# Keene (Cheshire)

**TUFTS**
Health Plan
**F O U N D A T I O N**

| 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 | | 4.3% | [  3.72% -  4.89% ] | 4.1% | [  4.02% -  4.19% ] |
| **WELLNESS & PREVENTION** | | | | | |
| % 60+ with any physical activity within last month | | 78.6% | [ 72.49% - 84.67% ] | 74.5% | [ 73.36% - 75.59% ] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 26.3% | [ 18.91% - 33.75% ] | 26.0% | [ 24.93% - 27.14% ] |
| % 60+ met CDC guidelines for aerobic physical activity | | 57.7% | [ 48.58% - 66.77% ] | 58.6% | [ 57.33% - 59.82% ] |
| % 60+ met CDC guidelines for both types of physical activities | | 20.8% | [ 14.00% - 27.69% ] | 19.9% | [ 18.92% - 20.93% ] |
| % 60+ getting recommended hours of sleep | | 66.2% | [ 58.76% - 73.74% ] | 66.4% | [ 65.16% - 67.60% ] |
| % 60+ injured in a fall within last 12 months | | 7.9% | [  4.30% - 11.43% ] | 10.4% | [  9.65% - 11.16% ] |
| % 65+ had hip fracture | | 3.9% | [  3.31% -  4.53% ] | 3.3% | [  3.19% -  3.34% ] |
| % 60+ with self-reported fair or poor health status | | 16.2% | [ 10.75% - 21.65% ] | 16.5% | [ 15.54% - 17.40% ] |
| % 60+ with 15+ physically unhealthy days last month | | 11.7% | [  6.49% - 16.98% ] | 12.5% | [ 11.69% - 13.37% ] |
| % 60+ with physical exam/check-up in past year | W | 74.9% | [ 68.17% - 81.67% ] | 86.5% | [ 85.66% - 87.39% ] |
| % 60+ met CDC preventive health screening goals | | 35.2% | [ 26.50% - 43.86% ] | 40.3% | [ 38.77% - 41.81% ] |
| % 60+ flu shot past year | | 63.3% | [ 56.06% - 70.61% ] | 59.3% | [ 58.06% - 60.63% ] |
| % 65+ with pneumonia vaccine | | 71.9% | [ 63.61% - 80.13% ] | 77.8% | [ 76.56% - 79.12% ] |
| % 60+ with cholesterol screening | | 97.2% | [ 94.96% - 99.42% ] | 95.3% | [ 94.78% - 95.82% ] |
| % 60+ women with a mammogram within last 2 years | W | 67.6% | [ 58.15% - 76.97% ] | 79.3% | [ 77.96% - 80.69% ] |
| % 60+ with colorectal cancer screening | | 76.7% | [ 70.22% - 83.11% ] | 77.0% | [ 75.92% - 78.16% ] |
| % 60+ with HIV test | | 12.0% | [  6.89% - 17.02% ] | 13.5% | [ 12.50% - 14.41% ] |
| % 60+ current smokers | | 8.2% | [  4.26% - 12.24% ] | 8.1% | [  7.38% -  8.79% ] |
| Oral Health | | | | | |
|    % 60+ with loss of 6 or more teeth | | 27.3% | [ 20.96% - 33.56% ] | 29.0% | [ 27.79% - 30.12% ] |
|    % 60+ with annual dental exam | | 80.4% | [ 74.82% - 86.07% ] | 75.7% | [ 74.65% - 76.84% ] |
| **NUTRITION/DIET** | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 26.4% | [ 17.94% - 34.78% ] | 20.2% | [ 19.23% - 21.21% ] |
| % 60+ self-reported obese | | 29.5% | [ 22.34% - 36.68% ] | 27.2% | [ 26.03% - 28.35% ] |
| % 65+ clinically diagnosed obese | W | 19.1% | [ 17.70% - 20.43% ] | 16.7% | [ 16.56% - 16.94% ] |
| % 65+ with high cholesterol | B | 66.8% | [ 65.25% - 68.42% ] | 72.2% | [ 72.01% - 72.44% ] |
| % 60+ excessive drinking | | 8.6% | [  4.78% - 12.36% ] | 9.2% | [  8.45% -  9.94% ] |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | MARGIN OF ERROR[2] | STATE ESTIMATE | MARGIN OF ERROR[2] |
|---|---|---|---|---|---|
| **BEHAVIORAL HEALTH** | | | | | |
| % 60+ with 15+ days poor mental health last month | | 9.1% | [ 4.80% - 13.33% ] | 6.9% | [ 6.29% - 7.61% ] |
