Bedford (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		4.2%	[3.53% - 4.90%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		72.8%	[67.02% - 78.59%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	[16.48% - 26.20%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		58.6%	[52.52% - 64.77%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		16.9%	[12.35% - 21.41%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		66.9%	[60.24% - 73.48%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.6%	[4.56% - 10.69%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	W	4.3%	[3.61% - 5.06%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.5%	[9.91% - 19.16%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		14.3%	[9.64% - 19.00%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		88.6%	[85.02% - 92.10%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.5%	[30.38% - 46.59%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		55.0%	[48.49% - 61.59%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		72.9%	[65.88% - 79.92%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.4%	[92.85% - 97.99%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		85.5%	[80.12% - 90.90%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		78.1%	[72.35% - 83.90%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		14.4%	[9.70% - 19.01%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.2%	[3.69% - 8.61%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	B	22.2%	[16.75% - 27.74%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		80.9%	[75.38% - 86.43%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	[18.86% - 29.44%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.2%	[18.77% - 29.65%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	14.9%	[13.39% - 16.38%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	75.6%	[73.88% - 77.30%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.4%	[5.83% - 13.02%]	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		7.0%	[3.60% - 10.32%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		30.4%	[28.67% - 32.16%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	24.0%	[22.23% - 25.74%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	4.4%	[3.56% - 5.22%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.0%	[0.56% - 1.45%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	7.6%	[6.53% - 8.60%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.2%	[0.81% - 1.67%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	[4.83% - 6.70%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	B	7.3%	[6.19% - 8.31%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	14.5%	[13.16% - 15.83%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	24.9%	[23.12% - 26.67%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	W	13.3%	[12.05% - 14.53%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	18.3%	[16.84% - 19.68%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	W	14.7%	[13.33% - 15.98%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		68.3%	[66.46% - 70.14%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.0%	[3.33% - 4.76%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.6%	[32.70% - 36.57%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		18.0%	[16.53% - 19.52%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		15.9%	[14.52% - 17.21%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.3%	[13.92% - 16.70%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.1%	[53.96% - 58.21%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	21.0%	[19.51% - 22.50%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.4%	[1.82% - 3.02%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.20% - 2.11%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.6%	[2.04% - 3.19%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		10.3%	[8.79% - 11.84%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.4%	[0.82% - 1.94%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	W	14.5%	[12.47% - 16.48%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	W	41.2%	[38.38% - 44.09%]	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	W	26.2%	[24.58% - 27.89%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	40.7%	[38.85% - 42.57%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		22.7%	[21.06% - 24.43%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		7.6%	[6.51% - 8.66%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		19.3%	[17.68% - 20.84%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.1%	[3.32% - 4.96%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.3%	[1.72% - 2.98%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.4%	[0.97% - 1.92%]	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	27.3%	[25.60% - 28.95%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		63.1%	[61.16% - 64.97%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.4%	[6.43% - 8.44%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		54.9%	[52.97% - 56.84%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	8.5%	[7.39% - 9.70%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	[14.30% - 17.13%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	[0.66% - 1.37%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.9%	[3.11% - 4.63%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		7.9%	[7.02% - 8.80%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	6.3%	[5.49% - 7.09%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.4%	[94.49% - 98.34%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.5%	[1.62% - 7.48%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.2	[6.9 - 7.5]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	467	[426 - 507]	572	[566 - 578]
Part D monthly prescription fills per person per year		47.8	[46.1 - 49.6]	49.1	[48.9 - 49.3]
Home health visits per year		2.6	[2.1 - 3.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.9	[1.7 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		245	[217 - 273]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	[12.56% - 19.51%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		85	[70 - 99]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	5.2%	[4.47% - 5.94%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		81.9%	[76.86% - 86.95%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		80.3%	[74.88% - 85.73%]	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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