

Meredith (Belknap)



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		3.7%	[2.77% - 4.57%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		71.7%	[66.07% - 77.43%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	[16.28% - 27.37%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		56.3%	[49.68% - 63.00%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		16.7%	[11.81% - 21.52%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		58.8%	[52.38% - 65.29%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		9.6%	[5.91% - 13.28%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.0%	[2.41% - 3.57%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		17.8%	[12.95% - 22.68%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.4%	[7.88% - 17.01%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.8%	[87.20% - 94.31%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.0%	[30.68% - 45.23%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.8%	[52.42% - 65.27%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.1%	[71.00% - 83.26%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		93.2%	[89.86% - 96.51%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		76.5%	[69.05% - 84.05%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening	W	69.3%	[63.26% - 75.44%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.2%	[5.34% - 13.06%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.5%	[7.07% - 15.90%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		31.2%	[25.44% - 36.98%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		68.9%	[62.99% - 74.71%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	[11.90% - 21.75%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		27.5%	[21.58% - 33.39%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	12.3%	[10.54% - 13.99%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		70.6%	[68.28% - 72.84%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		11.0%	[6.81% - 15.22%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		6.9%	[3.47% - 10.23%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	24.5%	[22.41% - 26.57%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	18.1%	[16.14% - 20.08%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.0%	[1.48% - 2.53%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.2%	[0.72% - 1.60%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	[2.27% - 3.47%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.6%	[0.35% - 0.95%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.8%	[3.67% - 5.91%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	7.9%	[6.46% - 9.36%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.7%	[8.24% - 11.07%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	24.3%	[22.13% - 26.52%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.0%	[8.55% - 11.36%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	15.7%	[13.96% - 17.43%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	10.8%	[9.33% - 12.30%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	66.2%	[63.89% - 68.60%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.1%	[3.15% - 5.02%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	30.9%	[28.59% - 33.27%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	13.4%	[11.71% - 15.06%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.0%	[11.41% - 14.60%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	12.5%	[10.89% - 14.16%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		48.3%	[45.71% - 50.92%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		15.6%	[13.92% - 17.35%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.5%	[1.07% - 1.99%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.2%	[0.81% - 1.56%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.53% - 2.49%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.5%	[6.72% - 10.37%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.2%	[0.70% - 1.74%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.8%	[10.45% - 15.17%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		38.0%	[34.52% - 41.51%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.04%	[0.02% - 0.06%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism	B	16.5%	[14.73% - 18.31%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		35.6%	[33.29% - 37.92%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	15.0%	[13.23% - 16.82%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.2%	[4.96% - 7.43%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.8%	[14.01% - 17.66%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.9%	[3.17% - 4.65%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.6%	[1.13% - 2.04%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.2%	[0.82% - 1.63%]	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		21.5%	[19.57% - 23.52%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		62.0%	[59.56% - 64.40%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.8%	[5.61% - 8.05%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	47.7%	[45.21% - 50.10%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		10.1%	[8.58% - 11.69%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	[12.78% - 16.26%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.45% - 1.06%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	[1.66% - 2.71%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.2%	[7.03% - 9.41%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.8%	[3.91% - 5.78%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.5%	[90.51% - 96.54%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		6.5%	[2.85% - 10.24%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.5	[6.2 - 6.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	487	[435 - 539]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	42.5	[40.4 - 44.6]	49.1	[48.9 - 49.3]
Home health visits per year		2.0	[1.5 - 2.5]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.5 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	191	[162 - 221]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	[12.97% - 22.51%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		68	[52 - 84]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.2%	[1.57% - 2.84%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	70.4%	[64.65% - 76.23%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	W	66.1%	[60.08% - 72.19%]	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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