America’s Health Rankings® Senior Report, 2016

Our 4th annual report takes a new approach to reviewing the health of seniors by evaluating health trends of both current and future seniors. The report serves to:

– Assess health of future seniors
– Evaluate health of current seniors
– Stimulate discussion and action
Evaluating Seniors’ Health

*America’s Health Rankings 2016 Senior Report* has two methodologies that, while statistically cannot be tied together, both have strong implications about our nation’s health:

- As with previous reports, **current seniors’ health was evaluated on 35 measures** on a national and state-by-state basis.

- The health of the tomorrow’s seniors – i.e. today’s middle-aged Americans, or those aged 50 to 64 years old – **was compared across four measures** to current seniors when they were aged 50 to 64 years.
Health of Today’s Seniors
Today’s seniors have seen improvements in several areas of health care, but challenges remain.

Over the past three years, very good or excellent health status among adults aged 65+ increased by about 7%.

In the past three years, preventable hospitalizations decreased by about 19%.
Health Trends of Today’s Seniors

Over the past three years, home health care worker availability increased by ▲18%.

In the past three years, the prevalence of obesity among adults aged 65+ increased by nearly ▲9%.

America's Health Rankings
United Health Foundation
Health Trends of Today’s Seniors

- **Hospice Care**: 40% increase in the past three years from 36.7% to 51.4% of decedents aged 65+.
- **Hospital Deaths**: 29% decrease in the past three years from 30.1% to 21.5% of decedents aged 65+.
- **Community Support**: 7% decrease in the past year from $873 to $811 per adult aged 65+ in poverty.

*Source: America’s Health Rankings United Health Foundation*
Health Trends of Today’s Seniors

- **Home-Delivered Meals**: 7% decrease in the past year from 20.6% to 19.1% of seniors in poverty.

- **Food Insecurity**: 5% increase in the past year from 14.8% to 15.5% of adults aged 60+.

- **SNAP Reach**: 10% decrease in the past year from 75.2% to 67.4% of seniors in poverty.
How the States Rank for Senior Health
2016 Rankings

Top 5 states:
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii

Bottom 5 states:
50. Louisiana
49. Oklahoma
48. Mississippi
47. Arkansas
46. West Virginia
# 2016 Rankings

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Rank</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Massachusetts</td>
<td>26</td>
<td>Michigan</td>
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<tr>
<td>2</td>
<td>Vermont</td>
<td>27</td>
<td>Arizona</td>
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<td>3</td>
<td>New Hampshire</td>
<td>28</td>
<td>California</td>
</tr>
<tr>
<td>4</td>
<td>Minnesota</td>
<td>29</td>
<td>Virginia</td>
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<tr>
<td>5</td>
<td>Hawaii</td>
<td>30</td>
<td>North Carolina</td>
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<tr>
<td>6</td>
<td>Utah</td>
<td>31</td>
<td>Montana</td>
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<td>7</td>
<td>Colorado</td>
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<td>8</td>
<td>Maine</td>
<td>33</td>
<td>New Mexico</td>
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<td>9</td>
<td>Connecticut</td>
<td>34</td>
<td>South Carolina</td>
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<td>Washington</td>
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<td>11</td>
<td>Rhode Island</td>
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<td>Illinois</td>
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<td>12</td>
<td>Oregon</td>
<td>37</td>
<td>Indiana</td>
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<td>Wisconsin</td>
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<td>Ohio</td>
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<td>Idaho</td>
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<td>41</td>
<td>Texas</td>
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<tr>
<td>17</td>
<td>North Dakota</td>
<td>42</td>
<td>Nevada</td>
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<td>18</td>
<td>Pennsylvania</td>
<td>43</td>
<td>Tennessee</td>
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<td>Alabama</td>
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<td>Nebraska</td>
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<td>Kentucky</td>
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<td>21</td>
<td>Alaska</td>
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<td>West Virginia</td>
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<td>22</td>
<td>Delaware</td>
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<td>New York</td>
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<td>Mississippi</td>
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<td>Florida</td>
<td>49</td>
<td>Oklahoma</td>
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<tr>
<td>25</td>
<td>South Dakota</td>
<td>50</td>
<td>Louisiana</td>
</tr>
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</table>
### Change in Rank

Alaska (up 10), New Jersey (up 10), and Pennsylvania (up 7) saw the greatest improvements in rank from 2015, while Kansas (down 8), Michigan (down 9), and Ohio (down 8) dropped in the rankings.

