

Orford (Grafton)



| 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 | | 3.8% | [2.33% - 5.20%] | 4.1% | [4.02% - 4.19%] |
| WELLNESS & PREVENTION | | | | | |
| % 60+ with any physical activity within last month | B | 84.4% | [80.13% - 88.61%] | 74.5% | [73.36% - 75.59%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | [24.26% - 35.50%] | 26.0% | [24.93% - 27.14%] |
| % 60+ met CDC guidelines for aerobic physical activity | B | 69.6% | [64.21% - 75.03%] | 58.6% | [57.33% - 59.82%] |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | [18.23% - 28.59%] | 19.9% | [18.92% - 20.93%] |
| % 60+ getting recommended hours of sleep | B | 73.6% | [68.03% - 79.09%] | 66.4% | [65.16% - 67.60%] |
| % 60+ injured in a fall within last 12 months | | 11.4% | [7.65% - 15.05%] | 10.4% | [9.65% - 11.16%] |
| % 65+ had hip fracture | | 3.2% | [2.60% - 3.87%] | 3.3% | [3.19% - 3.34%] |
| % 60+ with self-reported fair or poor health status | | 13.9% | [9.85% - 17.88%] | 16.5% | [15.54% - 17.40%] |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | [6.79% - 14.02%] | 12.5% | [11.69% - 13.37%] |
| % 60+ with physical exam/check-up in past year | | 80.9% | [75.71% - 86.17%] | 86.5% | [85.66% - 87.39%] |
| % 60+ met CDC preventive health screening goals | | 39.7% | [32.65% - 46.81%] | 40.3% | [38.77% - 41.81%] |
| % 60+ flu shot past year | | 66.1% | [60.12% - 72.05%] | 59.3% | [58.06% - 60.63%] |
| % 65+ with pneumonia vaccine | | 81.0% | [75.06% - 86.92%] | 77.8% | [76.56% - 79.12%] |
| % 60+ with cholesterol screening | | 94.5% | [91.80% - 97.16%] | 95.3% | [94.78% - 95.82%] |
| % 60+ women with a mammogram within last 2 years | | 70.6% | [62.98% - 78.20%] | 79.3% | [77.96% - 80.69%] |
| % 60+ with colorectal cancer screening | | 74.2% | [68.35% - 80.03%] | 77.0% | [75.92% - 78.16%] |
| % 60+ with HIV test | | 14.4% | [9.70% - 19.14%] | 13.5% | [12.50% - 14.41%] |
| % 60+ current smokers | B | 3.9% | [1.43% - 6.34%] | 8.1% | [7.38% - 8.79%] |
| Oral Health | | | | | |
| % 60+ with loss of 6 or more teeth | B | 18.5% | [13.84% - 23.18%] | 29.0% | [27.79% - 30.12%] |
| % 60+ with annual dental exam | B | 83.6% | [79.11% - 88.06%] | 75.7% | [74.65% - 76.84%] |
| NUTRITION/DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | [20.15% - 30.59%] | 20.2% | [19.23% - 21.21%] |
| % 60+ self-reported obese | B | 19.5% | [14.37% - 24.68%] | 27.2% | [26.03% - 28.35%] |
| % 65+ clinically diagnosed obese | | 14.4% | [11.39% - 17.35%] | 16.7% | [16.56% - 16.94%] |
| % 65+ with high cholesterol | B | 59.3% | [55.34% - 63.28%] | 72.2% | [72.01% - 72.44%] |
| % 60+ excessive drinking | | 9.8% | [6.28% - 13.25%] | 9.2% | [8.45% - 9.94%] |

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| BEHAVIORAL HEALTH | | | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% [2.49% - 7.41%] | 6.9% [6.29% - 7.61%] | | |
| % 65+ with depression | | 26.5% [23.03% - 30.00%] | 28.8% [28.59% - 29.01%] | | |
