

Portsmouth (Rockingham)



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		4.2%	[3.60% - 4.88%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		81.4%	[75.46% - 87.34%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	[27.97% - 43.39%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		66.6%	[58.64% - 74.49%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	[22.69% - 36.94%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		72.7%	[65.11% - 80.22%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		10.4%	[5.94% - 14.80%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.8%	[3.19% - 4.44%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		16.1%	[10.45% - 21.80%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.4%	[5.86% - 14.96%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		88.8%	[83.97% - 93.71%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		40.6%	[31.01% - 50.24%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		57.9%	[49.75% - 65.98%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		78.2%	[71.06% - 85.36%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		97.3%	[95.35% - 99.28%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		85.6%	[78.22% - 92.97%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening	B	84.7%	[79.18% - 90.12%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		14.9%	[8.50% - 21.26%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.3%	[3.42% - 11.08%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		23.1%	[16.45% - 29.79%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		81.8%	[75.68% - 87.92%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	[17.33% - 30.13%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		20.1%	[13.80% - 26.33%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	14.2%	[12.94% - 15.48%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	69.8%	[68.25% - 71.45%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking	W	16.2%	[10.27% - 22.03%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		6.4%	[3.02% - 9.69%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		29.4%	[27.87% - 30.97%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		23.4%	[21.88% - 24.92%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.4%	[2.70% - 4.03%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.8%	[1.27% - 2.28%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	6.4%	[5.54% - 7.26%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.5%	[1.02% - 1.94%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.8%	[4.94% - 6.65%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		10.0%	[8.92% - 11.12%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		11.9%	[10.79% - 12.99%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		28.1%	[26.49% - 29.72%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.9%	[9.91% - 11.97%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		19.4%	[18.10% - 20.75%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		13.1%	[11.92% - 14.19%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		69.1%	[67.53% - 70.75%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.7%	[4.03% - 5.44%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	38.9%	[37.19% - 40.69%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		18.0%	[16.66% - 19.33%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		15.6%	[14.42% - 16.85%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	W	16.4%	[15.17% - 17.73%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.5%	[43.72% - 47.32%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	20.2%	[18.90% - 21.56%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.9%	[1.44% - 2.41%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.26% - 2.12%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.8%	[2.28% - 3.38%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer	W	11.4%	[10.03% - 12.86%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer	B	1.1%	[0.62% - 1.56%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.2%	[10.56% - 13.91%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	W	40.0%	[37.43% - 42.57%]	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	W	22.9%	[21.47% - 24.30%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		38.4%	[36.74% - 40.03%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		21.7%	[20.29% - 23.18%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.7%	[5.80% - 7.60%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.3%	[19.84% - 22.75%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.6%	[3.88% - 5.40%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.3%	[1.75% - 2.80%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.0%	[0.62% - 1.28%]	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		23.7%	[22.27% - 25.15%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	58.0%	[56.29% - 59.70%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		8.0%	[7.04% - 8.92%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		54.1%	[52.35% - 55.78%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	12.4%	[11.26% - 13.59%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	[13.11% - 15.53%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.43% - 1.02%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.3%	[2.64% - 3.90%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	4.6%	[3.91% - 5.20%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		8.1%	[7.27% - 8.96%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.2%	[91.64% - 98.67%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		5.4%	[1.32% - 9.56%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.8	[7.6 - 8.1]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		648	[557 - 738]	572	[566 - 578]
Part D monthly prescription fills per person per year		49.9	[48.1 - 51.6]	49.1	[48.9 - 49.3]
Home health visits per year		2.8	[2.4 - 3.2]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.4	[1.3 - 1.6]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	280	[254 - 307]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		18.0%	[15.44% - 20.65%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	91	[78 - 103]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.9%	[3.31% - 4.51%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		75.1%	[68.19% - 82.00%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		80.9%	[74.99% - 86.89%]	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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