

## Hebron (Grafton)



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>					
Age-sex adjusted 1-year mortality rate		3.7%	[ 2.22% - 5.25% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 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% ]
<b>Oral Health</b>					
% 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% ]
<b>NUTRITION/DIET</b>					
% 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% ]

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>BEHAVIORAL HEALTH</b>					
% 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% ]	
<b>CHRONIC DISEASE</b>					
% 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% ]	

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 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% ]
<b>LIVING WITH DISABILITY</b>					
% 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% ]
<b>ACCESS TO CARE</b>					
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% ]
<b>SERVICE UTILIZATION</b>					
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% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		78.9%	[ 73.06% - 84.79% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		76.1%	[ 69.18% - 83.12% ]	77.1%	[ 76.02% - 78.18% ]

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.

<sup>3</sup> 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.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)