| % 65+ with anxiety disorders | B | 14.7% [11.80% - 17.59%] | 21.9% [21.74% - 22.15%] | | |
| % 65+ with bipolar disorders | | 2.5% [1.85% - 3.18%] | 3.1% [2.97% - 3.14%] | | |
| % 65+ with post-traumatic stress disorder | B | 0.7% [0.35% - 1.03%] | 1.4% [1.35% - 1.48%] | | |
| % 65+ with schizophrenia & other psychotic disorders | B | 3.9% [3.18% - 4.67%] | 4.9% [4.81% - 5.02%] | | |
| % 65+ with personality disorders | | 0.9% [0.50% - 1.31%] | 1.1% [1.00% - 1.11%] | | |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) | | 6.0% [4.09% - 7.93%] | 5.5% [5.41% - 5.64%] | | |
| % 65+ with tobacco use disorders | B | 6.6% [4.46% - 8.82%] | 10.4% [10.23% - 10.54%] | | |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 8.4% [6.34% - 10.53%] | 12.0% [11.89% - 12.19%] | | |
| % 65+ with diabetes | B | 21.7% [18.26% - 25.09%] | 28.2% [27.97% - 28.41%] | | |
| % 65+ with stroke | B | 7.4% [5.37% - 9.37%] | 10.8% [10.64% - 10.92%] | | |
| % 65+ with chronic obstructive pulmonary disease | B | 11.3% [8.89% - 13.72%] | 20.5% [20.36% - 20.73%] | | |
| % 65+ with asthma | B | 10.3% [7.97% - 12.60%] | 13.0% [12.89% - 13.21%] | | |
| % 65+ with hypertension | B | 57.4% [53.41% - 61.39%] | 70.2% [70.02% - 70.46%] | | |
| % 65+ ever had a heart attack | B | 3.0% [1.63% - 4.29%] | 4.5% [4.37% - 4.56%] | | |
| % 65+ with ischemic heart disease | B | 23.7% [20.16% - 27.20%] | 34.3% [34.12% - 34.58%] | | |
| % 65+ with congestive heart failure | B | 13.7% [10.97% - 16.47%] | 17.7% [17.57% - 17.93%] | | |
| % 65+ with atrial fibrillation | | 13.7% [11.10% - 16.37%] | 14.4% [14.28% - 14.60%] | | |
| % 65+ with peripheral vascular disease | B | 8.2% [6.07% - 10.37%] | 14.7% [14.51% - 14.84%] | | |
| % 65+ with osteoarthritis/rheumatoid arthritis | B | 43.3% [39.02% - 47.48%] | 49.1% [48.82% - 49.32%] | | |
| % 65+ with osteoporosis | B | 13.1% [10.55% - 15.75%] | 17.4% [17.22% - 17.57%] | | |
| % 65+ with leukemias and lymphomas | W | 3.4% [2.69% - 4.05%] | 2.0% [1.91% - 2.05%] | | |
| % 65+ with lung cancer | B | 1.1% [0.70% - 1.48%] | 1.6% [1.54% - 1.66%] | | |
| % 65+ with colon cancer | | 2.0% [1.48% - 2.51%] | 2.4% [2.37% - 2.51%] | | |
| % 65+ women with breast cancer | | 9.7% [6.49% - 12.85%] | 9.8% [9.59% - 9.96%] | | |
| % 65+ women with endometrial cancer | | 1.5% [0.90% - 2.10%] | 1.7% [1.60% - 1.76%] | | |
| % 65+ men with prostate cancer | | 11.5% [8.00% - 15.09%] | 11.5% [11.24% - 11.68%] | | |
| % 65+ with benign prostatic hyperplasia | B | 29.5% [24.29% - 34.63%] | 36.8% [36.47% - 37.14%] | | |
| % 65+ with HIV/AIDS | | 0.05% [0.02% - 0.08%] | 0.05% [0.04% - 0.06%] | | |
| % 65+ with hypothyroidism | | 18.7% [15.67% - 21.70%] | 20.8% [20.62% - 20.99%] | | |
| % 65+ with anemia | B | 30.1% [26.52% - 33.69%] | 37.3% [37.12% - 37.57%] | | |
| % 65+ with chronic kidney disease | B | 13.9% [11.04% - 16.76%] | 22.3% [22.14% - 22.54%] | | |