| % 65+ with depression | W | 31.2% | [ 29.66% - 32.70% ] | 28.8% | [ 28.59% - 29.01% ] |
| % 65+ with anxiety disorders | | 22.3% | [ 20.85% - 23.72% ] | 21.9% | [ 21.74% - 22.15% ] |
| % 65+ with bipolar disorders | B | 1.9% | [ 1.42% - 2.41% ] | 3.1% | [ 2.97% - 3.14% ] |
| % 65+ with post-traumatic stress disorder | W | 2.1% | [ 1.52% - 2.58% ] | 1.4% | [ 1.35% - 1.48% ] |
| % 65+ with schizophrenia & other psychotic disorders | B | 3.7% | [ 3.10% - 4.38% ] | 4.9% | [ 4.81% - 5.02% ] |
| % 65+ with personality disorders | | 1.0% | [ 0.63% - 1.31% ] | 1.1% | [ 1.00% - 1.11% ] |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.2% | [ 4.44% - 6.03% ] | 5.5% | [ 5.41% - 5.64% ] |
| % 65+ with tobacco use disorders | | 11.0% | [ 9.92% - 12.15% ] | 10.4% | [ 10.23% - 10.54% ] |
| **CHRONIC DISEASE** | | | | | |
| % 65+ with Alzheimer's disease or related dementias | W | 28.4% | [ 26.95% - 29.95% ] | 12.0% | [ 11.89% - 12.19% ] |
| % 65+ with diabetes | | 27.2% | [ 25.68% - 28.75% ] | 28.2% | [ 27.97% - 28.41% ] |
| % 65+ with stroke | | 11.9% | [ 10.90% - 12.96% ] | 10.8% | [ 10.64% - 10.92% ] |
| % 65+ with chronic obstructive pulmonary disease | | 20.6% | [ 19.33% - 21.95% ] | 20.5% | [ 20.36% - 20.73% ] |
| % 65+ with asthma | | 12.0% | [ 10.93% - 13.04% ] | 13.0% | [ 12.89% - 13.21% ] |
| % 65+ with hypertension | | 69.9% | [ 68.31% - 71.42% ] | 70.2% | [ 70.02% - 70.46% ] |
| % 65+ ever had a heart attack | W | 6.0% | [ 5.24% - 6.74% ] | 4.5% | [ 4.37% - 4.56% ] |
| % 65+ with ischemic heart disease | | 35.8% | [ 34.20% - 37.47% ] | 34.3% | [ 34.12% - 34.58% ] |
| % 65+ with congestive heart failure | W | 21.0% | [ 19.68% - 22.40% ] | 17.7% | [ 17.57% - 17.93% ] |
| % 65+ with atrial fibrillation | | 15.3% | [ 14.18% - 16.49% ] | 14.4% | [ 14.28% - 14.60% ] |
| % 65+ with peripheral vascular disease | W | 17.1% | [ 15.87% - 18.37% ] | 14.7% | [ 14.51% - 14.84% ] |
| % 65+ with osteoarthritis/rheumatoid arthritis | W | 51.7% | [ 49.90% - 53.41% ] | 49.1% | [ 48.82% - 49.32% ] |
| % 65+ with osteoporosis | W | 21.9% | [ 20.62% - 23.26% ] | 17.4% | [ 17.22% - 17.57% ] |
| % 65+ with leukemias and lymphomas | | 2.0% | [ 1.57% - 2.53% ] | 2.0% | [ 1.91% - 2.05% ] |
| % 65+ with lung cancer | | 1.5% | [ 1.08% - 1.83% ] | 1.6% | [ 1.54% - 1.66% ] |
| % 65+ with colon cancer | | 2.5% | [ 1.99% - 2.98% ] | 2.4% | [ 2.37% - 2.51% ] |
| % 65+ women with breast cancer | | 9.9% | [ 8.68% - 11.22% ] | 9.8% | [ 9.59% - 9.96% ] |
| % 65+ women with endometrial cancer | | 1.8% | [ 1.27% - 2.39% ] | 1.7% | [ 1.60% - 1.76% ] |
| % 65+ men with prostate cancer | B | 9.4% | [ 7.99% - 10.90% ] | 11.5% | [ 11.24% - 11.68% ] |
| % 65+ with benign prostatic hyperplasia | | 35.4% | [ 32.98% - 37.83% ] | 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 | | 21.9% | [ 20.56% - 23.24% ] | 20.8% | [ 20.62% - 20.99% ] |
| % 65+ with anemia | W | 41.0% | [ 39.43% - 42.65% ] | 37.3% | [ 37.12% - 37.57% ] |
| % 65+ with chronic kidney disease | W | 24.1% | [ 22.67% - 25.55% ] | 22.3% | [ 22.14% - 22.54% ] |
| % 65+ with liver diseases | | 7.1% | [ 6.19% - 7.97% ] | 6.9% | [ 6.75% - 6.99% ] |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.3% | [ 17.00% - 19.67% ] | 18.6% | [ 18.42% - 18.80% ] |
