

## Portsmouth (Newport)



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		53.7%	[ 49.18% - 58.30% ]	55.6%	[ 54.85% - 56.28% ]
% 75-84 years		34.3%	[ 27.90% - 40.68% ]	28.9%	[ 28.18% - 29.72% ]
% 85 years or older		12.0%	[ 7.50% - 16.43% ]	15.5%	[ 14.95% - 16.02% ]
% 65+ population who are female		54.7%	[ 48.17% - 61.16% ]	57.2%	[ 56.30% - 58.00% ]
% 85+ population who are female		61.2%	[ 39.23% - 83.23% ]	69.7%	[ 68.05% - 71.40% ]
Race and ethnicity of the population 65+					
% White		95.5%	[ 90.11% - 100.82% ]	92.0%	[ 90.81% - 93.12% ]
% African American	*	0.5%	[ -0.75% - 1.70% ]	3.2%	[ 2.96% - 3.38% ]
% Asian		3.1%	[ 0.44% - 5.67% ]	1.6%	[ 1.42% - 1.77% ]
% Hispanic/Latino	*	0.0%	[ -1.54% - 1.54% ]	4.9%	[ 4.72% - 5.07% ]
Marital status of the population 65+					
% married	*	57.9%	[ 54.50% - 61.37% ]	51.3%	[ 50.78% - 51.78% ]
% divorced/separated		18.3%	[ 13.36% - 23.33% ]	15.7%	[ 15.00% - 16.37% ]
% widowed		21.2%	[ 15.26% - 27.18% ]	25.0%	[ 24.26% - 25.77% ]
% never married	*	2.5%	[ 0.70% - 4.31% ]	8.0%	[ 7.50% - 8.54% ]
Education of the population 65+					
% with less than high school education	*	10.8%	[ 6.17% - 15.39% ]	19.1%	[ 18.37% - 19.74% ]
% with high school or some college	*	45.0%	[ 39.79% - 50.30% ]	52.9%	[ 52.00% - 53.74% ]
% with college degree	*	23.8%	[ 18.94% - 28.61% ]	14.2%	[ 13.63% - 14.77% ]
% with graduate or professional degree	*	20.4%	[ 15.84% - 24.96% ]	13.9%	[ 13.32% - 14.43% ]
% of 65+ population who speak only English at home		91.0%	[ 83.31% - 98.72% ]	82.9%	[ 81.76% - 83.94% ]
% of 65+ population who are veterans of military service	*	30.2%	[ 26.56% - 33.86% ]	19.0%	[ 18.51% - 19.54% ]
% of 60+ who are LGBT		2.1%	[ 1.26% - 2.94% ]	2.8%	[ 2.34% - 3.25% ]
Age-sex adjusted 1-year mortality rate		4.1%	[ 3.43% - 4.80% ]	4.4%	[ 4.26% - 4.46% ]
<b>WELLNESS</b>					
% 60+ getting the recommended hours of sleep		67.2%	[ 63.38% - 70.95% ]	63.0%	[ 61.81% - 64.29% ]
% 60+ doing any physical activity within last month	B	78.5%	[ 75.11% - 81.89% ]	71.0%	[ 69.74% - 72.20% ]
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	[ 24.05% - 31.92% ]	25.0%	[ 23.77% - 26.17% ]
% 60+ met CDC guidelines for aerobic physical activity	B	63.5%	[ 59.34% - 67.70% ]	54.3%	[ 52.92% - 55.67% ]
% 60+ with fair or poor health status		15.9%	[ 12.91% - 18.79% ]	19.5%	[ 18.47% - 20.56% ]
% 60+ with 15+ physically unhealthy days in last month		13.3%	[ 10.53% - 16.11% ]	14.5%	[ 13.57% - 15.46% ]

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<b>FALLS</b>					
% 60+ who fell within last year		28.7%	[ 24.85% - 32.48% ]	26.3%	[ 25.14% - 27.49% ]
% 60+ who were injured in a fall within last year		10.2%	[ 7.70% - 12.71% ]	10.3%	[ 9.54% - 11.14% ]
% 65+ had hip fracture		2.9%	[ 2.29% - 3.60% ]	3.4%	[ 3.27% - 3.52% ]
<b>PREVENTION</b>					
% 60+ with physical exam/check-up in last year	W	89.4%	[ 86.82% - 91.97% ]	93.0%	[ 92.31% - 93.64% ]
