Nelson (Cheshire)

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		3.9%	[2.18% - 5.61%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		77.1%	[71.88% - 82.37%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	[20.21% - 30.99%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		62.7%	[56.76% - 68.67%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		21.0%	[16.05% - 26.00%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.4%	[59.50% - 71.24%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		8.0%	[4.71% - 11.25%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.2%	[2.50% - 3.86%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		18.1%	[13.14% - 23.05%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.1%	[8.54% - 17.68%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year	W	79.2%	[74.09% - 84.34%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		39.6%	[32.26% - 46.93%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.1%	[51.87% - 64.30%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		74.2%	[67.79% - 80.57%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.0%	[92.51% - 97.48%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		75.0%	[68.54% - 81.41%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		71.4%	[65.66% - 77.21%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		16.7%	[11.75% - 21.63%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.2%	[4.18% - 10.20%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		29.6%	[24.15% - 35.05%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	66.1%	[60.24% - 71.93%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	[17.09% - 27.23%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		31.4%	[25.24% - 37.53%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		16.9%	[13.34% - 20.42%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	61.5%	[57.10% - 65.94%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		10.1%	[6.62% - 13.64%]	9.2%	[8.45% - 9.94%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		9.9%	[5.90% - 13.95%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	21.1%	[17.53% - 24.76%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	15.3%	[11.88% - 18.65%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.6%	[1.00% - 2.16%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.4%	[0.85% - 2.02%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	[1.83% - 3.08%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.7%	[0.32% - 1.12%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.5%	[2.49% - 6.44%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	6.8%	[4.27% - 9.34%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	16.7%	[13.31% - 20.00%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	20.9%	[17.11% - 24.74%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	B	7.1%	[4.84% - 9.27%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	15.0%	[11.87% - 18.10%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		10.6%	[7.85% - 13.30%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	58.3%	[53.87% - 62.82%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.6%	[2.76% - 6.49%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	28.4%	[24.15% - 32.58%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		18.2%	[14.69% - 21.69%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.0%	[10.99% - 17.04%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	9.5%	[6.87% - 12.16%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	[43.11% - 52.74%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		15.2%	[12.13% - 18.32%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.9%	[1.28% - 2.49%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	B	1.1%	[0.65% - 1.47%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer	B	1.8%	[1.28% - 2.34%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.5%	[5.12% - 11.83%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.6%	[0.87% - 2.30%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.1%	[6.25% - 14.01%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		30.9%	[24.97% - 36.84%]	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	B	17.2%	[13.90% - 20.60%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	31.7%	[27.56% - 35.80%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	14.7%	[11.42% - 17.89%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.2%	[3.86% - 8.45%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	[11.61% - 18.24%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	3.0%	[2.31% - 3.78%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.1%	[0.68% - 1.57%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.6%	[0.28% - 0.95%]	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		23.4%	[19.61% - 27.15%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		64.7%	[60.29% - 69.09%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.5%	[4.40% - 8.70%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	42.8%	[38.37% - 47.22%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		12.5%	[9.43% - 15.63%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	[9.64% - 15.69%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.32% - 0.98%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.5%	[1.87% - 3.15%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	10.7%	[8.29% - 13.04%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	3.9%	[2.38% - 5.35%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		94.6%	[91.78% - 97.51%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		3.3%	[1.16% - 5.46%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	5.4	[4.9 - 5.9]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	436	[338 - 533]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	38.5	[35.0 - 42.0]	49.1	[48.9 - 49.3]
Home health visits per year		1.7	[0.9 - 2.5]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.4	[1.0 - 1.8]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		187	[122 - 252]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		21.8%	[10.78% - 32.90%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	44	[22 - 65]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.9%	[0.81% - 2.89%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		77.1%	[72.03% - 82.23%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		75.0%	[69.58% - 80.44%]	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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