# Hampton (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 | | 4.0% | [  3.35%  -  4.73% ] | 4.1% | [  4.02%  -  4.19% ] |
| **WELLNESS & PREVENTION** | | | | | |
| % 60+ with any physical activity within last month | B | 84.5% | [ 79.94%  -  89.10% ] | 74.5% | [ 73.36%  -  75.59% ] |
| % 60+ met CDC guidelines for muscle-strengthening activity | B | 37.2% | [ 30.96%  -  43.49% ] | 26.0% | [ 24.93%  -  27.14% ] |
| % 60+ met CDC guidelines for aerobic physical activity | | 60.6% | [ 54.08%  -  67.04% ] | 58.6% | [ 57.33%  -  59.82% ] |
| % 60+ met CDC guidelines for both types of physical activities | B | 29.6% | [ 23.79%  -  35.46% ] | 19.9% | [ 18.92%  -  20.93% ] |
| % 60+ getting recommended hours of sleep | | 65.1% | [ 58.24%  -  72.04% ] | 66.4% | [ 65.16%  -  67.60% ] |
| % 60+ injured in a fall within last 12 months | | 9.0% | [  5.48%  -  12.51% ] | 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 | | 12.8% | [  8.39%  -  17.25% ] | 16.5% | [ 15.54%  -  17.40% ] |
| % 60+ with 15+ physically unhealthy days last month | | 9.6% | [  5.84%  -  13.37% ] | 12.5% | [ 11.69%  -  13.37% ] |
| % 60+ with physical exam/check-up in past year | | 90.9% | [ 87.11%  -  94.66% ] | 86.5% | [ 85.66%  -  87.39% ] |
| % 60+ met CDC preventive health screening goals | | 45.0% | [ 37.21%  -  52.78% ] | 40.3% | [ 38.77%  -  41.81% ] |
| % 60+ flu shot past year | | 59.3% | [ 52.85%  -  65.85% ] | 59.3% | [ 58.06%  -  60.63% ] |
| % 65+ with pneumonia vaccine | | 79.5% | [ 73.64%  -  85.41% ] | 77.8% | [ 76.56%  -  79.12% ] |
| % 60+ with cholesterol screening | | 96.9% | [ 95.01%  -  98.89% ] | 95.3% | [ 94.78%  -  95.82% ] |
| % 60+ women with a mammogram within last 2 years | | 80.6% | [ 73.46%  -  87.66% ] | 79.3% | [ 77.96%  -  80.69% ] |
| % 60+ with colorectal cancer screening | | 82.4% | [ 77.48%  -  87.40% ] | 77.0% | [ 75.92%  -  78.16% ] |
| % 60+ with HIV test | | 12.6% | [  7.46%  -  17.73% ] | 13.5% | [ 12.50%  -  14.41% ] |
| % 60+ current smokers | | 6.4% | [  3.41%  -  9.46% ] | 8.1% | [  7.38%  -  8.79% ] |
| Oral Health | | | | | |
|    % 60+ with loss of 6 or more teeth | B | 20.4% | [ 14.88%  -  25.87% ] | 29.0% | [ 27.79%  -  30.12% ] |
|    % 60+ with annual dental exam | B | 85.1% | [ 79.58%  -  90.59% ] | 75.7% | [ 74.65%  -  76.84% ] |
| **NUTRITION/DIET** | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 26.9% | [ 21.13%  -  32.69% ] | 20.2% | [ 19.23%  -  21.21% ] |
| % 60+ self-reported obese | | 21.1% | [ 15.57%  -  26.53% ] | 27.2% | [ 26.03%  -  28.35% ] |
| % 65+ clinically diagnosed obese | B | 14.4% | [ 12.98%  -  15.75% ] | 16.7% | [ 16.56%  -  16.94% ] |
| % 65+ with high cholesterol | W | 74.7% | [ 73.02%  -  76.31% ] | 72.2% | [ 72.01%  -  72.44% ] |
| % 60+ excessive drinking | | 9.5% | [  5.46%  -  13.52% ] | 9.2% | [  8.45%  -  9.94% ] |

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|---|---|---|---|---|---|
| **BEHAVIORAL HEALTH** | | | | | |
| % 60+ with 15+ days poor mental health last month | | 5.8% | [ 2.67% - 8.98% ] | 6.9% | [ 6.29% - 7.61% ] |
| % 65+ with depression | B | 26.7% | [ 25.03% - 28.28% ] | 28.8% | [ 28.59% - 29.01% ] |
| % 65+ with anxiety disorders | | 22.7% | [ 21.04% - 24.31% ] | 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) | | 5.9% | [ 4.98% - 6.85% ] | 5.5% | [ 5.41% - 5.64% ] |
| % 65+ with tobacco use disorders | | 10.2% | [ 8.97% - 11.41% ] | 10.4% | [ 10.23% - 10.54% ] |
| **CHRONIC DISEASE** | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 8.9% | [ 7.84% - 9.87% ] | 12.0% | [ 11.89% - 12.19% ] |
| % 65+ with diabetes | B | 26.2% | [ 24.49% - 27.92% ] | 28.2% | [ 27.97% - 28.41% ] |
| % 65+ with stroke | | 10.0% | [ 8.91% - 11.07% ] | 10.8% | [ 10.64% - 10.92% ] |
| % 65+ with chronic obstructive pulmonary disease | | 19.6% | [ 18.18% - 21.06% ] | 20.5% | [ 20.36% - 20.73% ] |
| % 65+ with asthma | B | 10.6% | [ 9.43% - 11.68% ] | 13.0% | [ 12.89% - 13.21% ] |
