to 30.8% of adults aged 65+ in fair or better health
- In the past year, poverty decreased 27% from 10.9% to 8.0% of adults aged 65+
- In the past five years, hospital deaths decreased 9% from 21.3% to 19.3% of Medicare decedents aged 65+
- In the past three years, early deaths increased 6% from 1,592 to 1,695 deaths per 100,000 adults aged 65-74
- In the past three years, frequent mental distress increased 30% from 4.7% to 6.1% of adults aged 65+

Ranking:

South Dakota is 22nd this year; it was 22nd in 2018. The state ranks 25th for general population health and 24th for the health of women and children.

State Health Department Website:
doh.sd.gov

Tennessee

TENNESSEE

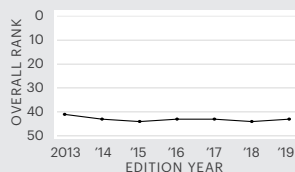
OVERALL RANK:

43

Change: ▲ 1

Determinants Rank: 40

Outcomes Rank: 44



Strengths:

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

Challenges:

- Low percentage of home-delivered meals
- High prevalence of smoking
- Low flu vaccination coverage

Highlights:

- In the past two years, smoking decreased 12% from 13.8% to 12.1% of adults aged 65+
- In the past year, SNAP reach decreased 12% from 76.2 to 67.0 participants per 100 adults aged 60+ in poverty
- In the past six years, low-care nursing home residents decreased 45% from 10.6% to 5.8% of residents
- In the past four years, flu vaccination coverage decreased 26% from 73.4% to 54.3% of adults aged 65+
- In the past two years, high health status decreased 9% from 35.9% to 32.6% of adults aged 65+
- In the past three years, frequent mental distress decreased 17% from 9.9% to 8.2% of adults aged 65+

Ranking:

Tennessee is 43rd this year; it was 44th in 2018. The state ranks 42nd for general population health and 43rd for the health of women and children.

State Health Department Website:
tn.gov/health

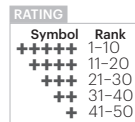
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.6	27	60.0
Dental Visit (% of adults aged 65+)	+	56.8	46	77.9
Excessive Drinking (% of adults aged 65+)	+++++	4.0	5	3.4
Obesity (% of adults aged 65+)	++	30.6	34	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.0	36	20.0
Smoking (% of adults aged 65+)	+	12.1	48	5.1
Behaviors Total*	+	-0.112	41	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	43.5	36	67.9
Poverty (% of adults aged 65+)	++	9.2	35	5.8
Volunteering (% of adults aged 65+)	++	27.6	35	44.6
Community & Environment—Macro Total*	++	-0.013	36	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$231	46	\$3,048
Food Insecurity (% of adults aged 60+)	++	15.9	36	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	3.6	50	37.5
Community & Environment—Micro Total*	+	-0.062	45	0.156
Community & Environment Total*	+	-0.076	42	0.246

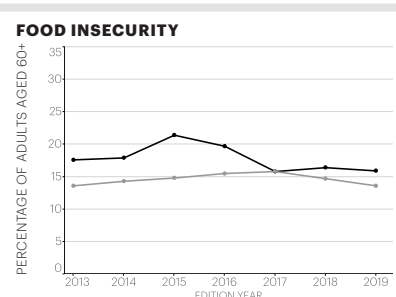
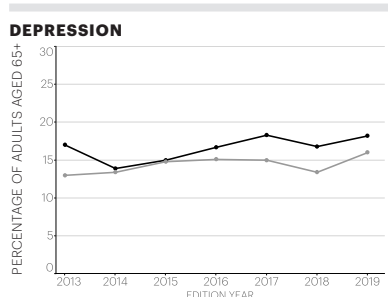
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	82.4	45	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++++	5.8	4	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++++	87	8	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++	67.0	33	100.0
Policy Total*	++++	0.020	13	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	93.9	29	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.4	7	84.8
Flu Vaccine (% of adults aged 65+)	+	54.3	48	68.5
Health Screenings (% of seniors with recommended screenings)	+++	70.3	29	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+	60.5	46	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	49.0	40	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.2	36	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	15.3	38	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	59.3	43	23.3
Clinical Care Total*	+	-0.088	45	0.095
All Determinants*	++	-0.255	40	0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	61.2	44	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,289	44	1,415
Falls (% of adults aged 65+)	++	31.2	34	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.2	34	4.8
High Health Status (% of adults aged 65+)	+	32.6	46	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	7.3	48	3.2
ICU Use (% of Medicare decedents aged 65+)	++	14.0	34	4.6
Teeth Extractions (% of adults aged 65+)	+	21.6	46	5.6
All Outcomes*	+	-0.273	44	0.288
OVERALL*	+	-0.528	43	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Texas

TEXAS

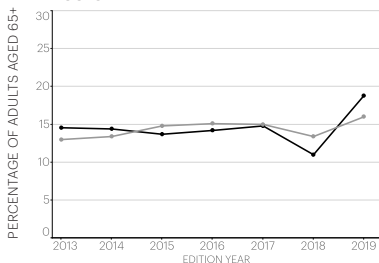
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	50.5	40	60.0
Dental Visit (% of adults aged 65+)	++	63.1	37	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.7	19	3.4
Obesity (% of adults aged 65+)	++	30.6	34	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+	35.3	45	20.0
Smoking (% of adults aged 65+)	+++++	6.7	4	5.1
Behaviors Total*	++	-0.076	36	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	30.1	50	67.9
Poverty (% of adults aged 65+)	+	10.8	46	5.8
Volunteerism (% of adults aged 65+)	++	27.5	36	44.6
Community & Environment—Macro Total*	+	-0.095	47	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$206	48	\$3,048
Food Insecurity (% of adults aged 60+)	++	16.5	37	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	9.2	28	37.5
Community & Environment—Micro Total*	++	-0.047	40	0.156
Community & Environment Total*	+	-0.142	46	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	70.8	28	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	66.7	15	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.3	23	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	79.7	18	100.0
Policy Total*	+++	-0.007	21	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	93.4	33	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	80.7	16	84.8
Flu Vaccine (% of adults aged 65+)	++	59.4	31	68.5
Health Screenings (% of seniors with recommended screenings)	++	68.5	37	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	198.6	7	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	60.7	7	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++++	18.6	14	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++	14.7	29	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++	53.2	34	23.3
Clinical Care Total*	++++	0.019	19	0.095
All Determinants*	++	-0.206	39	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	62.7	39	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++	1,884	33	1,415
Falls (% of adults aged 65+)	+++	30.1	27	24.8
Frequent Mental Distress (% of adults aged 65+)	++	8.3	36	4.8
High Health Status (% of adults aged 65+)	+	37.2	43	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.6	41	3.2
ICU Use (% of Medicare decedents aged 65+)	+	15.8	41	4.6
Teeth Extractions (% of adults aged 65+)	+++	13.8	23	5.6
All Outcomes*	++	-0.112	38	0.288
OVERALL*	++	-0.318	40	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

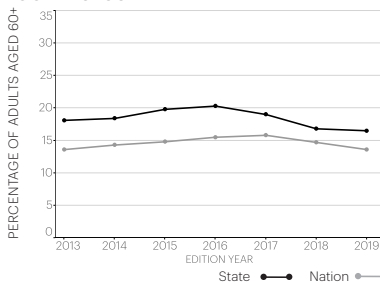
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



OVERALL RANK:

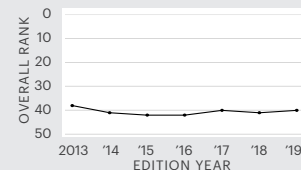
40



Change: ▲1

Determinants Rank: **39**

Outcomes Rank: **38**



Strengths:

- Low prevalence of smoking
- High home health care worker rate
- High percentage of hospice care use

Challenges:

- Low percentage of four- and five-star nursing home beds
- Low community support expenditures
- High percentage of seniors living in poverty

Highlights:

- In the past six years, obesity increased 16% from 26.3% to 30.6% of adults aged 65+
- In the past three years, physical inactivity increased 11% from 31.7% to 35.3% of adults aged 65+ in fair or better health
- In the past five years, low-care nursing home residents decreased 23% from 14.6% to 11.3% of residents
- In the past three years, food insecurity decreased 19% from 20.3% to 16.5% of adults aged 60+
- In the past six years, ICU use in the last six months of life decreased 16% from 18.7% to 15.8% of decedents aged 65+
- In the past year, depression increased 71% from 11.0% to 18.8% of adults aged 65+

Ranking:

Texas is 40th this year; it was 41st in 2018. The state ranks 37th for general population health and 44th for the health of women and children.

