## Holderness (Grafton)

<table>
<thead>
<tr>
<th>HEALTHY AGING INDICATORS</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
<th>MARGIN OF ERROR</th>
<th>STATE ESTIMATE</th>
<th>MARGIN OF ERROR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POPULATION CHARACTERISTICS</strong></td>
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<tr>
<td>Age-sex adjusted 1-year mortality rate</td>
<td>3.0% [ 1.87% - 4.14% ]</td>
<td>4.1% [ 4.02% - 4.19% ]</td>
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<tr>
<td><strong>WELLNESS &amp; PREVENTION</strong></td>
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<tr>
<td>% 60+ with any physical activity within last month</td>
<td>77.5% [ 71.34% - 83.64% ]</td>
<td>74.5% [ 73.36% - 75.59% ]</td>
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<tr>
<td>% 60+ met CDC guidelines for muscle-strengthening activity</td>
<td>30.4% [ 23.06% - 37.66% ]</td>
<td>26.0% [ 24.93% - 27.14% ]</td>
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</tr>
<tr>
<td>% 60+ met CDC guidelines for aerobic physical activity</td>
<td>61.7% [ 54.16% - 69.23% ]</td>
<td>58.6% [ 57.33% - 59.82% ]</td>
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<tr>
<td>% 60+ met CDC guidelines for both types of physical activities</td>
<td>24.3% [ 17.38% - 31.23% ]</td>
<td>19.9% [ 18.92% - 20.93% ]</td>
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<tr>
<td>% 60+ getting recommended hours of sleep</td>
<td>68.7% [ 61.26% - 76.08% ]</td>
<td>66.4% [ 65.16% - 67.60% ]</td>
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<tr>
<td>% 60+ injured in a fall within last 12 months</td>
<td>8.2% [ 4.34% - 12.13% ]</td>
<td>10.4% [ 9.65% - 11.16% ]</td>
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<tr>
<td>% 65+ had hip fracture</td>
<td>2.7% [ 2.02% - 3.30% ]</td>
<td>3.3% [ 3.19% - 3.34% ]</td>
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<tr>
<td>% 60+ with self-reported fair or poor health status</td>
<td>13.3% [ 8.55% - 18.08% ]</td>
<td>16.5% [ 15.54% - 17.40% ]</td>
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<tr>
<td>% 60+ with 15+ physically unhealthy days last month</td>
<td>14.1% [ 8.94% - 19.20% ]</td>
<td>12.5% [ 11.69% - 13.37% ]</td>
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<tr>
<td>% 60+ with physical exam/check-up in past year</td>
<td>83.2% [ 77.10% - 89.22% ]</td>
<td>86.5% [ 85.66% - 87.39% ]</td>
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<tr>
<td>% 60+ met CDC preventive health screening goals</td>
<td>38.5% [ 29.51% - 47.44% ]</td>
<td>40.3% [ 38.77% - 41.81% ]</td>
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<tr>
<td>% 60+ flu shot past year</td>
<td>60.9% [ 53.06% - 68.83% ]</td>
<td>59.3% [ 58.06% - 60.63% ]</td>
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<tr>
<td>% 65+ with pneumonia vaccine</td>
<td>83.7% [ 77.51% - 89.87% ]</td>
<td>77.8% [ 76.56% - 79.12% ]</td>
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<tr>
<td>% 60+ with cholesterol screening</td>
<td>93.9% [ 90.32% - 97.46% ]</td>
<td>95.3% [ 94.78% - 95.82% ]</td>
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<tr>
<td>% 60+ women with a mammogram within last 2 years</td>
<td>79.2% [ 71.15% - 87.28% ]</td>
<td>79.3% [ 77.96% - 80.69% ]</td>
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<tr>
<td>% 60+ with colorectal cancer screening</td>
<td>69.9% [ 62.34% - 77.45% ]</td>
