Loudon (Merrimack)

TUFTS Health Plan FOUNDATION

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		3.7%	[2.27% - 5.17%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.2%	[63.22% - 77.12%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	[18.24% - 30.59%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		56.3%	[49.08% - 63.60%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		17.7%	[12.16% - 23.25%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		67.2%	[60.25% - 74.09%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.6%	[3.72% - 11.55%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.9%	[2.25% - 3.52%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.8%	[9.22% - 20.43%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.8%	[6.12% - 15.38%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		82.3%	[76.70% - 87.89%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.0%	[28.42% - 47.54%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		54.2%	[46.62% - 61.76%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		78.7%	[70.32% - 86.99%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.5%	[88.53% - 96.52%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		76.9%	[68.82% - 85.04%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		82.2%	[76.84% - 87.53%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		10.1%	[5.75% - 14.38%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.6%	[3.69% - 11.51%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		30.6%	[23.57% - 37.72%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		78.1%	[72.05% - 84.21%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	[10.93% - 22.10%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		32.4%	[25.25% - 39.52%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		16.4%	[13.45% - 19.37%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	68.2%	[64.51% - 71.80%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.4%	[5.52% - 13.26%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.0%	[2.32% - 7.61%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		25.7%	[22.41% - 28.90%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	18.6%	[15.56% - 21.66%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.0%	[2.25% - 3.76%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.3%	[0.76% - 1.79%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	[3.04% - 4.57%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.6%	[0.25% - 0.90%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.9%	[2.40% - 5.35%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		11.6%	[8.94% - 14.28%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	7.8%	[5.91% - 9.73%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		27.2%	[23.64% - 30.77%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	B	7.6%	[5.66% - 9.46%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		17.7%	[14.85% - 20.50%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		13.0%	[10.47% - 15.51%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		66.7%	[63.01% - 70.39%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		3.5%	[2.20% - 4.85%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	28.0%	[24.45% - 31.63%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	12.0%	[9.54% - 14.37%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		12.9%	[10.50% - 15.35%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	10.8%	[8.46% - 13.09%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.4%	[40.35% - 48.46%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	13.7%	[11.25% - 16.18%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.5%	[0.98% - 2.04%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	B	1.1%	[0.68% - 1.50%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.41% - 2.50%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.7%	[5.91% - 11.49%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.08% - 2.52%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		9.2%	[5.98% - 12.42%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	31.4%	[26.27% - 36.46%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.07%	[0.04% - 0.10%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		19.0%	[16.14% - 21.91%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	25.5%	[22.32% - 28.73%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	18.9%	[15.86% - 22.02%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		5.3%	[3.55% - 7.10%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.5%	[13.63% - 19.41%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.8%	[3.00% - 4.65%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.4%	[0.89% - 1.86%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.1%	[0.67% - 1.46%]	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		23.6%	[20.40% - 26.76%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	53.7%	[49.84% - 57.51%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.9%	[4.16% - 7.57%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	[44.43% - 52.04%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		12.8%	[10.09% - 15.57%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	[8.42% - 13.17%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.51% - 1.22%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.6%	[2.77% - 4.35%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		7.6%	[5.87% - 9.35%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		5.9%	[4.38% - 7.49%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.9%	[94.58% - 99.32%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.1%	[1.59% - 6.55%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.3	[5.8 - 6.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		576	[484 - 668]	572	[566 - 578]
Part D monthly prescription fills per person per year		50.9	[47.4 - 54.4]	49.1	[48.9 - 49.3]
Home health visits per year		3.4	[2.5 - 4.3]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.9	[1.5 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		239	[189 - 290]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		18.7%	[13.04% - 24.39%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		56	[32 - 81]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.9%	[1.81% - 4.01%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		81.3%	[75.54% - 87.10%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		73.9%	[67.10% - 80.66%]	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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