

America's Health Rankings® Senior Report: Implications for Geriatric Providers

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Purpose

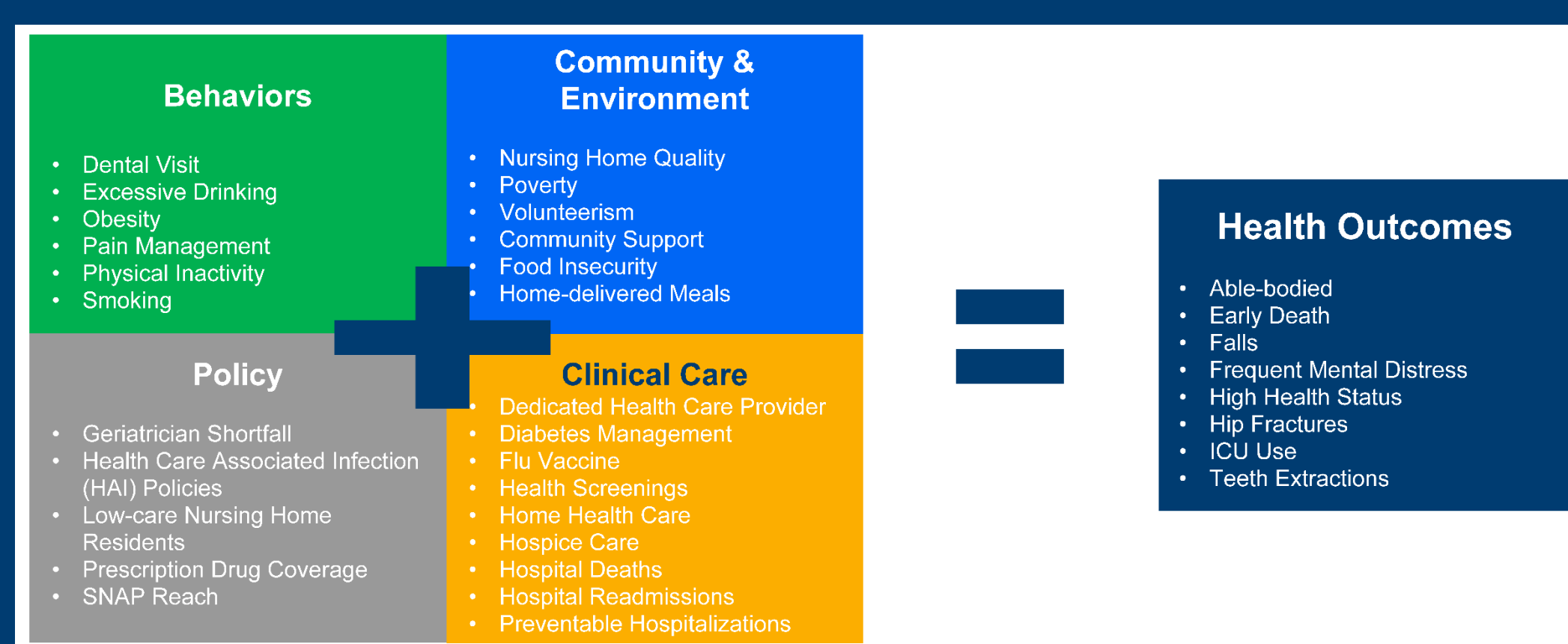
To document and disseminate a comprehensive analysis of senior population health on a national and state-by-state basis across 34 measures.

Rationale

Beginning in 2011 the oldest of the baby boomer generation turned 65, marking the beginning of a tremendous demographic shift in the US population. Adults age 65 and older are the largest consumers of health care and this poses challenges to policymakers, Medicare, Medicaid and Social Security in addition to the effect on families, communities and health care providers including advanced practice registered nurses (APRNs).

