Ossipee (Carroll)

TUFTS Health Plan FOUNDATION

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		4.5%	[3.24% - 5.84%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		78.8%	[74.12% - 83.57%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		24.1%	[18.41% - 29.84%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		64.2%	[57.68% - 70.68%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		17.1%	[12.05% - 22.09%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		67.0%	[61.63% - 72.41%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		14.6%	[10.69% - 18.55%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.8%	[2.24% - 3.46%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		15.4%	[11.08% - 19.66%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.8%	[9.79% - 17.84%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year	W	80.0%	[75.06% - 85.01%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		37.2%	[31.00% - 43.45%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		57.1%	[51.06% - 63.07%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		74.9%	[68.74% - 81.11%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.5%	[92.92% - 98.07%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		76.7%	[69.83% - 83.62%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		76.0%	[70.51% - 81.54%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		12.6%	[8.51% - 16.79%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		9.2%	[5.67% - 12.78%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		27.8%	[22.82% - 32.72%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	B	81.2%	[77.11% - 85.29%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	[17.12% - 28.26%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese	B	20.1%	[15.45% - 24.70%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		17.2%	[14.64% - 19.67%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		72.5%	[69.58% - 75.35%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		12.8%	[8.41% - 17.16%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.5%	[2.93% - 8.03%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		28.0%	[25.19% - 30.83%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	18.4%	[15.85% - 20.97%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.7%	[1.17% - 2.20%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.1%	[0.67% - 1.56%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.1%	[3.31% - 4.85%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.6%	[0.29% - 0.92%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	[3.93% - 6.96%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		12.4%	[10.19% - 14.68%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		13.5%	[11.39% - 15.69%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	33.9%	[30.79% - 37.05%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.7%	[9.74% - 13.70%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	24.9%	[22.16% - 27.58%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.2%	[10.13% - 14.22%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		73.1%	[70.27% - 76.01%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		3.9%	[2.70% - 5.07%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		37.1%	[33.91% - 40.26%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		20.1%	[17.51% - 22.65%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.5%	[12.27% - 16.66%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		13.9%	[11.64% - 16.11%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		50.4%	[47.09% - 53.75%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		15.1%	[12.88% - 17.28%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.6%	[1.16% - 2.12%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.8%	[1.32% - 2.31%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.5%	[1.89% - 3.05%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.8%	[7.20% - 12.33%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.14% - 2.55%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.9%	[8.07% - 13.80%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		38.7%	[34.24% - 43.20%]	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	17.9%	[15.51% - 20.31%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		36.5%	[33.51% - 39.57%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		21.1%	[18.48% - 23.77%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	B	4.6%	[3.20% - 5.97%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		19.9%	[17.34% - 22.55%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	2.9%	[2.24% - 3.58%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.8%	[1.33% - 2.37%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.0%	[0.65% - 1.42%]	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	19.1%	[16.70% - 21.59%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		62.4%	[59.30% - 65.53%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.3%	[4.78% - 7.88%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		55.0%	[51.80% - 58.15%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.3%	[7.41% - 11.27%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.0%	[8.14% - 11.95%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.55% - 1.31%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.4%	[2.69% - 4.05%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.2%	[3.87% - 6.43%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	12.3%	[10.41% - 14.22%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.8%	[90.84% - 96.78%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost	B	2.9%	[1.35% - 4.52%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	3.5	[3.2 - 3.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		551	[480 - 622]	572	[566 - 578]
Part D monthly prescription fills per person per year		52.3	[48.9 - 55.6]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.3	[0.9 - 1.7]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.5 - 2.2]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		200	[163 - 237]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		15.2%	[10.29% - 20.07%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		58	[40 - 76]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	7.8%	[6.22% - 9.32%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	83.0%	[78.73% - 87.19%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		76.9%	[72.24% - 81.48%]	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 erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

Questions or suggestions? Beth.Dugan@umb.edu