



America's Health Rankings® Senior Report: A Call to Action for Individuals and Their Communities

National Association of States United for Aging and Disabilities

3 PM EDT, May 20, 2015

Introducing Today's Speakers

- **Tom Eckstein**, MBA, Principal, Arundel Metrics, Inc.
- **Sarah Milder**, MPH, Research Consultant, Arundel Metrics, Inc.

Today's Agenda



- Introduction
- Model, Metrics and Methodology
- Senior Health in the U.S.
- Report Contents and State Rankings
- What We Can Do
- Discussion

***Please note:
All data embargoed until
May 20, 2015, at 12:01
AM ET***

Early Access to Full Data

To view the data, report and infographics as they become available, please visit:

- <http://www.americashealthrankings.org/home/embargo>
- username: publichealth
- password: senior15

EMBARGOED until
May 20, 2015
at 12:01 a.m. EDT

America's Health Rankings® Senior Report

A Comprehensive Assessment of Senior Health

- Third edition updates the data we gathered for the 2014 report
- Offers a comprehensive analysis of senior health on a national and state-by-state basis across 35 measures of senior health
- Seeks to promote discussion around the health of Americans 65 years and older while driving communities, governments, stakeholders and individuals to take action to improve senior health
- Reflects input from a panel of leading public health scholars
- Draws data from more than 12 government agencies and leading research organizations, including the U.S. Department of Health and Human Services, the U.S. Department of Commerce, the U.S. Department of Labor, The Dartmouth Atlas Project, the National Foundation to End Senior Hunger and the Commonwealth Fund
- The report and its related tools are designed to identify health opportunities in communities and multi-stakeholder, multi-discipline approaches to improving the health of our populations
- United Health Foundation's role is:
 - To put a spotlight on the health of seniors
 - To accent evidence-based ideas and means to improve health
 - Integrate with other efforts

MODEL, METRICS AND METHODOLOGY

Measures of Health

Behaviors

- Smoking
- Chronic Drinking
- Obesity
- Underweight
- Physical Inactivity
- Dental Visit
- Pain Management

Community – Macro

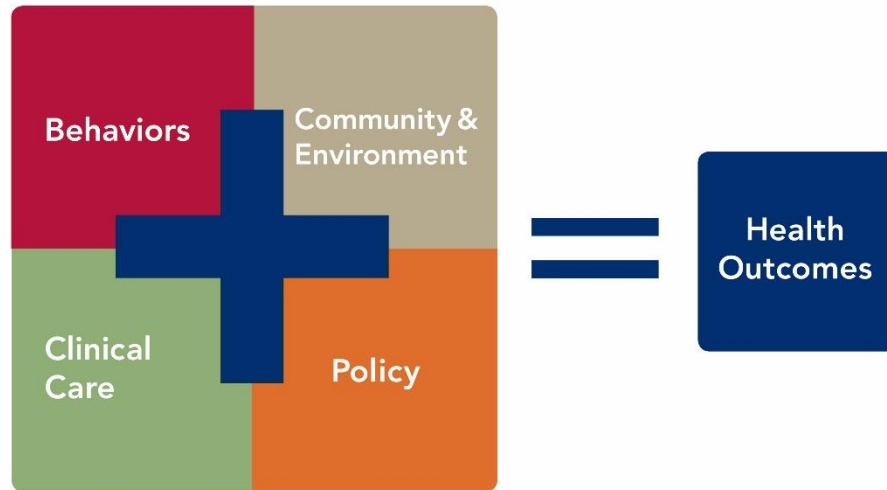
- Poverty
- Volunteerism
- Nursing Home Quality

Community – Micro

- Home-Delivered Meals
- Food Insecurity
- Community Support

Policy

- Low-Care Nursing Home Residents
- SNAP Reach
- Prescription Drug Coverage
- Geriatrician Shortfall



Clinical Care

- Dedicated Health Care Provider
- Flu Vaccine
- Health Screenings
- Recommended Hospital Care
- Diabetes Management
- Home Health Care
- Preventable Hospitalizations
- Hospital Readmissions
- Hospice Care
- Hospital Deaths

Health Outcomes

- ICU Use
- Falls
- Hip Fractures
- Health Status
- Able-bodied
- Premature Death
- Teeth Extractions
- Poor Mental Health Days

