

## Pittsfield (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%	[ 2.88% - 5.68% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		70.2%	[ 63.22% - 77.12% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	[ 18.24% - 30.59% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		56.3%	[ 49.08% - 63.60% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		17.7%	[ 12.16% - 23.25% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		67.2%	[ 60.25% - 74.09% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		7.6%	[ 3.72% - 11.55% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		2.9%	[ 2.25% - 3.52% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		14.8%	[ 9.22% - 20.43% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		10.8%	[ 6.12% - 15.38% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		82.3%	[ 76.70% - 87.89% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		38.0%	[ 28.42% - 47.54% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		54.2%	[ 46.62% - 61.76% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		78.7%	[ 70.32% - 86.99% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		92.5%	[ 88.53% - 96.52% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		76.9%	[ 68.82% - 85.04% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		82.2%	[ 76.84% - 87.53% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		10.1%	[ 5.75% - 14.38% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		7.6%	[ 3.69% - 11.51% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		30.6%	[ 23.57% - 37.72% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		78.1%	[ 72.05% - 84.21% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	[ 10.93% - 22.10% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		32.4%	[ 25.25% - 39.52% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	W	22.3%	[ 19.03% - 25.56% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		72.5%	[ 69.21% - 75.83% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		9.4%	[ 5.52% - 13.26% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		5.0% [ 2.32% - 7.61% ]		6.9% [ 6.29% - 7.61% ]	
% 65+ with depression		28.9% [ 25.64% - 32.20% ]		28.8% [ 28.59% - 29.01% ]	
% 65+ with anxiety disorders		25.1% [ 21.83% - 28.42% ]		21.9% [ 21.74% - 22.15% ]	
% 65+ with bipolar disorders		3.0% [ 2.25% - 3.76% ]		3.1% [ 2.97% - 3.14% ]	
% 65+ with post-traumatic stress disorder		1.3% [ 0.76% - 1.79% ]		1.4% [ 1.35% - 1.48% ]	
% 65+ with schizophrenia & other psychotic disorders	B	3.8% [ 3.04% - 4.57% ]		4.9% [ 4.81% - 5.02% ]	
% 65+ with personality disorders	B	0.6% [ 0.25% - 0.90% ]		1.1% [ 1.00% - 1.11% ]	
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3% [ 4.30% - 8.26% ]		5.5% [ 5.41% - 5.64% ]	
% 65+ with tobacco use disorders	W	13.6% [ 10.80% - 16.37% ]		10.4% [ 10.23% - 10.54% ]	
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.6% [ 6.59% - 10.55% ]		12.0% [ 11.89% - 12.19% ]	
% 65+ with diabetes	W	33.4% [ 29.75% - 37.11% ]		28.2% [ 27.97% - 28.41% ]	
% 65+ with stroke		10.2% [ 8.12% - 12.34% ]		10.8% [ 10.64% - 10.92% ]	
% 65+ with chronic obstructive pulmonary disease		21.2% [ 18.24% - 24.14% ]		20.5% [ 20.36% - 20.73% ]	
% 65+ with asthma		15.2% [ 12.62% - 17.83% ]		13.0% [ 12.89% - 13.21% ]	
% 65+ with hypertension	W	74.3% [ 71.01% - 77.52% ]		70.2% [ 70.02% - 70.46% ]	
% 65+ ever had a heart attack		5.0% [ 3.45% - 6.49% ]		4.5% [ 4.37% - 4.56% ]	
% 65+ with ischemic heart disease		36.2% [ 32.55% - 39.94% ]		34.3% [ 34.12% - 34.58% ]	
% 65+ with congestive heart failure		16.5% [ 13.72% - 19.29% ]		17.7% [ 17.57% - 17.93% ]	
% 65+ with atrial fibrillation		12.5% [ 10.17% - 14.90% ]		14.4% [ 14.28% - 14.60% ]	
% 65+ with peripheral vascular disease	B	11.9% [ 9.53% - 14.28% ]		14.7% [ 14.51% - 14.84% ]	
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.6% [ 40.75% - 48.43% ]		49.1% [ 48.82% - 49.32% ]	
% 65+ with osteoporosis		16.6% [ 13.96% - 19.19% ]		17.4% [ 17.22% - 17.57% ]	
% 65+ with leukemias and lymphomas		1.5% [ 0.98% - 2.04% ]		2.0% [ 1.91% - 2.05% ]	
% 65+ with lung cancer	B	1.1% [ 0.68% - 1.50% ]		1.6% [ 1.54% - 1.66% ]	
% 65+ with colon cancer		2.0% [ 1.41% - 2.50% ]		2.4% [ 2.37% - 2.51% ]	
% 65+ women with breast cancer		10.8% [ 7.74% - 13.77% ]		9.8% [ 9.59% - 9.96% ]	
% 65+ women with endometrial cancer		1.8% [ 1.08% - 2.52% ]		1.7% [ 1.60% - 1.76% ]	
% 65+ men with prostate cancer		9.0% [ 5.98% - 11.94% ]		11.5% [ 11.24% - 11.68% ]	
% 65+ with benign prostatic hyperplasia		33.9% [ 28.79% - 38.93% ]		36.8% [ 36.47% - 37.14% ]	
% 65+ with HIV/AIDS		0.07% [ 0.04% - 0.10% ]		0.05% [ 0.04% - 0.06% ]	
% 65+ with hypothyroidism		18.7% [ 15.90% - 21.48% ]		20.8% [ 20.62% - 20.99% ]	
% 65+ with anemia	B	30.9% [ 27.58% - 34.17% ]		37.3% [ 37.12% - 37.57% ]	
% 65+ with chronic kidney disease		23.7% [ 20.40% - 26.90% ]		22.3% [ 22.14% - 22.54% ]	
% 65+ with liver diseases	B	4.4% [ 2.79% - 6.06% ]		6.9% [ 6.75% - 6.99% ]	
% 65+ with fibromyalgia, chronic pain and fatigue		17.5% [ 14.60% - 20.35% ]		18.6% [ 18.42% - 18.80% ]	
% 65+ with migraine and other chronic headache		3.8% [ 3.00% - 4.65% ]		4.0% [ 3.95% - 4.15% ]	
% 65+ with epilepsy	B	1.4% [ 0.89% - 1.86% ]		2.1% [ 2.00% - 2.14% ]	
% 65+ with traumatic brain injury		1.1% [ 0.67% - 1.46% ]		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		21.9%	[ 18.96% - 24.84% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		59.0%	[ 55.38% - 62.66% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		7.2%	[ 5.31% - 9.18% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		57.8%	[ 54.13% - 61.41% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		9.5%	[ 7.28% - 11.70% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.7%	[ 8.37% - 12.98% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[ 0.51% - 1.22% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.6%	[ 2.77% - 4.35% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		9.3%	[ 7.51% - 11.16% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid		8.7%	[ 6.95% - 10.49% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		96.9%	[ 94.58% - 99.32% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		4.1%	[ 1.59% - 6.55% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		6.2	[ 5.7 - 6.6 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		577	[ 493 - 662 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		49.3	[ 46.2 - 52.3 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	3.8	[ 2.7 - 4.9 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.4	[ 1.9 - 2.9 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		248	[ 199 - 296 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	[ 7.39% - 18.46% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	[ 29 - 69 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	2.6%	[ 1.57% - 3.56% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		81.3%	[ 75.54% - 87.10% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		73.9%	[ 67.10% - 80.66% ]	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.

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