

## Hudson (Hillsborough)



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		4.4%	[ 3.71% - 5.17% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		73.1%	[ 67.04% - 79.07% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	[ 21.54% - 33.79% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		51.4%	[ 44.66% - 58.09% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		19.6%	[ 14.20% - 25.02% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		64.5%	[ 57.61% - 71.35% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		12.0%	[ 7.30% - 16.66% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		2.9%	[ 2.31% - 3.51% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		13.5%	[ 8.99% - 18.00% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		9.6%	[ 5.82% - 13.34% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		88.7%	[ 84.64% - 92.74% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		40.5%	[ 31.99% - 48.97% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		59.4%	[ 52.51% - 66.21% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		76.3%	[ 68.86% - 83.71% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		96.4%	[ 94.00% - 98.71% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		83.3%	[ 77.32% - 89.28% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		79.8%	[ 74.67% - 85.00% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		18.5%	[ 12.02% - 25.02% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		5.9%	[ 3.19% - 8.64% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		23.9%	[ 18.20% - 29.59% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		76.5%	[ 70.73% - 82.25% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	[ 14.26% - 25.04% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese	W	35.2%	[ 28.39% - 41.94% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		16.1%	[ 14.61% - 17.61% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	W	77.8%	[ 76.14% - 79.46% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		8.9%	[ 4.68% - 13.17% ]	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		5.4%	[ 2.56% - 8.26% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	26.3%	[ 24.57% - 27.95% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders		20.7%	[ 19.02% - 22.28% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		2.5%	[ 1.83% - 3.11% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.0%	[ 0.58% - 1.48% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders		4.5%	[ 3.68% - 5.25% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders	B	0.6%	[ 0.29% - 0.89% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.4%	[ 4.50% - 6.39% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		10.0%	[ 8.78% - 11.31% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	9.9%	[ 8.82% - 11.04% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes	W	30.8%	[ 28.87% - 32.64% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		10.4%	[ 9.28% - 11.55% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease		21.0%	[ 19.47% - 22.56% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma	W	14.5%	[ 13.21% - 15.89% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension	W	74.3%	[ 72.51% - 76.00% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		4.6%	[ 3.85% - 5.40% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		34.3%	[ 32.40% - 36.22% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	B	16.0%	[ 14.57% - 17.43% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		13.6%	[ 12.36% - 14.93% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease		13.5%	[ 12.17% - 14.86% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	[ 45.86% - 49.98% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis		18.2%	[ 16.78% - 19.64% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		1.7%	[ 1.23% - 2.26% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.6%	[ 1.13% - 2.11% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.5%	[ 1.93% - 3.10% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		10.0%	[ 8.53% - 11.51% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.9%	[ 1.26% - 2.63% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		11.0%	[ 9.18% - 12.80% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		37.5%	[ 34.62% - 40.36% ]	36.8%	[ 36.47% - 37.14% ]
% 65+ with HIV/AIDS		0.04%	[ 0.02% - 0.07% ]	0.05%	[ 0.04% - 0.06% ]
% 65+ with hypothyroidism		20.1%	[ 18.59% - 21.64% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	W	39.6%	[ 37.73% - 41.49% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	W	26.4%	[ 24.65% - 28.15% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		7.1%	[ 6.06% - 8.16% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue	B	16.6%	[ 15.16% - 18.11% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		4.6%	[ 3.73% - 5.41% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		2.1%	[ 1.55% - 2.71% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury	B	0.5%	[ 0.17% - 0.76% ]	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	B	20.2%	[ 18.68% - 21.72% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		59.6%	[ 57.70% - 61.58% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer	B	5.9%	[ 5.01% - 6.82% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		56.3%	[ 54.40% - 58.29% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions	W	7.8%	[ 6.73% - 8.93% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.4%	[ 11.15% - 13.68% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[ 0.28% - 0.85% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.3%	[ 2.58% - 3.97% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	11.7%	[ 10.69% - 12.80% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	4.7%	[ 4.02% - 5.41% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		94.4%	[ 91.18% - 97.56% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost	B	1.8%	[ 0.52% - 3.00% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	7.5	[ 7.2 - 7.8 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		522	[ 477 - 566 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		50.5	[ 48.8 - 52.2 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		2.6	[ 2.1 - 3.1 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.1	[ 1.9 - 2.3 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		250	[ 222 - 278 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		19.3%	[ 15.57% - 22.95% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		79	[ 66 - 92 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	2.9%	[ 2.35% - 3.45% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month	*	85.1%	[ 81.04% - 89.13% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		79.9%	[ 74.58% - 85.16% ]	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)