Pelham (Hillsborough)

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		3.4%	[2.50% - 4.34%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		73.1%	[67.04% - 79.07%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	[21.54% - 33.79%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		51.4%	[44.66% - 58.09%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		19.6%	[14.20% - 25.02%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.5%	[57.61% - 71.35%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.0%	[7.30% - 16.66%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.5%	[1.72% - 3.29%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.5%	[8.99% - 18.00%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		9.6%	[5.82% - 13.34%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		88.7%	[84.64% - 92.74%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		40.5%	[31.99% - 48.97%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		59.4%	[52.51% - 66.21%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		76.3%	[68.86% - 83.71%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.4%	[94.00% - 98.71%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		83.3%	[77.32% - 89.28%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		79.8%	[74.67% - 85.00%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		18.5%	[12.02% - 25.02%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		5.9%	[3.19% - 8.64%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		23.9%	[18.20% - 29.59%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		76.5%	[70.73% - 82.25%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	[14.26% - 25.04%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese	W	35.2%	[28.39% - 41.94%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	20.0%	[17.71% - 22.27%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	77.1%	[74.83% - 79.46%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.9%	[4.68% - 13.17%]	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		5.4%	[2.56% - 8.26%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		27.1%	[24.76% - 29.48%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		22.5%	[20.15% - 24.80%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.6%	[1.69% - 3.49%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.3%	[1.16% - 1.38%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[2.51% - 4.42%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.3%	[0.65% - 2.02%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	[3.25% - 5.56%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		11.0%	[9.21% - 12.81%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.2%	[7.72% - 10.74%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	32.7%	[30.11% - 35.35%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.6%	[9.94% - 13.21%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		19.9%	[17.79% - 21.95%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.5%	[10.77% - 14.22%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	76.8%	[74.43% - 79.13%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.3%	[3.22% - 5.29%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		35.2%	[32.56% - 37.86%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.3%	[15.29% - 19.35%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.2%	[11.43% - 14.94%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		14.9%	[12.97% - 16.85%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		51.6%	[48.72% - 54.42%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.5%	[14.63% - 18.41%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.7%	[0.98% - 2.41%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	W	2.6%	[1.73% - 3.40%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.3%	[1.55% - 3.05%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		10.2%	[8.07% - 12.41%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.6%	[0.68% - 2.53%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.4%	[9.81% - 14.93%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		35.5%	[31.67% - 39.25%]	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		19.4%	[17.29% - 21.45%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	40.9%	[38.33% - 43.55%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	26.9%	[24.48% - 29.36%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		7.5%	[6.03% - 8.93%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	[12.94% - 16.84%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.7%	[2.72% - 4.77%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.0%	[1.24% - 2.83%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.7%	[0.29% - 1.20%]	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	20.5%	[18.38% - 22.62%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		59.5%	[56.80% - 62.16%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	[4.40% - 6.85%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	58.0%	[55.30% - 60.66%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	7.5%	[5.94% - 8.97%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.6%	[10.83% - 14.38%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[0.45% - 1.51%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.9%	[2.85% - 4.87%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	9.5%	[8.18% - 10.87%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	3.4%	[2.60% - 4.26%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		94.4%	[91.18% - 97.56%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost	B	1.8%	[0.52% - 3.00%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.7	[7.3 - 8.1]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	478	[426 - 530]	572	[566 - 578]
Part D monthly prescription fills per person per year		48.0	[45.8 - 50.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.5	[1.9 - 3.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.9	[1.6 - 2.2]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		256	[219 - 294]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		15.9%	[11.60% - 20.15%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	56	[41 - 72]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.4%	[0.88% - 1.96%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	85.1%	[81.04% - 89.13%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		79.9%	[74.58% - 85.16%]	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.

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