

## Mason (Hillsborough)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Age-sex adjusted 1-year mortality rate		4.9%	[ 2.93% - 6.83% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 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	B	2.5%	[ 1.83% - 3.18% ]	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% ]
<b>Oral Health</b>					
% 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% ]
<b>NUTRITION/DIET</b>					
% 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	W	22.1%	[ 17.89% - 26.32% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		68.6%	[ 64.01% - 73.27% ]	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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<b>BEHAVIORAL HEALTH</b>					
% 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		28.8%	[ 24.47% - 33.11% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders		20.3%	[ 16.21% - 24.46% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		3.2%	[ 2.37% - 4.11% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.0%	[ 0.47% - 1.44% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[ 2.68% - 4.32% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		0.8%	[ 0.36% - 1.20% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	10.0%	[ 6.82% - 13.12% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	W	16.7%	[ 12.63% - 20.71% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.1%	[ 5.68% - 10.48% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		28.7%	[ 24.01% - 33.37% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		8.3%	[ 5.80% - 10.86% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	W	26.7%	[ 22.44% - 30.94% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		16.4%	[ 12.84% - 19.86% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		67.2%	[ 62.49% - 71.84% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		5.2%	[ 3.16% - 7.15% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		32.9%	[ 28.13% - 37.66% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		16.4%	[ 12.85% - 19.97% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		13.2%	[ 10.02% - 16.34% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease		15.3%	[ 11.69% - 18.85% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	[ 40.78% - 51.17% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis		14.8%	[ 11.55% - 18.11% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		1.6%	[ 1.02% - 2.25% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		2.0%	[ 1.39% - 2.67% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.4%	[ 1.70% - 3.08% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		8.4%	[ 4.76% - 11.96% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.5%	[ 0.74% - 2.28% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		9.9%	[ 5.94% - 13.83% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia	B	25.9%	[ 19.91% - 31.86% ]	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		17.9%	[ 14.27% - 21.54% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		39.9%	[ 35.22% - 44.60% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		26.8%	[ 22.35% - 31.21% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		9.5%	[ 6.54% - 12.56% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		17.7%	[ 13.74% - 21.62% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		3.4%	[ 2.56% - 4.27% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		1.7%	[ 1.06% - 2.31% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury	B	0.9%	[ 0.85% - 1.02% ]	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	B	18.7%	[ 15.07% - 22.34% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract	B	53.9%	[ 48.99% - 58.73% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		7.7%	[ 5.06% - 10.41% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		54.8%	[ 49.91% - 59.65% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		12.0%	[ 8.64% - 15.31% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.5%	[ 5.90% - 11.01% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[ 0.32% - 1.04% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		2.9%	[ 2.14% - 3.66% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		9.3%	[ 6.99% - 11.69% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid		9.2%	[ 6.84% - 11.50% ]	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% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		5.9	[ 5.2 - 6.6 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		550	[ 434 - 665 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		49.3	[ 45.0 - 53.6 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		2.2	[ 1.4 - 3.1 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.3	[ 1.7 - 2.9 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		259	[ 193 - 325 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		18.9%	[ 9.32% - 28.52% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		97	[ 51 - 142 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		3.4%	[ 1.93% - 4.86% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		83.8%	[ 78.31% - 89.25% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		79.8%	[ 73.84% - 85.71% ]	77.1%	[ 76.02% - 78.18% ]

Notes. <sup>1</sup> Community-state differences where the margin of error do not overlap each other are noted B, W, or \*.

<sup>2</sup> All community and state margins of error are 95% confidence intervals.

<sup>3</sup> 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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