Somersworth (Strafford)

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	W	5.6%	[4.41% - 6.79%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		77.2%	[71.88% - 82.42%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	[20.70% - 30.08%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		61.9%	[56.78% - 67.11%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		21.6%	[17.30% - 25.99%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		69.3%	[63.77% - 74.86%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.2%	[8.20% - 16.12%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.7%	[1.97% - 3.44%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.4%	[9.77% - 17.03%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		9.8%	[6.72% - 12.96%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.0%	[86.69% - 93.30%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		44.3%	[37.40% - 51.26%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		61.6%	[55.70% - 67.48%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		79.8%	[74.25% - 85.27%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening	B	98.6%	[97.60% - 99.62%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		78.2%	[71.82% - 84.65%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening	B	83.6%	[79.65% - 87.51%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		10.9%	[6.80% - 14.92%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.4%	[3.67% - 9.06%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		26.9%	[21.43% - 32.45%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		80.0%	[74.86% - 85.24%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	[18.16% - 27.28%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.4%	[18.97% - 29.90%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	21.5%	[19.06% - 23.88%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		73.1%	[70.69% - 75.58%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		10.6%	[7.04% - 14.23%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		6.9%	[4.15% - 9.70%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	W	32.3%	[29.78% - 34.81%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	26.0%	[23.47% - 28.55%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.8%	[2.79% - 4.88%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder	W	2.7%	[1.79% - 3.68%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		6.1%	[4.95% - 7.28%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.0%	[0.44% - 1.56%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		7.0%	[5.41% - 8.53%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	14.3%	[12.18% - 16.35%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.6%	[10.74% - 14.37%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	36.0%	[33.22% - 38.83%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.5%	[8.90% - 12.14%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	27.0%	[24.60% - 29.33%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	W	15.8%	[13.88% - 17.77%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		72.5%	[70.08% - 75.01%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.2%	[4.01% - 6.32%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	38.1%	[35.34% - 40.94%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	20.4%	[18.15% - 22.65%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.4%	[12.51% - 16.20%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		16.4%	[14.29% - 18.43%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		50.0%	[47.12% - 52.98%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		17.6%	[15.59% - 19.58%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.0%	[1.29% - 2.78%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		2.1%	[1.43% - 2.79%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.7%	[1.91% - 3.41%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.6%	[6.64% - 10.54%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.7%	[0.84% - 2.47%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	B	8.7%	[6.39% - 10.93%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		38.6%	[34.59% - 42.64%]	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		20.3%	[18.17% - 22.44%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		35.7%	[33.15% - 38.28%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	27.6%	[25.05% - 30.14%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	W	9.0%	[7.34% - 10.59%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	26.6%	[24.09% - 29.20%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.4%	[3.32% - 5.50%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.7%	[1.87% - 3.55%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.6%	[0.98% - 2.26%]	1.1%	[1.06% - 1.16%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma		22.6%	[20.39% - 24.82%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.2%	[51.48% - 56.91%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		8.8%	[7.18% - 10.36%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	60.2%	[57.52% - 62.88%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	12.8%	[10.90% - 14.67%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	[13.63% - 17.67%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	[0.64% - 1.78%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.4%	[2.46% - 4.34%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	3.7%	[2.81% - 4.65%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	10.0%	[8.51% - 11.42%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor	B	98.2%	[97.04% - 99.35%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.2%	[1.81% - 6.62%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.0	[6.6 - 7.4]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	666	[592 - 741]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	54.5	[51.6 - 57.4]	49.1	[48.9 - 49.3]
Home health visits per year	*	3.3	[2.6 - 4.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	3.1	[2.7 - 3.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		244	[205 - 282]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	[9.98% - 19.74%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		88	[68 - 107]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.5%	[2.65% - 4.44%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.1%	[75.21% - 85.02%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	B	83.1%	[78.77% - 87.48%]	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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