

## Exeter (Washington)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Population 65 years or older					
% 65-74 years		53.6%	[ 41.80% - 65.35% ]	55.6%	[ 54.85% - 56.28% ]
% 75-84 years		33.0%	[ 20.42% - 45.59% ]	28.9%	[ 28.18% - 29.72% ]
% 85 years or older		13.4%	[ 5.57% - 21.26% ]	15.5%	[ 14.95% - 16.02% ]
% 65+ population who are female		50.0%	[ 40.39% - 59.71% ]	57.2%	[ 56.30% - 58.00% ]
% 85+ population who are female		60.6%	[ 32.15% - 89.02% ]	69.7%	[ 68.05% - 71.40% ]
Race and ethnicity of the population 65+					
% White		98.9%	[ 92.17% - 105.68% ]	92.0%	[ 90.81% - 93.12% ]
% African American		1.1%	[ -4.06% - 6.22% ]	3.2%	[ 2.96% - 3.38% ]
% Asian		0.0%	[ -5.15% - 5.15% ]	1.6%	[ 1.42% - 1.77% ]
% Hispanic/Latino		0.0%	[ -5.15% - 5.15% ]	4.9%	[ 4.72% - 5.07% ]
Marital status of the population 65+					
% married		57.7%	[ 46.02% - 69.36% ]	51.3%	[ 50.78% - 51.78% ]
% divorced/separated		12.4%	[ 2.89% - 21.99% ]	15.7%	[ 15.00% - 16.37% ]
% widowed		21.4%	[ 9.81% - 32.89% ]	25.0%	[ 24.26% - 25.77% ]
% never married		8.5%	[ 0.73% - 16.32% ]	8.0%	[ 7.50% - 8.54% ]
Education of the population 65+					
% with less than high school education		18.3%	[ 6.71% - 29.92% ]	19.1%	[ 18.37% - 19.74% ]
% with high school or some college		41.5%	[ 28.53% - 54.53% ]	52.9%	[ 52.00% - 53.74% ]
% with college degree		18.1%	[ 9.62% - 26.62% ]	14.2%	[ 13.63% - 14.77% ]
% with graduate or professional degree		22.0%	[ 11.74% - 32.34% ]	13.9%	[ 13.32% - 14.43% ]
% of 65+ population who speak only English at home		95.1%	[ 82.93% - 107.28% ]	82.9%	[ 81.76% - 83.94% ]
% of 65+ population who are veterans of military service		26.0%	[ 16.08% - 35.83% ]	19.0%	[ 18.51% - 19.54% ]
% of 60+ who are LGBT		1.8%	[ 0.85% - 2.82% ]	2.8%	[ 2.34% - 3.25% ]
Age-sex adjusted 1-year mortality rate		3.7%	[ 2.39% - 5.09% ]	4.4%	[ 4.26% - 4.46% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		63.5%	[ 58.28% - 68.64% ]	63.0%	[ 61.81% - 64.29% ]
% 60+ doing any physical activity within last month		73.6%	[ 68.63% - 78.55% ]	71.0%	[ 69.74% - 72.20% ]
% 60+ met CDC guidelines for muscle-strengthening activity		29.4%	[ 24.06% - 34.73% ]	25.0%	[ 23.77% - 26.17% ]
% 60+ met CDC guidelines for aerobic physical activity		58.7%	[ 52.90% - 64.49% ]	54.3%	[ 52.92% - 55.67% ]
% 60+ with fair or poor health status		16.3%	[ 12.27% - 20.31% ]	19.5%	[ 18.47% - 20.56% ]
% 60+ with 15+ physically unhealthy days in last month		14.2%	[ 9.88% - 18.51% ]	14.5%	[ 13.57% - 15.46% ]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>FALLS</b>					
% 60+ who fell within last year		28.9%	[ 23.96% - 33.91% ]	26.3%	[ 25.14% - 27.49% ]
% 60+ who were injured in a fall within last year		9.1%	[ 6.17% - 12.08% ]	10.3%	[ 9.54% - 11.14% ]
% 65+ had hip fracture	B	2.3%	[ 1.35% - 3.22% ]	3.4%	[ 3.27% - 3.52% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year		90.6%	[ 87.64% - 93.57% ]	93.0%	[ 92.31% - 93.64% ]