Theoretical Framework

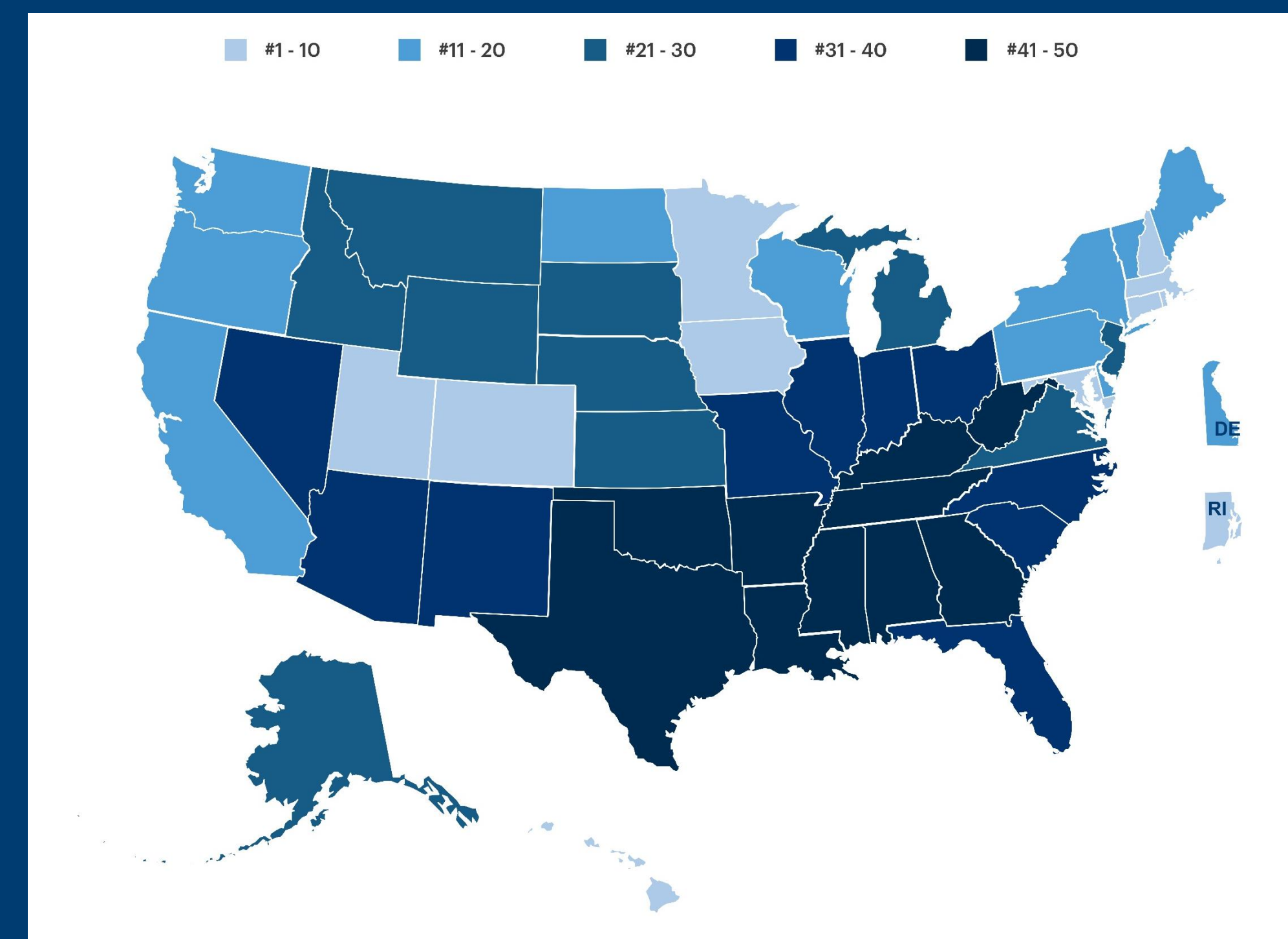
America's Health Rankings® Senior Report was built upon the World Health Organization (WHO) definition of health. The model reflects that determinants of health directly influence health outcomes.



