Milan (Coös)

TUFTS Health Plan FOUNDATION

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	B	2.3%	[0.81% - 3.69%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month	W	64.7%	[56.39% - 72.94%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	[10.97% - 24.49%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		61.2%	[52.39% - 69.91%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	[6.86% - 18.54%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.2%	[56.93% - 71.55%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.3%	[6.29% - 16.28%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.7%	[3.06% - 4.39%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		24.8%	[16.88% - 32.69%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		15.2%	[8.66% - 21.67%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.7%	[86.70% - 94.79%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals	W	26.9%	[19.00% - 34.80%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		63.0%	[55.02% - 70.98%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		80.2%	[72.35% - 88.08%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.3%	[87.29% - 97.26%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		75.9%	[68.28% - 83.58%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		69.1%	[60.73% - 77.49%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.9%	[4.75% - 15.13%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.1%	[5.37% - 16.84%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	43.3%	[35.59% - 51.09%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	60.2%	[52.89% - 67.54%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	[7.84% - 20.03%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		26.2%	[18.73% - 33.75%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	10.4%	[7.34% - 13.42%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		70.1%	[65.65% - 74.46%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.2%	[2.21% - 12.11%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		8.1%	[2.98% - 13.28%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	18.3%	[14.70% - 21.83%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	12.5%	[9.24% - 15.67%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.7%	[1.20% - 2.21%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.3%	[0.88% - 1.80%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.5%	[3.68% - 5.22%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.5%	[0.22% - 0.78%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	[3.18% - 7.78%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		10.6%	[7.53% - 13.65%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	8.0%	[5.49% - 10.41%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		25.7%	[21.39% - 30.07%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.6%	[8.74% - 14.53%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	16.7%	[13.24% - 20.14%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	9.4%	[6.69% - 12.20%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	65.4%	[60.79% - 69.91%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.0%	[2.17% - 5.81%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		32.2%	[27.54% - 36.82%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		15.2%	[11.74% - 18.60%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		12.4%	[9.36% - 15.46%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		13.2%	[9.98% - 16.47%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	41.5%	[36.52% - 46.43%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	11.2%	[8.32% - 14.00%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.6%	[1.15% - 2.10%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.5%	[1.09% - 1.97%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		3.1%	[2.44% - 3.66%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.8%	[5.06% - 12.47%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.2%	[0.66% - 1.69%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		9.3%	[5.65% - 12.97%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	27.1%	[21.43% - 32.73%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.05%	[0.02% - 0.08%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		19.7%	[15.96% - 23.43%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	29.1%	[24.89% - 33.26%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	15.5%	[12.13% - 18.92%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		5.1%	[2.93% - 7.34%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	[10.49% - 17.14%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	3.0%	[2.30% - 3.60%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.5%	[1.94% - 3.15%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.6%	[0.35% - 0.94%]	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	B	17.7%	[14.18% - 21.25%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.6%	[49.82% - 59.29%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	3.7%	[1.95% - 5.47%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	44.2%	[39.52% - 48.84%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		13.1%	[9.75% - 16.39%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	[12.57% - 19.67%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	[0.15% - 0.59%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.8%	[3.08% - 4.53%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	3.5%	[1.91% - 5.09%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		6.6%	[4.47% - 8.76%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.8%	[90.54% - 97.15%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		8.2%	[4.12% - 12.35%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	2.1	[1.8 - 2.4]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	459	[366 - 552]	572	[566 - 578]
Part D monthly prescription fills per person per year		47.6	[43.4 - 51.8]	49.1	[48.9 - 49.3]
Home health visits per year		2.0	[1.0 - 2.9]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.1	[1.5 - 2.7]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	142	[100 - 184]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		11.5%	[4.85% - 18.10%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	46	[22 - 70]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.5%	[1.17% - 3.89%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	61.3%	[53.21% - 69.43%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	W	60.7%	[53.15% - 68.28%]	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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