

Hopkinton (Washington)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
POPULATION CHARACTERISTICS					
Population 65 years or older					
% 65-74 years	*	69.2%	[59.58% - 78.91%]	55.6%	[54.85% - 56.28%]
% 75-84 years		24.7%	[15.54% - 33.79%]	28.9%	[28.18% - 29.72%]
% 85 years or older	*	6.1%	[1.15% - 11.02%]	15.5%	[14.95% - 16.02%]
% 65+ population who are female		54.5%	[44.76% - 64.18%]	57.2%	[56.30% - 58.00%]
% 85+ population who are female		80.5%	[45.87% - 115.17%]	69.7%	[68.05% - 71.40%]
Race and ethnicity of the population 65+					
% White		95.3%	[90.79% - 99.89%]	92.0%	[90.81% - 93.12%]
% African American		0.0%	[-4.15% - 4.15%]	3.2%	[2.96% - 3.38%]
% Asian		4.7%	[-2.14% - 11.47%]	1.6%	[1.42% - 1.77%]
% Hispanic/Latino	*	0.0%	[-4.15% - 4.15%]	4.9%	[4.72% - 5.07%]
Marital status of the population 65+					
% married	*	63.6%	[52.28% - 74.83%]	51.3%	[50.78% - 51.78%]
% divorced/separated		14.1%	[5.04% - 23.11%]	15.7%	[15.00% - 16.37%]
% widowed		18.6%	[9.49% - 27.66%]	25.0%	[24.26% - 25.77%]
% never married		3.8%	[-1.39% - 8.98%]	8.0%	[7.50% - 8.54%]
Education of the population 65+					
% with less than high school education	*	11.2%	[5.24% - 17.21%]	19.1%	[18.37% - 19.74%]
% with high school or some college		57.1%	[46.06% - 68.09%]	52.9%	[52.00% - 53.74%]
% with college degree		21.2%	[11.98% - 30.39%]	14.2%	[13.63% - 14.77%]
% with graduate or professional degree		10.5%	[2.74% - 18.28%]	13.9%	[13.32% - 14.43%]
% of 65+ population who speak only English at home	*	94.2%	[92.14% - 96.16%]	82.9%	[81.76% - 83.94%]
% of 65+ population who are veterans of military service		17.7%	[9.36% - 26.05%]	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		5.5%	[4.19% - 6.72%]	4.4%	[4.26% - 4.46%]
WELLNESS					
% 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%]

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FALLS					
% 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		3.0%	[1.84% - 4.11%]	3.4%	[3.27% - 3.52%]
PREVENTION					
% 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%]
NUTRITION & DIET					
% 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		28.6%	[25.16% - 32.00%]	29.3%	[28.94% - 29.63%]
% 65+ with high cholesterol		80.6%	[77.69% - 83.48%]	79.1%	[78.78% - 79.38%]
% 60+ with cholesterol screening		97.9%	[96.42% - 99.48%]	96.9%	[96.44% - 97.40%]
ORAL HEALTH					
% 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%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		14.2%	[11.66% - 16.64%]	13.1%	[12.86% - 13.34%]
% 65+ with anemia	B	43.0%	[39.49% - 46.52%]	50.0%	[49.62% - 50.33%]
% 65+ with asthma		13.1%	[10.70% - 15.48%]	14.9%	[14.68% - 15.18%]
% 65+ with atrial fibrillation		15.6%	[13.13% - 18.13%]	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)		37.2%	[32.17% - 42.26%]	42.2%	[41.66% - 42.72%]
% 65+ with breast cancer (women)		9.1%	[6.30% - 11.86%]	11.1%	[10.80% - 11.39%]
% 65+ with cataract		65.5%	[62.06% - 68.98%]	67.5%	[67.15% - 67.83%]
% 65+ with chronic kidney disease		30.4%	[26.97% - 33.89%]	30.7%	[30.38% - 31.07%]
% 65+ with chronic obstructive pulmonary disease	W	26.6%	[23.53% - 29.74%]	22.9%	[22.64% - 23.23%]
% 65+ with colon cancer		2.8%	[1.83% - 3.77%]	2.7%	[2.58% - 2.80%]
% 65+ with congestive heart failure		24.7%	[21.50% - 27.89%]	21.6%	[21.33% - 21.93%]
% 65+ with diabetes		35.9%	[32.24% - 39.50%]	34.7%	[34.30% - 35.01%]
% 65+ with endometrial cancer (women)		1.3%	[0.63% - 2.03%]	1.9%	[1.81% - 2.07%]

