

## New Ipswich (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		5.0%	[ 2.88% - 7.15% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		78.4%	[ 72.00% - 84.76% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	[ 20.83% - 34.59% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		67.0%	[ 59.63% - 74.39% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		22.4%	[ 16.22% - 28.56% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		63.9%	[ 56.31% - 71.42% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		10.7%	[ 6.68% - 14.72% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture	B	2.2%	[ 1.63% - 2.77% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		13.9%	[ 9.11% - 18.62% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		10.6%	[ 5.81% - 15.37% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		84.3%	[ 78.65% - 89.91% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		39.4%	[ 30.09% - 48.66% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		55.8%	[ 48.03% - 63.53% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		73.5%	[ 64.28% - 82.80% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		95.6%	[ 93.13% - 98.13% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years	W	67.9%	[ 58.48% - 77.24% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		73.9%	[ 66.86% - 80.86% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		11.8%	[ 7.22% - 16.33% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		8.1%	[ 3.69% - 12.52% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		32.7%	[ 24.82% - 40.49% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		74.5%	[ 67.87% - 81.05% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	[ 13.65% - 24.92% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		24.9%	[ 18.25% - 31.59% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		19.9%	[ 15.56% - 24.14% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	B	65.8%	[ 61.04% - 70.60% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		5.3%	[ 2.07% - 8.58% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		5.0%	[ 1.57% - 8.36% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	22.1%	[ 18.10% - 26.19% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	15.6%	[ 11.79% - 19.45% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		2.3%	[ 1.63% - 3.03% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder	B	0.7%	[ 0.29% - 1.04% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	B	3.2%	[ 2.44% - 3.94% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		0.9%	[ 0.46% - 1.35% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	[ 2.71% - 7.49% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		10.4%	[ 7.11% - 13.76% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		10.6%	[ 7.51% - 13.60% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		27.1%	[ 22.38% - 31.80% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke	B	6.6%	[ 4.33% - 8.94% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease		17.4%	[ 13.76% - 21.00% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		11.2%	[ 8.22% - 14.27% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		66.2%	[ 61.39% - 70.93% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack	B	2.7%	[ 1.24% - 4.14% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		30.7%	[ 25.88% - 35.60% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		14.7%	[ 11.11% - 18.32% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		11.7%	[ 8.63% - 14.68% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	B	9.7%	[ 6.55% - 12.88% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	[ 38.01% - 48.56% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	13.3%	[ 10.02% - 16.55% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		1.7%	[ 1.16% - 2.28% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.3%	[ 0.79% - 1.71% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.7%	[ 1.99% - 3.31% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer	B	6.3%	[ 3.16% - 9.51% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.9%	[ 1.11% - 2.68% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer	B	6.6%	[ 3.33% - 9.89% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		34.2%	[ 27.77% - 40.69% ]	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		17.5%	[ 13.89% - 21.18% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	B	31.7%	[ 27.19% - 36.17% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		20.1%	[ 15.96% - 24.33% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		6.0%	[ 3.54% - 8.47% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		15.4%	[ 11.63% - 19.15% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		3.4%	[ 2.58% - 4.17% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		2.1%	[ 1.40% - 2.72% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury	B	0.6%	[ 0.28% - 1.01% ]	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	W	28.8%	[ 24.46% - 33.16% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		58.9%	[ 53.98% - 63.90% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		8.8%	[ 5.87% - 11.78% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	48.4%	[ 43.44% - 53.32% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		13.6%	[ 10.02% - 17.24% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	7.9%	[ 5.41% - 10.42% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[ 0.76% - 0.91% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		2.7%	[ 2.03% - 3.41% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		10.2%	[ 7.77% - 12.67% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	5.3%	[ 3.47% - 7.09% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		95.7%	[ 92.91% - 98.41% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		5.1%	[ 1.42% - 8.82% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	4.5	[ 4.0 - 5.0 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	426	[ 327 - 525 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	39.8	[ 36.1 - 43.5 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		2.3	[ 0.9 - 3.6 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.5	[ 1.0 - 2.0 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year	*	164	[ 105 - 223 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		20.3%	[ 9.13% - 31.45% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	33	[ 8 - 58 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	1.9%	[ 0.78% - 2.97% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		81.8%	[ 76.00% - 87.54% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		78.8%	[ 72.95% - 84.59% ]	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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