Data Updates

Changes:

- Social Support, a Community & Environment measure, was replaced with Home-Delivered Meals. Home-Delivered Meals measures the number of persons served a home-delivered meal as a percentage of adults aged 65 and older living in poverty.
- A Policy measure, SNAP Reach, was added. SNAP reach measures the number of adults aged 60 and older who participate in SNAP as a percentage of adults aged 60 and older living in poverty.
- A new supplemental measure was added, Prescription Drug Plan With Gap, which measures the percentage of Medicare prescription drug plans with a payment gap, sometimes called a “donut hole.”
- The denominator of supplemental measure Multiple Chronic Conditions was amended from all Medicare beneficiaries to Medicare beneficiaries aged 65 and older.
- In addition to the changes made at the suggestion of the expert panel, The Centers for Medicare & Medicaid Services (CMS) revised its Five Star Quality Rating System, impacting the Nursing Home Quality metric.

SENIOR HEALTH IN THE UNITED STATES

Media Rollout Strategy

- National press release and state-specific press releases
- Advance national and local outreach focused on key findings
- Day-of media interviews in English and Spanish
- Social outreach and a Twitter chat

Key National Takeaways

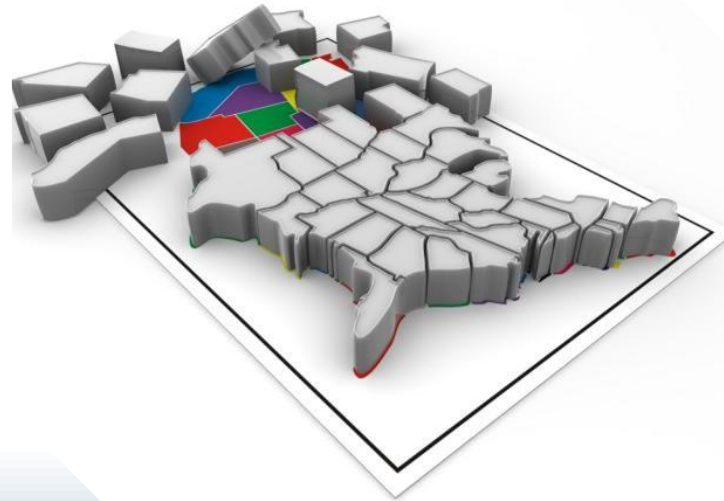
- Now in its third year, the annual America's Health Rankings® Senior Report reveals some encouraging data about senior health, especially related to the care infrastructure for seniors
- While we should celebrate the gains since last year, we must remember that states face serious challenges and a growing aging population, so it's important to focus on continuing to improve

Senior Health Across the U.S.

- **This year's senior report reveals some encouraging data related to senior health, especially as it relates to the health care provided to seniors:**
 - Continued improvements in **preventable hospitalizations** and in use of end-of-life care
 - 8.6 percent reduction in preventable hospitalizations since 2014 and an 11.0 percent decline since the 2013 edition
 - More seniors than last year are pursuing preferred options for **end-of-life care**
 - Use of hospice care increased from 47.5 percent to 50.6 percent of decedents aged 65 and older and increased by 37.9 percent since the 2013 edition
 - Hospital deaths decreased from 25.0 percent to 22.8 percent of decedents aged 65 and older
 - Home care as an option is more available to seniors
 - 9.3 percent increase in home health care workers
 - More seniors received their **flu vaccine** this year
 - While only 60.1 percent of seniors received the flu vaccine in 2014, 62.8 percent did this year
 - A higher rate of seniors reported that their health was very good or excellent
 - There was a 4.8 percent increase in **self-reported health status** to 41.8 percent this year and a 9.0 percent increase in the past two years

Senior Health Across the U.S., Cont.

