

Nashua (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%	[3.47% - 4.14%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		72.6%	[67.41% - 77.77%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	[18.20% - 28.00%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.9%	[50.23% - 61.50%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		17.4%	[12.94% - 21.88%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		62.1%	[56.57% - 67.63%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.5%	[8.53% - 16.47%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.5%	[3.11% - 3.80%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		20.9%	[15.94% - 25.88%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month	W	19.7%	[14.28% - 25.03%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		89.0%	[85.69% - 92.34%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		44.4%	[37.25% - 51.50%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		59.8%	[53.56% - 66.07%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		81.5%	[74.93% - 87.99%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		93.8%	[90.37% - 97.18%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		77.9%	[69.66% - 86.13%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		75.8%	[69.97% - 81.55%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.6%	[8.63% - 18.48%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.6%	[6.80% - 16.49%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		28.4%	[23.31% - 33.58%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		70.6%	[64.95% - 76.23%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	[14.58% - 23.14%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		26.0%	[20.93% - 31.03%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		17.5%	[16.69% - 18.36%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	76.7%	[75.82% - 77.63%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.4%	[4.55% - 10.21%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		9.2%	[5.59% - 12.90%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	W	31.1%	[30.18% - 32.06%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	24.3%	[23.36% - 25.20%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	4.0%	[3.53% - 4.42%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.5%	[1.23% - 1.80%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	5.7%	[5.19% - 6.13%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.2%	[0.95% - 1.46%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	6.3%	[5.75% - 6.84%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	12.1%	[11.36% - 12.83%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.0%	[11.40% - 12.69%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	31.3%	[30.30% - 32.31%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	W	12.1%	[11.49% - 12.78%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		21.3%	[20.50% - 22.15%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		13.6%	[12.88% - 14.27%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	73.8%	[72.83% - 74.70%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.0%	[4.54% - 5.39%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	37.1%	[36.06% - 38.13%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	19.4%	[18.62% - 20.26%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation	W	15.7%	[14.94% - 16.38%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.5%	[14.72% - 16.22%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	[48.70% - 50.89%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	22.3%	[21.51% - 23.15%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.3%	[1.99% - 2.62%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.47% - 1.99%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.8%	[2.46% - 3.10%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		10.1%	[9.30% - 10.89%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.49% - 2.21%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	W	12.9%	[11.88% - 13.92%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	W	38.7%	[37.16% - 40.18%]	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	W	22.3%	[21.42% - 23.09%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	44.3%	[43.32% - 45.35%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	28.9%	[27.96% - 29.88%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	W	8.1%	[7.53% - 8.70%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	20.2%	[19.30% - 21.02%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	W	4.7%	[4.22% - 5.14%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	W	2.8%	[2.45% - 3.17%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.73% - 1.13%]	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	21.6%	[20.77% - 22.42%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		62.3%	[61.31% - 63.36%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.0%	[6.51% - 7.57%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	59.6%	[58.53% - 60.59%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	8.4%	[7.80% - 9.03%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	13.1%	[12.39% - 13.78%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.2%	[0.95% - 1.37%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	[3.77% - 4.61%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	12.6%	[12.00% - 13.14%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	8.3%	[7.79% - 8.74%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.9%	[93.45% - 98.42%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		7.8%	[4.07% - 11.53%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.6	[7.4 - 7.7]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	657	[627 - 686]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	51.4	[50.5 - 52.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.7	[2.5 - 3.0]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.1	[2.0 - 2.2]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	265	[250 - 280]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		16.1%	[14.43% - 17.77%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		77	[70 - 85]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.6%	[3.31% - 3.95%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		71.0%	[65.00% - 76.97%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		81.1%	[76.26% - 85.95%]	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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