State Health Department Website:

dshs.state.tx.us

Utah

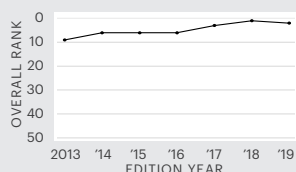
UTAH

OVERALL RANK:

2



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



Strengths:

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

Challenges:

- Low SNAP enrollment
- Low prevalence of seniors with a dedicated provider
- Low flu vaccination coverage

Highlights:

- In the past year, excessive drinking increased 31% from 2.6% to 3.4% of adults aged 65+
- In the past year, smoking increased 38% from 3.7% to 5.1% of adults aged 65+
- In the past six years, home-delivered meals decreased 30% from 25.3% to 17.7% of adults aged 60+ with independent-living difficulty
- In the past five years, food insecurity decreased 13% from 14.1% to 12.3% of adults aged 60+
- In the past three years, hospital deaths decreased 10% from 15.7% to 14.1% of Medicare decedents aged 65+
- In the past two years, frequent mental distress decreased 14% from 7.2% to 6.2% of adults aged 65+

Ranking:

Utah is second this year; it was first in 2018. The state ranks fifth for general population health and eighth for the health of women and children.

State Health Department Website:
health.utah.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++	52.4	31	60.0
Dental Visit (% of adults aged 65+)	+++++	72.8	7	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.4	1	3.4
Obesity (% of adults aged 65+)	++++	26.8	12	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	25.8	6	20.0
Smoking (% of adults aged 65+)	+++++	5.1	1	5.1
Behaviors Total*	+++++	0.262	2	0.274

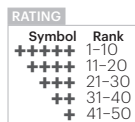
	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	53.2	21	67.9
Poverty (% of adults aged 65+)	+++++	6.4	2	5.8
Volunteerism (% of adults aged 65+)	+++++	44.6	1	44.6
Community & Environment—Macro Total*	+++++	0.149	2	0.166
Community Support (dollars per adult aged 60+ in poverty)	++++	\$798	13	\$3,048
Food Insecurity (% of adults aged 60+)	++++	12.3	20	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	17.7	9	37.5
Community & Environment—Micro Total*	+++++	0.061	10	0.156
Community & Environment Total*	+++++	0.210	7	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	77.5	38	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	79.2	5	83.3
Low-care Nursing Home Residents (% of residents)	+++++	5.5	3	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	82	43	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	45.4	47	100.0
Policy Total*	+++	-0.041	28	0.191

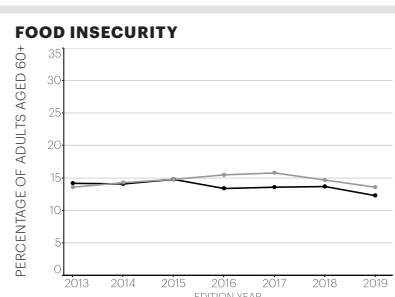
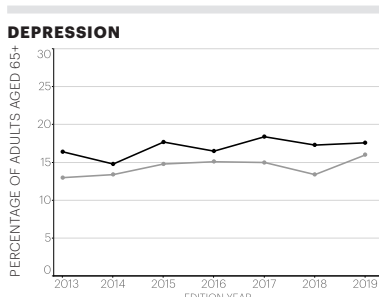
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	92.1	42	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	72.5	42	84.8
Flu Vaccine (% of adults aged 65+)	++	56.0	38	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	76.8	12	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	100.6	26	263.9
Hospice Care (% of Medicare decedents aged 65+)	+++++	67.1	1	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	14.1	1	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	12.3	2	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	27.9	2	23.3
Clinical Care Total*	+++++	0.072	3	0.095

All Determinants* +++++ 0.503 2 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++++	66.8	20	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++++	1,488	4	1,415
Falls (% of adults aged 65+)	+++	30.0	24	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.2	9	4.8
High Health Status (% of adults aged 65+)	++++	44.5	14	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	++++	5.2	13	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	5.6	3	4.6
Teeth Extractions (% of adults aged 65+)	+++++	9.9	5	5.6
All Outcomes*	+++++	0.207	7	0.288
OVERALL*	+++++	0.710	2	0.778



* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Vermont

VERMONT

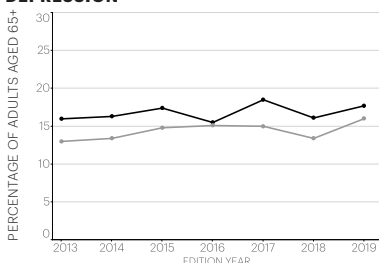
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	54.3	22	60.0
Dental Visit (% of adults aged 65+)	++++	71.0	12	77.9
Excessive Drinking (% of adults aged 65+)	++	8.2	37	3.4
Obesity (% of adults aged 65+)	++++	27.4	16	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	26.5	8	20.0
Smoking (% of adults aged 65+)	++++	8.1	14	5.1
Behaviors Total*	+++++	0.093	10	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	50.2	29	67.9
Poverty (% of adults aged 65+)	+++++	7.1	5	5.8
Volunteerism (% of adults aged 65+)	++++	33.6	16	44.6
Community & Environment—Macro Total*	++++	0.087	17	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,333	5	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	10.4	9	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	34.5	2	37.5
Community & Environment—Micro Total*	+++++	0.141	3	0.156
Community & Environment Total*	+++++	0.228	3	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+++	67.3	22	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	16.7	42	83.3
Low-care Nursing Home Residents (% of residents)	++++	10.5	18	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+++	85	25	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	+++	-0.008	22	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++++	95.8	7	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	69.6	46	84.8
Flu Vaccine (% of adults aged 65+)	+++	59.6	29	68.5
Health Screenings (% of seniors with recommended screenings)	+++	72.9	23	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	151.8	12	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	41.4	45	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+	23.4	42	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	39.4	11	23.3
Clinical Care Total*	+++	-0.021	30	0.095
All Determinants*	+++++	0.292	8	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	68.0	10	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,605	11	1,415
Falls (% of adults aged 65+)	+	35.3	49	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.5	13	4.8
High Health Status (% of adults aged 65+)	+++++	49.3	4	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.6	4	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	4.6	1	4.6
Teeth Extractions (% of adults aged 65+)	+++	15.1	29	5.6
All Outcomes*	+++++	0.156	10	0.288
OVERALL*	+++++	0.448	8	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

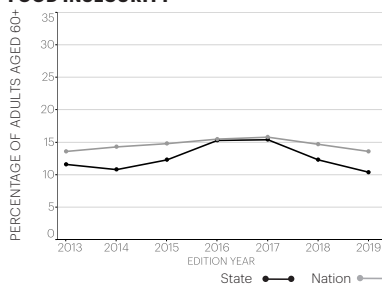
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY

