

# 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

According to the United States Census Bureau, adults aged 65 and older now comprised more than 15 percent of the total population. By 2030, that number will climb significantly to 20 percent. Adults age 65 and older are the largest consumers of health care and this poses challenges to policy-makers, 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.

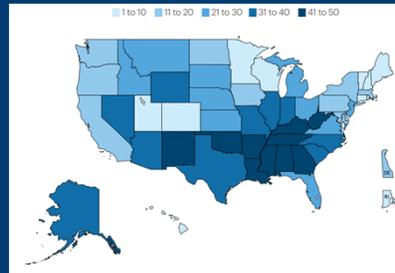


## Results

### State Rankings 2019

State	Rank 2019
HI	1
UT	2
CT	3
MN	4
CO	5
NH	6
RI	7
VT	8
ME	9
WI	10
MA	11
MD	12
IA	13
WA	14
DE	15
NY	16
CA	17
ND	18
OR	19
PA	20
NJ	21
SD	22
NE	23
ID	24
VA	25
MI	26
MT	27
KS	28
FL	29
OH	30
AZ	31
IL	32
AK	33
SC	34
WY	35
IN	36
NC	37
NV	38
MO	39
TX	40
GA	41
NM	42
TN	43
AL	44
AR	45
WV	46
OK	47
LA	48
KY	49
MS	50

Hawaii 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.



### Changes in the Health of Seniors ages 65-74



The percentage of young seniors who report their health is very good or excellent is higher in 2017 than it was in 2002, but the prevalence of certain unhealthy behaviors and health outcomes is higher.

For definitions and more information, visit [AmericasHealthRankings.org](http://AmericasHealthRankings.org)

### Mental health challenges may be different for male and female seniors



Behaviors, cultural norms as well as social and economic conditions influence health and can result in disparities by gender.

### National Successes

There were increases in the use of services that may allow seniors to remain in their homes and communities



### National Challenges

Seniors still face challenges – especially with mental health and unhealthy behaviors



## 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 an opportunity to collaborate with additional inter-professional teams to drive policy change and promote the health of older adults.

### Acknowledgments

We thank the advisory committee, who provided guidance in the development of the *America's Health Rankings® Senior Report*, and United Health Foundation for their continued support of this project.

### Disclosure

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