% 60+ flu shot in last year		60.2%	[ 56.14% - 64.33% ]	60.6%	[ 59.26% - 61.94% ]
% 60+ with pneumonia vaccine		66.5%	[ 62.42% - 70.58% ]	67.7%	[ 66.44% - 69.06% ]
% 60+ with shingles vaccine	B	42.9%	[ 38.63% - 47.17% ]	35.3%	[ 34.00% - 36.58% ]
% 60+ women with a mammogram within last 2 years		78.8%	[ 74.07% - 83.46% ]	82.0%	[ 80.65% - 83.43% ]
% 60+ with colorectal cancer screening		81.1%	[ 77.70% - 84.42% ]	77.8%	[ 76.64% - 78.95% ]
% 60+ with HIV test		16.2%	[ 13.00% - 19.39% ]	15.8%	[ 14.75% - 16.78% ]
% 60+ met CDC preventive health screening goals		42.5%	[ 37.41% - 47.62% ]	39.2%	[ 37.58% - 40.81% ]
<b>NUTRITION &amp; DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		21.2%	[ 17.46% - 24.96% ]	18.1%	[ 17.07% - 19.17% ]
% 60+ stressed about buying food in last month	B	8.0%	[ 5.63% - 10.43% ]	13.2%	[ 12.09% - 14.36% ]
% 60+ self-reported obese		24.1%	[ 20.50% - 27.73% ]	26.8%	[ 25.56% - 27.98% ]
% 65+ clinically diagnosed obesity	B	24.7%	[ 22.72% - 26.71% ]	29.3%	[ 28.94% - 29.63% ]
% 65+ with high cholesterol	B	76.9%	[ 75.00% - 78.75% ]	79.1%	[ 78.78% - 79.38% ]
% 60+ with cholesterol screening		97.6%	[ 96.15% - 98.97% ]	96.9%	[ 96.44% - 97.40% ]
<b>ORAL HEALTH</b>					
% 60+ with dental insurance		55.8%	[ 51.64% - 60.00% ]	56.3%	[ 54.99% - 57.64% ]
% 60+ with annual dental exam	B	84.4%	[ 81.37% - 87.37% ]	75.9%	[ 74.78% - 77.08% ]
% 60+ with loss of 6 or more teeth	B	21.8%	[ 18.27% - 25.40% ]	29.6%	[ 28.37% - 30.83% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	9.7%	[ 8.51% - 10.97% ]	13.1%	[ 12.86% - 13.34% ]
% 65+ with anemia	B	40.5%	[ 38.43% - 42.59% ]	50.0%	[ 49.62% - 50.33% ]
% 65+ with asthma		13.5%	[ 12.08% - 14.94% ]	14.9%	[ 14.68% - 15.18% ]
% 65+ with atrial fibrillation		15.3%	[ 13.77% - 16.74% ]	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)	W	47.2%	[ 43.96% - 50.37% ]	42.2%	[ 41.66% - 42.72% ]
% 65+ with breast cancer (women)		10.6%	[ 8.88% - 12.31% ]	11.1%	[ 10.80% - 11.39% ]
% 65+ with cataract	W	72.5%	[ 70.45% - 74.46% ]	67.5%	[ 67.15% - 67.83% ]
% 65+ with chronic kidney disease	B	24.5%	[ 22.64% - 26.42% ]	30.7%	[ 30.38% - 31.07% ]
% 65+ with chronic obstructive pulmonary disease	B	19.5%	[ 17.91% - 21.19% ]	22.9%	[ 22.64% - 23.23% ]
% 65+ with colon cancer		2.4%	[ 1.84% - 3.06% ]	2.7%	[ 2.58% - 2.80% ]
% 65+ with congestive heart failure	B	16.2%	[ 14.69% - 17.79% ]	21.6%	[ 21.33% - 21.93% ]
% 65+ with diabetes	B	28.2%	[ 26.17% - 30.19% ]	34.7%	[ 34.30% - 35.01% ]
% 65+ with endometrial cancer (women)		1.4%	[ 0.74% - 2.03% ]	1.9%	[ 1.81% - 2.07% ]

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% 65+ with epilepsy		2.3%	[ 1.59% - 2.97% ]	2.9%	[ 2.82% - 3.08% ]
% 65+ with fibromyalgia, chronic pain and fatigue		24.8%	[ 22.85% - 26.74% ]	25.4%	[ 25.09% - 25.74% ]
% 65+ with glaucoma		26.4%	[ 24.56% - 28.23% ]	27.0%	[ 26.70% - 27.32% ]