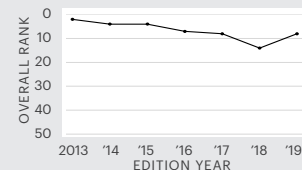


OVERALL RANK:

8



Change: ▲ 6
 Determinants Rank: 8
 Outcomes Rank: 10



Strengths:

- Low percentage of ICU use
- High percentage of home-delivered meals
- High prevalence of high health status

Challenges:

- High prevalence of falls
- Low percentage of hospice care use
- Low percentage of diabetes management

Highlights:

- In the past year, smoking increased 16% from 7.0% to 8.1% of adults aged 65+
- In the past three years, four- or five-star rated nursing home beds increased 16% from 43.3% to 50.2% of certified nursing home beds
- In the past five years, home-delivered meals increased 29% from 26.7% to 34.5% of adults aged 60+ with independent-living difficulty
- In the past six years, low-care nursing home residents increased 63% from 6.5% to 10.5% of residents
- In the past two years, home health care workers decreased 12% from 172.3 to 151.8 aides per 1,000 adults aged 75+
- In the past five years, early deaths decreased 6% from 1,708 to 1,605 deaths per 100,000 adults aged 65-74

Ranking:

Vermont is eighth this year; it was 14th in 2018. The state ranks fourth for general population health and fourth for the health of women and children.

State Health Department Website:
healthvermont.gov

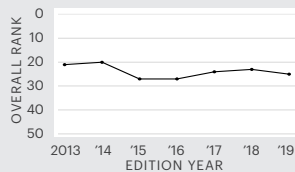
Virginia

VIRGINIA

OVERALL RANK:
25



Change: ▼ 2
Determinants Rank: **25**
Outcomes Rank: **27**



Strengths:

- Low percentage of seniors living in poverty
- Low prevalence of frequent mental distress
- High flu vaccination coverage

Challenges:

- High percentage of ICU use
- Low percentage of home-delivered meals
- Low percentage of four- and five-star nursing home beds

Highlights:

- In the past two years, excessive drinking increased 31% from 5.1% to 6.7% of adults aged 65+
- In the past four years, community support decreased 8% from \$369 to \$341 per adult aged 60+ in poverty
- In the past year, SNAP reach increased 8% from 65.8 to 71.3 participants per 100 adults aged 60+ in poverty
- In the past four years, hospice care use increased 11% from 46.6% to 51.5% of Medicare decedents aged 65+
- In the past six years, high health status increased 12% from 38.6% to 43.3% of adults aged 65+
- In the past six years, depression increased 52% from 10.0% to 15.2% of adults aged 65+

Ranking:

Virginia is 25th this year; it was 23rd in 2018. The state ranks 20th for general population health and 15th for the health of women and children.

State Health Department Website:
www.vdh.virginia.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.0	19	60.0
Dental Visit (% of adults aged 65+)	++++	70.3	16	77.9
Excessive Drinking (% of adults aged 65+)	++++	6.7	19	3.4
Obesity (% of adults aged 65+)	++++	28.2	18	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++	30.2	25	20.0
Smoking (% of adults aged 65+)	+++	8.8	22	5.1
Behaviors Total*	++++	0.069	15	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++	40.3	40	67.9
Poverty (% of adults aged 65+)	+++++	7.1	5	5.8
Volunteering (% of adults aged 65+)	++++	33.5	17	44.6
Community & Environment—Macro Total*	+++	0.052	24	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$341	34	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.4	16	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+	5.0	43	37.5
Community & Environment—Micro Total*	+++	-0.009	30	0.156
Community & Environment Total*	+++	0.043	26	0.246

	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.4	17	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	12.5	45	83.3
Low-care Nursing Home Residents (% of residents)	++++	9.5	14	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	81	44	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++	71.3	25	100.0
Policy Total*	++	-0.092	39	0.191

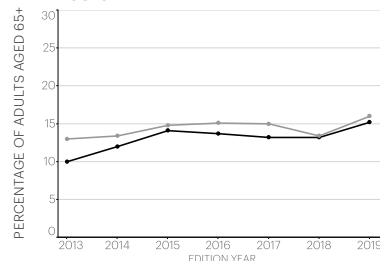
	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+++	94.0	28	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++++	82.0	8	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.8	14	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	73.9	18	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	99.7	27	263.9
Hospice Care (% of Medicare decedents aged 65+)	++	51.5	32	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	22.7	37	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++	14.8	31	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	42.8	15	23.3
Clinical Care Total*	+++	0.007	22	0.095

All Determinants* +++ 0.026 25 0.512

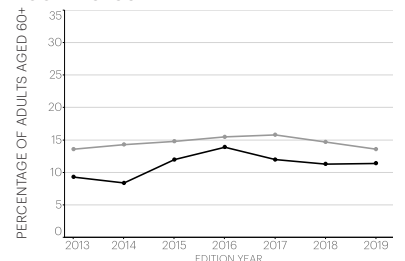
	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	++++	67.4	15	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,754	26	1,415
Falls (% of adults aged 65+)	++++	29.2	19	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.5	13	4.8
High Health Status (% of adults aged 65+)	++++	43.3	18	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.7	30	3.2
ICU Use (% of Medicare decedents aged 65+)	+	16.3	45	4.6
Teeth Extractions (% of adults aged 65+)	+++	14.9	26	5.6
All Outcomes*	+++	0.049	27	0.288
OVERALL*	+++	0.075	25	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



FOOD INSECURITY



Supplemental measure, see website for data

Washington

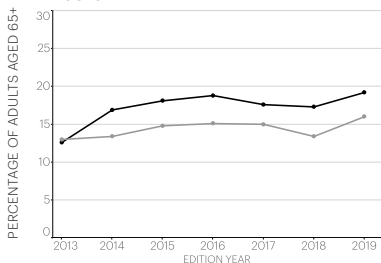
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	49.6	44	60.0
Dental Visit (% of adults aged 65+)	++++	71.1	11	77.9
Excessive Drinking (% of adults aged 65+)	++	7.8	32	3.4
Obesity (% of adults aged 65+)	++++	26.9	14	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	+++++	21.3	3	20.0
Smoking (% of adults aged 65+)	+++++	6.7	4	5.1
Behaviors Total*	+++++	0.126	7	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	58.1	11	67.9
Poverty (% of adults aged 65+)	++++	8.0	17	5.8
Volunteerism (% of adults aged 65+)	+++++	36.8	7	44.6
Community & Environment—Macro Total*	+++++	0.113	5	0.166
Community Support (dollars per adult aged 60+ in poverty)	+	\$236	45	\$3,048
Food Insecurity (% of adults aged 60+)	+++++	10.3	8	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++	6.1	40	37.5
Community & Environment—Micro Total*	+++	-0.001	27	0.156
Community & Environment Total*	++++	0.112	18	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.0	15	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	++++	58.3	19	83.3
Low-care Nursing Home Residents (% of residents)	++++	8.8	13	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+++++	100.0	1	100.0
Policy Total*	++++	0.024	12	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++	92.8	39	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++	76.3	34	84.8
Flu Vaccine (% of adults aged 65+)	++++	63.9	13	68.5
Health Screenings (% of seniors with recommended screenings)	++++	74.6	15	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++++	134.7	15	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	48.6	41	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	23.0	40	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+++++	13.8	10	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+++++	32.7	5	23.3
Clinical Care Total*	++++	0.019	19	0.095
All Determinants*	+++++	0.281	10	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	++	64.2	34	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,609	13	1,415
Falls (% of adults aged 65+)	+	33.2	45	24.8
Frequent Mental Distress (% of adults aged 65+)	+++	7.5	25	4.8
High Health Status (% of adults aged 65+)	+++++	47.0	6	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.5	2	3.2
ICU Use (% of Medicare decedents aged 65+)	++++	8.9	15	4.6
Teeth Extractions (% of adults aged 65+)	+++++	11.1	8	5.6
All Outcomes*	++++	0.115	16	0.288
OVERALL*	++++	0.396	14	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