Results

State	Rank 2018
UT	1
HI	2
NH	3
MN	4
CO	5
CT	6
MA	7
RI	8
MD	9
IA	10
DE	11
WI	12
VT	13
ME	14
OR	15
WA	16
PA	17
NY	18
ND	19
CA	20
SD	21
AK	22
NJ	23
VA	24
NE	25
MI	26
ID	27
MT	28
KS	29
WY	30
AZ	31
FL	31
NC	33
OH	34
NV	35
MO	36
SC	37
IL	38
IN	39
NM	40
TX	41
AL	42
GA	43
TN	44
WV	45
OK	46
AR	47
KY	48
MS	49
LA	50

State Rankings 2018

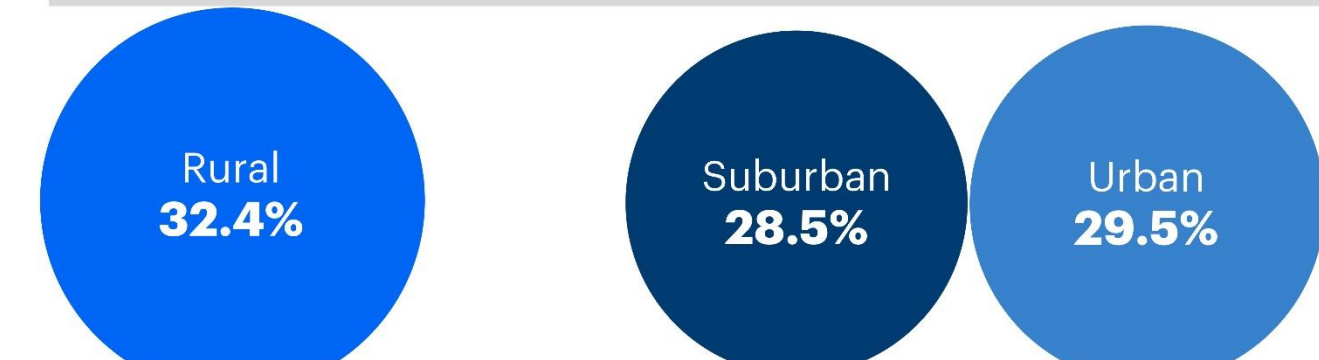


Utah is the new healthiest state for seniors. The highest ranked states are distributed across all regions. The states with the largest challenges are concentrated in the Southeast.

