Maryland

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

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

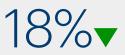
Highlights

Volunteerism



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

Food Insecurity



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

Home Health Care Workers



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

Measures

Overall Rank

vleasure	2S	Rank	Value	Value
Social & Econo	omic Factors*	13	0.430	
Community and		10	9.7	13.1
Family Safety	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	Community Support Expenditures (dollars per adult ages 60+)	40	\$30	\$62
and Engagement	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 Enviro	onment*	24	0.240	
Air and Water	Air Pollution (micrograms of fine particles per cubic meter)	13	6.7	7.8
Quality	Drinking Water Violations (% of community water systems)	1	0.0%	0.8%
Housing	Housing Cost Burden (% of households with adults	35	31.8%	31.8%
	ages 65+) [‡]	20	0.4.10/	20.00
	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	29	1,484	1,482
Behaviors*	Medicare beneficiaries ages 65-74)	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	15	28.2%	31.2%
	better health)	10	20.270	01.27
Sleep Health	Insufficient Sleep (% of adults ages 65+)	24	25.3%	26.0%
obacco Use	Smoking (% of adults ages 65+)	9	7.6%	8.9%
lealth Outcon	nes*	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%
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	Obesity (% of adults ages 65+)	22	30.1%	29.5%
	Obesity (% of adults ages 65+) Teeth Extractions (% of adults ages 65+)	22 3	30.1% 9.0%	29.5% 13.4%

* 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.



State State

U.S.