

Rochester (Strafford)



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		3.9%	[3.34% - 4.40%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		68.8%	[63.38% - 74.23%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	[12.64% - 21.29%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	[43.12% - 54.87%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	[8.22% - 15.57%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.7%	[60.07% - 71.38%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.5%	[7.70% - 15.39%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.2%	[2.69% - 3.67%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		21.0%	[16.40% - 25.65%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.2%	[9.29% - 17.14%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		85.5%	[81.42% - 89.57%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		37.0%	[30.46% - 43.59%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		54.7%	[48.73% - 60.59%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		78.7%	[72.98% - 84.42%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.5%	[94.66% - 98.43%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		83.2%	[76.83% - 89.58%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		75.1%	[69.81% - 80.35%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[9.21% - 17.80%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.7%	[7.87% - 15.53%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	36.5%	[30.83% - 42.15%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	65.9%	[60.19% - 71.54%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	[10.59% - 18.13%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		32.3%	[26.76% - 37.83%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	20.8%	[19.54% - 22.09%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	74.6%	[73.33% - 75.92%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.1%	[4.88% - 11.26%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.9% [4.71% - 11.07%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	W	33.0% [31.60% - 34.33%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders	W	25.9% [24.54% - 27.26%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	W	4.1% [3.49% - 4.73%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.7% [1.28% - 2.16%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders		5.6% [4.94% - 6.33%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		1.0% [0.63% - 1.28%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3% [5.48% - 7.02%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	W	13.1% [12.00% - 14.15%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.1% [11.13% - 13.04%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	W	34.9% [33.38% - 36.35%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		11.8% [10.86% - 12.68%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	W	25.8% [24.59% - 27.11%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		14.0% [12.96% - 14.95%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	W	72.3% [70.98% - 73.64%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack	W	5.2% [4.58% - 5.84%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease	W	36.8% [35.32% - 38.30%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure	W	19.3% [18.11% - 20.49%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		14.9% [13.86% - 15.88%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	W	17.6% [16.48% - 18.79%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		48.2% [46.68% - 49.81%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	B	15.3% [14.28% - 16.32%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.7% [1.34% - 2.11%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer	W	2.2% [1.82% - 2.67%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.8% [2.31% - 3.24%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		8.8% [7.71% - 9.87%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.7% [1.24% - 2.24%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		10.0% [8.67% - 11.26%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia	W	39.8% [37.62% - 41.95%]	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		21.3% [20.16% - 22.52%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia		36.7% [35.31% - 38.09%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	W	25.1% [23.77% - 26.43%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		7.8% [6.99% - 8.66%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue	W	20.6% [19.37% - 21.88%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		4.2% [3.56% - 4.81%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.5% [2.05% - 3.04%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury	W	2.1% [1.71% - 2.56%]	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	18.7%	[17.58% - 19.79%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	59.5%	[58.06% - 60.95%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	W	8.7%	[7.81% - 9.51%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	59.2%	[57.73% - 60.62%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.1%	[10.19% - 12.08%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	15.8%	[14.75% - 16.93%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	[0.76% - 1.40%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.3%	[2.78% - 3.87%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.1%	[4.49% - 5.65%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	11.5%	[10.70% - 12.39%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.8%	[90.96% - 96.69%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.9%	[2.49% - 7.34%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.0	[6.8 - 7.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	717	[675 - 759]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	55.0	[53.5 - 56.5]	49.1	[48.9 - 49.3]
Home health visits per year		2.4	[2.1 - 2.7]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.5	[2.3 - 2.7]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		235	[216 - 253]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		13.4%	[11.08% - 15.76%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		74	[64 - 83]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	4.7%	[4.14% - 5.26%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	70.1%	[64.83% - 75.41%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		74.1%	[68.75% - 79.44%]	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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