

## Northfield (Merrimack)



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		4.3%	[ 3.19% - 5.42% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		71.7%	[ 66.07% - 77.43% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	[ 16.28% - 27.37% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		56.3%	[ 49.68% - 63.00% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		16.7%	[ 11.81% - 21.52% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		58.8%	[ 52.38% - 65.29% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		9.6%	[ 5.91% - 13.28% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		3.8%	[ 3.01% - 4.50% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		17.8%	[ 12.95% - 22.68% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		12.4%	[ 7.88% - 17.01% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		90.8%	[ 87.20% - 94.31% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		38.0%	[ 30.68% - 45.23% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		58.8%	[ 52.42% - 65.27% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		77.1%	[ 71.00% - 83.26% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		93.2%	[ 89.86% - 96.51% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		76.5%	[ 69.05% - 84.05% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening	W	69.3%	[ 63.26% - 75.44% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		9.2%	[ 5.34% - 13.06% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		11.5%	[ 7.07% - 15.90% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		31.2%	[ 25.44% - 36.98% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		68.9%	[ 62.99% - 74.71% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	[ 11.90% - 21.75% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		27.5%	[ 21.58% - 33.39% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		14.8%	[ 12.55% - 17.12% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		74.0%	[ 71.35% - 76.70% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		11.0%	[ 6.81% - 15.22% ]	9.2%	[ 8.45% - 9.94% ]

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>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		6.9%	[ 3.47% - 10.23% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	W	31.8%	[ 29.04% - 34.57% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders		20.6%	[ 18.09% - 23.20% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders		3.4%	[ 2.60% - 4.20% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.5%	[ 0.90% - 2.03% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders		5.8%	[ 4.83% - 6.85% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		0.8%	[ 0.37% - 1.19% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.8%	[ 5.21% - 8.44% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	W	13.4%	[ 11.22% - 15.59% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		12.4%	[ 10.49% - 14.31% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes	W	32.7%	[ 29.73% - 35.65% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		12.1%	[ 10.23% - 14.00% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	W	24.5%	[ 21.98% - 27.01% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		12.8%	[ 10.85% - 14.79% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension	W	74.2%	[ 71.51% - 76.87% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		5.6%	[ 4.31% - 6.94% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease	W	39.4%	[ 36.29% - 42.42% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	W	22.0%	[ 19.47% - 24.50% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		14.3%	[ 12.30% - 16.32% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	W	18.0%	[ 15.60% - 20.31% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.2%	[ 41.10% - 47.37% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	12.9%	[ 11.01% - 14.85% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.0%	[ 1.40% - 2.64% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.7%	[ 1.20% - 2.27% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.7%	[ 2.07% - 3.38% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		7.8%	[ 5.61% - 9.93% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		2.1%	[ 1.31% - 2.90% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		9.3%	[ 6.90% - 11.74% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		34.0%	[ 30.04% - 38.05% ]	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	17.2%	[ 14.99% - 19.48% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		37.8%	[ 34.99% - 40.70% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		21.5%	[ 18.95% - 24.05% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		8.1%	[ 6.33% - 9.82% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	[ 14.71% - 19.40% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		3.5%	[ 2.74% - 4.36% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		2.8%	[ 2.13% - 3.57% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		0.9%	[ 0.47% - 1.26% ]	1.1%	[ 1.06% - 1.16% ]

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>
% 65+ with autism spectrum disorders			N/A	0.03%	[ 0.02% - 0.04% ]
% 65+ with glaucoma	B	19.3%	[ 16.99% - 21.56% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract	B	54.7%	[ 51.73% - 57.72% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		6.4%	[ 4.92% - 7.95% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		57.3%	[ 54.34% - 60.29% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		9.7%	[ 7.85% - 11.55% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	[ 11.38% - 15.49% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[ 0.43% - 1.15% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.8%	[ 2.96% - 4.60% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		8.3%	[ 6.82% - 9.72% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	9.4%	[ 7.89% - 10.96% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		93.5%	[ 90.51% - 96.54% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		6.5%	[ 2.85% - 10.24% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	4.9	[ 4.6 - 5.3 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		606	[ 537 - 675 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		49.9	[ 47.1 - 52.7 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		2.3	[ 1.7 - 2.9 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.2	[ 1.8 - 2.6 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		243	[ 206 - 280 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	[ 8.44% - 16.66% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		97	[ 73 - 120 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		3.7%	[ 2.74% - 4.74% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month	*	70.4%	[ 64.65% - 76.23% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt	W	66.1%	[ 60.08% - 72.19% ]	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.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)