Lyman (Grafton)

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		4.3%	[2.37% - 6.25%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		73.6%	[65.84% - 81.31%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	[16.42% - 31.24%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.3%	[46.49% - 64.01%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		17.3%	[10.93% - 23.67%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.8%	[56.58% - 73.06%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		9.6%	[4.98% - 14.31%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.5%	[2.60% - 4.30%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		18.0%	[11.61% - 24.32%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		16.6%	[10.00% - 23.16%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		83.2%	[76.56% - 89.85%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.2%	[28.68% - 47.64%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		52.1%	[43.69% - 60.52%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		74.9%	[67.21% - 82.59%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.9%	[88.51% - 97.35%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		77.0%	[67.08% - 86.85%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		80.9%	[75.27% - 86.56%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		16.2%	[9.42% - 23.00%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		10.6%	[5.99% - 15.25%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		33.6%	[26.22% - 40.88%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		69.2%	[62.16% - 76.20%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	[9.62% - 20.72%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		27.6%	[19.69% - 35.47%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		15.3%	[11.66% - 19.02%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		69.5%	[64.92% - 74.06%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.6%	[3.22% - 12.07%]	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		8.0%	[3.09% - 12.88%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		25.1%	[20.85% - 29.33%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	12.4%	[8.97% - 15.73%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.0%	[1.29% - 2.74%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		0.9%	[0.41% - 1.46%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.9%	[3.81% - 5.89%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.0%	[0.48% - 1.60%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.1%	[3.52% - 8.61%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		13.1%	[9.59% - 16.68%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	7.5%	[5.01% - 10.01%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	22.4%	[18.21% - 26.67%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		9.2%	[6.40% - 11.93%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		18.3%	[14.52% - 21.99%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		14.2%	[10.87% - 17.61%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		68.8%	[64.14% - 73.38%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.1%	[3.00% - 7.20%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		31.7%	[26.94% - 36.50%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.7%	[13.97% - 21.47%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		12.2%	[9.05% - 15.42%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		12.3%	[9.12% - 15.58%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	38.1%	[33.08% - 43.05%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		15.5%	[12.13% - 18.95%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.8%	[1.17% - 2.48%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.3%	[0.75% - 1.88%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.5%	[1.77% - 3.27%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.3%	[5.47% - 13.07%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[0.96% - 2.67%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		13.0%	[8.20% - 17.87%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		30.6%	[24.05% - 37.24%]	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	B	16.9%	[13.30% - 20.44%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		33.7%	[29.15% - 38.28%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	14.4%	[10.93% - 17.89%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		5.9%	[3.48% - 8.28%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.3%	[12.61% - 20.07%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.5%	[2.55% - 4.46%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.8%	[1.07% - 2.46%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.41% - 1.36%]	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		19.5%	[15.66% - 23.27%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		57.0%	[52.15% - 61.93%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.5%	[3.28% - 7.77%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	[42.89% - 52.65%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.8%	[8.58% - 15.03%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	[8.76% - 15.14%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	[0.57% - 0.75%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.5%	[2.54% - 4.37%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		6.7%	[4.51% - 8.85%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		7.9%	[5.52% - 10.20%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.4%	[94.19% - 98.69%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		9.7%	[4.77% - 14.66%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	3.6	[3.2 - 4.0]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		540	[424 - 656]	572	[566 - 578]
Part D monthly prescription fills per person per year		49.3	[44.9 - 53.8]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.4	[0.8 - 2.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.2 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	174	[125 - 223]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	[8.61% - 25.68%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		53	[27 - 79]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.9%	[1.48% - 4.42%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		72.9%	[65.62% - 80.17%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		73.0%	[66.15% - 79.79%]	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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