% 60+ flu shot in last year		58.3%	[ 52.70% - 63.90% ]	60.6%	[ 59.26% - 61.94% ]
% 60+ with pneumonia vaccine	W	57.5%	[ 51.67% - 63.29% ]	67.7%	[ 66.44% - 69.06% ]
% 60+ with shingles vaccine		33.2%	[ 27.80% - 38.64% ]	35.3%	[ 34.00% - 36.58% ]
% 60+ women with a mammogram within last 2 years		82.1%	[ 76.15% - 88.04% ]	82.0%	[ 80.65% - 83.43% ]
% 60+ with colorectal cancer screening		77.9%	[ 73.29% - 82.47% ]	77.8%	[ 76.64% - 78.95% ]
% 60+ with HIV test		13.3%	[ 9.30% - 17.22% ]	15.8%	[ 14.75% - 16.78% ]
% 60+ met CDC preventive health screening goals		40.7%	[ 33.90% - 47.47% ]	39.2%	[ 37.58% - 40.81% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.8%	[ 15.13% - 24.55% ]	18.1%	[ 17.07% - 19.17% ]
% 60+ stressed about buying food in last month		8.9%	[ 4.87% - 12.90% ]	13.2%	[ 12.09% - 14.36% ]
% 60+ self-reported obese		28.3%	[ 23.10% - 33.49% ]	26.8%	[ 25.56% - 27.98% ]
% 65+ clinically diagnosed obesity	B	24.2%	[ 20.04% - 28.27% ]	29.3%	[ 28.94% - 29.63% ]
% 65+ with high cholesterol	B	73.7%	[ 69.56% - 77.88% ]	79.1%	[ 78.78% - 79.38% ]
% 60+ with cholesterol screening		97.9%	[ 96.42% - 99.48% ]	96.9%	[ 96.44% - 97.40% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		56.4%	[ 51.07% - 61.76% ]	56.3%	[ 54.99% - 57.64% ]
% 60+ with annual dental exam		80.0%	[ 75.58% - 84.39% ]	75.9%	[ 74.78% - 77.08% ]
% 60+ with loss of 6 or more teeth		27.7%	[ 22.85% - 32.46% ]	29.6%	[ 28.37% - 30.83% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.1%	[ 5.68% - 10.55% ]	13.1%	[ 12.86% - 13.34% ]
% 65+ with anemia	B	44.1%	[ 39.56% - 48.57% ]	50.0%	[ 49.62% - 50.33% ]
% 65+ with asthma	B	10.2%	[ 7.51% - 12.87% ]	14.9%	[ 14.68% - 15.18% ]
% 65+ with atrial fibrillation	B	11.9%	[ 9.07% - 14.71% ]	15.0%	[ 14.72% - 15.22% ]
% 65+ with autism spectrum disorder		N/A		0.04%	[ 0.03% - 0.06% ]
% 65+ with benign prostatic hyperplasia (men)		35.6%	[ 29.44% - 41.75% ]	42.2%	[ 41.66% - 42.72% ]
% 65+ with breast cancer (women)		10.6%	[ 6.70% - 14.42% ]	11.1%	[ 10.80% - 11.39% ]
% 65+ with cataract		64.6%	[ 60.08% - 69.03% ]	67.5%	[ 67.15% - 67.83% ]
% 65+ with chronic kidney disease		27.2%	[ 23.01% - 31.37% ]	30.7%	[ 30.38% - 31.07% ]
% 65+ with chronic obstructive pulmonary disease	B	16.2%	[ 13.00% - 19.50% ]	22.9%	[ 22.64% - 23.23% ]
% 65+ with colon cancer		2.0%	[ 1.08% - 2.88% ]	2.7%	[ 2.58% - 2.80% ]
% 65+ with congestive heart failure	B	13.8%	[ 10.69% - 16.84% ]	21.6%	[ 21.33% - 21.93% ]
% 65+ with diabetes		30.2%	[ 25.80% - 34.55% ]	34.7%	[ 34.30% - 35.01% ]
% 65+ with endometrial cancer (women)		1.3%	[ 0.63% - 2.03% ]	1.9%	[ 1.81% - 2.07% ]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
% 65+ with epilepsy		2.5%	[ 1.39% - 3.52% ]	2.9%	[ 2.82% - 3.08% ]
% 65+ with fibromyalgia, chronic pain and fatigue		26.0%	[ 21.74% - 30.30% ]	25.4%	[ 25.09% - 25.74% ]
