Milton (Strafford)

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		4.3%	[2.75% - 5.93%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		68.8%	[63.38% - 74.23%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	[12.64% - 21.29%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	[43.12% - 54.87%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	[8.22% - 15.57%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.7%	[60.07% - 71.38%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.5%	[7.70% - 15.39%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.8%	[2.29% - 3.32%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		21.0%	[16.40% - 25.65%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.2%	[9.29% - 17.14%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		85.5%	[81.42% - 89.57%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		37.0%	[30.46% - 43.59%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		54.7%	[48.73% - 60.59%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		78.7%	[72.98% - 84.42%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.5%	[94.66% - 98.43%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		83.2%	[76.83% - 89.58%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		75.1%	[69.81% - 80.35%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[9.21% - 17.80%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.7%	[7.87% - 15.53%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	36.5%	[30.83% - 42.15%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	65.9%	[60.19% - 71.54%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	[10.59% - 18.13%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		32.3%	[26.76% - 37.83%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		20.2%	[16.65% - 23.74%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		72.6%	[68.96% - 76.30%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.1%	[4.88% - 11.26%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.9%	[4.71% - 11.07%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		30.2%	[26.46% - 33.89%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		22.9%	[19.17% - 26.56%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.3%	[1.78% - 2.85%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.4%	[0.97% - 1.86%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	[2.78% - 3.98%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.3%	[0.12% - 0.51%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	[2.59% - 6.53%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	14.4%	[11.25% - 17.58%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.0%	[7.57% - 12.43%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		30.2%	[26.16% - 34.15%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		9.8%	[7.48% - 12.19%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	26.0%	[22.47% - 29.54%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.8%	[10.12% - 15.50%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		73.0%	[69.37% - 76.67%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		3.2%	[1.86% - 4.60%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		33.4%	[29.32% - 37.48%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.4%	[14.27% - 20.61%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.1%	[10.45% - 15.84%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.2%	[12.20% - 18.12%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	[40.71% - 49.51%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	11.4%	[8.93% - 13.89%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.8%	[1.31% - 2.20%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.5%	[1.08% - 1.86%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.2%	[1.75% - 2.69%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		12.6%	[8.95% - 16.22%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.4%	[0.87% - 1.93%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		8.2%	[5.00% - 11.38%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		33.9%	[28.40% - 39.49%]	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	17.5%	[14.49% - 20.55%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		35.4%	[31.59% - 39.25%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		20.6%	[17.17% - 24.08%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		7.7%	[5.32% - 10.01%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		19.5%	[16.07% - 22.95%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.5%	[2.87% - 4.19%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.1%	[1.55% - 2.59%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.5%	[1.11% - 1.90%]	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	19.0%	[15.85% - 22.09%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		57.4%	[53.32% - 61.42%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.3%	[5.20% - 9.50%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		55.7%	[51.64% - 59.75%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		10.8%	[8.21% - 13.33%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.5%	[9.75% - 15.31%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.48% - 1.05%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.8%	[2.20% - 3.31%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.0%	[3.42% - 6.56%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		7.6%	[5.65% - 9.46%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.8%	[90.96% - 96.69%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.9%	[2.49% - 7.34%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.4	[5.9 - 7.0]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		640	[540 - 740]	572	[566 - 578]
Part D monthly prescription fills per person per year		51.3	[47.5 - 55.2]	49.1	[48.9 - 49.3]
Home health visits per year		2.1	[1.3 - 2.8]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.4	[1.9 - 2.9]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		222	[176 - 269]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		15.5%	[10.42% - 20.58%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		54	[33 - 76]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.4%	[1.32% - 3.54%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	70.1%	[64.83% - 75.41%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		74.1%	[68.75% - 79.44%]	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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