Fewer Rural Seniors Receive Health Screenings



More Rural Seniors Report Falling

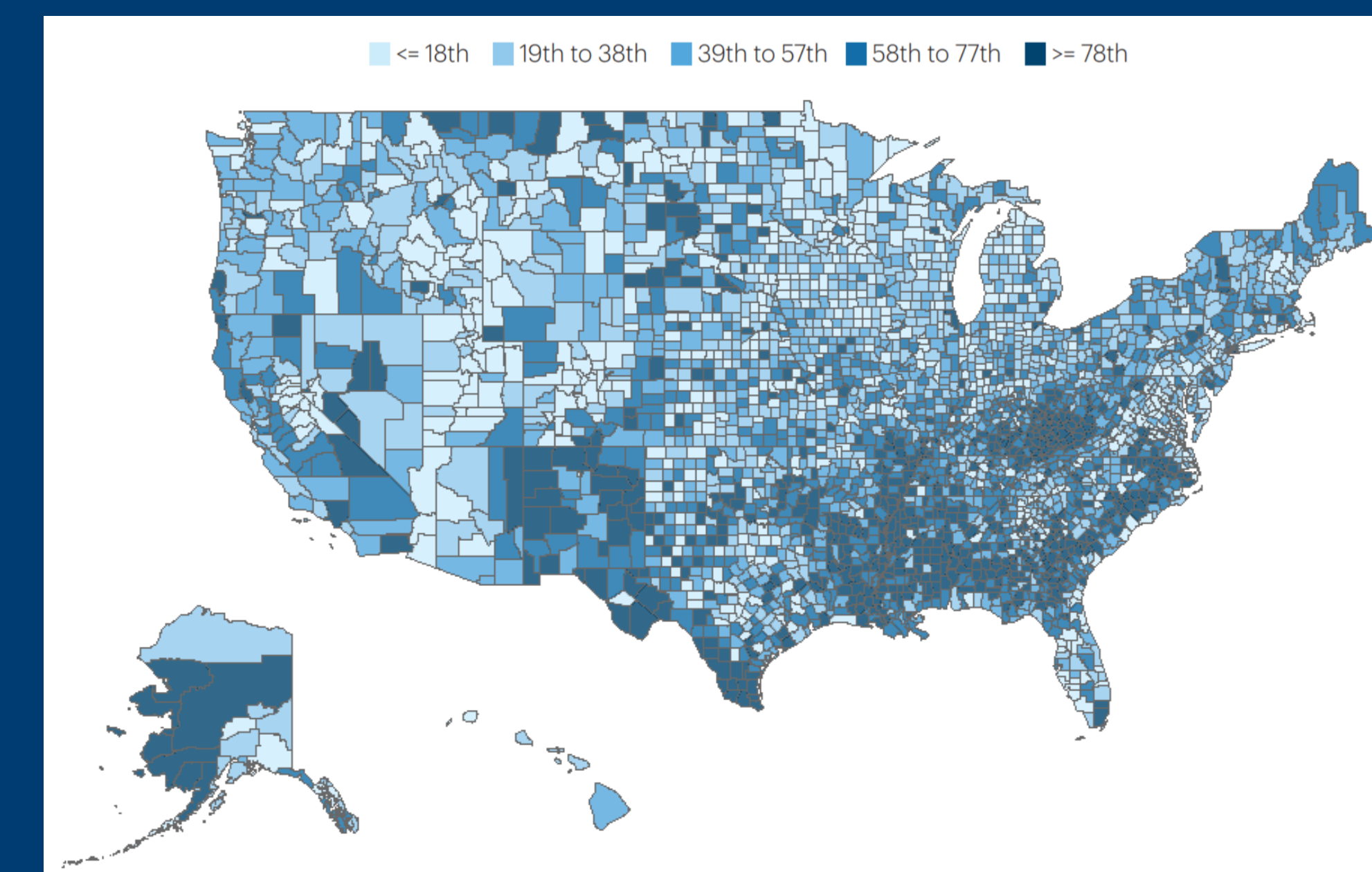


More Rural Seniors Are Physically Inactive



Seniors in rural areas have higher prevalence of physical inactivity and falls, and a lower prevalence of health screenings.