% 65+ with glaucoma		26.0%	[ 22.13% - 29.92% ]	27.0%	[ 26.70% - 27.32% ]
% 65+ ever had a heart attack		4.0%	[ 2.28% - 5.68% ]	5.8%	[ 5.63% - 5.95% ]
% 65+ with HIV/AIDS		0.1%	[ 0.03% - 0.10% ]	0.12%	[ 0.10% - 0.15% ]
% 65+ with hypertension		73.9%	[ 69.80% - 78.05% ]	78.0%	[ 77.73% - 78.33% ]
% 65+ with hypothyroidism	B	18.5%	[ 15.05% - 21.92% ]	22.4%	[ 22.09% - 22.68% ]
% 65+ with ischemic heart disease	B	33.9%	[ 29.36% - 38.35% ]	41.8%	[ 41.39% - 42.13% ]
% 65+ with leukemias and lymphomas		2.5%	[ 1.47% - 3.63% ]	2.7%	[ 2.59% - 2.83% ]
% 65+ with liver disease	B	6.6%	[ 4.12% - 9.13% ]	9.9%	[ 9.71% - 10.16% ]
% 65+ with lung cancer		1.6%	[ 0.82% - 2.42% ]	2.1%	[ 1.97% - 2.17% ]
% 65+ with migraine and other chronic headache		6.6%	[ 4.14% - 9.07% ]	6.1%	[ 5.94% - 6.31% ]
% 65+ with osteoarthritis or rheumatoid arthritis	B	49.4%	[ 44.46% - 54.27% ]	56.2%	[ 55.78% - 56.54% ]
% 65+ with osteoporosis	B	12.7%	[ 9.81% - 15.54% ]	19.6%	[ 19.29% - 19.85% ]
% 65+ with peripheral vascular disease	B	15.5%	[ 12.15% - 18.78% ]	25.6%	[ 25.29% - 25.92% ]
% 65+ with pressure ulcer or chronic ulcer		6.2%	[ 4.02% - 8.39% ]	8.1%	[ 7.94% - 8.33% ]
% 65+ with prostate cancer (men)		12.1%	[ 8.24% - 16.05% ]	13.4%	[ 13.09% - 13.81% ]
% 65+ with stroke		10.0%	[ 7.39% - 12.55% ]	11.9%	[ 11.65% - 12.09% ]
% 65+ with traumatic brain injury		0.6%	[ 0.25% - 0.97% ]	1.0%	[ 0.96% - 1.11% ]
% 65+ with 4+ (out of 15) chronic conditions	B	54.5%	[ 49.91% - 59.08% ]	63.8%	[ 63.47% - 64.16% ]
% 65+ with 0 chronic conditions		7.3%	[ 4.68% - 9.89% ]	7.0%	[ 6.77% - 7.15% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		1.6%	[ 0.70% - 2.54% ]	1.9%	[ 1.75% - 1.96% ]
% 65+ with substance use disorder		4.8%	[ 2.66% - 6.86% ]	7.0%	[ 6.76% - 7.15% ]
% 60+ who used marijuana in last month		N/A		3.4%	[ 2.52% - 4.26% ]
% 60+ excessive drinking		7.9%	[ 4.90% - 10.84% ]	9.3%	[ 8.54% - 10.16% ]
% 65+ with tobacco use disorder		8.2%	[ 5.34% - 11.07% ]	10.8%	[ 10.58% - 11.06% ]
% 60+ current smokers		8.5%	[ 5.51% - 11.45% ]	8.7%	[ 7.98% - 9.51% ]
% 60+ ever used E-Cigarettes in last month		5.6%	[ 2.95% - 8.31% ]	5.8%	[ 5.14% - 6.42% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		77.7%	[ 72.70% - 82.60% ]	79.7%	[ 78.56% - 80.78% ]
% 60+ who reported being satisfied with life		96.9%	[ 95.49% - 98.31% ]	95.3%	[ 94.67% - 95.87% ]
% 60+ with 15+ days poor mental health in last month		6.2%	[ 3.97% - 8.37% ]	7.4%	[ 6.70% - 8.03% ]
% 65+ with depression	B	25.4%	[ 21.45% - 29.27% ]	32.9%	[ 32.60% - 33.26% ]
% 65+ with anxiety disorder	B	21.3%	[ 17.41% - 25.22% ]	29.8%	[ 29.48% - 30.17% ]
% 65+ with bipolar disorder		2.8%	[ 1.13% - 4.39% ]	4.1%	[ 3.93% - 4.23% ]
% 65+ with post-traumatic stress disorder		1.6%	[ 0.69% - 2.53% ]	1.7%	[ 1.60% - 1.81% ]
% 65+ with schizophrenia & other psychotic disorder		2.7%	[ 1.62% - 3.79% ]	3.8%	[ 3.61% - 3.89% ]