| % 65+ with liver diseases | B | 4.8% [3.03% - 6.50%] | 6.9% [6.75% - 6.99%] | | |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.7% [15.44% - 21.97%] | 18.6% [18.42% - 18.80%] | | |
| % 65+ with migraine and other chronic headache | | 4.4% [3.55% - 5.23%] | 4.0% [3.95% - 4.15%] | | |
| % 65+ with epilepsy | | 1.6% [1.08% - 2.11%] | 2.1% [2.00% - 2.14%] | | |
| % 65+ with traumatic brain injury | | 1.0% [0.61% - 1.41%] | 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 | B | 19.6% | [16.51% - 22.72%] | 22.9% | [22.74% - 23.13%] |
| % 65+ with cataract | | 59.3% | [55.30% - 63.29%] | 61.2% | [61.00% - 61.47%] |
| % 65+ with pressure ulcer or chronic ulcer | B | 5.0% | [3.39% - 6.68%] | 7.1% | [6.99% - 7.24%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 39.6% | [35.72% - 43.43%] | 54.4% | [54.19% - 54.66%] |
| % 65+ with 0 chronic conditions | B | 14.2% | [11.26% - 17.19%] | 10.3% | [10.12% - 10.42%] |
| LIVING WITH DISABILITY | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 16.9% | [13.88% - 19.92%] | 14.4% | [14.23% - 14.56%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | [0.29% - 0.83%] | 0.9% | [0.81% - 0.90%] |
| % 65+ with clinical diagnosis of mobility impairments | | 2.6% | [1.95% - 3.20%] | 3.2% | [3.14% - 3.31%] |
| ACCESS TO CARE | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | | 7.6% | [5.80% - 9.45%] | 7.9% | [7.8% - 8.02%] |
| % dually eligible for Medicare and Medicaid | * | 3.3% | [2.09% - 4.55%] | 7.5% | [7.40% - 7.62%] |
| % 60+ with a regular doctor | | 94.4% | [91.46% - 97.40%] | 95.8% | [95.34% - 96.33%] |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | [1.63% - 5.94%] | 5.4% | [4.75% - 5.97%] |
| SERVICE UTILIZATION | | | | | |
| Physician visits per year | * | 5.1 | [4.6 - 5.6] | 6.3 | [6.2 - 6.3] |
| Emergency room visits/1000 persons 65+ years per year | * | 386 | [315 - 457] | 572 | [566 - 578] |
| Part D monthly prescription fills per person per year | * | 41.4 | [37.9 - 44.8] | 49.1 | [48.9 - 49.3] |
| Home health visits per year | * | 1.7 | [1.1 - 2.2] | 2.5 | [2.4 - 2.5] |
| Durable medical equipment claims per year | * | 1.6 | [1.2 - 1.9] | 2.0 | [2.0 - 2.0] |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 179 | [132 - 225] | 237 | [234 - 241] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.8% | [6.88% - 18.81%] | 15.8% | [15.41% - 16.22%] |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 49 | [26 - 72] | 76 | [74 - 77] |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | [0.56% - 2.15%] | 3.7% | [3.59% - 3.74%] |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | | | |
| % 60+ who used Internet in last month | * | 84.8% | [80.63% - 89.00%] | 77.6% | [76.53% - 78.64%] |
| SAFETY & TRANSPORTATION | | | | | |
| % 60+ who always drive wearing a seatbelt | | 82.9% | [78.03% - 87.79%] | 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.

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