<td>77.0% [ 75.92% - 78.16% ]</td>
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<tr>
<td>% 60+ with HIV test</td>
<td>18.1% [ 11.45% - 24.77% ]</td>
<td>13.5% [ 12.50% - 14.41% ]</td>
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<tr>
<td>% 60+ current smokers</td>
<td>8.8% [ 4.86% - 12.82% ]</td>
<td>8.1% [ 7.38% - 8.79% ]</td>
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<td>Oral Health</td>
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<tr>
<td>% 60+ with loss of 6 or more teeth</td>
<td>31.7% [ 24.46% - 38.99% ]</td>
<td>29.0% [ 27.79% - 30.12% ]</td>
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<tr>
<td>% 60+ with annual dental exam</td>
<td>73.5% [ 66.91% - 80.17% ]</td>
<td>75.7% [ 74.65% - 76.84% ]</td>
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<tr>
<td><strong>NUTRITION/DIET</strong></td>
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<tr>
<td>% 60+ with 5 or more servings of fruit or vegetables per day</td>
<td>24.1% [ 17.34% - 30.79% ]</td>
<td>20.2% [ 19.23% - 21.21% ]</td>
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<tr>
<td>% 60+ self-reported obese</td>
<td>22.1% [ 15.87% - 28.38% ]</td>
<td>27.2% [ 26.03% - 28.35% ]</td>
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<tr>
<td>% 65+ clinically diagnosed obese</td>
<td>B [ 8.91% - 13.70% ]</td>
<td>16.7% [ 16.56% - 16.94% ]</td>
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<tr>
<td>% 65+ with high cholesterol</td>
<td>69.7% [ 66.27% - 73.11% ]</td>
<td>72.2% [ 72.01% - 72.44% ]</td>
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<tr>
<td>% 60+ excessive drinking</td>
<td>7.0% [ 3.35% - 10.67% ]</td>
<td>9.2% [ 8.45% - 9.94% ]</td>
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### BEHAVIORAL HEALTH

<table>
<thead>
<tr>
<th>Condition</th>
<th>Better Rate</th>
<th>Worse Rate</th>
<th>Community Estimate</th>
<th>State Estimate</th>
<th>Margin of Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 60+ with 15+ days poor mental health last month</td>
<td>7.8%</td>
<td>[ 3.97% - 11.57% ]</td>
<td>6.9%</td>
<td>[ 6.29% - 7.61% ]</td>
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</tr>
<tr>
<td>% 65+ with depression</td>
<td>B 22.3%</td>
<td>[ 19.29% - 25.35% ]</td>
<td>28.8%</td>
<td>[ 28.59% - 29.01% ]</td>
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</tr>
<tr>
<td>% 65+ with anxiety disorders</td>
<td>B 15.6%</td>
<td>[ 12.61% - 18.43% ]</td>
<td>21.9%</td>
<td>[ 21.74% - 22.15% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with bipolar disorders</td>
<td>B 1.5%</td>
<td>[ 0.94% - 2.10% ]</td>
<td>3.1%</td>
<td>[ 2.97% - 3.14% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with post-traumatic stress disorder</td>
<td>1.5%</td>
<td>[ 0.88% - 2.08% ]</td>
<td>1.4%</td>
<td>[ 1.35% - 1.48% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with schizophrenia &amp; other psychotic disorders</td>
<td>B 2.6%</td>
<td>[ 1.90% - 3.26% ]</td>
<td>4.9%</td>
<td>[ 4.81% - 5.02% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with personality disorders</td>
<td>0.7%</td>
<td>[ 0.30% - 1.05% ]</td>
<td>1.1%</td>
<td>[ 1.00% - 1.11% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with substance use disorders (drug use +/or alcohol abuse)</td>
<td>4.9%</td>
<td>[ 3.26% - 6.59% ]</td>
<td>5.5%</td>
<td>[ 5.41% - 5.64% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with tobacco use disorders</td>
