

## New Boston (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		4.1%	[ 2.34% - 5.86% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		72.8%	[ 67.02% - 78.59% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	[ 16.48% - 26.20% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		58.6%	[ 52.52% - 64.77% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		16.9%	[ 12.35% - 21.41% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		66.9%	[ 60.24% - 73.48% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		7.6%	[ 4.56% - 10.69% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		3.7%	[ 2.95% - 4.45% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		14.5%	[ 9.91% - 19.16% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		14.3%	[ 9.64% - 19.00% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		88.6%	[ 85.02% - 92.10% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		38.5%	[ 30.38% - 46.59% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		55.0%	[ 48.49% - 61.59% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		72.9%	[ 65.88% - 79.92% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		95.4%	[ 92.85% - 97.99% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		85.5%	[ 80.12% - 90.90% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		78.1%	[ 72.35% - 83.90% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		14.4%	[ 9.70% - 19.01% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		6.2%	[ 3.69% - 8.61% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth	B	22.2%	[ 16.75% - 27.74% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		80.9%	[ 75.38% - 86.43% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	[ 18.86% - 29.44% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		24.2%	[ 18.77% - 29.65% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	B	12.9%	[ 9.69% - 16.10% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	B	67.1%	[ 62.76% - 71.49% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		9.4%	[ 5.83% - 13.02% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		7.0% [ 3.60% - 10.32% ]	6.9% [ 6.29% - 7.61% ]		
% 65+ with depression		26.6% [ 22.62% - 30.54% ]	28.8% [ 28.59% - 29.01% ]		
% 65+ with anxiety disorders		18.7% [ 14.96% - 22.52% ]	21.9% [ 21.74% - 22.15% ]		
% 65+ with bipolar disorders	W	4.6% [ 3.62% - 5.49% ]	3.1% [ 2.97% - 3.14% ]		
% 65+ with post-traumatic stress disorder		1.4% [ 0.80% - 1.99% ]	1.4% [ 1.35% - 1.48% ]		
% 65+ with schizophrenia & other psychotic disorders	W	8.3% [ 7.14% - 9.54% ]	4.9% [ 4.81% - 5.02% ]		
% 65+ with personality disorders	W	1.8% [ 1.17% - 2.45% ]	1.1% [ 1.00% - 1.11% ]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		3.9% [ 1.97% - 5.76% ]	5.5% [ 5.41% - 5.64% ]		
% 65+ with tobacco use disorders	B	6.9% [ 4.41% - 9.43% ]	10.4% [ 10.23% - 10.54% ]		
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.7% [ 6.35% - 11.14% ]	12.0% [ 11.89% - 12.19% ]		
% 65+ with diabetes		24.7% [ 20.43% - 28.97% ]	28.2% [ 27.97% - 28.41% ]		
% 65+ with stroke		9.1% [ 6.69% - 11.58% ]	10.8% [ 10.64% - 10.92% ]		
% 65+ with chronic obstructive pulmonary disease	B	13.3% [ 10.33% - 16.22% ]	20.5% [ 20.36% - 20.73% ]		
% 65+ with asthma		12.0% [ 9.14% - 14.85% ]	13.0% [ 12.89% - 13.21% ]		
% 65+ with hypertension	B	62.5% [ 58.01% - 66.99% ]	70.2% [ 70.02% - 70.46% ]		
% 65+ ever had a heart attack	B	2.2% [ 0.97% - 3.52% ]	4.5% [ 4.37% - 4.56% ]		
% 65+ with ischemic heart disease	B	25.5% [ 21.41% - 29.62% ]	34.3% [ 34.12% - 34.58% ]		
% 65+ with congestive heart failure	B	12.6% [ 9.53% - 15.75% ]	17.7% [ 17.57% - 17.93% ]		
% 65+ with atrial fibrillation	B	10.2% [ 7.59% - 12.74% ]	14.4% [ 14.28% - 14.60% ]		
% 65+ with peripheral vascular disease		12.7% [ 9.61% - 15.76% ]	14.7% [ 14.51% - 14.84% ]		
% 65+ with osteoarthritis/rheumatoid arthritis		44.3% [ 39.44% - 49.23% ]	49.1% [ 48.82% - 49.32% ]		
% 65+ with osteoporosis	B	13.3% [ 10.45% - 16.10% ]	17.4% [ 17.22% - 17.57% ]		
% 65+ with leukemias and lymphomas		1.7% [ 1.17% - 2.32% ]	2.0% [ 1.91% - 2.05% ]		
% 65+ with lung cancer	B	1.0% [ 0.56% - 1.38% ]	1.6% [ 1.54% - 1.66% ]		
% 65+ with colon cancer		2.0% [ 1.40% - 2.51% ]	2.4% [ 2.37% - 2.51% ]		
% 65+ women with breast cancer		9.0% [ 5.39% - 12.68% ]	9.8% [ 9.59% - 9.96% ]		
% 65+ women with endometrial cancer		2.0% [ 1.19% - 2.77% ]	1.7% [ 1.60% - 1.76% ]		
% 65+ men with prostate cancer		10.8% [ 6.90% - 14.75% ]	11.5% [ 11.24% - 11.68% ]		
% 65+ with benign prostatic hyperplasia	B	30.4% [ 24.67% - 36.17% ]	36.8% [ 36.47% - 37.14% ]		
% 65+ with HIV/AIDS		0.07% [ 0.04% - 0.10% ]	0.05% [ 0.04% - 0.06% ]		
% 65+ with hypothyroidism		17.4% [ 14.04% - 20.83% ]	20.8% [ 20.62% - 20.99% ]		
% 65+ with anemia	B	32.7% [ 28.58% - 36.85% ]	37.3% [ 37.12% - 37.57% ]		
% 65+ with chronic kidney disease	B	17.9% [ 14.32% - 21.48% ]	22.3% [ 22.14% - 22.54% ]		
% 65+ with liver diseases		5.1% [ 3.16% - 7.14% ]	6.9% [ 6.75% - 6.99% ]		
% 65+ with fibromyalgia, chronic pain and fatigue		15.9% [ 12.49% - 19.39% ]	18.6% [ 18.42% - 18.80% ]		
% 65+ with migraine and other chronic headache		3.5% [ 2.66% - 4.33% ]	4.0% [ 3.95% - 4.15% ]		
% 65+ with epilepsy		2.2% [ 1.54% - 2.96% ]	2.1% [ 2.00% - 2.14% ]		
% 65+ with traumatic brain injury		1.3% [ 0.75% - 1.75% ]	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		20.1%	[ 16.57% - 23.61% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		57.0%	[ 52.43% - 61.56% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		5.6%	[ 3.56% - 7.69% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	45.5%	[ 40.96% - 49.95% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions	B	14.0%	[ 10.67% - 17.43% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	[ 11.21% - 17.73% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[ 0.50% - 1.37% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.7%	[ 2.82% - 4.51% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		8.2%	[ 6.18% - 10.27% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	4.0%	[ 2.57% - 5.51% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		96.4%	[ 94.49% - 98.34% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		4.5%	[ 1.62% - 7.48% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		6.2	[ 5.7 - 6.7 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	252	[ 194 - 310 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	41.9	[ 37.9 - 45.9 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		1.8	[ 0.9 - 2.7 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.6	[ 1.2 - 2.1 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year	*	182	[ 130 - 234 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		11.8%	[ 5.14% - 18.52% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	33	[ 17 - 49 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		2.9%	[ 1.64% - 4.13% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		81.9%	[ 76.86% - 86.95% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		80.3%	[ 74.88% - 85.73% ]	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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