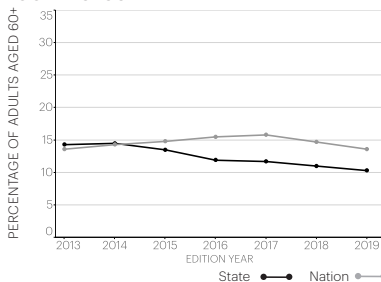
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

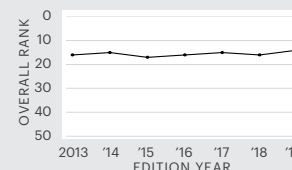
FOOD INSECURITY



OVERALL RANK:
14



Change: **▲ 2**
Determinants Rank: **10**
Outcomes Rank: **16**



Strengths:

- Low prevalence of physical inactivity
- Low prevalence of smoking
- High prevalence of high health status

Challenges:

- Low community support expenditures
- Low prevalence of arthritis management
- Low percentage of hospice care use

Highlights:

- In the past two years, smoking decreased 16% from 8.0% to 6.7% of adults aged 65+
- In the past four years, community support decreased 22% from \$301 to \$236 per adult aged 60+ in poverty
- In the past two years, SNAP reach increased 12% from 89.3 to 100.0 participants per 100 adults aged 60+ in poverty
- In the past year, home health care workers increased 70% from 79.2 to 134.7 aides per 1,000 adults aged 75+
- In the past six years, high health status increased 12% from 42.1% to 47.0% of adults aged 65+
- In the past six years, depression increased 52% from 12.6% to 19.2% of adults aged 65+

Ranking:

Washington is 14th this year; it was 16th in 2018. The state ranks ninth for general population health and 11th for the health of women and children.

State Health Department Website:
doh.wa.gov

West Virginia

WEST VIRGINIA

OVERALL RANK:

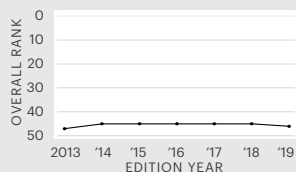
46



Change: ▼ 1

Determinants Rank: 46

Outcomes Rank: 47



Strengths:

- High flu vaccination coverage
- Low prevalence of excessive drinking
- High SNAP enrollment

Challenges:

- Low percentage of able-bodied seniors
- High prevalence of obesity
- High early death rate

Highlights:

- In the past six years, obesity increased 21% from 27.7% to 33.5% of adults aged 65+
- In the past two years, four- or five-star rated nursing home beds increased 36% from 25.8% to 35.2% of certified nursing home beds
- In the past three years, food insecurity increased 60% from 12.1% to 19.4% of adults aged 60+
- In the past four years, home health care workers decreased 17% from 131.1 to 108.7 aides per 1,000 adults aged 75+
- In the past year, hospital deaths decreased 13% from 24.0% to 20.9% of Medicare decedents aged 65+
- In the past six years, depression increased 41% from 12.4% to 17.5% of adults aged 65+

Ranking:

West Virginia is 46th this year; it was 45th in 2018. The state ranks 44th for general population health and 40th for the health of women and children.

State Health Department Website:
dhhr.wv.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+	48.8	46	60.0
Dental Visit (% of adults aged 65+)	+	52.5	50	77.9
Excessive Drinking (% of adults aged 65+)	+++++	3.6	3	3.4
Obesity (% of adults aged 65+)	+	33.5	47	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.5	38	20.0
Smoking (% of adults aged 65+)	+	11.2	44	5.1
Behaviors Total*	+	-0.205	47	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+	35.2	46	67.9
Poverty (% of adults aged 65+)	+	10.2	41	5.8
Volunteering (% of adults aged 65+)	+++	31.0	26	44.6
Community & Environment—Macro Total*	+	-0.045	43	0.166
Community Support (dollars per adult aged 60+ in poverty)	++	\$360	32	\$3,048
Food Insecurity (% of adults aged 60+)	+	19.4	46	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++	11.9	21	37.5
Community & Environment—Micro Total*	+	-0.053	41	0.156
Community & Environment Total*	+	-0.098	43	0.246

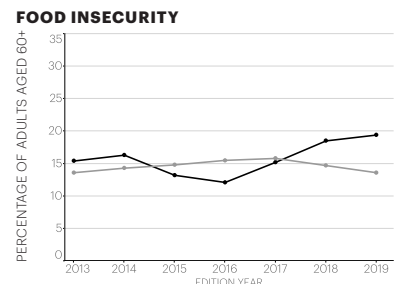
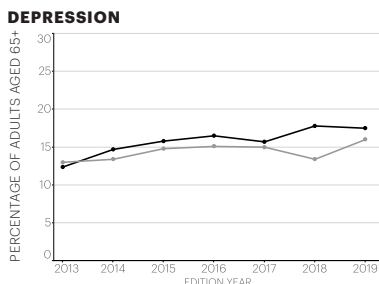
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++	76.6	34	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++++	75.0	8	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.4	26	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++++	86	19	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	81.1	17	100.0
Policy Total*	++++	0.001	18	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	94.6	20	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+++	78.2	23	84.8
Flu Vaccine (% of adults aged 65+)	+++++	67.1	2	68.5
Health Screenings (% of seniors with recommended screenings)	+++	72.4	24	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++	108.7	22	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	48.5	42	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	++	20.9	31	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	+	15.7	49	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	+	75.0	49	23.3
Clinical Care Total*	++	-0.046	37	0.095

All Determinants* + -0.347 46 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	55.9	50	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+	2,354	47	1,415
Falls (% of adults aged 65+)	+++	29.8	23	24.8
Frequent Mental Distress (% of adults aged 65+)	+	9.7	46	4.8
High Health Status (% of adults aged 65+)	+	32.0	47	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+	6.9	43	3.2
ICU Use (% of Medicare decedents aged 65+)	+	15.9	43	4.6
Teeth Extractions (% of adults aged 65+)	+	30.4	50	5.6
All Outcomes*	+	-0.340	47	0.288
OVERALL*	+	-0.687	46	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data

Wisconsin

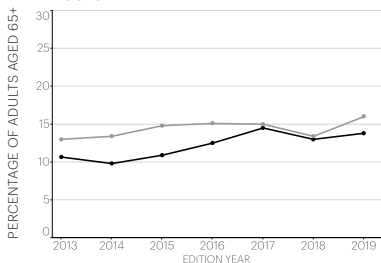
	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	++++	55.8	12	60.0
Dental Visit (% of adults aged 65+)	+++++	75.9	3	77.9
Excessive Drinking (% of adults aged 65+)	+	12.0	50	3.4
Obesity (% of adults aged 65+)	+++	29.1	25	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++++	27.2	12	20.0
Smoking (% of adults aged 65+)	++++	8.0	11	5.1
Behaviors Total*	++++	0.056	17	0.274
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	++++	53.9	20	67.9
Poverty (% of adults aged 65+)	++++	7.8	14	5.8
Volunteerism (% of adults aged 65+)	+++++	37.1	5	44.6
Community & Environment—Macro Total*	+++++	0.104	7	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++	\$449	25	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.1	12	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	++++	13.1	17	37.5
Community & Environment—Micro Total*	++++	0.033	17	0.156
Community & Environment Total*	++++	0.137	15	0.246
Policy				
Geriatrician Shortfall (% of geriatricians needed)	++++	63.2	16	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+++	50.0	23	83.3
Low-care Nursing Home Residents (% of residents)	+++	11.6	27	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	++	83	38	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	++++	85.7	16	100.0
Policy Total*	+++	-0.026	24	0.191
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	++++	95.1	14	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	++++	81.6	11	84.8
Flu Vaccine (% of adults aged 65+)	+	52.7	49	68.5
Health Screenings (% of seniors with recommended screenings)	+++++	78.8	4	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	+++++	163.8	8	263.9
Hospice Care (% of Medicare decedents aged 65+)	++++	57.9	14	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++++	17.6	7	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	13.9	13	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	45.0	17	23.3
Clinical Care Total*	+++++	0.061	7	0.095
All Determinants*	++++	0.228	14	0.512
Outcomes				
Able-bodied (% of adults aged 65+)	+++++	69.2	6	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	++++	1,687	20	1,415
Falls (% of adults aged 65+)	+++++	28.0	9	24.8
Frequent Mental Distress (% of adults aged 65+)	++++	6.4	12	4.8
High Health Status (% of adults aged 65+)	++++	43.2	19	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++++	4.8	6	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.9	8	4.6
Teeth Extractions (% of adults aged 65+)	+++++	10.6	7	5.6
All Outcomes*	+++++	0.216	6	0.288
OVERALL*	+++++	0.444	10	0.778