<td>B 8.0%</td>
<td>[ 5.99% - 10.09% ]</td>
<td>10.4%</td>
<td>[ 10.23% - 10.54% ]</td>
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</tbody>
</table>

### CHRONIC DISEASE

<table>
<thead>
<tr>
<th>Condition</th>
<th>Better Rate</th>
<th>Worse Rate</th>
<th>Community Estimate</th>
<th>State Estimate</th>
<th>Margin of Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 65+ with Alzheimer’s disease or related dementias</td>
<td>B 9.7%</td>
<td>[ 7.56% - 11.78% ]</td>
<td>12.0%</td>
<td>[ 11.89% - 12.19% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with diabetes</td>
<td>B 23.5%</td>
<td>[ 20.32% - 26.78% ]</td>
<td>28.2%</td>
<td>[ 27.97% - 28.41% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with stroke</td>
<td>10.1%</td>
<td>[ 8.02% - 12.27% ]</td>
<td>10.8%</td>
<td>[ 10.64% - 10.92% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with chronic obstructive pulmonary disease</td>
<td>B 17.2%</td>
<td>[ 14.49% - 19.89% ]</td>
<td>20.5%</td>
<td>[ 20.36% - 20.73% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with asthma</td>
<td>13.3%</td>
<td>[ 10.87% - 15.83% ]</td>
<td>13.0%</td>
<td>[ 12.89% - 13.21% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with hypertension</td>
<td>69.6%</td>
<td>[ 66.21% - 73.06% ]</td>
<td>70.2%</td>
<td>[ 70.02% - 70.46% ]</td>
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</tr>
<tr>
<td>% 65+ ever had a heart attack</td>
<td>3.8%</td>
<td>[ 2.44% - 5.10% ]</td>
<td>4.5%</td>
<td>[ 4.37% - 4.56% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with ischemic heart disease</td>
<td>31.6%</td>
<td>[ 28.04% - 35.06% ]</td>
<td>34.3%</td>
<td>[ 34.12% - 34.58% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with congestive heart failure</td>
<td>16.5%</td>
<td>[ 13.75% - 19.22% ]</td>
<td>17.7%</td>
<td>[ 17.57% - 17.93% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with atrial fibrillation</td>
<td>15.6%</td>
<td>[ 13.01% - 18.21% ]</td>
<td>14.4%</td>
<td>[ 14.28% - 14.60% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with peripheral vascular disease</td>
<td>B 11.6%</td>
<td>[ 9.29% - 13.99% ]</td>
<td>14.7%</td>
<td>[ 14.51% - 14.84% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with osteoarthritis/rheumatoid arthritis</td>
<td>46.7%</td>
<td>[ 42.90% - 50.60% ]</td>
<td>49.1%</td>
<td>[ 48.82% - 49.32% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with osteoporosis</td>
<td>B 12.9%</td>
<td>[ 10.53% - 15.26% ]</td>
<td>17.4%</td>
<td>[ 17.22% - 17.57% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with leukemias and lymphomas</td>
<td>1.7%</td>
<td>[ 1.17% - 2.30% ]</td>
<td>2.0%</td>
<td>[ 1.91% - 2.05% ]</td>
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</tr>
<tr>
<td>% 65+ with lung cancer</td>
<td>1.4%</td>
<td>[ 0.87% - 1.85% ]</td>
<td>1.6%</td>
<td>[ 1.54% - 1.66% ]</td>
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</tr>
<tr>
<td>% 65+ with colon cancer</td>
<td>2.0%</td>
<td>[ 1.40% - 2.53% ]</td>
<td>2.4%</td>
<td>[ 2.37% - 2.51% ]</td>
<td></td>
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<tr>
<td>% 65+ women with breast cancer</td>
<td>10.3%</td>
<td>[ 7.38% - 13.28% ]</td>
<td>9.8%</td>
<td>[ 9.59% - 9.96% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ women with endometrial cancer</td>
<td>2.2%</td>
<td>[ 1.33% - 3.04% ]</td>
<td>1.7%</td>
<td>[ 1.60% - 1.76% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ men with prostate cancer</td>
