

Maryland

State Health Department Website: health.maryland.gov

Overall Rank:

9

Summary

Strengths:

- Low prevalence of frequent physical distress
- Low percentage of low-care nursing home residents
- Low prevalence of smoking

Challenges:

- Low volunteerism rate
- Low home health care worker rate
- High prevalence of severe housing problems

Highlights:

DRUG DEATHS

▲ **323%**

from 3.5 to 14.8 deaths per 100,000 adults ages 65+ between 2008-2010 and 2018-2020

FULL-MOUTH TEETH EXTRACTIONS

▼ **38%**

from 14.5% to 9.0% of adults ages 65+ between 2012 and 2020

HIGH HEALTH STATUS

▲ **15%**

from 42.7% to 49.2% of adults ages 65+ between 2018 and 2020

Measures

		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		++++	13	0.397	—
Community and Family Safety	Violent Crime (offenses per 100,000 population)	+++	28	400	399
Economic Resources	Food Insecurity (% of adults ages 60+)	++++	14	10.1%	12.6%
	Poverty (% of adults ages 65+)	++++	18	7.8%	9.4%
	Poverty Racial Disparity (ratio)†	—	—	2.9	2.7
	SNAP Reach (participants per 100 adults ages 60+ in poverty)	+++++	1	100.0	81.0
Social Support and Engagement	Community Support Expenditures (dollars per adult ages 60+)	++	38	\$26	\$57
	High-speed Internet (% of households with adults ages 65+)	++++	12	81.3%	78.0%
	Low-care Nursing Home Residents (% of residents)	+++++	5	8.8%	15.2%
	Risk of Social Isolation (index 1-100, adults ages 65+)	+++	24	51	—
	Volunteerism (% of adults ages 65+)	++	33	29.8%	31.6%
PHYSICAL ENVIRONMENT*		+++	29	0.340	—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++++	15	6.7	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
Housing	Severe Housing Problems (% of small households with an adult ages 62+)	++	38	34.6%	32.7%
CLINICAL CARE*		+++++	5	0.605	—
Access to Care	Avoided Care Due to Cost (% of adults ages 65+)	++++	14	3.5%	4.2%
	Geriatric Providers (providers per 100,000 adults ages 65+)	+++++	5	43.8	31.1
	Home Health Care Workers (workers per 1,000 adults ages 65+)	++	39	33.1	57.7
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	+++++	10	79.5%	75.9%
	Flu Vaccination (% of adults ages 65+)	+++++	5	72.3%	67.3%
	Pneumonia Vaccination (% of adults ages 65+)	+++++	6	75.1%	70.3%
Quality of Care	Dedicated Health Care Provider (% of adults ages 65+)	+++++	1	96.3%	93.5%
	Hospice Care (% of Medicare decedents)	++	34	47.6%	50.7%
	Hospital Readmissions (risk-standardized readmission rate per 100 admissions)	+++++	8	15	16
	Nursing Home Quality (% of beds rated four or five stars)	++++	20	47.7%	41.2%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	+++	30	1,618	1,582
BEHAVIORS*		+++	12	0.516	—
Nutrition and Physical Activity	Exercise (% of adults ages 65+)	+++	21	24.3%	23.1%
	Fruit and Vegetable Consumption (% of adults ages 65+)	++++	17	8.2%	7.3%
	Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	14	27.3%	30.6%
Sleep Health	Insufficient Sleep (% of adults ages 65+)	+++	24	25.3%	26.0%
Tobacco Use	Smoking (% of adults ages 65+)	+++++	5	7.0%	8.9%
HEALTH OUTCOMES*		++++	12	0.428	—
Behavioral Health	Drug Deaths (deaths per 100,000 adults ages 65+)†	—	—	14.8	8.4
	Excessive Drinking (% of adults ages 65+)	++++	19	6.8%	7.4%
	Frequent Mental Distress (% of adults ages 65+)	+++	27	8.0%	8.1%
	Suicide (deaths per 100,000 adults ages 65+)	++++	11	13.7	16.9
Mortality	Early Death (deaths per 100,000 adults ages 65-74)	+++	25	2,014	2,072
	Early Death Racial Disparity (ratio)†	—	—	1.5	1.6
Physical Health	Falls (% of adults ages 65+)	+++++	5	24.6%	27.1%
	Frequent Physical Distress (% of adults ages 65+)	+++++	6	11.7%	14.5%
	High Health Status (% of adults ages 65+)†	++++	12	49.2%	43.5%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	+++	29	48%	46%
	Obesity (% of adults ages 65+)	+++	21	28.5%	29.3%
	Teeth Extractions (% of adults ages 65+)	+++++	3	9.0%	13.4%
OVERALL		+++++	9	0.467	—

* Value is a summation score. Higher scores are healthier.

† Non-ranking measure.

— Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit AmericasHealthRankings.org.

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