Over the past three years, Rhode Island, Alaska and New Jersey made the greatest strides to improve their senior health ranking:

<table>
<thead>
<tr>
<th>State</th>
<th>Rank Change</th>
<th>Preventable Hospitalizations</th>
<th>Hip Fractures</th>
<th>Poverty</th>
<th>Hip Fractures</th>
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</thead>
<tbody>
<tr>
<td>Rhode Island</td>
<td>From 30 to 11</td>
<td>24% ↓</td>
<td>27% ↓</td>
<td>16% ↓</td>
<td>19% ↓</td>
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<tr>
<td>Alaska</td>
<td>From 39 to 21</td>
<td>23% ↓</td>
<td>19% ↓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Jersey</td>
<td>From 28 to 16</td>
<td>18% ↑</td>
<td></td>
<td>19% ↓</td>
<td></td>
</tr>
</tbody>
</table>

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*Image: AMERICA’S HEALTH RANKINGS - UNITED HEALTH FOUNDATION*
State-level Web Tools

Core Measure Impact and Changing Rank
State Downloads

Minnesota

RANK: 4

Home-Delivered Meals
24.5% or about 1 in 4

seniors in Minnesota living in poverty are served a home-delivered meal compared with 19.1% nationally.

Volunteerism
37.9% or about 3 in 8

seniors in Minnesota volunteered through or for an organization in the past 12 months compared with 26.4% nationally.

Dental Visit
75.6% or about 3 in 4

seniors in Minnesota visited the dentist or dental clinic within the past year compared with 65.3% nationally.

Dental Care Provider
91.8%

of seniors in Minnesota have a dedicated health care provider compared with 94.3% nationally.

Obesity
28.3% or about 2 in 7

seniors in Minnesota are obese compared with 27.5% nationally.

Frequent Mental Distress
5.4% or about 1 in 20

seniors in Minnesota report their mental health was not good 14 or more days during the past 30 days compared with 7.4% nationally.
America’s Health Rankings

Health of Tomorrow’s Seniors
Health of Tomorrow’s Seniors: Smoking

The prevalence of smoking decreased by 50.3% from 1999 (38.2%) to 2014 (19.0%).

Education has a protective effect on smoking, with the drop in prevalence greater among those with higher education levels:

- Less than HS: -34.0%
- HS Grad: -40.8%
- Some College: -52.2%
- College Grad: -72.9%

Source: America’s Health Rankings, United Health Foundation
Health of Tomorrow’s Seniors: Obesity

The prevalence of obesity increased by 24.9%.

1999: 27.2%  
2014: 34.0%

Obesity change among males more than 2x higher than change among females.

FEMALE: +15.4%  
MALE: +36.8%
Health of Tomorrow’s Seniors: Diabetes

Change in diabetes prevalence by race/ethnicity:
- Non-Hispanic White: +56.4%
- Hispanics: +40.8%
- Non-Hispanic Blacks: +24.3%

The prevalence of diabetes increased by 54.8% from 1999 (10.1%) to 2014 (15.6%).
Health of Tomorrow’s Seniors: Health Status

The percentage of middle-aged adults reporting very good or excellent health has decreased by 9.4% from 1999 (51.5%) to 2014 (46.7%).

