

## Jefferson (Coös)



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		4.6%	[ 2.53% - 6.67% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		67.2%	[ 59.93% - 74.47% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	[ 10.53% - 22.92% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	[ 39.96% - 56.20% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	[ 5.54% - 14.78% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		63.1%	[ 55.93% - 70.26% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		11.8%	[ 6.91% - 16.79% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		3.6%	[ 2.78% - 4.42% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		23.6%	[ 16.61% - 30.59% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		12.6%	[ 7.38% - 17.89% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		91.0%	[ 86.36% - 95.55% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		38.5%	[ 29.69% - 47.31% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		58.7%	[ 51.09% - 66.33% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		82.1%	[ 75.87% - 88.38% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		93.1%	[ 89.30% - 96.81% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		77.1%	[ 69.44% - 84.77% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		77.9%	[ 71.98% - 83.82% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		13.4%	[ 8.26% - 18.61% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		11.2%	[ 6.05% - 16.39% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth	W	41.9%	[ 34.89% - 48.96% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam	W	52.3%	[ 45.21% - 59.38% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	[ 10.67% - 23.25% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		34.2%	[ 26.42% - 41.98% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	B	12.7%	[ 9.57% - 15.80% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		69.4%	[ 65.20% - 73.68% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		11.4%	[ 6.22% - 16.48% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		7.6%	[ 3.33% - 11.81% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	24.1%	[ 20.31% - 27.94% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	15.3%	[ 11.95% - 18.66% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		4.0%	[ 3.01% - 4.94% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.5%	[ 0.86% - 2.13% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	[ 6.76% - 9.35% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		1.8%	[ 1.10% - 2.47% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.3%	[ 3.18% - 7.47% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		10.5%	[ 7.48% - 13.49% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.4%	[ 5.94% - 10.92% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		27.1%	[ 22.83% - 31.32% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke	B	6.8%	[ 4.65% - 9.02% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	B	15.0%	[ 11.91% - 18.16% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		10.5%	[ 7.85% - 13.25% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		66.9%	[ 62.62% - 71.27% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		4.9%	[ 2.98% - 6.76% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		31.4%	[ 26.95% - 35.76% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	B	13.7%	[ 10.59% - 16.72% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		12.2%	[ 9.35% - 15.03% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease		13.6%	[ 10.44% - 16.80% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		45.5%	[ 40.66% - 50.26% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	11.7%	[ 8.98% - 14.52% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.0%	[ 1.38% - 2.69% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer	B	0.8%	[ 0.43% - 1.27% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.3%	[ 1.60% - 2.93% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		9.3%	[ 5.72% - 12.93% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		2.0%	[ 1.14% - 2.83% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		10.5%	[ 6.67% - 14.27% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		31.5%	[ 25.58% - 37.34% ]	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	B	16.6%	[ 13.35% - 19.93% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	B	29.7%	[ 25.68% - 33.80% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	B	16.1%	[ 12.69% - 19.52% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		7.6%	[ 5.07% - 10.04% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	[ 11.14% - 17.73% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		3.6%	[ 2.69% - 4.50% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		2.3%	[ 1.52% - 3.00% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		1.0%	[ 0.48% - 1.47% ]	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	B	19.0%	[ 15.56% - 22.51% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract	B	55.9%	[ 51.37% - 60.41% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		8.7%	[ 6.05% - 11.39% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	[ 43.65% - 52.65% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		13.1%	[ 9.96% - 16.34% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.0%	[ 9.96% - 16.02% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[ 0.23% - 0.92% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.8%	[ 2.91% - 4.72% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	3.4%	[ 1.95% - 4.90% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid		5.7%	[ 3.78% - 7.52% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		95.0%	[ 91.91% - 98.00% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		8.4%	[ 4.04% - 12.84% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	3.4	[ 2.9 - 3.9 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		573	[ 458 - 688 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		45.8	[ 42.0 - 49.7 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	1.3	[ 0.6 - 2.1 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.1	[ 1.6 - 2.7 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		210	[ 154 - 265 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	[ 6.48% - 18.52% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		78	[ 37 - 119 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		3.9%	[ 2.36% - 5.52% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month	*	60.9%	[ 53.38% - 68.51% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt	W	67.2%	[ 60.45% - 73.88% ]	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.

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