

Peterborough (Hillsborough)



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%	[2.58% - 4.28%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		78.4%	[72.00% - 84.76%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	[20.83% - 34.59%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		67.0%	[59.63% - 74.39%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		22.4%	[16.22% - 28.56%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		63.9%	[56.31% - 71.42%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		10.7%	[6.68% - 14.72%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	W	4.2%	[3.36% - 5.04%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.9%	[9.11% - 18.62%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.6%	[5.81% - 15.37%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.3%	[78.65% - 89.91%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		39.4%	[30.09% - 48.66%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		55.8%	[48.03% - 63.53%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		73.5%	[64.28% - 82.80%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.6%	[93.13% - 98.13%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years	W	67.9%	[58.48% - 77.24%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		73.9%	[66.86% - 80.86%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		11.8%	[7.22% - 16.33%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.1%	[3.69% - 12.52%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		32.7%	[24.82% - 40.49%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		74.5%	[67.87% - 81.05%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	[13.65% - 24.92%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.9%	[18.25% - 31.59%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	12.8%	[10.88% - 14.79%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	67.6%	[64.96% - 70.25%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		5.3%	[2.07% - 8.58%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.0% [1.57% - 8.36%]	6.9% [6.29% - 7.61%]		
% 65+ with depression		28.7% [26.24% - 31.15%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders		20.5% [18.22% - 22.81%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders		2.7% [1.99% - 3.49%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.1% [0.55% - 1.58%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders		4.0% [3.11% - 4.81%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		1.0% [0.52% - 1.51%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9% [3.73% - 6.08%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	B	4.9% [3.69% - 6.14%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	16.1% [14.14% - 18.05%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	B	18.6% [16.38% - 20.87%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		11.5% [9.81% - 13.10%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	B	17.3% [15.31% - 19.30%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		11.4% [9.68% - 13.08%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	B	62.8% [60.06% - 65.48%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		4.2% [3.12% - 5.22%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		32.3% [29.66% - 35.01%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		18.7% [16.56% - 20.82%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation	W	17.1% [15.16% - 19.13%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	B	11.7% [9.93% - 13.43%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.1% [53.17% - 59.10%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	W	24.3% [22.06% - 26.60%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.8% [1.12% - 2.42%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.3% [0.79% - 1.79%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.0% [1.41% - 2.60%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		11.8% [9.55% - 13.99%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.3% [0.62% - 1.88%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		9.6% [7.22% - 11.96%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		40.9% [36.73% - 45.17%]	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% [17.31% - 21.56%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	W	42.8% [40.11% - 45.50%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	B	16.2% [14.14% - 18.16%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		5.7% [4.37% - 7.09%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		20.6% [18.35% - 22.91%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache	W	5.4% [4.38% - 6.50%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.2% [1.47% - 2.86%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.0% [0.55% - 1.38%]	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	W	35.1%	[32.49% - 37.67%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	73.7%	[71.12% - 76.25%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	[7.79% - 10.85%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		53.0%	[50.19% - 55.73%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.7%	[7.85% - 11.47%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.0%	[17.81% - 22.27%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.41% - 1.18%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.26% - 3.76%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	6.1%	[4.89% - 7.23%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.6%	[3.54% - 5.59%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.7%	[92.91% - 98.41%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		5.1%	[1.42% - 8.82%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	4.9	[4.7 - 5.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		575	[511 - 639]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	43.5	[41.3 - 45.7]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.6	[1.1 - 2.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.3	[1.1 - 1.6]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	179	[150 - 208]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	[8.26% - 17.57%]	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		2.8%	[2.00% - 3.62%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		81.8%	[76.00% - 87.54%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		78.8%	[72.95% - 84.59%]	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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