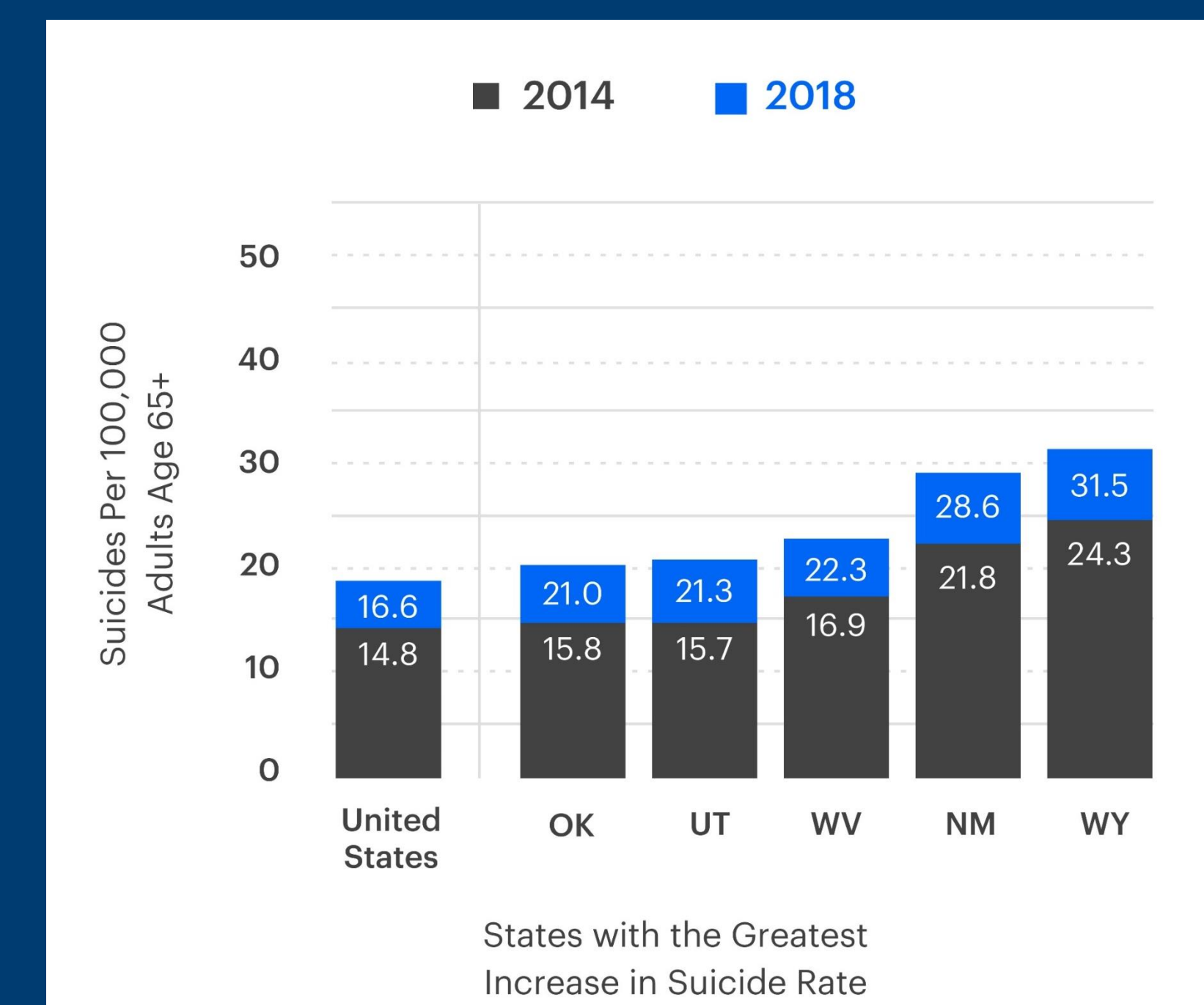
Risk of social isolation varies across the nation



The risk of social isolation among seniors is highest in Mississippi and Louisiana. Seniors have the lowest risk of social isolation in Utah and New Hampshire.

Risk of social isolation for seniors includes the following six factors

- Divorced, separated, or widowed
- Never married
- Poverty
- Disability
- Independent living difficulty
- Living alone



Since 2014, the suicide rate among seniors has increased 12% to 16.6 deaths per 100,000. Wyoming, New Mexico, West Virginia, Utah, and Oklahoma have witnessed the largest suicide rate increases since 2014.

Methods

This descriptive study draws data from more than a dozen government agencies and leading research organizations to create a focused, uniquely rich dataset for measuring health at the state level. A composite variable focused on social isolation in older adults will include analysis of measures from the AARP Foundation Isolation Framework Report (2012) and the American Community Survey (ACS). Quantitative analysis included descriptive statistics and standard formulas to determine a score for each state and rankings on key measures.

Application to Practice

Continued population growth, coupled with more complex medical conditions and social isolation, threaten to further strain the health care system.

APRNs caring for older adults can take an active role in improving overall health outcomes for their populations by leveraging these data. In addition, APRNs have to opportunity to collaborate with additional inter-professional teams to drive policy change and promote the health of older adults.

Acknowledgments

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Disclosure

Arundel Metrics receives funding from United Health Foundation to produce America's Health Rankings. Arundel Metrics (arundelmetrics.com) is a small, data-driven consulting firm specializing in public health measurement and index generation.