RATING

Symbol	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

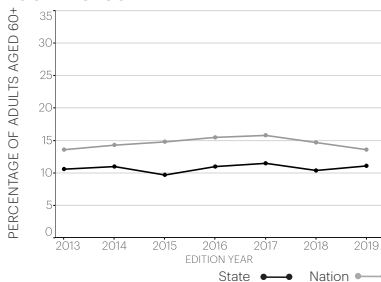
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

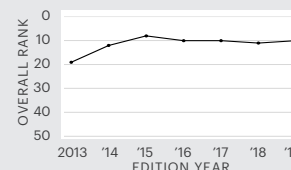
FOOD INSECURITY



OVERALL RANK:
10



Change: **▲1**
Determinants Rank: **14**
Outcomes Rank: **6**



Strengths:

- High percentage of volunteerism
- High percentage of able-bodied seniors
- Low percentage of hospital deaths

Challenges:

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

Highlights:

- In the past two years, excessive drinking increased 15% from 10.4% to 12.0% of adults aged 65+
- In the past year, obesity decreased 16% from 34.6% to 29.1% of adults aged 65+
- In the past two years, poverty increased 10% from 7.1% to 7.8% of adults aged 65+
- In the past four years, SNAP reach increased 19% from 72.3 to 85.7 participants per 100 adults aged 60+ in poverty
- In the past six years, hospice care use increased 68% from 34.5% to 57.9% of Medicare decedents aged 65+
- In the past six years, depression increased 29% from 10.7% to 13.8% of adults aged 65+

Ranking:

Wisconsin is 10th this year; it was 11th in 2018. The state ranks 23rd for general population health and 14th for the health of women and children.

State Health Department Website:

dhs.wisconsin.gov

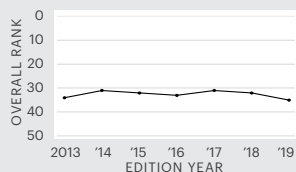
Wyoming

WYOMING

OVERALL RANK:
35



Change: ▼ 3
Determinants Rank: **38**
Outcomes Rank: **30**



Strengths:

- High community support expenditures
- High percentage of home-delivered meals
- Low prevalence of frequent mental distress

Challenges:

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

Highlights:

- In the past six years, obesity increased 40% from 20.4% to 28.6% of adults aged 65+
- In the past four years, food insecurity decreased 32% from 16.1% to 11.0% of adults aged 60+
- In the past two years, home-delivered meals decreased 18% from 42.0% to 34.3% of adults aged 60+ with an independent-living difficulty
- In the past five years, home health care workers increased 18% from 78.8 to 93.2 aides per 1,000 adults aged 75+
- In the past six years, high health status increased 7% from 39.4% to 42.3% of adults aged 65+
- In the past six years, depression increased 20% from 12.6% to 15.1% of adults aged 65+

Ranking:

Wyoming is 35th this year; it was 32nd in 2018. The state ranks 24th for general population health and 31st for the health of women and children.

State Health Department Website:
health.wyo.gov

	Rating	2019 Value	2019 Rank	No. 1 State
Behaviors				
Arthritis Management (% of adults aged 65+ with arthritis)	+++	53.7	25	60.0
Dental Visit (% of adults aged 65+)	+++	67.9	24	77.9
Excessive Drinking (% of adults aged 65+)	+++	7.1	25	3.4
Obesity (% of adults aged 65+)	++++	28.6	20	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	++	33.8	40	20.0
Smoking (% of adults aged 65+)	++	10.1	35	5.1
Behaviors Total*	++	-0.044	32	0.274

	Rating	2019 Value	2019 Rank	No. 1 State
Community & Environment				
Nursing Home Quality (% of four- & five-star beds)	+++	52.5	23	67.9
Poverty (% of adults aged 65+)	+++	8.4	21	5.8
Volunteering (% of adults aged 65+)	+++	32.6	21	44.6
Community & Environment—Macro Total*	+++	0.062	22	0.166
Community Support (dollars per adult aged 60+ in poverty)	+++++	\$1,677	3	\$3,048
Food Insecurity (% of adults aged 60+)	++++	11.0	11	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	+++++	34.3	3	37.5
Community & Environment—Micro Total*	+++++	0.156	1	0.156
Community & Environment Total*	+++++	0.218	5	0.246

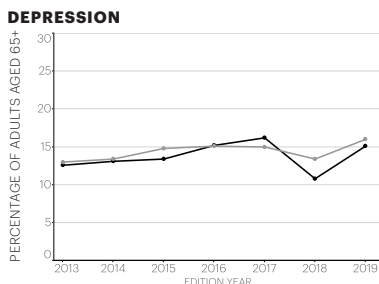
	Rating	2019 Value	2019 Rank	No. 1 State
Policy				
Geriatrician Shortfall (% of geriatricians needed)	+	81.6	44	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	+	0.0	48	83.3
Low-care Nursing Home Residents (% of residents)	+	15.4	41	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	+	80	46	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	+	27.5	50	100.0
Policy Total*	+	-0.234	50	0.191

	Rating	2019 Value	2019 Rank	No. 1 State
Clinical Care				
Dedicated Health Care Provider (% of adults aged 65+)	+	88.7	49	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	+	59.5	50	84.8
Flu Vaccine (% of adults aged 65+)	++	57.0	37	68.5
Health Screenings (% of seniors with recommended screenings)	+	63.7	48	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	++	93.2	33	263.9
Hospice Care (% of Medicare decedents aged 65+)	+	35.2	47	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	+++	19.9	22	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	++++	14.2	16	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	++++	43.1	16	23.3
Clinical Care Total*	+	-0.130	50	0.095

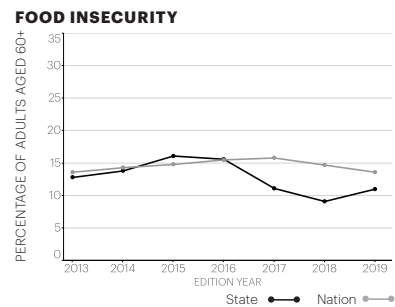
All Determinants* ++ -0.191 38 0.512

	Rating	2019 Value	2019 Rank	No. 1 State
Outcomes				
Able-bodied (% of adults aged 65+)	+	61.6	41	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	+++	1,745	25	1,415
Falls (% of adults aged 65+)	++	32.1	39	24.8
Frequent Mental Distress (% of adults aged 65+)	+++++	6.0	5	4.8
High Health Status (% of adults aged 65+)	+++	42.3	22	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	+++	5.6	29	3.2
ICU Use (% of Medicare decedents aged 65+)	+++++	6.6	7	4.6
Teeth Extractions (% of adults aged 65+)	++	17.9	38	5.6
All Outcomes*	+++	0.025	30	0.288
OVERALL*	++	-0.166	35	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.