<td>12.4%</td>
<td>[ 8.88% - 15.88% ]</td>
<td>11.5%</td>
<td>[ 11.24% - 11.68% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with benign prostatic hyperplasia</td>
<td>35.0%</td>
<td>[ 29.90% - 40.15% ]</td>
<td>36.8%</td>
<td>[ 36.47% - 37.14% ]</td>
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</tr>
<tr>
<td>% 65+ with HIV/AIDS</td>
<td>0.05%</td>
<td>[ 0.02% - 0.08% ]</td>
<td>0.05%</td>
<td>[ 0.04% - 0.06% ]</td>
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<tr>
<td>% 65+ with hypothyroidism</td>
<td>21.7%</td>
<td>[ 18.70% - 24.67% ]</td>
<td>20.8%</td>
<td>[ 20.62% - 20.99% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with anemia</td>
<td>35.4%</td>
<td>[ 31.97% - 38.88% ]</td>
<td>37.3%</td>
<td>[ 37.12% - 37.57% ]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with chronic kidney disease</td>
<td>B 16.9%</td>
<td>[ 14.08% - 19.64% ]</td>
<td>22.3%</td>
<td>[ 22.14% - 22.54% ]</td>
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<tr>
<td>% 65+ with liver diseases</td>
<td>5.3%</td>
<td>[ 3.58% - 6.98% ]</td>
<td>6.9%</td>
<td>[ 6.75% - 6.99% ]</td>
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</tr>
<tr>
<td>% 65+ with fibromyalgia, chronic pain and fatigue</td>
<td>B 15.5%</td>
<td>[ 12.76% - 18.21% ]</td>
<td>18.6%</td>
<td>[ 18.42% - 18.80% ]</td>
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<tr>
<td>% 65+ with migraine and other chronic headache</td>
<td>B 3.1%</td>
<td>[ 2.33% - 3.88% ]</td>
<td>4.0%</td>
<td>[ 3.95% - 4.15% ]</td>
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</tr>
<tr>
<td>% 65+ with epilepsy</td>
<td>B 1.3%</td>
<td>[ 0.79% - 1.77% ]</td>
<td>2.1%</td>
<td>[ 2.00% - 2.14% ]</td>
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</tr>
<tr>
<td>% 65+ with traumatic brain injury</td>
<td>1.1%</td>
<td>[ 0.63% - 1.48% ]</td>
<td>1.1%</td>
<td>[ 1.06% - 1.16% ]</td>
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<td>HEALTHY AGING INDICATORS</td>
<td>BETTER / WORSE STATE RATE</td>
<td>COMMUNITY ESTIMATE</td>
<td>MARGIN OF ERROR</td>
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<tr>
<td>% 65+ with autism spectrum disorders</td>
<td>N/A</td>
<td>0.03% [ 0.02% - 0.04% ]</td>
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<tr>
<td>% 65+ with glaucoma</td>
<td>22.7% [ 19.68% - 25.70% ]</td>
<td>22.9% [ 22.74% - 23.13% ]</td>
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<tr>
<td>% 65+ with cataract</td>
<td>61.0% [ 57.32% - 64.58% ]</td>
<td>61.2% [ 61.00% - 61.47% ]</td>
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<tr>
<td>% 65+ with pressure ulcer or chronic ulcer</td>
<td>B</td>
<td>4.8% [ 3.23% - 6.37% ]</td>
<td>7.1% [ 6.99% - 7.24% ]</td>
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<tr>
<td>% 65+ with 4+ (out of 15) chronic conditions</td>
<td>B</td>
<td>49.0% [ 45.30% - 52.62% ]</td>
<td>54.4% [ 54.19% - 54.66% ]</td>
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<tr>
<td>% 65+ with 0 chronic conditions</td>
<td></td>
<td>10.8% [ 8.46% - 13.18% ]</td>
<td>10.3% [ 10.12% - 10.42% ]</td>
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<tr>
<td>LIVING WITH DISABILITY</td>
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<tr>
<td>% 65+ with clinical diagnosis of deafness or hearing impairment</td>
<td></td>
<td>12.3% [ 9.85% - 14.70% ]</td>
<td>14.4% [ 14.23% - 14.56% ]</td>
