

Lancaster (Coös)



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		5.5%	[3.77% - 7.18%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 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%]
Oral Health					
% 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%]
NUTRITION/DIET					
% 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		16.9%	[13.80% - 19.94%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		75.8%	[72.43% - 79.21%]	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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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.6% [3.33% - 11.81%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	W	35.9% [32.20% - 39.57%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders		24.1% [20.72% - 27.51%]	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)		5.4% [3.58% - 7.18%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders		10.4% [7.88% - 12.85%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.5% [10.00% - 15.06%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	W	35.6% [31.76% - 39.51%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		12.7% [10.21% - 15.24%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	W	26.3% [22.95% - 29.69%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		14.0% [11.35% - 16.70%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	W	74.0% [70.56% - 77.52%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack	W	8.3% [6.29% - 10.40%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease	W	40.6% [36.58% - 44.52%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		20.2% [17.02% - 23.37%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		14.3% [11.63% - 16.94%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	W	22.5% [19.18% - 25.76%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.5% [40.43% - 48.47%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis		19.9% [16.89% - 22.91%]	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		7.7% [4.98% - 10.36%]	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		10.0% [6.54% - 13.46%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		34.8% [29.20% - 40.30%]	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		18.8% [15.88% - 21.80%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia		39.0% [35.30% - 42.78%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease		25.1% [21.62% - 28.57%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		7.4% [5.38% - 9.50%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		20.4% [17.14% - 23.57%]	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		23.7%	[20.46% - 26.94%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		60.9%	[57.10% - 64.78%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		8.7%	[6.49% - 10.89%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	60.0%	[56.17% - 63.83%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.1%	[8.51% - 13.63%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	[9.78% - 14.93%]	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%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	1.2%	[0.42% - 2.00%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	17.2%	[14.51% - 19.94%]	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%]
SERVICE UTILIZATION					
Physician visits per year	*	2.1	[1.9 - 2.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	759	[642 - 876]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	57.5	[53.6 - 61.5]	49.1	[48.9 - 49.3]
Home health visits per year		3.4	[2.2 - 4.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.4	[1.9 - 2.9]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		278	[219 - 337]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	[12.09% - 25.90%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	181	[131 - 231]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	8.7%	[6.72% - 10.78%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	60.9%	[53.38% - 68.51%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	W	67.2%	[60.45% - 73.88%]	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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