

DELAWARE HOSPITALS

DELAWARE HEALTH CHALLENGES AT-A-GLANCE

Delawareans are older, have more chronic conditions and poorer lifestyle choices than average. The State's health care costs are driven by social and environmental health challenges and poor ranking in population characteristics.



DELAWARE HAS THE
5TH OLDEST
POPULATION IN THE COUNTRY¹

Did you know?

Health care spending for someone who is 65 and older is almost three times as much as someone who is working age ²

OBESITY RATES ARE HIGH IN DELAWARE

According to *The State of Obesity 2020* report, Delaware has the **7th highest adult obesity rate** in the nation at 36.5% (up from 26.9% in 2012). Obese adults experience a 42% increase in direct health care costs compared to those at a healthy weight.



Delaware has the **12th highest obesity rate for youth** ages 10 to 17.³

DE hospitals have seen an **increase in patient acuity** as patients deferred treatments and tests during the COVID-19 pandemic.

Medical/surgical length of stay in Delaware hospitals has increased from 5.05 days in the third quarter of 2019 to 6.59 days in the third quarter of 2021 – a 30.8% increase.



Sicker patients translate to increased costs as they require more intensive treatment, higher cost drugs, more staff time, and more supplies and equipment.



Delaware has the **11TH HIGHEST RATE OF ADULT DIABETES IN THE NATION**. Patients with diabetes have health care costs that are **2.3 times higher** than patients without diabetes.⁴

SOCIAL DETERMINANTS OF HEALTH

80%

The percentage of a population's overall health outcomes attributed to *environmental and socioeconomic factors*, collectively known as **Social Determinants of Health**.



20%

The percentage of a population's overall health outcomes attributed to *medical care*.



DE has a history of poor rankings – **only 7 states rank worse** – in the number of **low-birth weight babies** born in the state.



Babies born with low birth weight are more likely to have health challenges, and the costs associated with caring for these babies can be **ten times** the costs associated with caring for babies of normal weight.⁵

- <https://www.consumeraffairs.com/homeowners/elderly-population-by-state.html>
- <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/NHE-Fact-Sheet>
- <https://stateofchildhoodobesity.org/adult-obesity/>
- <https://stateofchildhoodobesity.org/diabetes/>, and <https://www.diabetes.org/resources/statistics/cost-diabetes>
- <https://www.americashealthrankings.org/explore/annual/measure/birthweight/state/ALL>