Supplemental measure, see website for data



District of Columbia



	2019 Value	No. 1 State
Behaviors		
Arthritis Management (% of adults aged 65+ with arthritis)	55.2	60.0
Dental Visit (% of adults aged 65+)	72.4	77.9
Excessive Drinking (% of adults aged 65+)	12.0	3.4
Obesity (% of adults aged 65+)	24.2	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	26.7	20.0
Smoking (% of adults aged 65+)	11.4	5.1
Behaviors Total*	—	0.274
Community & Environment		
Nursing Home Quality (% of four- & five-star beds)	61.6	67.9
Poverty (% of adults aged 65+)	14.2	5.8
Volunteerism (% of adults aged 65+)	30.4	44.6
Community & Environment—Macro Total*	—	0.166
Community Support (dollars per adult aged 60+ in poverty)	\$1,612	\$3,048
Food Insecurity (% of adults aged 60+)	17.7	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	15.9	37.5
Community & Environment—Micro Total*	—	0.156
Community & Environment Total*	—	0.246
Policy		
Geriatrician Shortfall (% of geriatricians needed)	23.1	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	58.3	83.3
Low-care Nursing Home Residents (% of residents)	—	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	68	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	100.0	100.0
Policy Total*	—	0.191
Clinical Care		
Dedicated Health Care Provider (% of adults aged 65+)	91.1	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	71.6	84.8
Flu Vaccine (% of adults aged 65+)	59.8	68.5
Health Screenings (% of seniors with recommended screenings)	77.4	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	317.0	263.9
Hospice Care (% of Medicare decedents aged 65+)	42.2	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	28.0	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	15.0	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	38.3	23.3
Clinical Care Total*	—	0.095
All Determinants*	—	0.512
Outcomes		
Able-bodied (% of adults aged 65+)	60.6	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	2,014	1,415
Falls (% of adults aged 65+)	28.6	24.8
Frequent Mental Distress (% of adults aged 65+)	6.0	4.8
High Health Status (% of adults aged 65+)	48.9	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	4.8	3.2
ICU Use (% of Medicare decedents aged 65+)	12.7	4.6
Teeth Extractions (% of adults aged 65+)	14.0	5.6
All Outcomes*	—	0.288
OVERALL*	—	0.778

Strengths:

- High SNAP enrollment
- High percentage of four- and five-star nursing home beds
- Low prevalence of frequent mental distress

Challenges:

- High percentage of seniors living in poverty
- High prevalence of excessive drinking
- High percentage of hospital deaths

Highlights:

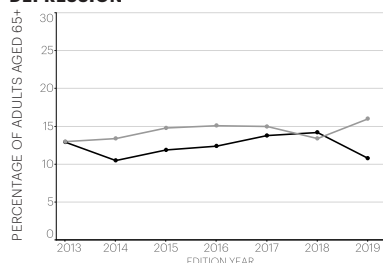
- In the past two years, excessive drinking increased 22% from 9.8% to 12.0% of adults aged 65+
- In the past four years, smoking increased 43% from 8.0% to 11.4% of adults aged 65+
- In the past four years, community support increased 43% from \$1,129 to \$1,612 per adult aged 60+ in poverty
- In the past six years, food insecurity increased 20% from 14.7% to 17.7% of adults aged 60+
- In the past six years, hospice care use increased 55% from 27.2% to 42.2% of Medicare decedents aged 65+
- In the past year, depression decreased 24% from 14.2% to 10.8% of adults aged 65+

Health Department Website:

dchealth.dc.gov

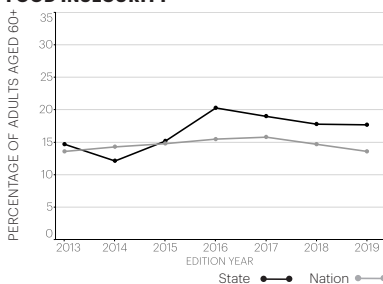
* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



Supplemental measure, see website for data

FOOD INSECURITY



United States

UNITED STATES

Highlights:

- In the past three years, excessive drinking increased 12% from 6.6% to 7.4% of adults aged 65+
- In the past six years, obesity increased 13% from 25.3% to 28.5% of adults aged 65+
- In the past six years, smoking has not decreased and remains at 8.9% of adults aged 65+
- In the past two years, food insecurity decreased 14% from 15.8% to 13.6% of adults aged 60+
- In the past four years, SNAP reach increased 13% from 71.8 to 80.9 participants per 100 adults aged 60+ in poverty
- In the past six years, home health care workers increased 44% from 93.8 to 135.5 aides per 1,000 adults aged 75+
- In the past six years, hospital deaths decreased 31% from 30.1% to 20.8% of Medicare decedents aged 65+
- In the past three years, hospice care use increased 6% from 51.4% to 54.4% of Medicare decedents aged 65+
- In the past six years, high health status increased 8% from 38.4% to 41.3% of adults aged 65+
- In the past six years, depression increased 23% from 13.0% to 16.0% of adults aged 65+

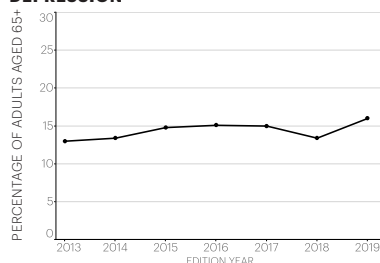
Health Department Website:

hhs.gov

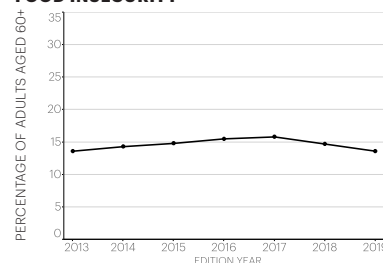
	2019 Value	No. 1 State
Behaviors		
Arthritis Management (% of adults aged 65+ with arthritis)	52.9	60.0
Dental Visit (% of adults aged 65+)	66.9	77.9
Excessive Drinking (% of adults aged 65+)	7.4	3.4
Obesity (% of adults aged 65+)	28.5	19.8
Physical Inactivity (% of adults aged 65+ in fair or better health)	29.8	20.0
Smoking (% of adults aged 65+)	8.9	5.1
Behaviors Total*	—	0.274
Community & Environment		
Nursing Home Quality (% of four- & five-star beds)	47.3	67.9
Poverty (% of adults aged 65+)	9.3	5.8
Volunteering (% of adults aged 65+)	28.0	44.6
Community & Environment—Macro Total*		0.166
Community Support (dollars per adult aged 60+ in poverty)	\$571	\$3,048
Food Insecurity (% of adults aged 60+)	13.6	5.8
Home-delivered Meals (% of adults aged 60+ with independent living difficulty)	8.9	37.5
Community & Environment—Micro Total*	—	0.156
Community & Environment Total*	—	0.246
Policy		
Geriatrician Shortfall (% of geriatricians needed)	65.7	22.7
Health Care Associated Infection (HAI) Policies (% of policies in place)	48.2	83.3
Low-care Nursing Home Residents (% of residents)	11.9	3.8
Prescription Drug Coverage (% of Medicare enrollees aged 65+)	87	89
SNAP Reach (participants per 100 adults aged 60+ in poverty)	80.9	100.0
Policy Total*	—	0.191
Clinical Care		
Dedicated Health Care Provider (% of adults aged 65+)	94.2	97.2
Diabetes Management (% of Medicare enrollees aged 65 to 75)	79.5	84.8
Flu Vaccine (% of adults aged 65+)	60.4	68.5
Health Screenings (% of seniors with recommended screenings)	73.0	80.0
Home Health Care Workers (number of workers per 1,000 adults aged 75+)	135.5	263.9
Hospice Care (% of Medicare decedents aged 65+)	54.4	67.1
Hospital Deaths (% of Medicare decedents aged 65+)	20.8	14.1
Hospital Readmissions (% of hospitalized Medicare enrollees aged 65+)	14.9	12.2
Preventable Hospitalizations (discharges per 1,000 Medicare enrollees)	49.4	23.3
Clinical Care Total*	—	0.095
All Determinants*	—	0.512
Outcomes		
Able-bodied (% of adults aged 65+)	65.4	71.2
Early Death (deaths per 100,000 adults aged 65 to 74)	1,791	1,415
Falls (% of adults aged 65+)	29.5	24.8
Frequent Mental Distress (% of adults aged 65+)	7.9	4.8
High Health Status (% of adults aged 65+)	41.3	51.9
Hip Fractures (hospitalizations per 1,000 Medicare enrollees)	5.7	3.2
ICU Use (% of Medicare decedents aged 65+)	14.2	4.6
Teeth Extractions (% of adults aged 65+)	14.5	5.6
All Outcomes*	—	0.288
OVERALL*	—	0.778

