

Holderness (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		3.0%	[1.87% - 4.14%]	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		2.7%	[2.02% - 3.30%]	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	11.3%	[8.91% - 13.70%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		69.7%	[66.27% - 73.11%]	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	22.3% [19.29% - 25.35%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders	B	15.6% [12.81% - 18.43%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	B	1.5% [0.94% - 2.10%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.5% [0.88% - 2.08%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	B	2.6% [1.90% - 3.26%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		0.7% [0.30% - 1.05%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9% [3.26% - 6.59%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	B	8.0% [5.99% - 10.09%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.7% [7.56% - 11.78%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	B	23.5% [20.32% - 26.78%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		10.1% [8.02% - 12.27%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	B	17.2% [14.49% - 19.89%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		13.3% [10.87% - 15.83%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension		69.6% [66.21% - 73.06%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		3.8% [2.44% - 5.10%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		31.6% [28.04% - 35.06%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		16.5% [13.75% - 19.22%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		15.6% [13.01% - 18.21%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	B	11.6% [9.29% - 13.99%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		46.7% [42.90% - 50.60%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	B	12.9% [10.53% - 15.26%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.7% [1.17% - 2.30%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.4% [0.87% - 1.85%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.0% [1.40% - 2.53%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		10.3% [7.38% - 13.28%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		2.2% [1.33% - 3.04%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		12.4% [8.88% - 15.88%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		35.0% [29.90% - 40.15%]	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		21.7% [18.70% - 24.67%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia		35.4% [31.97% - 38.88%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	B	16.9% [14.08% - 19.64%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		5.3% [3.58% - 6.98%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.5% [12.76% - 18.21%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache	B	3.1% [2.33% - 3.88%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy	B	1.3% [0.79% - 1.77%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.1% [0.63% - 1.48%]	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		22.7%	[19.68% - 25.70%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.0%	[57.32% - 64.58%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	[3.23% - 6.37%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	49.0%	[45.30% - 52.62%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		10.8%	[8.46% - 13.18%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.3%	[9.85% - 14.70%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[0.21% - 0.76%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	[1.14% - 2.25%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.7%	[6.85% - 10.51%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		5.9%	[4.40% - 7.47%]	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	*	4.4	[4.1 - 4.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		622	[526 - 719]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	43.0	[40.2 - 45.7]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.2	[0.8 - 1.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.7	[1.3 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		222	[176 - 269]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		17.9%	[10.46% - 25.34%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		71	[43 - 99]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.0%	[1.07% - 2.88%]	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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