

## Lincoln (Grafton)



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		3.1%	[ 1.33% - 4.78% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 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% ]
<b>Oral Health</b>					
% 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% ]
<b>NUTRITION/DIET</b>					
% 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	8.7%	[ 5.84% - 11.58% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		71.3%	[ 66.55% - 76.10% ]	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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<b>BEHAVIORAL HEALTH</b>					
% 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	21.2%	[ 17.09% - 25.38% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders		17.7%	[ 13.39% - 21.91% ]	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)		4.2%	[ 2.10% - 6.39% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		7.8%	[ 4.67% - 10.93% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.0%	[ 5.22% - 10.72% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		27.9%	[ 23.07% - 32.79% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		8.4%	[ 5.71% - 11.13% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	B	12.7%	[ 9.45% - 16.03% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma	B	9.7%	[ 6.66% - 12.67% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		68.8%	[ 63.89% - 73.65% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		2.9%	[ 1.18% - 4.60% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		35.1%	[ 29.87% - 40.24% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		15.9%	[ 12.09% - 19.68% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		12.9%	[ 9.53% - 16.18% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	B	10.8%	[ 7.65% - 13.93% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	[ 40.69% - 51.66% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis		13.9%	[ 10.43% - 17.31% ]	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		9.8%	[ 5.57% - 14.12% ]	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		12.3%	[ 7.61% - 16.97% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		37.6%	[ 30.55% - 44.72% ]	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		18.1%	[ 14.20% - 21.98% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		33.8%	[ 29.03% - 38.57% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	B	14.1%	[ 10.48% - 17.66% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		7.2%	[ 4.22% - 10.19% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	[ 12.84% - 20.96% ]	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		20.1%	[ 16.06% - 24.20% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		62.4%	[ 57.27% - 67.50% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		6.1%	[ 3.49% - 8.61% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	46.5%	[ 41.36% - 51.60% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		10.9%	[ 7.50% - 14.35% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.7%	[ 5.88% - 11.54% ]	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% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		8.1%	[ 5.61% - 10.53% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid		5.9%	[ 3.81% - 8.08% ]	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% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		6.5	[ 5.8 - 7.2 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		480	[ 376 - 585 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	42.5	[ 38.3 - 46.7 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	1.7	[ 0.9 - 2.4 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.6	[ 1.0 - 2.1 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		242	[ 164 - 321 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	[ 8.24% - 27.17% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		62	[ 32 - 93 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		3.2%	[ 1.60% - 4.77% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		78.9%	[ 73.06% - 84.79% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		76.1%	[ 69.18% - 83.12% ]	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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