

Lyndeborough (Hillsborough)



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		3.0%	[1.47% - 4.54%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.5%	[63.78% - 77.18%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	[24.08% - 36.74%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.8%	[48.91% - 62.78%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		23.3%	[17.48% - 29.12%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		70.4%	[64.13% - 76.71%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		10.0%	[5.95% - 14.09%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.7%	[2.12% - 3.32%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.3%	[9.21% - 19.38%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.6%	[6.15% - 15.03%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.2%	[78.72% - 89.58%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		45.2%	[36.41% - 53.94%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		60.7%	[53.42% - 68.07%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		84.2%	[78.18% - 90.18%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening	B	98.2%	[96.89% - 99.44%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		79.9%	[72.36% - 87.52%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		74.1%	[67.52% - 80.75%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		11.4%	[6.01% - 16.84%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers	B	2.7%	[0.98% - 4.33%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		26.4%	[20.13% - 32.58%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	B	84.2%	[79.36% - 89.14%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	[16.47% - 28.07%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		23.9%	[17.62% - 30.21%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		13.9%	[10.37% - 17.36%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		72.3%	[68.01% - 76.63%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		10.9%	[6.08% - 15.65%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month	B	3.4%	[0.72% - 6.12%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		26.1%	[22.02% - 30.20%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	16.5%	[12.88% - 20.04%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.7%	[2.02% - 3.44%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		0.9%	[0.53% - 1.37%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[2.76% - 4.22%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.9%	[0.45% - 1.29%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.8%	[3.42% - 8.23%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		8.9%	[6.08% - 11.71%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	8.1%	[5.73% - 10.52%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	19.6%	[15.70% - 23.58%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		9.7%	[7.04% - 12.30%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	14.5%	[11.43% - 17.66%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		11.7%	[8.77% - 14.59%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	63.3%	[58.70% - 67.95%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		3.2%	[1.60% - 4.81%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	27.7%	[23.32% - 32.12%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	12.8%	[9.80% - 15.79%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		12.2%	[9.27% - 15.13%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	10.2%	[7.34% - 13.08%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	[40.90% - 51.02%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	12.8%	[9.82% - 15.70%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.1%	[1.52% - 2.76%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.18% - 2.18%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.47% - 2.51%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		11.6%	[7.55% - 15.70%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer	B	1.0%	[0.47% - 1.51%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		11.0%	[6.92% - 14.99%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		35.2%	[28.70% - 41.73%]	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		17.2%	[13.78% - 20.64%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	32.4%	[28.06% - 36.66%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		21.6%	[17.51% - 25.67%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.7%	[4.24% - 9.23%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.2%	[12.52% - 19.83%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.4%	[2.64% - 4.18%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.5%	[1.03% - 2.02%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.47% - 1.25%]	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		21.1%	[17.36% - 24.77%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		60.9%	[56.18% - 65.60%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.0%	[3.59% - 8.38%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	[43.08% - 52.45%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.1%	[7.94% - 14.35%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	[9.21% - 15.63%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[0.21% - 0.70%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	[1.83% - 3.03%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.9%	[4.01% - 7.73%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	2.8%	[1.47% - 4.07%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.2%	[95.00% - 99.45%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.9%	[1.97% - 7.77%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.6	[6.1 - 7.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	407	[313 - 502]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	44.3	[40.2 - 48.4]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.6	[0.8 - 2.4]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.7	[1.3 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	184	[136 - 232]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	9.1%	[3.05% - 15.13%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	48	[26 - 70]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.3%	[0.41% - 2.20%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		83.8%	[78.31% - 89.25%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		79.8%	[73.84% - 85.71%]	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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