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</tr>
<tr>
<td>% 65+ with clinical diagnosis of blindness or visual impairment</td>
<td>B</td>
<td>0.5% [ 0.21% - 0.76% ]</td>
<td>0.9% [ 0.81% - 0.90% ]</td>
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<tr>
<td>% 65+ with clinical diagnosis of mobility impairments</td>
<td>B</td>
<td>1.7% [ 1.14% - 2.25% ]</td>
<td>3.2% [ 3.14% - 3.31% ]</td>
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<td>ACCESS TO CARE</td>
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<td>Medicare (65+ population)</td>
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<tr>
<td>% Medicare managed care enrollees</td>
<td></td>
<td>8.7% [ 6.85% - 10.51% ]</td>
<td>7.9% [ 7.8% - 8.02% ]</td>
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<tr>
<td>% dually eligible for Medicare and Medicaid</td>
<td></td>
<td>5.9% [ 4.40% - 7.47% ]</td>
<td>7.5% [ 7.40% - 7.62% ]</td>
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<tr>
<td>% 60+ with a regular doctor</td>
<td></td>
<td>90.8% [ 86.30% - 95.40% ]</td>
<td>95.8% [ 95.34% - 96.33% ]</td>
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<tr>
<td>% 60+ who did not see doctor when needed due to cost</td>
<td></td>
<td>6.7% [ 2.74% - 10.74% ]</td>
<td>5.4% [ 4.75% - 5.97% ]</td>
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<tr>
<td>SERVICE UTILIZATION</td>
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</tr>
<tr>
<td>Physician visits per year</td>
<td>*</td>
<td>4.4 [ 4.1 - 4.8 ]</td>
<td>6.3 [ 6.2 - 6.3 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency room visits/1000 persons 65+ years per year</td>
<td></td>
<td>622 [ 526 - 719 ]</td>
<td>572 [ 566 - 578 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Part D monthly prescription fills per person per year</td>
<td>*</td>
<td>43.0 [ 40.2 - 45.7 ]</td>
<td>49.1 [ 48.9 - 49.3 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home health visits per year</td>
<td>*</td>
<td>1.2 [ 0.8 - 1.6 ]</td>
<td>2.5 [ 2.4 - 2.5 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Durable medical equipment claims per year</td>
<td></td>
<td>1.7 [ 1.3 - 2.1 ]</td>
<td>2.0 [ 2.0 - 2.0 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inpatient hospital stays/1000 persons 65+ years per year</td>
<td></td>
<td>222 [ 176 - 269 ]</td>
<td>237 [ 234 - 241 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare inpatient hospital readmissions (as % of admissions)</td>
<td></td>
<td>17.9% [ 10.46% - 25.34% ]</td>
<td>15.8% [ 15.41% - 16.22% ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td># skilled nursing facility stays/1000 persons 65+ years per year</td>
<td></td>
<td>71 [ 43 - 99 ]</td>
<td>76 [ 74 - 77 ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65+ getting Medicaid long term services and supports</td>
<td>*</td>
<td>2.0% [ 1.07% - 2.88% ]</td>
<td>3.7% [ 3.59% - 3.74% ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 60+ who used Internet in last month</td>
<td></td>
<td>78.9% [ 73.06% - 84.79% ]</td>
<td>77.6% [ 76.53% - 78.64% ]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAFETY &amp; TRANSPORTATION</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 60+ who always drive wearing a seatbelt</td>
<td></td>
<td>76.1% [ 69.18% - 83.12% ]</td>
<td>77.1% [ 76.02% - 78.18% ]</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

Questions or suggestions? Beth.Dugan@umb.edu