

Londonderry (Rockingham)



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%	[3.46% - 5.06%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		75.1%	[67.75% - 82.37%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	[21.97% - 35.01%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		61.7%	[54.70% - 68.68%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		20.5%	[14.69% - 26.27%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.8%	[57.41% - 72.21%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		9.5%	[5.38% - 13.72%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	B	2.5%	[2.01% - 2.90%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.3%	[9.24% - 19.28%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		9.5%	[4.92% - 14.04%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.4%	[85.97% - 94.87%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		46.3%	[37.02% - 55.68%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		56.8%	[48.86% - 64.82%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		74.7%	[66.95% - 82.52%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		97.6%	[95.75% - 99.36%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years	B	93.4%	[89.23% - 97.64%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		81.1%	[74.47% - 87.74%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.9%	[4.86% - 14.91%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.9%	[3.37% - 12.43%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		25.4%	[18.93% - 31.91%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	B	82.6%	[77.06% - 88.20%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	[14.60% - 26.09%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		32.0%	[24.42% - 39.63%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	19.0%	[17.26% - 20.71%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	75.6%	[73.81% - 77.42%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		11.2%	[6.00% - 16.32%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.3%	[2.37% - 8.27%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		27.0%	[25.19% - 28.75%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		21.7%	[19.94% - 23.48%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.3%	[1.79% - 2.78%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder	B	0.7%	[0.44% - 1.03%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	[3.36% - 4.53%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.6%	[0.37% - 0.90%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	4.4%	[3.52% - 5.29%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	8.7%	[7.52% - 9.95%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.1%	[7.98% - 10.21%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		28.7%	[26.77% - 30.69%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	B	8.8%	[7.75% - 9.93%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		19.4%	[17.86% - 20.96%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		14.3%	[12.93% - 15.71%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		71.4%	[69.53% - 73.32%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack	B	3.2%	[2.52% - 3.87%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	30.2%	[28.26% - 32.16%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	16.0%	[14.51% - 17.51%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation	B	12.6%	[11.34% - 13.91%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	13.0%	[11.64% - 14.33%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		48.2%	[45.96% - 50.38%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	15.1%	[13.70% - 16.44%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.2%	[1.68% - 2.64%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.5%	[1.16% - 1.91%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.7%	[2.21% - 3.17%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer	B	7.9%	[6.42% - 9.30%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.27% - 2.36%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		13.1%	[11.07% - 15.07%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		33.8%	[30.96% - 36.59%]	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		20.7%	[19.07% - 22.30%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	34.3%	[32.39% - 36.17%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		23.7%	[21.88% - 25.49%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.9%	[5.82% - 7.98%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	16.7%	[15.11% - 18.30%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.0%	[3.39% - 4.71%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.5%	[1.13% - 1.91%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.1%	[0.80% - 1.49%]	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		22.2%	[20.52% - 23.82%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	57.7%	[55.68% - 59.77%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	5.8%	[4.85% - 6.77%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	51.6%	[49.56% - 53.66%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		8.9%	[7.70% - 10.18%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		15.0%	[13.56% - 16.51%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.42% - 0.90%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.6%	[2.07% - 3.15%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	9.7%	[8.67% - 10.68%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.1%	[3.44% - 4.79%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor	B	99.2%	[98.48% - #####]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		11.0%	[5.23% - 16.83%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.9	[7.6 - 8.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	459	[413 - 505]	572	[566 - 578]
Part D monthly prescription fills per person per year		47.7	[45.9 - 49.5]	49.1	[48.9 - 49.3]
Home health visits per year		2.3	[1.8 - 2.8]	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		229	[202 - 256]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	[11.10% - 18.02%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	[45 - 70]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.3%	[1.81% - 2.84%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.1%	[73.45% - 86.67%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		78.4%	[72.01% - 84.77%]	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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