Hampton Falls (Rockingham)

TUFTS Health Plan FOUNDATION

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
POPULATION CHARACTERISTICS					
Age-sex adjusted 1-year mortality rate		2.9%	[1.25% - 4.46%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		69.1%	[62.80% - 75.33%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	[21.73% - 34.20%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.5%	[48.31% - 62.59%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		22.3%	[16.42% - 28.10%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		66.4%	[59.56% - 73.18%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		8.9%	[5.05% - 12.66%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.4%	[2.80% - 4.00%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		20.4%	[15.09% - 25.80%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.4%	[8.65% - 18.08%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.1%	[86.19% - 93.99%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		37.9%	[29.31% - 46.41%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		63.1%	[56.37% - 69.80%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		83.2%	[77.26% - 89.14%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		97.0%	[94.57% - 99.42%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		78.6%	[71.52% - 85.70%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		75.3%	[69.34% - 81.24%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[8.53% - 18.55%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		12.1%	[7.44% - 16.75%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		35.9%	[29.09% - 42.66%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		72.4%	[65.99% - 78.79%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	[14.48% - 25.50%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		33.0%	[26.32% - 39.77%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	11.6%	[8.23% - 14.95%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		70.2%	[65.50% - 74.95%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.1%	[3.42% - 10.84%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		10.1%	[6.25% - 14.02%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	22.7%	[18.54% - 26.86%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	16.5%	[12.61% - 20.35%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.7%	[2.11% - 3.29%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.5%	[0.98% - 1.93%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.5%	[3.78% - 5.26%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.8%	[0.47% - 1.10%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.1%	[1.88% - 6.23%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	6.7%	[3.96% - 9.34%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.1%	[8.90% - 15.35%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	22.5%	[18.06% - 26.88%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		12.6%	[9.36% - 15.80%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		17.1%	[13.42% - 20.81%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	7.7%	[5.05% - 10.33%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		70.7%	[65.96% - 75.38%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.0%	[2.88% - 7.09%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		35.1%	[30.04% - 40.11%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		19.1%	[15.07% - 23.13%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		16.7%	[13.08% - 20.42%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	11.0%	[7.81% - 14.09%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		49.5%	[44.09% - 54.97%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		18.3%	[14.50% - 22.06%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.0%	[1.50% - 2.50%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.6%	[1.18% - 2.05%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.4%	[1.90% - 2.93%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.8%	[4.96% - 12.60%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.21% - 2.43%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.7%	[7.98% - 17.44%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		44.1%	[36.76% - 51.36%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.04%	[0.02% - 0.06%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		18.0%	[14.15% - 21.80%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		38.8%	[33.97% - 43.66%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		19.3%	[15.31% - 23.32%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		8.5%	[5.68% - 11.34%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		15.2%	[11.50% - 18.81%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.4%	[3.68% - 5.19%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.0%	[1.55% - 2.54%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.2%	[0.83% - 1.61%]	1.1%	[1.06% - 1.16%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma	B	17.2%	[13.48% - 20.88%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.8%	[56.76% - 66.76%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.3%	[3.09% - 7.54%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		49.4%	[44.36% - 54.47%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		8.5%	[5.45% - 11.46%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	[9.95% - 16.56%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.51% - 1.10%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.8%	[2.21% - 3.38%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	4.2%	[2.42% - 6.06%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.2%	[2.42% - 6.06%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.5%	[95.52% - 99.49%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		9.5%	[4.95% - 14.10%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.3	[6.6 - 8.0]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		535	[408 - 662]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	41.9	[37.5 - 46.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.6	[1.2 - 4.0]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.5	[0.9 - 2.0]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		259	[169 - 349]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		20.4%	[10.00% - 30.82%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		57	[29 - 85]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.3%	[0.97% - 3.69%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		78.2%	[72.64% - 83.84%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		77.4%	[71.76% - 83.14%]	77.1%	[76.02% - 78.18%]

Notes. [1] Community-state differences where the margin of error do not overlap each other are noted B, W, or *.

[2] All community and state margins of error are 95% confidence intervals.

[3] The margin of erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

Questions or suggestions? Beth.Dugan@umb.edu