% 65+ with personality disorder		2.8%	[ 1.21% - 4.34% ]	2.8%	[ 2.66% - 2.91% ]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		10.8%	[ 3.28% - 18.41% ]	13.9%	[ 13.26% - 14.57% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		13.9%	[ 10.65% - 17.21% ]	16.4%	[ 16.17% - 16.70% ]
% 65+ with self-reported vision difficulty		1.5%	[ -3.37% - 6.41% ]	5.5%	[ 5.03% - 5.95% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[ 0.29% - 1.03% ]	1.1%	[ 0.98% - 1.13% ]
% 65+ with self-reported cognition difficulty		7.2%	[ 0.87% - 13.51% ]	8.2%	[ 7.63% - 8.74% ]
% 65+ with self-reported ambulatory difficulty	B	10.8%	[ 2.96% - 18.72% ]	21.0%	[ 20.21% - 21.76% ]
% 65+ with clinical diagnosis of mobility impairment		3.1%	[ 1.95% - 4.29% ]	3.8%	[ 3.64% - 3.92% ]
% 65+ with self-reported self-care difficulty		2.9%	[ -2.14% - 8.01% ]	8.0%	[ 7.40% - 8.50% ]
% 65+ with self-reported independent living difficulty		10.5%	[ 3.22% - 17.85% ]	14.3%	[ 13.63% - 15.03% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		20.5%	[ 15.51% - 25.53% ]	22.5%	[ 20.54% - 24.54% ]
% of grandparents raising grandchildren		0.6%	[ -0.49% - 1.60% ]	1.0%	[ 0.84% - 1.08% ]
% of grandparents who live with grandchildren		1.9%	[ 0.16% - 3.68% ]	3.2%	[ 2.94% - 3.38% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	5.1%	[ 3.82% - 6.41% ]	13.8%	[ 13.62% - 13.94% ]
% 65+ Medicare managed care enrollees	*	39.9%	[ 36.98% - 42.73% ]	43.8%	[ 43.55% - 44.00% ]
% 60+ with a regular doctor		95.8%	[ 93.30% - 98.38% ]	96.7%	[ 96.19% - 97.16% ]
% 60+ who did not see a doctor when needed due to cost		7.1%	[ 3.55% - 10.74% ]	5.4%	[ 4.75% - 5.98% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year	*	7.4	[ 6.83 - 8.01 ]	8.4	[ 8.31 - 8.41 ]
# emergency room visits/1000 persons 65+ years annually	*	422.7	[ 338.35 - 507.00 ]	620.6	[ 609.83 - 631.28 ]
# Part D monthly prescription fills per person annually	*	44.0	[ 41.48 - 46.53 ]	52.2	[ 51.99 - 52.42 ]
# home health visits annually	*	1.6	[ 0.83 - 2.33 ]	3.5	[ 3.40 - 3.61 ]
# durable medical equipment claims annually		1.4	[ 1.06 - 1.81 ]	1.7	[ 1.69 - 1.76 ]
# inpatient hospital stays/1000 persons 65+ years annually	*	175.2	[ 130.87 - 219.62 ]	286.5	[ 281.04 - 291.96 ]
% Medicare inpatient hospital readmissions (as % of admissions)	*	8.0%	[ 2.85% - 13.24% ]	17.4%	[ 16.81% - 17.98% ]
# skilled nursing facility stays/1000 persons 65+ years annually	*	50.6	[ 27.15 - 73.99 ]	98.8	[ 95.83 - 101.70 ]
% 65+ getting Medicaid long term services and supports	*	2.4%	[ 1.52% - 3.33% ]	4.2%	[ 4.12% - 4.31% ]
% 65+ hospice users		3.2%	[ 2.09% - 4.34% ]	3.5%	[ 3.45% - 3.63% ]
% 65+ hospice users as % of decedents		58.9%	[ 39.78% - 78.10% ]	53.0%	[ 51.86% - 54.20% ]
Median hospice days per hospice user (65+, deceased)		16.5	[ 9.3 - 27.5 ]	11.0	[ 11.0 - 12.0 ]
