

Sandown (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		3.6%	[2.03% - 5.17%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.1%	[63.05% - 77.10%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	[21.36% - 33.08%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		52.0%	[45.41% - 58.64%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		20.4%	[14.95% - 25.79%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		67.5%	[60.64% - 74.30%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.3%	[6.99% - 17.64%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	B	2.4%	[1.83% - 2.94%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.2%	[8.89% - 17.60%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.1%	[7.85% - 16.44%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		87.9%	[82.46% - 93.34%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		47.8%	[38.48% - 57.15%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		67.1%	[60.12% - 74.15%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		79.7%	[72.76% - 86.58%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.4%	[94.20% - 98.64%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years	B	88.9%	[82.68% - 95.06%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		82.5%	[76.01% - 88.90%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		16.1%	[10.28% - 21.95%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.1%	[2.99% - 9.21%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		30.8%	[23.46% - 38.12%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		80.9%	[74.41% - 87.38%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	[16.19% - 27.09%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		29.0%	[22.62% - 35.34%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	22.5%	[18.36% - 26.57%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		74.0%	[69.96% - 78.14%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.8%	[4.08% - 11.48%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		9.4% [4.64% - 14.12%]		6.9% [6.29% - 7.61%]	
% 65+ with depression		28.4% [24.42% - 32.43%]		28.8% [28.59% - 29.01%]	
% 65+ with anxiety disorders		21.1% [17.05% - 25.09%]		21.9% [21.74% - 22.15%]	
% 65+ with bipolar disorders		2.8% [2.11% - 3.46%]		3.1% [2.97% - 3.14%]	
% 65+ with post-traumatic stress disorder		1.4% [0.86% - 1.86%]		1.4% [1.35% - 1.48%]	
% 65+ with schizophrenia & other psychotic disorders	B	3.8% [3.01% - 4.49%]		4.9% [4.81% - 5.02%]	
% 65+ with personality disorders		0.7% [0.31% - 1.01%]		1.1% [1.00% - 1.11%]	
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0% [3.49% - 8.47%]		5.5% [5.41% - 5.64%]	
% 65+ with tobacco use disorders		10.7% [7.52% - 13.94%]		10.4% [10.23% - 10.54%]	
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.4% [7.69% - 13.11%]		12.0% [11.89% - 12.19%]	
% 65+ with diabetes		30.6% [26.09% - 35.04%]		28.2% [27.97% - 28.41%]	
% 65+ with stroke		9.0% [6.50% - 11.45%]		10.8% [10.64% - 10.92%]	
% 65+ with chronic obstructive pulmonary disease		20.5% [16.98% - 24.10%]		20.5% [20.36% - 20.73%]	
% 65+ with asthma	W	17.9% [14.52% - 21.33%]		13.0% [12.89% - 13.21%]	
% 65+ with hypertension		74.5% [70.45% - 78.62%]		70.2% [70.02% - 70.46%]	
% 65+ ever had a heart attack		4.2% [2.49% - 5.96%]		4.5% [4.37% - 4.56%]	
% 65+ with ischemic heart disease		30.5% [26.11% - 34.88%]		34.3% [34.12% - 34.58%]	
% 65+ with congestive heart failure		17.2% [13.72% - 20.64%]		17.7% [17.57% - 17.93%]	
% 65+ with atrial fibrillation		14.1% [11.17% - 17.10%]		14.4% [14.28% - 14.60%]	
% 65+ with peripheral vascular disease		14.1% [10.98% - 17.14%]		14.7% [14.51% - 14.84%]	
% 65+ with osteoarthritis/rheumatoid arthritis		53.6% [48.58% - 58.56%]		49.1% [48.82% - 49.32%]	
% 65+ with osteoporosis		16.3% [13.19% - 19.44%]		17.4% [17.22% - 17.57%]	
% 65+ with leukemias and lymphomas		2.0% [1.43% - 2.50%]		2.0% [1.91% - 2.05%]	
% 65+ with lung cancer		1.7% [1.19% - 2.15%]		1.6% [1.54% - 1.66%]	
% 65+ with colon cancer		2.1% [1.57% - 2.63%]		2.4% [2.37% - 2.51%]	
% 65+ women with breast cancer		8.2% [4.93% - 11.55%]		9.8% [9.59% - 9.96%]	
% 65+ women with endometrial cancer	B	1.0% [0.51% - 1.55%]		1.7% [1.60% - 1.76%]	
% 65+ men with prostate cancer		12.3% [8.23% - 16.36%]		11.5% [11.24% - 11.68%]	
% 65+ with benign prostatic hyperplasia		36.6% [30.43% - 42.70%]		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		18.9% [15.48% - 22.42%]		20.8% [20.62% - 20.99%]	
% 65+ with anemia		37.3% [33.07% - 41.63%]		37.3% [37.12% - 37.57%]	
% 65+ with chronic kidney disease		23.9% [19.85% - 27.88%]		22.3% [22.14% - 22.54%]	
% 65+ with liver diseases		5.7% [3.50% - 7.96%]		6.9% [6.75% - 6.99%]	
% 65+ with fibromyalgia, chronic pain and fatigue		16.5% [12.93% - 20.00%]		18.6% [18.42% - 18.80%]	
% 65+ with migraine and other chronic headache		3.4% [2.65% - 4.08%]		4.0% [3.95% - 4.15%]	
% 65+ with epilepsy		2.4% [1.77% - 3.02%]		2.1% [2.00% - 2.14%]	
% 65+ with traumatic brain injury		1.4% [0.93% - 1.87%]		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		23.8%	[20.05% - 27.46%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		58.6%	[54.03% - 63.08%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.5%	[4.14% - 8.81%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		55.4%	[50.89% - 59.94%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.0%	[8.03% - 14.05%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		15.0%	[11.78% - 18.27%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[0.30% - 0.88%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.34% - 3.68%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		9.4%	[7.22% - 11.53%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		6.4%	[4.58% - 8.20%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.2%	[95.16% - 99.25%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		2.7%	[0.42% - 4.95%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.2	[6.5 - 7.9]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		559	[457 - 662]	572	[566 - 578]
Part D monthly prescription fills per person per year		50.6	[46.6 - 54.6]	49.1	[48.9 - 49.3]
Home health visits per year		1.8	[1.0 - 2.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.3	[1.8 - 2.9]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	312	[241 - 382]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	[10.28% - 18.83%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		77	[48 - 106]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.8%	[2.42% - 5.25%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.1%	[74.98% - 85.29%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		83.0%	[76.70% - 89.27%]	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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