

Milford (Hillsborough)



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		3.8%	[3.01% - 4.64%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 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		3.8%	[2.92% - 4.61%]	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%]
Oral Health					
% 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%]
NUTRITION/DIET					
% 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		15.8%	[13.98% - 17.68%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	75.9%	[73.84% - 78.01%]	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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BEHAVIORAL HEALTH					
% 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		30.3%	[28.13% - 32.45%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		23.8%	[21.66% - 25.93%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	4.5%	[3.39% - 5.54%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		2.2%	[1.40% - 3.01%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	[5.16% - 7.43%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.5%	[0.90% - 2.11%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7%	[4.56% - 6.81%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		10.4%	[8.81% - 11.98%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		13.3%	[11.70% - 14.90%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		26.9%	[24.65% - 29.11%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.5%	[9.05% - 11.88%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		20.2%	[18.38% - 22.11%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		14.4%	[12.73% - 16.01%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		71.5%	[69.32% - 73.73%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		3.8%	[2.95% - 4.69%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.7%	[32.29% - 37.03%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.0%	[15.22% - 18.82%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.5%	[11.91% - 15.04%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.5%	[13.71% - 17.20%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		50.2%	[47.65% - 52.74%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	19.7%	[17.87% - 21.50%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.8%	[1.19% - 2.46%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.4%	[0.85% - 1.93%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer	W	3.7%	[2.87% - 4.60%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.9%	[8.13% - 11.70%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.6%	[0.85% - 2.40%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		13.9%	[11.38% - 16.36%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		38.5%	[34.88% - 42.08%]	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		21.6%	[19.67% - 23.52%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	40.7%	[38.35% - 42.98%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	27.9%	[25.66% - 30.07%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		7.1%	[5.82% - 8.38%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.0%	[18.98% - 23.05%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.1%	[3.08% - 5.07%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	W	3.2%	[2.28% - 4.07%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.5%	[0.82% - 2.09%]	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		21.9%	[19.95% - 23.80%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	65.7%	[63.37% - 68.00%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.7%	[5.51% - 7.87%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		56.8%	[54.38% - 59.14%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	8.5%	[7.09% - 9.91%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	[11.12% - 14.33%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.50% - 1.39%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		4.3%	[3.27% - 5.24%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	10.9%	[9.59% - 12.13%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	8.8%	[7.65% - 9.97%]	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	*	7.8	[7.4 - 8.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		554	[497 - 610]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	52.3	[50.2 - 54.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.4	[1.8 - 2.9]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.2	[1.9 - 2.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		247	[214 - 279]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	[13.35% - 20.81%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		70	[56 - 84]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	4.8%	[3.96% - 5.72%]	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.

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