| % 65+ with hypertension | | 70.4% | [ 68.67% - 72.12% ] | 70.2% | [ 70.02% - 70.46% ] |
| % 65+ ever had a heart attack | | 4.8% | [ 4.06% - 5.60% ] | 4.5% | [ 4.37% - 4.56% ] |
| % 65+ with ischemic heart disease | | 36.3% | [ 34.43% - 38.18% ] | 34.3% | [ 34.12% - 34.58% ] |
| % 65+ with congestive heart failure | | 17.2% | [ 15.74% - 18.59% ] | 17.7% | [ 17.57% - 17.93% ] |
| % 65+ with atrial fibrillation | | 15.3% | [ 14.00% - 16.60% ] | 14.4% | [ 14.28% - 14.60% ] |
| % 65+ with peripheral vascular disease | | 15.8% | [ 14.40% - 17.11% ] | 14.7% | [ 14.51% - 14.84% ] |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 48.9% | [ 46.93% - 50.89% ] | 49.1% | [ 48.82% - 49.32% ] |
| % 65+ with osteoporosis | | 17.3% | [ 15.96% - 18.67% ] | 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 | | 10.9% | [ 9.41% - 12.48% ] | 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 | | 12.8% | [ 10.98% - 14.62% ] | 11.5% | [ 11.24% - 11.68% ] |
| % 65+ with benign prostatic hyperplasia | | 37.1% | [ 34.41% - 39.71% ] | 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 | | 20.5% | [ 19.04% - 21.98% ] | 20.8% | [ 20.62% - 20.99% ] |
| % 65+ with anemia | | 38.9% | [ 37.12% - 40.69% ] | 37.3% | [ 37.12% - 37.57% ] |
| % 65+ with chronic kidney disease | | 22.6% | [ 21.02% - 24.21% ] | 22.3% | [ 22.14% - 22.54% ] |
| % 65+ with liver diseases | W | 8.2% | [ 7.16% - 9.32% ] | 6.9% | [ 6.75% - 6.99% ] |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.8% | [ 17.29% - 20.33% ] | 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 | 20.7% | [ 19.21% - 22.13% ] | 22.9% | [ 22.74% - 23.13% ] |
| % 65+ with cataract | W | 63.5% | [ 61.69% - 65.33% ] | 61.2% | [ 61.00% - 61.47% ] |
| % 65+ with pressure ulcer or chronic ulcer | | 7.6% | [ 6.65% - 8.63% ] | 7.1% | [ 6.99% - 7.24% ] |
| % 65+ with 4+ (out of 15) chronic conditions | | 53.9% | [ 52.03% - 55.74% ] | 54.4% | [ 54.19% - 54.66% ] |
| % 65+ with 0 chronic conditions | | 9.6% | [ 8.41% - 10.70% ] | 10.3% | [ 10.12% - 10.42% ] |
| **LIVING WITH DISABILITY** | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 15.2% | [ 13.85% - 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 | | 8.0% | [ 7.16% - 8.93% ] | 7.9% | [ 7.8% - 8.02% ] |
| % dually eligible for Medicare and Medicaid | * | 5.1% | [ 4.34% - 5.76% ] | 7.5% | [ 7.40% - 7.62% ] |
| % 60+ with a regular doctor | | 97.4% | [ 95.22% - 99.64% ] | 95.8% | [ 95.34% - 96.33% ] |
| % 60+ who did not see doctor when needed due to cost | | 2.6% | [ 0.32% - 4.83% ] | 5.4% | [ 4.75% - 5.97% ] |
| **SERVICE UTILIZATION** | | | | | |
| Physician visits per year | * | 7.8 | [ 7.5 - 8.1 ] | 6.3 | [ 6.2 - 6.3 ] |
| Emergency room visits/1000 persons 65+ years per year | | 568 | [ 511 - 624 ] | 572 | [ 566 - 578 ] |
| Part D monthly prescription fills per person per year | * | 45.0 | [ 43.5 - 46.5 ] | 49.1 | [ 48.9 - 49.3 ] |
| Home health visits per year | | 3.1 | [ 2.5 - 3.6 ] | 2.5 | [ 2.4 - 2.5 ] |
| Durable medical equipment claims per year | * | 1.6 | [ 1.4 - 1.8 ] | 2.0 | [ 2.0 - 2.0 ] |
| Inpatient hospital stays/1000 persons 65+ years per year | | 243 | [ 217 - 269 ] | 237 | [ 234 - 241 ] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.0% | [ 11.01% - 16.95% ] | 15.8% | [ 15.41% - 16.22% ] |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 73 | [ 60 - 86 ] | 76 | [ 74 - 77 ] |
| % 65+ getting Medicaid long term services and supports | * | 2.4% | [ 1.87% - 2.85% ] | 3.7% | [ 3.59% - 3.74% ] |
| **COMMUNITY VARIABLES & CIVIC ENGAGEMENT** | | | | | |
| % 60+ who used Internet in last month | * | 86.3% | [ 82.13% - 90.46% ] | 77.6% | [ 76.53% - 78.64% ] |
| **SAFETY & TRANSPORTATION** | | | | | |
| % 60+ who always drive wearing a seatbelt | | 83.7% | [ 78.05% - 89.38% ] | 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.

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