| % 65+ with migraine and other chronic headache | | 3.3% | [ 2.70% - 3.96% ] | 4.0% | [ 3.95% - 4.15% ] |
| % 65+ with epilepsy | | 1.8% | [ 1.34% - 2.27% ] | 2.1% | [ 2.00% - 2.14% ] |
| % 65+ with traumatic brain injury | B | 0.6% | [ 0.36% - 0.92% ] | 1.1% | [ 1.06% - 1.16% ] |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | MARGIN OF ERROR[2] | STATE ESTIMATE | MARGIN OF ERROR[2] |
|---|---|---|---|---|---|
| % 65+ with autism spectrum disorders | | | N/A | 0.03% | [ 0.02% - 0.04% ] |
| % 65+ with glaucoma | | 22.8% | [ 21.43% - 24.14% ] | 22.9% | [ 22.74% - 23.13% ] |
| % 65+ with cataract | W | 67.5% | [ 65.85% - 69.06% ] | 61.2% | [ 61.00% - 61.47% ] |
| % 65+ with pressure ulcer or chronic ulcer | W | 8.9% | [ 7.95% - 9.89% ] | 7.1% | [ 6.99% - 7.24% ] |
| % 65+ with 4+ (out of 15) chronic conditions | W | 57.1% | [ 55.41% - 58.72% ] | 54.4% | [ 54.19% - 54.66% ] |
| % 65+ with 0 chronic conditions | | 10.2% | [ 9.16% - 11.31% ] | 10.3% | [ 10.12% - 10.42% ] |
| **LIVING WITH DISABILITY** | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 15.7% | [ 14.51% - 16.93% ] | 14.4% | [ 14.23% - 14.56% ] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 1.0% | [ 0.63% - 1.29% ] | 0.9% | [ 0.81% - 0.90% ] |
| % 65+ with clinical diagnosis of mobility impairments | W | 4.2% | [ 3.53% - 4.91% ] | 3.2% | [ 3.14% - 3.31% ] |
| **ACCESS TO CARE** | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | | 8.2% | [ 7.36% - 8.95% ] | 7.9% | [ 7.8% - 8.02% ] |
| % dually eligible for Medicare and Medicaid | * | 9.2% | [ 8.33% - 10.01% ] | 7.5% | [ 7.40% - 7.62% ] |
| % 60+ with a regular doctor | | 97.5% | [ 95.41% - 99.57% ] | 95.8% | [ 95.34% - 96.33% ] |
| % 60+ who did not see doctor when needed due to cost | | 8.2% | [ 3.57% - 12.80% ] | 5.4% | [ 4.75% - 5.97% ] |
| **SERVICE UTILIZATION** | | | | | |
| Physician visits per year | | 6.1 | [ 5.9 - 6.4 ] | 6.3 | [ 6.2 - 6.3 ] |
| Emergency room visits/1000 persons 65+ years per year | * | 724 | [ 631 - 818 ] | 572 | [ 566 - 578 ] |
| Part D monthly prescription fills per person per year | | 50.1 | [ 48.6 - 51.7 ] | 49.1 | [ 48.9 - 49.3 ] |
| Home health visits per year | | 2.7 | [ 2.4 - 3.1 ] | 2.5 | [ 2.4 - 2.5 ] |
| Durable medical equipment claims per year | | 1.9 | [ 1.7 - 2.1 ] | 2.0 | [ 2.0 - 2.0 ] |
| Inpatient hospital stays/1000 persons 65+ years per year | | 220 | [ 198 - 242 ] | 237 | [ 234 - 241 ] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.6% | [ 13.39% - 19.77% ] | 15.8% | [ 15.41% - 16.22% ] |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 83 | [ 71 - 95 ] | 76 | [ 74 - 77 ] |
| % 65+ getting Medicaid long term services and supports | | 4.0% | [ 3.44% - 4.58% ] | 3.7% | [ 3.59% - 3.74% ] |
| **COMMUNITY VARIABLES & CIVIC ENGAGEMENT** | | | | | |
| % 60+ who used Internet in last month | | 75.1% | [ 68.78% - 81.43% ] | 77.6% | [ 76.53% - 78.64% ] |
| **SAFETY & TRANSPORTATION** | | | | | |
| % 60+ who always drive wearing a seatbelt | | 74.4% | [ 68.22% - 80.62% ] | 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 erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

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