

Maryland

State Health Department Website: health.maryland.gov/Pages/Home.aspx

Overall Rank

9

Summary

Strengths

- Low prevalence of frequent physical distress
- Low poverty rate
- High pneumonia vaccination rate

Challenges

- High prevalence of multiple chronic conditions
- Low level of community support expenditures
- Low hospice care use

Highlights

Volunteerism

41% ▼

from 38.2% to 22.7% of adults ages 65+ between 2017 and 2021.

Food Insecurity

18% ▼

from 11.6% to 9.5% of adults ages 60+ between 2017-2018 and 2019-2020.

Home Health Care Workers

15% ▼

from 33.1 to 28.0 aides per 1,000 adults ages 65+ between 2020 and 2021.

Measures

		State Rank	State Value	U.S. Value
Social & Economic Factors*		13	0.430	
Community and Family Safety	Firearm Deaths (deaths per 100,000 adults ages 65+)*	10	9.7	13.1
	Motor Vehicle Deaths (deaths per 100,000 adults ages 65+)*	8	8.7	11.8
Economic Resources	Food Insecurity (% of adults ages 60+)	12	9.5%	11.9%
	Poverty (% of adults ages 65+)	16	9.1%	10.3%
	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+)	40	\$30	\$62
	High-speed Internet (% of households with adults ages 65+)	15	85.1%	83.1%
	Low-care Nursing Home Residents (% of residents)	5	8.8%	15.2%
	Risk of Social Isolation (index from 1-100, adults ages 65+)	23	50	—
	Volunteerism (% of adults ages 65+)	30	22.7%	22.1%
Physical Environment*		24	0.240	
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	13	6.7	7.8
	Drinking Water Violations (% of community water systems)	1	0.0%	0.8%
Housing	Housing Cost Burden (% of households with adults ages 65+)*	35	31.8%	31.8%
	Severe Housing Problems (% of small households with adults ages 62+)	38	34.1%	32.3%
Clinical Care*		11	0.465	
Access to Care	Avoided Care Due to Cost (% of adults ages 65+)	14	2.6%	3.4%
	Geriatric Providers (providers per 100,000 adults ages 65+)	5	49.2	36.4
	Home Health Care Workers (workers per 1,000 adults ages 65+)	41	28.0	60.3
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	10	79.5%	75.9%
	Flu Vaccination (% of adults ages 65+)	10	72.8%	67.5%
	Pneumonia Vaccination (% of adults ages 65+)	11	74.4%	69.7%
Quality of Care	Dedicated Health Care Provider (% of adults ages 65+)	2	97.9%	96.1%
	Hospice Care (% of Medicare decedents)	38	44.4%	46.7%
	Nursing Home Quality (% of beds rated four or five stars)	27	33.1%	32.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	29	1,484	1,482
Behaviors*		12	0.372	
Nutrition and Physical Activity	Exercise (% of adults ages 65+)	21	24.3%	23.1%
	Fruit and Vegetable Consumption (% of adults ages 65+)	14	7.8%	7.3%
	Physical Inactivity (% of adults ages 65+ in fair or better health)	15	28.2%	31.2%
Sleep Health	Insufficient Sleep (% of adults ages 65+)	24	25.3%	26.0%
Tobacco Use	Smoking (% of adults ages 65+)	9	7.6%	8.9%
Health Outcomes*		7	0.452	
Behavioral Health	Cognitive Difficulty (% of adults ages 65+)*	8	6.2%	7.8%
	Drug Deaths (deaths per 100,000 adults ages 65+)*	48	16.6	9.9
	Excessive Drinking (% of adults ages 65+)	16	6.3%	7.0%
	Frequent Mental Distress (% of adults ages 65+)	19	7.6%	8.5%
	Suicide (deaths per 100,000 adults ages 65+)	8	13.5	16.9
Mortality	Early Death (deaths per 100,000 adults ages 65-74)	18	1,934	2,151
	Early Death Racial Disparity (ratio)**	—	1.4	1.5
Physical Health	Falls (% of adults ages 65+)	5	24.6%	27.1%
	Frequent Physical Distress (% of adults ages 65+)	10	13.1%	15.8%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	34	55%	52%
	Obesity (% of adults ages 65+)	22	30.1%	29.5%
	Teeth Extractions (% of adults ages 65+)	3	9.0%	13.4%
Overall		9	0.421	

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

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

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

* Non-ranking measure.

— Data not available, missing or suppressed.

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

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