

# DELAWARE HOSPITALS

DELAWARE HEALTH CHALLENGES AT-A-GLANCE

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



DELAWARE HAS THE **7<sup>TH</sup> OLDEST** POPULATION IN THE COUNTRY,<sup>1</sup>

Did you know, **health care spending for a 64-year old costs nearly 44% more than for a 54-year old, and 115% more than someone in the 26-44 age range?**<sup>2</sup>

## OBESITY RATES ARE HIGH IN DELAWARE

According to *The State of Obesity* 2019 report, Delaware has the **18th highest adult obesity rate** in the nation at 33.5% (up from 17.1% in 2000). Obese adults experience a 42% increase in direct health care costs compared to those at a healthy weight.



Delaware has the **16th highest obesity rate for youth ages 10 to 17.**<sup>3</sup>

## DELAWARE HAS A LONG HISTORY OF POOR RANKINGS IN THE NUMBER OF LOW-BIRTH WEIGHT BABIES BORN WITHIN THE STATE.



According to the CDC, **ONLY 12 STATES RANKED WORSE THAN DELAWARE** in 2017 in the number of babies born below recommended birth weight. Babies born with low birth weight are more likely to have health problems, and the costs associated with caring for these babies can be **ten times** the costs associated with caring for babies of normal weight.



DELAWARE IS ABOVE THE NATIONAL AVERAGE FOR DIABETES. Patients with diabetes have health care costs that are **2.3 times higher** than patients without diabetes.<sup>4</sup>

## SOCIAL DETERMINANTS OF HEALTH

**80%**

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



**20%**

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



Only **46.3% of adult Delawareans engage in regular physical activity**, below the national average. Physical activity can reduce the risk of many serious health conditions.<sup>5</sup>



Nearly **1 in 5** adults in Delaware smoke cigarettes. **19.4% of Delaware youth** report using tobacco products, including e-cigarettes.<sup>6</sup>

- <https://time.com/5000792/youngest-oldest-us-states/>
- <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/NationalHealthExpendData/Age-and-Gender.html>  
Percentage Calculated from Age & Gender Table 15 for year 2017.
- <https://www.stateofobesity.org/states/de/#policies> and <https://www.stateofobesity.org/healthcare-costs-obesity/>
- <https://www.diabetes.org/resources/statistics/cost-diabetes>
- <http://www.delawarehealthtracker.com/indicators/index/view?indicatorId=49&localeId=10>
- <https://www.cdc.gov/tobacco/about/osh/state-fact-sheets/delaware/>
- <https://www.dhss.delaware.gov/dhss/dph/files/dedrugoverdosemortalityrpt2017.pdf>