This drop in health status is more dramatic among those with lower income levels:
- Less than $25K: -29.1%
- $25K-$50K: -18.8%
- $50K-$75K: -16.9%
- More than $75K: -8.1%

America’s Health Rankings
United Health Foundation
Tomorrow’s Seniors’ Population Growth

Massive growth in senior population (65+) expected by 2030

25 states will face a ▲50% or more increase in their senior-aged population by 2030
Several States Face a Growing Senior Population and Rising Rates of Chronic Disease

11 States Face a 50% Growth in Senior Population

Coupled with a 20% Increase in Obesity

HIGHEST OBESITY RATE CHANGE

AZ +96%

6 States Face a 50% Growth in Senior Population

Coupled with an 80% Increase in Diabetes

HIGHEST DIABETES RATE CHANGE

CO +138%

America’s Health Rankings
United Health Foundation
## State-By-State Comparison of Tomorrow’s Seniors Health

*Change in state prevalence for obesity & diabetes among middle-aged adults in 2014 compared to 1999 & expected 2030 state senior population increase*

<table>
<thead>
<tr>
<th>State</th>
<th>Obesity Change</th>
<th>Diabetes Change</th>
<th>Population Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>+6%</td>
<td>+56%</td>
<td>+40%</td>
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<tr>
<td>TX</td>
<td>+42%</td>
<td>+48%</td>
<td>+66%</td>
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<tr>
<td>NV</td>
<td>+23%</td>
<td>+95%</td>
<td>+65%</td>
</tr>
<tr>
<td>WI</td>
<td>+10%</td>
<td>+30%</td>
<td>+53%</td>
</tr>
<tr>
<td>LA</td>
<td>+18%</td>
<td>+55%</td>
<td>+47%</td>
</tr>
</tbody>
</table>

*Source: America’s Health Rankings United Health Foundation*
State-By-State Comparison of Tomorrow’s Seniors Health

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<tr>
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<th>Obesity Change (%)</th>
<th>Diabetes Change (%)</th>
<th>Population Growth (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MD</td>
<td>+38%</td>
<td>+59%</td>
<td>+52%</td>
</tr>
<tr>
<td>FL</td>
<td>+16%</td>
<td>+37%</td>
<td>+55%</td>
</tr>
<tr>
<td>IA</td>
<td>+25%</td>
<td>+45%</td>
<td>+37%</td>
</tr>
<tr>
<td>OH</td>
<td>+31%</td>
<td>+83%</td>
<td>+39%</td>
</tr>
<tr>
<td>KS</td>
<td>+35%</td>
<td>+110%</td>
<td>+40%</td>
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</table>
What’s New in 2016

In 2016, United Health Foundation will publish population and spotlight on health reports. New reports will include the Maternal and Child Health Report and the Veterans Health Report in addition to 3 issue-specific Spotlight Reports.

Population & Spotlight Reports

- Prevention (February)
- Impact of Unhealthy Behaviors (April)
- Senior Health Report (May)
- Mental Health (July)
- Maternal and Child Health Report (September)
- The Health of Those Who Have Served Report (November)
- Annual Health Report (December)
Engage with Us

Working together, we can help drive awareness, develop health solutions, and affect change in our states and communities.

Follow America’s Health Rankings on:

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LinkedIn:  www.linkedin.com/company/americas-health-rankings

Share your stories about putting America’s Health Rankings data to work:  AHR@UHG.com
Thank You

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35 Measures of Health

**Behaviors**
- Smoking
- Excessive Drinking
- Obesity
- Underweight
- Physical Inactivity
- Dental Visit
- Pain Management

**Community & Environment**
- Poverty
- Volunteerism
- Nursing Home Quality
- Home-Delivered Meals
- Food Insecurity
- Community Support

**Policy**
- Low-Care Nursing Home Residents
- SNAP Reach
- Prescription Drug Coverage
- Geriatrician Shortfall

**Clinical Care**
- Dedicated Health Care Provider
- Flu Vaccine
- Health Screenings
- Recommended Hospital Care
- Diabetes Management
- Home Health Care
- Preventable Hospitalizations
- Hospital Readmissions
- Hospice Care
- Hospital Deaths

**Health Outcomes**
- ICU Use
- Falls
- Hip Fractures
- Health Status
- Able-bodied
- Premature Death
- Teeth Extractions
- Frequent Mental Distress
2016 Data Updates

- Replaced chronic drinking with excessive drinking—a combined chronic and binge drinking measure
- Replaced poor mental health days (mean number of poor mental health days) with frequent mental distress (% of seniors with 14 or more poor mental days)
- Added clinical overuse—PSA among men aged 75 and older and clinical overuse—mammography among women aged 75 and older as proxies for overuse of clinical care services to supplemental measures