* Value indicates z score. Negative scores are below U.S. value; positive scores are above U.S. value.

DEPRESSION



FOOD INSECURITY



Supplemental measure, see website for data

Appendix

Appendix

Table 8
Core Measures

	Measure	Description	Source, Data Year(s)
Behaviors	Arthritis Management	Percentage of adults aged 65 and older with arthritis who reported that arthritis or joint symptoms do not limit their usual activities	Centers for Disease Control and Prevention (CDC), <i>Behavioral Risk Factor Surveillance System, 2017</i>
	Dental Visit*	Percentage of adults aged 65 and older who reported visiting a dental health professional within the past year	CDC, <i>Behavioral Risk Factor Surveillance System, 2016</i>
	Excessive Drinking	Percentage of adults aged 65 and older who reported either binge drinking (having four or more [females] or five or more [males] drinks on one occasion in the past 30 days) or chronic drinking (having eight or more [females] or 15 or more [males] drinks per week)	CDC, <i>Behavioral Risk Factor Surveillance System, 2017</i>
	Obesity	Percentage of adults aged 65 and older with a body mass index of 30.0 or higher based on reported height and weight	CDC, <i>Behavioral Risk Factor Surveillance System, 2017</i>
	Physical Inactivity	Percentage of adults aged 65 and older in fair or better health who reported doing no physical activity or exercise other than their regular job in the past 30 days	CDC, <i>Behavioral Risk Factor Surveillance System, 2017</i>
	Smoking	Percentage of adults aged 65 and older who are smokers (reported smoking at least 100 cigarettes in their lifetime and currently smoke every or some days)	CDC, <i>Behavioral Risk Factor Surveillance System, 2017</i>
Community & Environment	Community Support	Expenditures captured by the Administration on Aging per adult aged 60 and older living in poverty	U.S. Department of Health and Human Services (HHS), Administration on Aging, <i>State Program Reports</i> ; U.S. Census Bureau, <i>American Community Survey, 2017</i>
	Food Insecurity	Percentage of adults aged 60 and older who faced the threat of hunger in the past 12 months	National Foundation to End Senior Hunger, <i>The State of Senior Hunger in America, 2016</i>
	Home-delivered Meals	Number of persons aged 60 and older served a home-delivered meal as a percentage of adults aged 60 and older with independent-living difficulty	U.S. HHS, Administration on Aging, <i>State Program Reports</i> ; U.S. Census Bureau, <i>American Community Survey, 2017</i>
	Nursing Home Quality	Percentage of certified nursing home beds rated four- or five-stars over a three-month period	U.S. HHS, Centers for Medicare & Medicaid Services, <i>Nursing Home Compare, Dec 2018 - Feb 2019</i>
	Poverty	Percentage of adults aged 65 and older who live in households at or below 100 percent of the poverty threshold	U.S. Census Bureau, <i>American Community Survey, 2017</i>
	Volunteerism	Percentage of adults aged 65 and older who reported volunteering in the past 12 months	Corporation for National & Community Service, 2017

* The data appearing in this edition are the same that appeared in the 2018 edition.

Policy

Measure	Description	Source, Data Year(s)
Geriatrician Shortfall*	Percentage of geriatricians required to meet estimated need	American Geriatrics Society, 2016
Health Care Associated Infection (HAI) Policies*	Percentage of 24 reporting and validation policies implemented in the state to monitor health care associated infections (HAI) in hospitals	CDC, <i>2016 National and State Healthcare Associated Infections Progress Report</i> , 2014
Low-care Nursing Home Residents	Percentage of nursing home residents who do not require physical assistance for late-loss activities of daily living	Brown University, <i>Shaping Long Term Care in America Project</i> , 2016
Prescription Drug Coverage*	Percentage of Medicare enrollees aged 65 and older who have a creditable prescription drug plan	The Henry J. Kaiser Family Foundation, <i>State Health Facts</i> , 2014
SNAP Reach	Number of adults aged 60 and older who participate in the Supplemental Nutrition Assistance Program (SNAP) per 100 adults aged 60 and older living in poverty	U.S. Department of Agriculture, Food and Nutrition Service; U.S. Census Bureau, <i>American Community Survey</i> , 2017

Clinical Care

Dedicated Health Care Provider	Percentage of adults aged 65 and older who reported having one or more people they think of as their personal doctor or health care provider	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
Diabetes Management*	Percentage of Medicare enrollees aged 65 to 75 with diabetes receiving a blood lipids test	<i>The Dartmouth Atlas of Health Care</i> , 2015
Flu Vaccine	Percentage of adults aged 65 and older who reported receiving a flu vaccine in the past year	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
Health Screenings*	Percentage of women aged 65 to 74 who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 who reported receiving colorectal cancer screening within the recommended time period	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Home Health Care Workers	Number of personal care and home health aides per 1,000 adults aged 75 and older	U.S. Department of Labor, Bureau of Labor Statistics; U.S. Census Bureau, <i>American Community Survey</i> , 2017
Hospice Care	Percentage of Medicare decedents aged 65 and older who were enrolled in hospice during the last six months of life after diagnosis of a condition with a high probability of death	<i>The Dartmouth Atlas of Health Care</i> , 2016
Hospital Deaths	Percentage of deaths occurring in a hospital among chronically ill Medicare decedents aged 65 and older	<i>The Dartmouth Atlas of Health Care</i> , 2016
Hospital Readmissions*	Percentage of Medicare enrollees aged 65 and older who were readmitted within 30 days of hospital discharge	<i>The Dartmouth Atlas of Health Care</i> , 2015
Preventable Hospitalizations*	Number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare enrollees aged 65 and older	<i>The Dartmouth Atlas of Health Care</i> , 2015

* The data appearing in this edition are the same that appeared in the 2018 edition.

Appendix

Table 8
Core Measures

Outcomes

Measure	Description	Source, Data Year(s)
Able-bodied	Percentage of adults aged 65 and older with no cognitive, visual, auditory, ambulatory, self-care and/or independent-living difficulty disability	U.S. Census Bureau, <i>American Community Survey</i> , 2017
Early Death	Deaths per 100,000 adults aged 65 to 74	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files, 2017
Falls*	Percentage of adults aged 65 and older who reported they had fallen in the past 12 months	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016
Frequent Mental Distress	Percentage of adults aged 65 and older who reported their mental health was not good 14 or more days in the past 30 days	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
High Health Status	Percentage of adults aged 65 and older who reported their health is very good or excellent	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
Hip Fractures*	Number of hospitalizations for hip fracture per 1,000 Medicare enrollees aged 65 and older	<i>The Dartmouth Atlas of Health Care</i> , 2015
ICU Use	Percentage of Medicare decedents aged 65 and older spending seven or more days in the intensive care unit (ICU)/critical care unit during the last six months of life	<i>The Dartmouth Atlas of Health Care</i> , 2016
Teeth Extractions*	Percentage of adults aged 65 and older who reported having had all teeth removed due to tooth decay or gum disease	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2016

* The data appearing in this edition are the same that appeared in the 2018 edition.