% 65+ ever had a heart attack		5.0%	[ 4.15% - 5.91% ]	5.8%	[ 5.63% - 5.95% ]
% 65+ with HIV/AIDS		0.1%	[ 0.05% - 0.16% ]	0.12%	[ 0.10% - 0.15% ]
% 65+ with hypertension	B	75.3%	[ 73.38% - 77.22% ]	78.0%	[ 77.73% - 78.33% ]
% 65+ with hypothyroidism		20.8%	[ 19.14% - 22.54% ]	22.4%	[ 22.09% - 22.68% ]
% 65+ with ischemic heart disease	B	33.7%	[ 31.60% - 35.79% ]	41.8%	[ 41.39% - 42.13% ]
% 65+ with leukemias and lymphomas		2.3%	[ 1.66% - 3.02% ]	2.7%	[ 2.59% - 2.83% ]
% 65+ with liver disease		9.0%	[ 7.69% - 10.25% ]	9.9%	[ 9.71% - 10.16% ]
% 65+ with lung cancer		1.5%	[ 1.00% - 2.01% ]	2.1%	[ 1.97% - 2.17% ]
% 65+ with migraine and other chronic headache		5.9%	[ 4.82% - 6.99% ]	6.1%	[ 5.94% - 6.31% ]
% 65+ with osteoarthritis or rheumatoid arthritis	B	52.7%	[ 50.37% - 54.98% ]	56.2%	[ 55.78% - 56.54% ]
% 65+ with osteoporosis		18.3%	[ 16.75% - 19.91% ]	19.6%	[ 19.29% - 19.85% ]
% 65+ with peripheral vascular disease	B	19.5%	[ 17.87% - 21.22% ]	25.6%	[ 25.29% - 25.92% ]
% 65+ with pressure ulcer or chronic ulcer		7.1%	[ 6.02% - 8.18% ]	8.1%	[ 7.94% - 8.33% ]
% 65+ with prostate cancer (men)		13.5%	[ 11.36% - 15.58% ]	13.4%	[ 13.09% - 13.81% ]
% 65+ with stroke		12.2%	[ 10.87% - 13.52% ]	11.9%	[ 11.65% - 12.09% ]
% 65+ with traumatic brain injury		1.3%	[ 0.85% - 1.82% ]	1.0%	[ 0.96% - 1.11% ]
% 65+ with 4+ (out of 15) chronic conditions	B	58.2%	[ 56.06% - 60.36% ]	63.8%	[ 63.47% - 64.16% ]
% 65+ with 0 chronic conditions		7.8%	[ 6.53% - 8.99% ]	7.0%	[ 6.77% - 7.15% ]
<b>BEHAVIORAL HEALTH</b>					
% 65+ with opioid use disorder		1.4%	[ 0.83% - 1.91% ]	1.9%	[ 1.75% - 1.96% ]
% 65+ with substance use disorder		6.9%	[ 5.68% - 8.03% ]	7.0%	[ 6.76% - 7.15% ]
% 60+ who used marijuana in last month		N/A		3.4%	[ 2.52% - 4.26% ]
% 60+ excessive drinking	W	13.3%	[ 10.49% - 16.12% ]	9.3%	[ 8.54% - 10.16% ]
% 65+ with tobacco use disorder	B	7.9%	[ 6.68% - 9.20% ]	10.8%	[ 10.58% - 11.06% ]
% 60+ current smokers		7.6%	[ 5.56% - 9.65% ]	8.7%	[ 7.98% - 9.51% ]
% 60+ ever used E-Cigarettes in last month		3.9%	[ 2.37% - 5.52% ]	5.8%	[ 5.14% - 6.42% ]
<b>MENTAL HEALTH</b>					
% 60+ who reported receiving adequate emotional support		82.3%	[ 79.17% - 85.38% ]	79.7%	[ 78.56% - 80.78% ]
% 60+ who reported being satisfied with life		96.8%	[ 95.43% - 98.18% ]	95.3%	[ 94.67% - 95.87% ]
% 60+ with 15+ days poor mental health in last month		6.1%	[ 4.18% - 7.96% ]	7.4%	[ 6.70% - 8.03% ]
% 65+ with depression	B	29.0%	[ 27.07% - 30.93% ]	32.9%	[ 32.60% - 33.26% ]
% 65+ with anxiety disorder	B	25.0%	[ 23.08% - 27.01% ]	29.8%	[ 29.48% - 30.17% ]
% 65+ with bipolar disorder		4.4%	[ 3.50% - 5.40% ]	4.1%	[ 3.93% - 4.23% ]
% 65+ with post-traumatic stress disorder		2.0%	[ 1.31% - 2.65% ]	1.7%	[ 1.60% - 1.81% ]
% 65+ with schizophrenia & other psychotic disorder		3.4%	[ 2.58% - 4.23% ]	3.8%	[ 3.61% - 3.89% ]
