

Newmarket (Rockingham)



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		4.2%	[2.95% - 5.46%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		69.1%	[62.80% - 75.33%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	[21.73% - 34.20%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.5%	[48.31% - 62.59%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		22.3%	[16.42% - 28.10%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		66.4%	[59.56% - 73.18%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		8.9%	[5.05% - 12.66%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	B	2.6%	[2.10% - 3.18%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		20.4%	[15.09% - 25.80%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.4%	[8.65% - 18.08%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.1%	[86.19% - 93.99%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		37.9%	[29.31% - 46.41%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		63.1%	[56.37% - 69.80%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		83.2%	[77.26% - 89.14%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		97.0%	[94.57% - 99.42%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		78.6%	[71.52% - 85.70%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		75.3%	[69.34% - 81.24%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[8.53% - 18.55%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		12.1%	[7.44% - 16.75%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		35.9%	[29.09% - 42.66%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		72.4%	[65.99% - 78.79%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	[14.48% - 25.50%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		33.0%	[26.32% - 39.77%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		16.4%	[13.77% - 18.93%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		69.9%	[66.76% - 73.02%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.1%	[3.42% - 10.84%]	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		10.1% [6.25% - 14.02%]	6.9% [6.29% - 7.61%]		
% 65+ with depression		29.4% [26.40% - 32.41%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders		22.7% [19.80% - 25.62%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	B	1.9% [1.34% - 2.39%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.3% [0.87% - 1.78%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	B	3.8% [3.12% - 4.52%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		0.8% [0.42% - 1.11%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7% [4.09% - 7.25%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders		9.2% [7.10% - 11.26%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.3% [8.34% - 12.26%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes		26.3% [23.24% - 29.36%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		9.6% [7.76% - 11.52%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease		19.8% [17.27% - 22.40%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		11.1% [9.07% - 13.18%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension		68.3% [65.12% - 71.47%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		4.6% [3.30% - 5.95%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		33.9% [30.59% - 37.14%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		16.4% [13.98% - 18.92%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		14.6% [12.36% - 16.89%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease		14.4% [12.06% - 16.79%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		45.4% [41.88% - 48.86%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	B	14.3% [12.02% - 16.48%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.9% [1.42% - 2.44%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.4% [0.98% - 1.79%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.2% [1.69% - 2.71%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		10.7% [7.96% - 13.36%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.6% [0.96% - 2.16%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		9.8% [6.83% - 12.75%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		33.3% [28.62% - 38.07%]	36.8% [36.47% - 37.14%]		
% 65+ with HIV/AIDS		0.04% [0.02% - 0.06%]	0.05% [0.04% - 0.06%]		
% 65+ with hypothyroidism	B	17.7% [15.24% - 20.24%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	B	33.5% [30.38% - 36.55%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease		22.9% [20.00% - 25.70%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		5.5% [3.93% - 7.00%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		18.2% [15.56% - 20.82%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		3.9% [3.18% - 4.65%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.0% [1.51% - 2.56%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		0.8% [0.51% - 1.18%]	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		20.9%	[18.24% - 23.57%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	50.4%	[47.04% - 53.74%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.8%	[6.05% - 9.58%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		51.9%	[48.58% - 55.29%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	13.0%	[10.68% - 15.39%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	[12.37% - 17.05%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	[0.27% - 0.83%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.8%	[2.17% - 3.36%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		6.9%	[5.41% - 8.34%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		7.0%	[5.49% - 8.43%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.5%	[95.52% - 99.49%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		9.5%	[4.95% - 14.10%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.6	[6.1 - 7.1]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		583	[501 - 665]	572	[566 - 578]
Part D monthly prescription fills per person per year		48.1	[44.8 - 51.4]	49.1	[48.9 - 49.3]
Home health visits per year		2.8	[2.1 - 3.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.0	[1.6 - 2.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		247	[203 - 292]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		16.9%	[11.75% - 22.05%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		61	[41 - 81]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.6%	[1.69% - 3.53%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		78.2%	[72.64% - 83.84%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		77.4%	[71.76% - 83.14%]	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.

Questions or suggestions? Beth.Dugan@umb.edu