Table 9
Supplemental Measures

	Measure	Description	Source, Data Year(s)
Behaviors	Education	Percentage of adults aged 65 and older who reported having a college degree	U.S. Census Bureau, <i>American Community Survey</i> , 2017
Community & Environment	Risk of Social Isolation	Percentile of the mean z scores for six risk factors of social isolation in adults aged 65 and older (poverty; living alone; divorced, separated or widowed; never married; disability; independent living difficulty)	U.S. Census Bureau, <i>American Community Survey</i> , 2013-2017
Clinical Care	Avoided Care Due to Cost	Percentage of adults aged 65 and older who reported that there was a time in the past 12 months when they needed to see a doctor but could not because of cost	Centers for Disease Control and Prevention (CDC), <i>Behavioral Risk Factor Surveillance System</i> , 2017
	Geriatricians	Number of family medicine and internal medicine geriatricians per 100,000 population aged 65 and older	U.S. Department of Health and Human Services (HHS), Centers for Medicare & Medicaid Services, National Plan and Provider Enumeration System, Aug 2018; U.S. Census Bureau, <i>Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2017</i> , 2017
	Overuse—Mammography*	Percentage of female Medicare enrollees aged 75 and older who had a screening mammogram	<i>The Dartmouth Atlas of Health Care</i> , 2014
	Overuse—PSA Test*	Percentage of male Medicare enrollees aged 75 and older who had a screening prostate-specific antigen (PSA) test	<i>The Dartmouth Atlas of Health Care</i> , 2014
Outcomes	Cognitive Difficulty	Percentage of adults aged 65 and older who reported having cognitive difficulty	U.S. Census Bureau, <i>American Community Survey</i> , 2017
	Depression	Percentage of adults aged 65 and older who reported being told by a health professional they have a depressive disorder	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
	Multiple Chronic Conditions*	Percentage of Medicare enrollees aged 65 and older with four or more chronic conditions	U.S. HHS, Centers for Medicare & Medicaid Services, 2015
	Poor Mental Health Days	Mean number of days in the past 30 days that adults aged 65 and older reported their mental health was not good	CDC, <i>Behavioral Risk Factor Surveillance System</i> , 2017
	Suicide	Number of deaths due to intentional self-harm per 100,000 adults aged 65 and older	CDC WONDER Online Database, Underlying Cause of Death, Multiple Cause of Death files, 2017

* The data appearing in this edition are the same that appeared in the 2018 edition.

Methodology

Rankings Calculation

For each measure, the most recent state-level data as of March 4, 2019 are presented as the value. The z score for each measure is based on the following formula:

$$\text{Score} = \frac{\text{State value} - \text{National value}}{\text{Standard deviation of all state values}}$$

The z score indicates the number of standard deviations a state value is above or below the U.S. value. A zero indicates a state has the same value as the nation. States with higher values than the U.S. value have a positive score, while states that perform below the U.S. 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 U.S. value is not available from the original data source for a measure, the mean of all state values is used.

The ranking of each measure is the ordering of states according to value. Ties in values are assigned equal ranks.

The overall ranking is the ordering of each state according to its overall score. A state's overall score is calculated by adding the

products of the z score for each core measure multiplied by its assigned weight. If a value is not available for a state, the state's score is set to zero for that measure. Measure weights can be found at AmericasHealthRankings.org/about. It's important to note that not all changes in rank translate into actual declines or improvements in health. Large changes in rank may occur with only a non-significant, small change in a measure's value.

For a more detailed methodology, please see AmericasHealthRankings.org/about/methodology

Data Considerations

Data presented in this report are aggregated at the state level and cannot be used to make inferences at the individual level. Values and rankings from prior years are updated on our website to reflect known errors or updates from the reporting source. The error bars on subpopulation graphs represent the 95 percent confidence interval.

Model Development

In 2013, an advisory group of senior health and aging experts developed the *America's Health Rankings Senior Report* model. The advisory group identified areas of health and well-being most pertinent to the older adult population and established state-level indicators of population health.

Each year, the advisory group reviews the model to improve existing measures, integrate new data sources that enhance the model and adjust to changes in data availability. In particular, the advisory group is attentive to state-level data for social support, caregiving, elder abuse, transportation support and accessible housing for seniors with disabilities.

2019 Model Revisions

Core Measures

The report includes 34 core measures of health that are used to rank states. The 11 measures below were not updated due to lack of data availability; their values and ranks in this edition are the same as in the 2018 edition.

Dental visits
Geriatrician shortfall
HAI policies
Prescription drug coverage
Diabetes management
Health screenings
Hospital readmissions
Preventable hospitalizations
Falls
Hip fractures
Teeth extractions

The following measures were revised. For measure definitions and source details, see Table 8.

- **Arthritis management**, previously pain management, was renamed because it is restricted to pain management among seniors with arthritis and does not assess pain management in general.
- **Home-delivered meals** has a change in units of measure, switching from number of home-delivered meals per 100 to percentage of population receiving home-delivered meals. This change has no impact on comparing data to previous years.
- **Volunteerism** is not comparable to prior editions due to a data source-methodology change.
- The **SNAP reach** numerator was revised, switching from the number of households to the number of adults participating in SNAP. Published participation rates were capped at 100, but scores and overall ranks were calculated from the original rates. SNAP reach data for previous years were updated and replaced on the website to allow for comparability.

Supplemental Measures

Eleven supplemental measures are used to highlight current and emerging issues

Appendix

affecting seniors. This year, two new clinical care supplemental measures were added. For measure definitions and source details, see Table 9.

- **Avoided care due to cost** reflects affordability of health care services and resulting unmet medical needs among seniors. Avoided care due to cost is the percentage of adults aged 65 and older who reported a time in the past 12 months when they needed to see a doctor but could not because of cost.
- **Geriatricians** captures the number of physicians specially trained to meet the unique needs of older adults. This measure is defined as the number of family medicine and internal medicine geriatricians per 100,000 adults aged 65 and older.

One supplemental measure was revised:

- **Suicide** was changed from a three- to a one-year estimate. Values from previous years were updated on the website for comparability. For all editions, estimates were also calculated for age and gender subpopulations.

Adjustments to Previous State Rankings

Overall state rankings from 2013 to 2018 have been recalculated and updated on the website to account for changes in data availability and a recalculation of arthritis management (previously pain management) in editions 2013 to 2017. Please refer to the website for revised rankings.

Values and rankings were updated in previous editions for:

- **Arthritis management.** Values and rankings have been updated in editions 2013 to 2017.
- **Home-delivered meals and community support.** There is a two-year gap between the data year and edition year rather than a three-year gap.
- **Health screening.** Values and rankings for editions 2013 to 2015 were recalculated to match the current definition.
- **Early death.** The 2013 and 2014 values and rankings were updated with 2011 and 2012 data. Previously, both editions used 2010 data.
- **SNAP reach.** Values and rankings for editions 2015 to 2018 were recalculated to match the current definition.

Senior Report Advisory Committee

The Senior Report Advisory Committee provided guidance in the selection of measures and the design of the 2019 *America's Health Rankings Senior Report*.

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