Median hospice payment (Medicare + other) per hospice user		\$4,329	[ \$2,475 - \$6,274 ]	\$3,871	[ \$3,743 - \$4,011 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month		76.6%	[ 71.61% - 81.61% ]	71.6%	[ 70.41% - 72.82% ]
% 60+ who believe local service orgs understand needs		45.9%	[ 39.74% - 52.14% ]	44.1%	[ 42.62% - 45.57% ]
% 60+ who believe he/she can make a difference		53.5%	[ 47.67% - 59.26% ]	52.2%	[ 50.76% - 53.55% ]
% 60+ who believe working together can make a difference		80.1%	[ 75.34% - 84.77% ]	81.0%	[ 79.85% - 82.05% ]
% 60+ who volunteer at least once per month		23.3%	[ 18.54% - 28.04% ]	22.9%	[ 21.76% - 24.05% ]
% 60+ who attend community events (church, club) monthly		47.6%	[ 41.87% - 53.41% ]	44.4%	[ 42.96% - 45.75% ]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	97.6%	[ 93.07% - 102.13% ]	85.0%	[ 84.54% - 85.42% ]
% 60+ who always drive or ride wearing a seatbelt		93.2%	[ 90.51% - 95.97% ]	91.9%	[ 91.08% - 92.66% ]
% 60+ who drove under the influence of drinking in last month		N/A		2.0%	[ 1.44% - 2.48% ]
<b>HOUSING</b>					
% 65+ population who live alone		24.7%	[ 12.34% - 37.03% ]	31.4%	[ 30.79% - 32.10% ]
% 60+ own home	*	93.0%	[ 85.56% - 100.45% ]	70.3%	[ 69.85% - 70.73% ]
% 60+ homeowners who have mortgage		54.8%	[ 42.61% - 66.93% ]	48.7%	[ 47.71% - 49.72% ]
% 60+ stressed about paying rent/mortgage in last month		18.3%	[ 13.66% - 22.88% ]	22.1%	[ 20.02% - 24.09% ]
% 65+ households (renter) spend >35% of income on housing		0.0%	[ -49.88% - 49.88% ]	39.2%	[ 36.98% - 41.48% ]
% 65+ households (owner) spend >35% of income on housing	*	37.8%	[ 0.45% - 16.20% ]	27.6%	[ 26.49% - 28.80% ]
% 65+ moved within same county in last year		4.7%	[ -0.80% - 10.21% ]	3.6%	[ 3.20% - 3.93% ]
% 65+ moved from different county in last year		0.0%	[ -3.64% - 3.64% ]	1.0%	[ 0.79% - 1.17% ]
% 65+ moved from different state in last year		5.0%	[ -2.35% - 12.34% ]	1.1%	[ 0.88% - 1.33% ]
% of vacant homes in community		7.9%	[ 2.00% - 13.82% ]	12.1%	[ 11.62% - 12.58% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year		7.4%	[ 5.61% - 9.27% ]	15.0%	[ -0.18% - 30.16% ]
% 65+ employed in last year		32.5%	[ 19.23% - 45.80% ]	21.9%	[ 21.25% - 22.51% ]
% 65+ with income below the poverty line in last year		8.3%	[ 0.45% - 16.20% ]	9.5%	[ 8.98% - 10.07% ]
% 65+ households with annual income < \$20,000		20.3%	[ 3.66% - 36.98% ]	24.3%	[ 23.28% - 25.36% ]
% 65+ households with annual income \$20,000-\$49,999	*	13.4%	[ 3.02% - 23.86% ]	32.2%	[ 31.06% - 33.39% ]
% 65+ households with annual income \$50,000-\$99,999		38.6%	[ 24.93% - 52.19% ]	24.8%	[ 23.82% - 25.70% ]
% 65+ households with annual income \$100,000+		27.7%	[ 9.72% - 45.64% ]	18.7%	[ 17.91% - 19.47% ]

Notes. <sup>1</sup> Community-state differences where the margin of error do not overlap each other are noted B, W, or \*.

<sup>2</sup> All community and state margins of error are 95% confidence intervals.

Questions or suggestions? Beth.Dugan@umb.edu