

## Mont Vernon (Hillsborough)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Age-sex adjusted 1-year mortality rate		3.0%	[ 1.47% - 4.54% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 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		2.7%	[ 2.12% - 3.32% ]	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% ]
<b>Oral Health</b>					
% 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% ]
<b>NUTRITION/DIET</b>					
% 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		13.9%	[ 10.37% - 17.36% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		72.3%	[ 68.01% - 76.63% ]	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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<b>BEHAVIORAL HEALTH</b>					
% 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		26.1%	[ 22.02% - 30.20% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	16.5%	[ 12.88% - 20.04% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		2.7%	[ 2.02% - 3.44% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		0.9%	[ 0.53% - 1.37% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[ 2.76% - 4.22% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		0.9%	[ 0.45% - 1.29% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.8%	[ 3.42% - 8.23% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		8.9%	[ 6.08% - 11.71% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.1%	[ 5.73% - 10.52% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes	B	19.6%	[ 15.70% - 23.58% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		9.7%	[ 7.04% - 12.30% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	B	14.5%	[ 11.43% - 17.66% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		11.7%	[ 8.77% - 14.59% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension	B	63.3%	[ 58.70% - 67.95% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		3.2%	[ 1.60% - 4.81% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease	B	27.7%	[ 23.32% - 32.12% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	B	12.8%	[ 9.80% - 15.79% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		12.2%	[ 9.27% - 15.13% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	B	10.2%	[ 7.34% - 13.08% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	[ 40.90% - 51.02% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	12.8%	[ 9.82% - 15.70% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.1%	[ 1.52% - 2.76% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.7%	[ 1.18% - 2.18% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.0%	[ 1.47% - 2.51% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		11.6%	[ 7.55% - 15.70% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer	B	1.0%	[ 0.47% - 1.51% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		11.0%	[ 6.92% - 14.99% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		35.2%	[ 28.70% - 41.73% ]	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		17.2%	[ 13.78% - 20.64% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	B	32.4%	[ 28.06% - 36.66% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		21.6%	[ 17.51% - 25.67% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		6.7%	[ 4.24% - 9.23% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		16.2%	[ 12.52% - 19.83% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		3.4%	[ 2.64% - 4.18% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		1.5%	[ 1.03% - 2.02% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		0.9%	[ 0.47% - 1.25% ]	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		21.1%	[ 17.36% - 24.77% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		60.9%	[ 56.18% - 65.60% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		6.0%	[ 3.59% - 8.38% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	[ 43.08% - 52.45% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		11.1%	[ 7.94% - 14.35% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	[ 9.21% - 15.63% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[ 0.21% - 0.70% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	[ 1.83% - 3.03% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.9%	[ 4.01% - 7.73% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	2.8%	[ 1.47% - 4.07% ]	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% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		6.6	[ 6.1 - 7.2 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	407	[ 313 - 502 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	44.3	[ 40.2 - 48.4 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	1.6	[ 0.8 - 2.4 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.7	[ 1.3 - 2.1 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year	*	184	[ 136 - 232 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)	*	9.1%	[ 3.05% - 15.13% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	48	[ 26 - 70 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	1.3%	[ 0.41% - 2.20% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		83.8%	[ 78.31% - 89.25% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		79.8%	[ 73.84% - 85.71% ]	77.1%	[ 76.02% - 78.18% ]

Notes. <sup>1</sup> Community-state differences where the margin of error do not overlap each other are noted B, W, or \*.

<sup>2</sup> All community and state margins of error are 95% confidence intervals.

<sup>3</sup> 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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