% 65+ with personality disorder		2.9%	[ 2.15% - 3.75% ]	2.8%	[ 2.66% - 2.91% ]

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<b>LIVING WITH DISABILITY</b>					
% 65+ with self-reported hearing difficulty		11.8%	[ 7.64% - 15.91% ]	13.9%	[ 13.26% - 14.57% ]
% 65+ with clinical diagnosis of deafness or hearing impairment		15.6%	[ 14.04% - 17.16% ]	16.4%	[ 16.17% - 16.70% ]
% 65+ with self-reported vision difficulty		4.4%	[ 1.42% - 7.40% ]	5.5%	[ 5.03% - 5.95% ]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[ 0.57% - 1.45% ]	1.1%	[ 0.98% - 1.13% ]
% 65+ with self-reported cognition difficulty		9.6%	[ 5.55% - 13.67% ]	8.2%	[ 7.63% - 8.74% ]
% 65+ with self-reported ambulatory difficulty		16.5%	[ 11.95% - 21.05% ]	21.0%	[ 20.21% - 21.76% ]
% 65+ with clinical diagnosis of mobility impairment		3.8%	[ 2.99% - 4.70% ]	3.8%	[ 3.64% - 3.92% ]
% 65+ with self-reported self-care difficulty		6.3%	[ 3.34% - 9.28% ]	8.0%	[ 7.40% - 8.50% ]
% 65+ with self-reported independent living difficulty		10.3%	[ 6.54% - 14.05% ]	14.3%	[ 13.63% - 15.03% ]
<b>CAREGIVING</b>					
% of 60+ who provide care to a family/friend in last month		27.3%	[ 22.65% - 31.95% ]	22.5%	[ 20.54% - 24.54% ]
% of grandparents raising grandchildren	*	0.3%	[ -0.12% - 0.64% ]	1.0%	[ 0.84% - 1.08% ]
% of grandparents who live with grandchildren	*	0.4%	[ -0.05% - 0.83% ]	3.2%	[ 2.94% - 3.38% ]
<b>ACCESS TO CARE</b>					
% 65+ dually eligible for Medicare and Medicaid	*	4.8%	[ 4.14% - 5.50% ]	13.8%	[ 13.62% - 13.94% ]
% 65+ Medicare managed care enrollees	*	28.1%	[ 26.72% - 29.58% ]	43.8%	[ 43.55% - 44.00% ]
% 60+ with a regular doctor		96.3%	[ 94.71% - 97.90% ]	96.7%	[ 96.19% - 97.16% ]
% 60+ who did not see a doctor when needed due to cost		4.9%	[ 3.00% - 6.83% ]	5.4%	[ 4.75% - 5.98% ]
<b>SERVICE UTILIZATION</b>					
# physician visits per year		8.3	[ 8.03 - 8.63 ]	8.4	[ 8.31 - 8.41 ]
# emergency room visits/1000 persons 65+ years annually	*	548.8	[ 501.44 - 596.17 ]	620.6	[ 609.83 - 631.28 ]
# Part D monthly prescription fills per person annually	*	48.0	[ 46.43 - 49.48 ]	52.2	[ 51.99 - 52.42 ]
# home health visits annually		3.5	[ 2.83 - 4.27 ]	3.5	[ 3.40 - 3.61 ]
# durable medical equipment claims annually	*	1.4	[ 1.21 - 1.60 ]	1.7	[ 1.69 - 1.76 ]
# inpatient hospital stays/1000 persons 65+ years annually	*	245.0	[ 216.33 - 273.76 ]	286.5	[ 281.04 - 291.96 ]
% Medicare inpatient hospital readmissions (as % of admissions)		17.7%	[ 13.92% - 21.50% ]	17.4%	[ 16.81% - 17.98% ]
# skilled nursing facility stays/1000 persons 65+ years annually	*	68.1	[ 53.96 - 82.20 ]	98.8	[ 95.83 - 101.70 ]
% 65+ getting Medicaid long term services and supports	*	2.1%	[ 1.64% - 2.55% ]	4.2%	[ 4.12% - 4.31% ]
% 65+ hospice users	*	2.8%	[ 2.29% - 3.41% ]	3.5%	[ 3.45% - 3.63% ]
% 65+ hospice users as % of decedents		58.6%	[ 49.44% - 67.73% ]	53.0%	[ 51.86% - 54.20% ]
