

## SENIOR REPORT – AMERICA'S HEALTH RANKINGS

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

<http://cdnfiles.americashealthrankings.org/SiteFiles/PressReleases/Final%20Report-Seniors-2016-Edition.pdf>

Maryland ranked 14<sup>th</sup> among states for overall status, but there were several indicators needing improvement.

- 35<sup>th</sup> for obesity but Maryland was in the bottom 10 states for change in obesity from 1999 to 2014 in 50 to 64 age group: from 26% to 36% - an increase of 38%
- 24<sup>th</sup> state for smoking in people 65 and older: 8.7%
- 25<sup>th</sup> for excessive drinking 65 years and older: 6.7%
- 49<sup>th</sup> state for percentage of persons served a home-delivered meal out of total population 65 and older: Only 9.1%
- 19<sup>th</sup> for food insecurity with 13.6% of adults aged 60 and older who faced the threat of hunger in the last 12 months
- 34<sup>th</sup> for Community Support: Total expenditures captured by the Administration on Aging per adult aged 65 and older living in poverty - \$488
- 50<sup>th</sup> for Prescription Drug Coverage: Percentage of adults aged 65 and older who have a creditable prescription drug plan – 76%
- 23<sup>rd</sup> for Flu shots - Percentage of adults aged 65 and older who self-report receiving a flu vaccine in the last year – 62.1%
- 42<sup>nd</sup> for Home Health Care - Number of personal care and home health aides per 1,000 adults aged 75 or older – 72.4 per 1000 (the highest was for Alaska 278.8 per 1000).
- 31<sup>st</sup> for Hospice Care - Percentage of decedents aged 65 and older who were enrolled in hospice during the last 6 months of life after diagnosis of condition with high probability of death 48.9%

# Maryland

MARYLAND



## Overall Rank: 14

Change: ▼ 1  
 Determinants Rank: 16  
 Outcomes Rank: 10

### Strengths:

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

### Challenges:

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

### Highlights:

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

### Ranking:

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

### State Health Department Website:

dhmh.maryland.gov

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

	2016 Value	Rank	No 1 State
<b>Community &amp; Environment</b>			
Poverty (% of adults aged 65+)	7.4	9	4.3
Volunteerism (% of adults aged 65+)	26.6	23	46.3
Nursing Home Quality (% of 4- & 5-star beds)	46.6	20	62.9
<b>Community &amp; Environment—Macro Total</b>	<b>0.056</b>	<b>19</b>	
Home-Delivered Meals (% of adults aged 65+ in poverty)	9.1	49	101.3
Food Insecurity (% of adults aged 60+)	13.6	19	8.3
Community Support (dollars per adult aged 65+ in poverty)	\$488	34	\$6,701
<b>Community &amp; Environment—Micro Total</b>	<b>-0.009</b>	<b>35</b>	
<b>Community &amp; Environment Total</b>	<b>0.047</b>	<b>26</b>	

	2016 Value	Rank	No 1 State
<b>Policy</b>			
Low-Care Nursing Home Residents (% of residents)	7.4	8	4.1
SNAP Reach (% of adults aged 60+ in poverty)	85.6	9	124.4
Prescription Drug Coverage (% of adults aged 65+)	76.0	50	88.0
Geriatrician Shortfall (% of needed geriatricians)	39.8	2	25.8
<b>Policy Total</b>	<b>0.059</b>	<b>11</b>	

	2016 Value	Rank	No 1 State
<b>Clinical Care</b>			
Dedicated Health Care Provider (% of adults aged 65+)	95.2	14	96.9
Flu Vaccine (% of adults aged 65+)	62.1	23	70.7
Health Screenings (% of adults aged 65 to 74)	88.6	12	92.3
Recommended Hospital Care (% of hospitalized patients aged 65+)	96.8	39	98.7
Diabetes Management (% of Medicare beneficiaries aged 65 to 75)	82.2	16	86.2
Home Health Care (number of workers per 1,000 adults aged 75+)	72.4	42	278.8
Preventable Hospitalizations (discharges per 1,000 Medicare beneficiaries)	49.7	19	24.4
Hospital Readmissions (% of hospitalized patients aged 65+)	NA	NA	12.4
Hospice Care (% of decedents aged 65+)	48.5	31	65.5
Hospital Deaths (% of decedents aged 65+)	22.7	34	15.3
<b>Clinical Care Total</b>	<b>-0.004</b>	<b>31</b>	
<b>All Determinants</b>	<b>0.142</b>	<b>16</b>	

	2016 Value	Rank	No 1 State
<b>Outcomes</b>			
ICU Use (% of decedents aged 65+)	11.5	22	4.4
Falls (% of adults aged 65+)	25.1	5	20.6
Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)	5.3	14	3.1
Health Status, Excellent or Very Good (% of adults aged 65+)	44.9	15	50.7
Able-bodied (% of adults aged 65+)	68.0	6	69.6
Premature Death (deaths per 100,000 adults aged 65 to 74)	1,711	23	1,394
Teeth Extractions (% of adults aged 65+)	12.9	11	6.4
Frequent Mental Distress (% of adults aged 65+)	6.7	20	4.7
<b>All Outcomes</b>	<b>0.179</b>	<b>10</b>	
<b>Overall</b>	<b>0.321</b>	<b>14</b>	

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

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

NA = not available