

Groton (Grafton)



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		3.7%	[2.22% - 5.25%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		77.5%	[71.34% - 83.64%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	[23.06% - 37.66%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		61.7%	[54.16% - 69.23%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		24.3%	[17.38% - 31.23%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		68.7%	[61.26% - 76.08%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		8.2%	[4.34% - 12.13%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.0%	[2.38% - 3.68%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.3%	[8.55% - 18.08%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		14.1%	[8.94% - 19.20%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		83.2%	[77.10% - 89.22%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.5%	[29.51% - 47.44%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		60.9%	[53.06% - 68.83%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		83.7%	[77.51% - 89.87%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		93.9%	[90.32% - 97.46%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		79.2%	[71.15% - 87.28%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		69.9%	[62.34% - 77.45%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		18.1%	[11.45% - 24.77%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.8%	[4.86% - 12.82%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		31.7%	[24.46% - 38.99%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		73.5%	[66.91% - 80.17%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	[17.34% - 30.79%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		22.1%	[15.87% - 28.38%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	12.8%	[9.81% - 15.76%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	67.1%	[63.12% - 70.98%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.0%	[3.35% - 10.67%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.8% [3.97% - 11.57%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	B	23.8% [20.27% - 27.24%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders		18.6% [15.16% - 22.04%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders		3.3% [2.51% - 4.08%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.5% [0.95% - 2.10%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders		5.2% [4.25% - 6.11%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		1.5% [0.99% - 2.09%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.0% [2.29% - 5.80%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders		11.6% [8.63% - 14.57%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.3% [7.77% - 12.90%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes		24.7% [20.89% - 28.53%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		10.5% [8.09% - 13.00%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	B	16.3% [13.31% - 19.32%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		13.3% [10.51% - 16.09%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	B	65.1% [61.11% - 69.06%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		4.0% [2.40% - 5.54%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		31.8% [27.78% - 35.85%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		16.2% [13.09% - 19.36%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		15.0% [12.12% - 17.92%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	B	10.3% [7.74% - 12.83%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		44.9% [40.51% - 49.33%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	B	12.1% [9.43% - 14.67%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		2.0% [1.38% - 2.55%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.7% [1.22% - 2.26%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.4% [1.79% - 2.93%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		8.4% [5.22% - 11.56%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.6% [0.89% - 2.22%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		10.9% [7.30% - 14.54%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		37.8% [32.08% - 43.48%]	36.8% [36.47% - 37.14%]		
% 65+ with HIV/AIDS		0.05% [0.02% - 0.08%]	0.05% [0.04% - 0.06%]		
% 65+ with hypothyroidism		20.6% [17.29% - 23.86%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	B	32.6% [28.81% - 36.44%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	B	16.4% [13.19% - 19.65%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		6.0% [3.86% - 8.07%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		18.0% [14.58% - 21.40%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		4.5% [3.61% - 5.36%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		1.8% [1.28% - 2.41%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		0.9% [0.50% - 1.29%]	1.1% [1.06% - 1.16%]		

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% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma		23.4%	[19.91% - 26.79%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		58.8%	[54.71% - 62.91%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	[3.05% - 6.95%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	49.6%	[45.47% - 53.72%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	14.2%	[11.19% - 17.11%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	[8.36% - 13.67%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.41% - 1.08%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.7%	[2.03% - 3.32%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		7.9%	[5.95% - 9.90%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.3%	[2.83% - 5.80%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		90.8%	[86.30% - 95.40%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		6.7%	[2.74% - 10.74%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	4.3	[3.9 - 4.7]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		570	[473 - 666]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	43.7	[39.8 - 47.7]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.1	[0.7 - 1.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.3 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		202	[152 - 252]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	[6.62% - 20.97%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		51	[27 - 76]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.3%	[0.44% - 2.06%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		78.9%	[73.06% - 84.79%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		76.1%	[69.18% - 83.12%]	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 error of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last month, and did not see doctor when needed due to cost.

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