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% 65+ with epilepsy		2.4%	[1.45% - 3.41%]	2.9%	[2.82% - 3.08%]
% 65+ with fibromyalgia, chronic pain and fatigue		26.5%	[23.15% - 29.91%]	25.4%	[25.09% - 25.74%]
% 65+ with glaucoma	B	23.2%	[20.21% - 26.12%]	27.0%	[26.70% - 27.32%]
% 65+ ever had a heart attack		4.7%	[3.22% - 6.17%]	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		78.5%	[75.44% - 81.48%]	78.0%	[77.73% - 78.33%]
% 65+ with hypothyroidism		20.5%	[17.70% - 23.39%]	22.4%	[22.09% - 22.68%]
% 65+ with ischemic heart disease		41.6%	[37.86% - 45.34%]	41.8%	[41.39% - 42.13%]
% 65+ with leukemias and lymphomas		2.4%	[1.38% - 3.39%]	2.7%	[2.59% - 2.83%]
% 65+ with liver disease		10.8%	[8.46% - 13.21%]	9.9%	[9.71% - 10.16%]
% 65+ with lung cancer		1.8%	[1.04% - 2.59%]	2.1%	[1.97% - 2.17%]
% 65+ with migraine and other chronic headache	B	4.1%	[2.65% - 5.60%]	6.1%	[5.94% - 6.31%]
% 65+ with osteoarthritis or rheumatoid arthritis		56.0%	[52.17% - 59.82%]	56.2%	[55.78% - 56.54%]
% 65+ with osteoporosis		18.2%	[15.53% - 20.86%]	19.6%	[19.29% - 19.85%]
% 65+ with peripheral vascular disease	B	22.0%	[18.95% - 25.06%]	25.6%	[25.29% - 25.92%]
% 65+ with pressure ulcer or chronic ulcer		8.4%	[6.38% - 10.49%]	8.1%	[7.94% - 8.33%]
% 65+ with prostate cancer (men)		15.3%	[11.63% - 19.00%]	13.4%	[13.09% - 13.81%]
% 65+ with stroke		10.2%	[8.06% - 12.31%]	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		61.9%	[58.37% - 65.40%]	63.8%	[63.47% - 64.16%]
% 65+ with 0 chronic conditions		7.6%	[5.59% - 9.56%]	7.0%	[6.77% - 7.15%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder	W	3.3%	[2.10% - 4.44%]	1.9%	[1.75% - 1.96%]
% 65+ with substance use disorder		8.6%	[6.36% - 10.74%]	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		9.9%	[7.57% - 12.30%]	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%]
MENTAL HEALTH					
% 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		30.8%	[27.51% - 34.04%]	32.9%	[32.60% - 33.26%]
% 65+ with anxiety disorder	B	23.2%	[20.04% - 26.45%]	29.8%	[29.48% - 30.17%]
% 65+ with bipolar disorder		3.1%	[1.98% - 4.31%]	4.1%	[3.93% - 4.23%]
% 65+ with post-traumatic stress disorder		2.4%	[1.21% - 3.67%]	1.7%	[1.60% - 1.81%]
% 65+ with schizophrenia & other psychotic disorder	B	2.5%	[1.56% - 3.36%]	3.8%	[3.61% - 3.89%]
% 65+ with personality disorder	B	1.6%	[0.78% - 2.40%]	2.8%	[2.66% - 2.91%]

