## HEALTHY AGING INDICATORS

### POPULATION CHARACTERISTICS

<table>
<thead>
<tr>
<th>Age-sex adjusted 1-year mortality rate</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>4.9% [ 2.93% - 6.83% ]</td>
<td>4.1% [ 4.02% - 4.19% ]</td>
</tr>
</tbody>
</table>

### WELLNESS & PREVENTION

<table>
<thead>
<tr>
<th>% 60+ with any physical activity within last month</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>70.5% [ 63.78% - 77.18% ]</td>
<td>74.5% [ 73.36% - 75.59% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ met CDC guidelines for muscle-strengthening activity</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>30.4% [ 24.08% - 36.74% ]</td>
<td>26.0% [ 24.93% - 27.14% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ met CDC guidelines for aerobic physical activity</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>55.8% [ 48.91% - 62.78% ]</td>
<td>58.6% [ 57.33% - 59.82% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ met CDC guidelines for both types of physical activities</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>23.3% [ 17.48% - 29.12% ]</td>
<td>19.9% [ 18.92% - 20.93% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ getting recommended hours of sleep</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>70.4% [ 64.13% - 76.71% ]</td>
<td>66.4% [ 65.16% - 67.60% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ injured in a fall within last 12 months</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>10.0% [ 5.95% - 14.09% ]</td>
<td>10.4% [ 9.65% - 11.16% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 65+ had hip fracture</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>B 2.5% [ 1.83% - 3.18% ]</td>
<td>3.3% [ 3.19% - 3.34% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with self-reported fair or poor health status</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>14.3% [ 9.21% - 19.38% ]</td>
<td>16.5% [ 15.54% - 17.40% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with 15+ physically unhealthy days last month</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>10.6% [ 6.15% - 15.03% ]</td>
<td>12.5% [ 11.69% - 13.37% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with physical exam/check-up in past year</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>84.2% [ 78.72% - 89.58% ]</td>
<td>86.5% [ 85.66% - 87.39% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ met CDC preventive health screening goals</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>45.2% [ 36.41% - 53.94% ]</td>
<td>40.3% [ 38.77% - 41.81% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ flu shot past year</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>60.7% [ 53.42% - 68.07% ]</td>
<td>59.3% [ 58.06% - 60.63% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 65+ with pneumonia vaccine</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>84.2% [ 78.18% - 90.18% ]</td>
<td>77.8% [ 76.56% - 79.12% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with cholesterol screening</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>B 98.2% [ 96.89% - 99.44% ]</td>
<td>95.3% [ 94.78% - 95.82% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ women with a mammogram within last 2 years</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>79.9% [ 72.36% - 87.52% ]</td>
<td>79.3% [ 77.96% - 80.69% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with colorectal cancer screening</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>74.1% [ 67.52% - 80.75% ]</td>
<td>77.0% [ 75.92% - 78.16% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ with HIV test</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>11.4% [ 6.01% - 16.84% ]</td>
<td>13.5% [ 12.50% - 14.41% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ current smokers</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>B 2.7% [ 0.98% - 4.33% ]</td>
<td>8.1% [ 7.38% - 8.79% ]</td>
</tr>
</tbody>
</table>

### Oral Health

<table>
<thead>
<tr>
<th>% 60+ with loss of 6 or more teeth</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>26.4% [ 20.13% - 32.58% ]</td>
<td>29.0% [ 27.79% - 30.12% ]</td>
</tr>
</tbody>
</table>

### NUTRITION/DIET

<table>
<thead>
<tr>
<th>% 60+ with 5 or more servings of fruit or vegetables per day</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>22.3% [ 16.47% - 28.07% ]</td>
<td>20.2% [ 19.23% - 21.21% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ self-reported obese</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>23.9% [ 17.62% - 30.21% ]</td>
<td>27.2% [ 26.03% - 28.35% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 65+ clinically diagnosed obese</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>W 22.1% [ 17.89% - 26.32% ]</td>
<td>16.7% [ 16.56% - 16.94% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 65+ with high cholesterol</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>68.6% [ 64.01% - 73.27% ]</td>
<td>72.2% [ 72.01% - 72.44% ]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% 60+ excessive drinking</th>
<th>BETTER / WORSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Estimate</td>
<td>State Estimate</td>
</tr>
<tr>
<td>10.9% [ 6.08% - 15.65% ]</td>
<td>9.2% [ 8.45% - 9.94% ]</td>
</tr>
</tbody>
</table>
### Healthy Aging Indicators

