Manchester (Hillsborough)

TUFTS
Health Plan
F O U N D A T I O N

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	W	4.5%	[4.19% - 4.87%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		71.0%	[65.98% - 76.03%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	[17.98% - 26.04%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		52.7%	[47.78% - 57.67%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		15.5%	[12.00% - 19.09%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.0%	[58.84% - 69.15%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.3%	[8.57% - 16.01%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	W	3.8%	[3.51% - 4.17%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		21.6%	[17.12% - 26.08%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		15.0%	[11.17% - 18.75%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.7%	[87.10% - 94.25%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		34.9%	[28.21% - 41.57%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		61.0%	[55.52% - 66.48%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.1%	[71.54% - 82.60%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.5%	[93.25% - 97.75%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		84.1%	[79.37% - 88.74%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		72.5%	[66.60% - 78.43%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[9.38% - 17.55%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		9.6%	[6.21% - 12.97%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	36.8%	[31.18% - 42.33%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		72.8%	[67.88% - 77.67%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	[11.11% - 17.61%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		30.7%	[25.52% - 35.80%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	19.6%	[18.81% - 20.40%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	78.0%	[77.22% - 78.80%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.3%	[4.80% - 11.71%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.4%	[4.22% - 10.56%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	W	33.9%	[33.01% - 34.73%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	27.8%	[26.88% - 28.63%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	4.9%	[4.44% - 5.28%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder	W	2.2%	[1.85% - 2.47%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	7.2%	[6.73% - 7.70%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	W	2.0%	[1.67% - 2.24%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.3%	[6.74% - 7.78%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	13.4%	[12.68% - 14.06%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	14.2%	[13.58% - 14.86%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	34.3%	[33.41% - 35.28%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	W	13.4%	[12.77% - 13.97%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	25.6%	[24.83% - 26.40%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	W	17.4%	[16.74% - 18.11%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	74.6%	[73.79% - 75.44%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.7%	[4.30% - 5.04%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	38.8%	[37.83% - 39.73%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	21.8%	[21.01% - 22.57%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation	W	15.8%	[15.19% - 16.48%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	W	18.0%	[17.27% - 18.72%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.9%	[52.92% - 54.91%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	22.1%	[21.35% - 22.81%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.1%	[1.86% - 2.41%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.51% - 1.98%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer	W	2.8%	[2.55% - 3.13%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.1%	[8.45% - 9.80%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.59% - 2.24%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	W	12.7%	[11.78% - 13.63%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		38.1%	[36.76% - 39.49%]	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	W	26.3%	[25.53% - 27.11%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	43.7%	[42.79% - 44.60%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	28.0%	[27.13% - 28.86%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	W	8.8%	[8.20% - 9.31%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.0%	[21.16% - 22.78%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	3.5%	[3.17% - 3.90%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.4%	[2.10% - 2.71%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.1%	[0.90% - 1.30%]	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	W	27.1%	[26.30% - 27.89%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	63.0%	[62.12% - 63.94%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	W	8.6%	[8.08% - 9.14%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	62.6%	[61.73% - 63.54%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	8.2%	[7.65% - 8.73%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	15.6%	[14.93% - 16.29%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.3%	[1.08% - 1.51%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	W	3.8%	[3.47% - 4.20%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.4%	[8.00% - 8.88%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	12.7%	[12.15% - 13.21%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.0%	[92.08% - 97.86%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		7.1%	[3.73% - 10.52%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.3	[7.2 - 7.5]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	613	[588 - 639]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	54.3	[53.4 - 55.1]	49.1	[48.9 - 49.3]
Home health visits per year	*	3.3	[3.0 - 3.5]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.4	[2.2 - 2.5]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	307	[293 - 322]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	[15.13% - 17.98%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	113	[105 - 120]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	5.9%	[5.52% - 6.27%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	63.7%	[58.20% - 69.21%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		77.1%	[72.01% - 82.14%]	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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