- **We should celebrate the gains but not ignore important challenges, especially given how rapidly the senior demographic is growing.**
 - By the year 2050, America's senior population will double
 - **Physical inactivity** moved in the wrong direction in 2015
 - The report indicates that 33.1 percent of seniors did not get enough physical activity, a 15.3 percent increase from the previous year
 - Seniors are living with other **unhealthy behaviors and conditions** that need to be addressed to make progress against diabetes, heart disease and other chronic health conditions
 - 37.6 percent of seniors have four or more chronic conditions
 - 26.7 percent of seniors are obese
 - 8.7 percent of seniors smoke
 - **Community support** spending per capita has declined by 23.9 percent in the past two years



REPORT CONTENTS AND STATE RANKINGS

Senior Rankings

State	Rank
1	Vermont
2	New Hampshire
3	Minnesota
4	Hawaii
5	Utah
6	Massachusetts
7	Wisconsin
8	Colorado
9	Oregon
10	Connecticut
11	Maine
11	Washington
13	Maryland
14	Rhode Island
15	Iowa
16	Nebraska
17	Michigan
18	Delaware
19	North Dakota
20	Idaho
21	New York
22	Arizona
23	South Dakota
24	Kansas
25	Pennsylvania

State	Rank
26	New Jersey
27	Florida
28	Virginia
29	California
30	Ohio
31	Alaska
32	North Carolina
33	New Mexico
34	Montana
35	Wyoming
36	South Carolina
37	Illinois
38	Missouri
39	Georgia
40	Indiana
41	Texas
42	Alabama
43	Nevada
44	Tennessee
45	West Virginia
46	Oklahoma
47	Arkansas
48	Kentucky
49	Mississippi
50	Louisiana

Infographics

Accent:

- Physical Inactivity
- Food Insecurity
- SNAP Reach
- Flu Vaccine
- Hospice Care
- Hip Fractures



Living Longer Better: A Call to Action for State Health Officials to Promote Healthy Aging

As president of the Association of State and Territorial Health Officials (ASTHO), I have called upon my counterparts in the 50 states, the District of Columbia, and 8 US territories to join a national movement to promote the health of older adults and their communities. *Healthy Aging: Living Longer Better* is my President's Challenge for 2014-15. The projected doubling of the number of adults aged 65 and older by 2050 requires that public health leaders focus on the needs of this demographic group as they plan and implement population health improvement initiatives in their jurisdictions.¹ States' policy- and systems-level actions to improve the health of individuals, communities, and populations should be grounded in a life course approach that truly extends to the oldest members of society. Such an approach should address psychosocial and clinical determinants of health and of healthy aging.

The *America's Health Rankings® Senior Report* encompasses several clinical, social, and behavioral measures of health determinants and outcomes, and it can be used to guide priority setting for

ensure older adults achieve the highest level of social, physical, and mental well-being in their communities. An established model for such collaboration, the National Prevention Strategy (NPS) (Figure 1) guides states' participation in the President's Challenge.² Over the past several months, state health officials, in collaboration with public or private sector partners, have answered the challenge by pledging to undertake 1 of NPS's 4 strategic directions or 7 priorities. In addition to advancing the health of all age groups and consistent with the strategy's goal to increase the number of Americans who are healthy at every stage of life, this approach encourages teams to adopt policy and system-level actions. It also fosters partnerships



Jewel Mullen, MD,
MPH, MPA
President, Association
of State and Territorial
Health Officials

Commissioner,
Connecticut
Department of
Public Health

WHAT WE CAN DO

How to Put the Rankings to Use

- Use America's Health Rankings® Senior Report as a news hook to discuss strengths/challenges of your and other states and to highlight programs and activities geared toward seniors
- Use the Rankings to help people understand the importance of key interventions
- Help promote the America's Health Rankings® “take action” library and your own websites and programs to translate knowledge into action
- Direct inquiries to resources on AmericasHealthRankings.org. These include a PDF version of the Senior Report, state-specific infographics, custom-report tools and Spanish-language content
- Leverage successful models and advocate for change as individuals, a community and public health professionals
- United Health Foundation is committed to being a part of the solution, providing a full array of tools to help empower your missions to improve public health

THANK YOU

Scott Weier (media)
sweier@gpg.com
202-295-0170

Lauren Mihajlov (media)
lauren_mihajlov@uhg.com
952-936-3068

Sarah Milder (data)
sarah@arundelmetrics.com
651-222-6782

Tom Eckstein (data)
tom@arundelmetrics.com
651-222-5257

Follow us on Twitter:
http://twitter.com/ahr_rankings

Follow us on Facebook:
www.facebook.com/AmericasHealthRankings

Visit our website:
www.AmericasHealthRankings.org

www.americashealthrankings.org