#### Behavioral Health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
<th>MARGIN OF ERROR²</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 60+ with 15+ days poor mental health last month</td>
<td>B 3.4%</td>
<td>6.9%</td>
<td>6.29% - 7.61%</td>
</tr>
<tr>
<td>% 65+ with depression</td>
<td>28.8%</td>
<td>28.8%</td>
<td>28.59% - 29.01%</td>
</tr>
<tr>
<td>% 65+ with anxiety disorders</td>
<td>20.3%</td>
<td>21.9%</td>
<td>21.74% - 22.15%</td>
</tr>
<tr>
<td>% 65+ with bipolar disorders</td>
<td>3.2%</td>
<td>3.1%</td>
<td>2.97% - 3.14%</td>
</tr>
<tr>
<td>% 65+ with post-traumatic stress disorder</td>
<td>1.0%</td>
<td>1.4%</td>
<td>1.35% - 1.48%</td>
</tr>
<tr>
<td>% 65+ with schizophrenia &amp; other psychotic disorders</td>
<td>B 3.5%</td>
<td>4.9%</td>
<td>4.81% - 5.02%</td>
</tr>
<tr>
<td>% 65+ with personality disorders</td>
<td>0.8%</td>
<td>1.1%</td>
<td>1.00% - 1.11%</td>
</tr>
<tr>
<td>% 65+ with substance use disorders (drug use +/- alcohol abuse)</td>
<td>W 10.0%</td>
<td>5.5%</td>
<td>5.41% - 5.64%</td>
</tr>
<tr>
<td>% 65+ with tobacco use disorders</td>
<td>W 16.7%</td>
<td>10.4%</td>
<td>10.23% - 10.54%</td>
</tr>
</tbody>
</table>