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LIVING WITH DISABILITY					
% 65+ with self-reported hearing difficulty		18.3%	[9.95% - 26.73%]	13.9%	[13.26% - 14.57%]
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	[12.14% - 17.17%]	16.4%	[16.17% - 16.70%]
% 65+ with self-reported vision difficulty		7.6%	[1.10% - 14.08%]	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		5.5%	[-0.23% - 11.14%]	8.2%	[7.63% - 8.74%]
% 65+ with self-reported ambulatory difficulty		25.1%	[15.66% - 34.46%]	21.0%	[20.21% - 21.76%]
% 65+ with clinical diagnosis of mobility impairment		2.7%	[1.75% - 3.75%]	3.8%	[3.64% - 3.92%]
% 65+ with self-reported self-care difficulty		4.3%	[-1.26% - 9.80%]	8.0%	[7.40% - 8.50%]
% 65+ with self-reported independent living difficulty		9.5%	[2.43% - 16.55%]	14.3%	[13.63% - 15.03%]
CAREGIVING					
% 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		1.2%	[-0.10% - 2.58%]	1.0%	[0.84% - 1.08%]
% of grandparents who live with grandchildren	*	1.2%	[-0.10% - 2.58%]	3.2%	[2.94% - 3.38%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	7.3%	[6.01% - 8.59%]	13.8%	[13.62% - 13.94%]
% 65+ Medicare managed care enrollees	*	36.3%	[33.94% - 38.71%]	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%]
SERVICE UTILIZATION					
# physician visits per year		7.8	[7.26 - 8.32]	8.4	[8.31 - 8.41]
# emergency room visits/1000 persons 65+ years annually		586.5	[503.35 - 669.56]	620.6	[609.83 - 631.28]
# Part D monthly prescription fills per person annually		51.9	[49.58 - 54.23]	52.2	[51.99 - 52.42]
# home health visits annually		2.9	[2.13 - 3.63]	3.5	[3.40 - 3.61]
# durable medical equipment claims annually		1.7	[1.35 - 2.08]	1.7	[1.69 - 1.76]
# inpatient hospital stays/1000 persons 65+ years annually		259.7	[210.11 - 309.30]	286.5	[281.04 - 291.96]
% Medicare inpatient hospital readmissions (as % of admissions)		14.8%	[9.80% - 19.76%]	17.4%	[16.81% - 17.98%]
# skilled nursing facility stays/1000 persons 65+ years annually		89.4	[60.89 - 118.00]	98.8	[95.83 - 101.70]
% 65+ getting Medicaid long term services and supports	*	1.7%	[1.03% - 2.30%]	4.2%	[4.12% - 4.31%]
% 65+ hospice users		3.8%	[2.76% - 4.75%]	3.5%	[3.45% - 3.63%]
% 65+ hospice users as % of decedents		51.9%	[38.79% - 64.97%]	53.0%	[51.86% - 54.20%]
Median hospice days per hospice user (65+, deceased)		12.0	[7.2 - 20.8]	11.0	[11.0 - 12.0]
Median hospice payment (Medicare + other) per hospice user		\$3,011	[\$2,257 - \$5,084]	\$3,871	[\$3,743 - \$4,011]
COMMUNITY					
% 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%]

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TRANSPORTATION					
% 65+ who own a motor vehicle	*	92.8%	[89.46% - 96.20%]	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%]
HOUSING					
% 65+ population who live alone		24.7%	[16.62% - 32.79%]	31.4%	[30.79% - 32.10%]
% 60+ own home	*	87.5%	[79.96% - 95.14%]	70.3%	[69.85% - 70.73%]
% 60+ homeowners who have mortgage		60.0%	[45.55% - 74.52%]	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		18.8%	[-3.86% - 41.36%]	39.2%	[36.98% - 41.48%]
% 65+ households (owner) spend >35% of income on housing	*	30.7%	[1.08% - 12.20%]	27.6%	[26.49% - 28.80%]
% 65+ moved within same county in last year		2.3%	[-1.24% - 5.82%]	3.6%	[3.20% - 3.93%]
% 65+ moved from different county in last year		1.4%	[-2.13% - 4.97%]	1.0%	[0.79% - 1.17%]
% 65+ moved from different state in last year		0.0%	[-2.94% - 2.94%]	1.1%	[0.88% - 1.33%]
% of vacant homes in community		9.6%	[3.73% - 15.54%]	12.1%	[11.62% - 12.58%]
ECONOMIC					
% 60+ receiving food benefits in last year		12.6%	[1.83% - 23.41%]	15.0%	[-0.18% - 30.16%]
% 65+ employed in last year		28.1%	[19.42% - 36.71%]	21.9%	[21.25% - 22.51%]
% 65+ with income below the poverty line in last year		6.6%	[1.08% - 12.20%]	9.5%	[8.98% - 10.07%]
% 65+ households with annual income < \$20,000		18.4%	[8.23% - 28.61%]	24.3%	[23.28% - 25.36%]
% 65+ households with annual income \$20,000-\$49,999		32.8%	[18.43% - 47.08%]	32.2%	[31.06% - 33.39%]
% 65+ households with annual income \$50,000-\$99,999		34.6%	[22.33% - 46.89%]	24.8%	[23.82% - 25.70%]
% 65+ households with annual income \$100,000+		14.2%	[5.73% - 22.71%]	18.7%	[17.91% - 19.47%]

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.

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