Median hospice days per hospice user (65+, deceased)		19.0	[ 12.0 - 33.0 ]	11.0	[ 11.0 - 12.0 ]
Median hospice payment (Medicare + other) per hospice user		\$4,726	[ \$3,166 - \$6,507 ]	\$3,871	[ \$3,743 - \$4,011 ]
<b>COMMUNITY</b>					
% 60+ who used Internet in last month	*	79.1%	[ 75.84% - 82.42% ]	71.6%	[ 70.41% - 72.82% ]
% 60+ who believe local service orgs understand needs	*	53.7%	[ 49.07% - 58.27% ]	44.1%	[ 42.62% - 45.57% ]
% 60+ who believe he/she can make a difference	*	61.7%	[ 57.38% - 66.06% ]	52.2%	[ 50.76% - 53.55% ]
% 60+ who believe working together can make a difference		84.1%	[ 80.72% - 87.40% ]	81.0%	[ 79.85% - 82.05% ]
% 60+ who volunteer at least once per month	*	28.4%	[ 24.46% - 32.37% ]	22.9%	[ 21.76% - 24.05% ]
% 60+ who attend community events (church, club) monthly	*	54.4%	[ 49.95% - 58.90% ]	44.4%	[ 42.96% - 45.75% ]

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<b>TRANSPORTATION</b>					
% 65+ who own a motor vehicle	*	90.4%	[ 86.28% - 94.42% ]	85.0%	[ 84.54% - 85.42% ]
% 60+ who always drive or ride wearing a seatbelt		92.5%	[ 90.21% - 94.79% ]	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		31.6%	[ 26.18% - 36.96% ]	31.4%	[ 30.79% - 32.10% ]
% 60+ own home	*	85.7%	[ 83.54% - 87.94% ]	70.3%	[ 69.85% - 70.73% ]
% 60+ homeowners who have mortgage		44.8%	[ 36.94% - 52.62% ]	48.7%	[ 47.71% - 49.72% ]
% 60+ stressed about paying rent/mortgage in last month		17.5%	[ 13.56% - 21.44% ]	22.1%	[ 20.02% - 24.09% ]
% 65+ households (renter) spend >35% of income on housing		26.8%	[ 12.60% - 41.07% ]	39.2%	[ 36.98% - 41.48% ]
% 65+ households (owner) spend >35% of income on housing	*	23.8%	[ 3.77% - 11.83% ]	27.6%	[ 26.49% - 28.80% ]
% 65+ moved within same county in last year		2.8%	[ 0.65% - 4.94% ]	3.6%	[ 3.20% - 3.93% ]
% 65+ moved from different county in last year		1.0%	[ -0.09% - 2.15% ]	1.0%	[ 0.79% - 1.17% ]
% 65+ moved from different state in last year		0.3%	[ -0.74% - 1.37% ]	1.1%	[ 0.88% - 1.33% ]
% of vacant homes in community	*	16.0%	[ 12.74% - 19.21% ]	12.1%	[ 11.62% - 12.58% ]
<b>ECONOMIC</b>					
% 60+ receiving food benefits in last year		6.5%	[ 0.35% - 12.57% ]	15.0%	[ -0.18% - 30.16% ]
% 65+ employed in last year		24.9%	[ 20.17% - 29.54% ]	21.9%	[ 21.25% - 22.51% ]
% 65+ with income below the poverty line in last year		7.8%	[ 3.77% - 11.83% ]	9.5%	[ 8.98% - 10.07% ]
% 65+ households with annual income < \$20,000		17.3%	[ 10.13% - 24.46% ]	24.3%	[ 23.28% - 25.36% ]
% 65+ households with annual income \$20,000-\$49,999		24.8%	[ 18.50% - 31.14% ]	32.2%	[ 31.06% - 33.39% ]
% 65+ households with annual income \$50,000-\$99,999		28.3%	[ 21.36% - 35.16% ]	24.8%	[ 23.82% - 25.70% ]
% 65+ households with annual income \$100,000+	*	29.6%	[ 21.50% - 37.74% ]	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.

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