#### Chronic Disease

<table>
<thead>
<tr>
<th>Indicator</th>
<th>COMMUNITY ESTIMATE</th>
<th>STATE ESTIMATE</th>
<th>MARGIN OF ERROR²</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 65+ with Alzheimer’s disease or related dementias</td>
<td>B 8.1%</td>
<td>12.0%</td>
<td>11.89% - 12.19%</td>
</tr>
<tr>
<td>% 65+ with diabetes</td>
<td>28.7%</td>
<td>28.2%</td>
<td>27.97% - 28.41%</td>
</tr>
<tr>
<td>% 65+ with stroke</td>
<td>8.3%</td>
<td>10.8%</td>
<td>10.64% - 10.92%</td>
</tr>
<tr>
<td>% 65+ with chronic obstructive pulmonary disease</td>
<td>W 26.7%</td>
<td>20.5%</td>
<td>20.36% - 20.73%</td>
</tr>
<tr>
<td>% 65+ with asthma</td>
<td>16.4%</td>
<td>13.0%</td>
<td>12.89% - 13.21%</td>
</tr>
<tr>
<td>% 65+ with hypertension</td>
<td>67.2%</td>
<td>70.2%</td>
<td>70.02% - 70.46%</td>
</tr>
<tr>
<td>% 65+ ever had a heart attack</td>
<td>5.2%</td>
<td>4.5%</td>
<td>4.37% - 4.56%</td>
</tr>
<tr>
<td>% 65+ with ischemic heart disease</td>
<td>32.9%</td>
<td>34.3%</td>
<td>34.12% - 34.58%</td>
</tr>
<tr>
<td>% 65+ with congestive heart failure</td>
<td>16.4%</td>
<td>17.7%</td>
<td>17.57% - 17.93%</td>
</tr>
<tr>
<td>% 65+ with atrial fibrillation</td>
<td>13.2%</td>
<td>14.4%</td>
<td>14.28% - 14.60%</td>
</tr>
<tr>
<td>% 65+ with peripheral vascular disease</td>
<td>15.3%</td>
<td>14.7%</td>
<td>14.51% - 14.84%</td>
</tr>
<tr>
<td>% 65+ with osteoarthritis/rheumatoid arthritis</td>
<td>46.0%</td>
<td>49.1%</td>
<td>48.82% - 49.32%</td>
</tr>
<tr>
<td>% 65+ with osteoporosis</td>
<td>14.8%</td>
<td>17.4%</td>
<td>17.22% - 17.57%</td>
</tr>
<tr>
<td>% 65+ with leukemias and lymphomas</td>
<td>1.6%</td>
<td>2.0%</td>
<td>1.91% - 2.05%</td>
</tr>
<tr>
<td>% 65+ with lung cancer</td>
<td>2.0%</td>
<td>1.6%</td>
<td>1.54% - 1.66%</td>
</tr>
<tr>
<td>% 65+ with colon cancer</td>
<td>2.4%</td>
<td>2.4%</td>
<td>2.37% - 2.51%</td>
</tr>
<tr>
<td>% 65+ women with breast cancer</td>
<td>8.4%</td>
<td>9.8%</td>
<td>9.59% - 9.96%</td>
</tr>
<tr>
<td>% 65+ women with endometrial cancer</td>
<td>1.5%</td>
<td>1.7%</td>
<td>1.60% - 1.76%</td>
</tr>
<tr>
<td>% 65+ men with prostate cancer</td>
<td>9.9%</td>
<td>11.5%</td>
<td>11.24% - 11.68%</td>
</tr>
<tr>
<td>% 65+ with benign prostatic hyperplasia</td>
<td>B 25.9%</td>
<td>36.8%</td>
<td>36.47% - 37.14%</td>
</tr>
<tr>
<td>% 65+ with HIV/AIDS</td>
<td>0.04%</td>
<td>0.05%</td>
<td>0.04% - 0.06%</td>
</tr>
<tr>
<td>% 65+ with hypothyroidism</td>
<td>17.9%</td>
<td>20.8%</td>
<td>20.62% - 20.99%</td>
</tr>
<tr>
<td>% 65+ with anemia</td>
<td>39.9%</td>
<td>37.3%</td>
<td>37.12% - 37.57%</td>
</tr>
<tr>
<td>% 65+ with chronic kidney disease</td>
<td>26.8%</td>
<td>22.3%</td>
<td>22.14% - 22.54%</td>
</tr>
<tr>
<td>% 65+ with liver diseases</td>
<td>9.5%</td>
<td>6.9%</td>
<td>6.75% - 6.99%</td>
</tr>
<tr>
<td>% 65+ with fibromyalgia, chronic pain and fatigue</td>
<td>17.7%</td>
<td>18.6%</td>
<td>18.42% - 18.80%</td>
</tr>
<tr>
<td>% 65+ with migraine and other chronic headache</td>
<td>3.4%</td>
<td>4.0%</td>
<td>3.95% - 4.15%</td>
</tr>
<tr>
<td>% 65+ with epilepsy</td>
<td>1.7%</td>
<td>2.1%</td>
<td>2.00% - 2.14%</td>
</tr>
<tr>
<td>% 65+ with traumatic brain injury</td>
<td>B 0.9%</td>
<td>1.1%</td>
<td>1.06% - 1.16%</td>
</tr>
<tr>
<td>HEALTHY AGING INDICATORS</td>
<td>BETTER / WORSE STATE RATE</td>
<td>COMMUNITY ESTIMATE</td>
<td>MARGIN OF ERROR</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------------</td>
<td>-------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>% 65+ with autism spectrum disorders</td>
<td>N/A</td>
<td>0.03%</td>
<td>[ 0.02% - 0.04% ]</td>
</tr>
<tr>
<td>% 65+ with glaucoma</td>
<td>B</td>
<td>18.7%</td>
<td>[ 15.07% - 22.34% ]</td>
</tr>
<tr>
<td>% 65+ with cataract</td>
<td>B</td>
<td>53.9%</td>
<td>[ 48.99% - 58.73% ]</td>
</tr>
<tr>
<td>% 65+ with pressure ulcer or chronic ulcer</td>
<td>7.7%</td>
<td>[ 5.06% - 10.41% ]</td>
<td>7.1%</td>
</tr>
<tr>
<td>% 65+ with 4+ (out of 15) chronic conditions</td>
<td>54.8%</td>
<td>[ 49.91% - 59.65% ]</td>
<td>54.4%</td>
</tr>
<tr>
<td>% 65+ with 0 chronic conditions</td>
<td>12.0%</td>
<td>[ 8.64% - 15.31% ]</td>
<td>10.3%</td>
</tr>
</tbody>
</table>

**LIVING WITH DISABILITY**

| % 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% ] |

**ACCESS TO CARE**

**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% ] |

**SERVICE UTILIZATION**

| 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% ] |

**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.

Questions or suggestions? Beth.Dugan@umb.edu