

Table 194. Nursing Homes, Beds, Residents, and Occupancy Rate by State: 2009

[Based on a census of certified nursing facilities]

State	Nursing homes	Beds	Residents	Occupancy rate ¹	State	Nursing homes	Beds	Residents	Occupancy rate ¹
U.S.	15,700	1,705,808	1,401,718	82.2	MO	513	55,361	37,588	67.9
AL	231	26,854	23,186	86.3	MT	90	7,053	5,077	72.0
AK	15	716	633	88.4	NE	225	16,214	12,627	77.9
AZ	135	16,073	11,908	74.1	NV	49	5,719	4,699	82.2
AR	230	24,413	17,801	72.9	NH	80	7,742	6,941	89.7
CA	1,252	121,699	102,747	84.4	NJ	360	51,159	45,788	89.5
CO	210	19,867	16,288	82.0	NM	70	6,760	5,569	82.4
CT	240	29,306	26,253	89.6	NY	640	121,769	109,867	90.2
DE	46	4,953	4,256	85.9	NC	423	44,106	37,577	85.2
DC	19	2,765	2,531	91.5	ND	84	6,339	5,777	91.1
FL	676	81,887	71,657	87.5	OH	961	93,359	80,185	85.9
GA	360	39,993	34,899	87.3	OK	316	29,269	19,209	65.6
HI	47	4,241	3,841	90.6	OR	137	12,313	7,708	62.6
ID	79	6,176	4,419	71.6	PA	711	88,861	80,562	90.7
IL	794	102,123	75,673	74.1	RI	86	(NA)	8,040	91.2
IN	504	57,450	39,190	68.2	SC	177	19,085	17,148	89.9
IA	447	33,301	25,814	77.5	SD	109	6,900	6,476	93.9
KS	341	25,732	19,029	74.0	TN	318	37,185	31,876	85.7
KY	287	25,996	23,318	89.7	TX	1,165	128,984	90,534	70.2
LA	282	35,602	25,077	70.4	UT	96	8,027	5,358	66.8
ME	109	7,113	6,485	91.2	VT	40	3,293	2,980	90.5
MD	231	29,100	25,025	86.0	VA	281	31,972	28,392	88.8
MA	429	49,126	43,227	88.0	WA	233	22,050	18,188	82.5
MI	428	47,271	40,306	85.3	WV	128	10,843	9,613	88.7
MN	385	32,956	30,073	91.3	WI	391	36,482	31,619	86.7
MS	202	18,458	16,294	88.3	WY	38	2,974	2,380	80.0

NA Not available. ¹ Percentage of beds occupied (number of nursing home residents per 100 nursing home beds).

Source: U.S. National Center for Health Statistics, *Health, United States, 2010*. See also <<http://www.cdc.gov/nchs/hus.htm>>.

Table 195. Insufficient Rest or Sleep by Number of Days and Selected Characteristics: 2008

[In percent. Age-adjusted to 2000 projected U.S. population. Respondents were asked, "During the past 30 days, for about how many days have you felt you did not get enough sleep?"]

Characteristic	Number ¹	Days without enough rest or sleep			
		0 days	1–13 days	14–29 days	30 days
Total	403,981	30.7	41.3	16.8	11.1
Sex:					
Male	152,513	33.6	40.9	15.6	9.9
Female	251,468	28.1	41.5	18	12.4
Age:					
18 to 24 years old	13,881	23.2	45.5	19.7	11.6
25 to 34 years old	38,978	21.8	44.1	20.4	13.8
35 to 44 years old	61,350	22.8	45.2	20.1	12.0
45 to 64 years old	169,906	30.5	42.4	16.3	10.9
65 years old or over	119,866	56.7	28.3	7.6	7.4
Race/ethnicity:					
White, non-Hispanic	318,694	27.9	42.7	18.2	11.2
Black, non-Hispanic	31,513	30.4	40.4	16.0	13.3
Other, non-Hispanic ²	22,108	35.4	37.2	15.8	11.6
Hispanic ³	28,045	38.8	37.7	13.0	10.5
Employment status:					
Employed	215,127	28.7	44.2	17.1	9.9
Unemployed	16,797	32.5	36.7	16.9	13.9
Retired	106,325	43.8	33.2	13.4	9.5
Unable to work	25,956	24.3	28.4	21.6	25.8
Homemaker or student	38,395	31.3	41.7	15.9	11.1
Education:					
Less than high school	39,395	37.9	33.6	14.2	14.3
High school or GED ⁴	121,346	33.8	37.3	15.7	13.2
Some college or college graduate	242,194	28.0	44.5	17.9	9.6
Marital status:					
Married	226,418	30.9	42.1	15.9	11.1
Divorced, widowed, or separated	119,372	30.4	35.1	18.6	16.0
Member of unmarried couple	8,945	28.4	42.8	16.7	12.1
Never married	48,016	31.6	41.0	16.7	10.6

¹ Unweighted sample. Categories may not sum to total due to missing responses. ² Asian, Hawaiian or other Pacific Islander, American Indian/Alaska Native, or multiracial. ³ Persons of Hispanic origin may be any race. ⁴ General Education Development certificate.

Source: U.S. Centers for Disease Control and Prevention, Atlanta, GA, *Morbidity and Mortality Weekly Report*, Vol. 58, No. 42, 2009. See also <<http://www.cdc.gov/mmwr/index2009.html>>.