

Belmont (Belknap)



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		3.7%	[2.56% - 4.87%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		71.7%	[66.07% - 77.43%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	[16.28% - 27.37%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		56.3%	[49.68% - 63.00%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		16.7%	[11.81% - 21.52%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		58.8%	[52.38% - 65.29%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		9.6%	[5.91% - 13.28%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.2%	[2.48% - 3.91%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		17.8%	[12.95% - 22.68%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.4%	[7.88% - 17.01%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.8%	[87.20% - 94.31%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.0%	[30.68% - 45.23%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.8%	[52.42% - 65.27%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.1%	[71.00% - 83.26%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		93.2%	[89.86% - 96.51%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		76.5%	[69.05% - 84.05%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening	W	69.3%	[63.26% - 75.44%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.2%	[5.34% - 13.06%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.5%	[7.07% - 15.90%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		31.2%	[25.44% - 36.98%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		68.9%	[62.99% - 74.71%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	[11.90% - 21.75%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		27.5%	[21.58% - 33.39%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		14.5%	[12.14% - 16.79%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		72.9%	[70.06% - 75.76%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		11.0%	[6.81% - 15.22%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		6.9%	[3.47% - 10.23%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		27.0%	[24.25% - 29.79%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		21.4%	[18.71% - 24.08%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.3%	[1.62% - 3.00%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.7%	[1.09% - 2.35%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	[2.90% - 4.55%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.8%	[0.41% - 1.24%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.6%	[4.06% - 7.15%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	12.9%	[10.63% - 15.09%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	8.7%	[6.96% - 10.42%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		31.0%	[27.93% - 34.07%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		9.9%	[8.12% - 11.75%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	23.6%	[21.01% - 26.28%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.8%	[10.70% - 14.83%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	73.6%	[70.76% - 76.45%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.4%	[3.12% - 5.58%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.0%	[30.85% - 37.07%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		16.7%	[14.35% - 19.05%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.4%	[11.32% - 15.45%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		16.7%	[14.33% - 19.07%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.1%	[40.77% - 47.39%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	14.0%	[11.90% - 16.07%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas	B	1.3%	[0.81% - 1.81%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		2.1%	[1.45% - 2.65%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.8%	[2.15% - 3.53%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		10.3%	[7.76% - 12.79%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.7%	[0.92% - 2.50%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.1%	[7.34% - 12.83%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		39.2%	[34.65% - 43.73%]	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	B	15.7%	[13.44% - 17.93%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		35.2%	[32.22% - 38.15%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		20.6%	[18.01% - 23.19%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.5%	[4.93% - 8.16%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.8%	[14.38% - 19.29%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache	B	3.1%	[2.26% - 3.89%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.9%	[1.26% - 2.58%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.6%	[0.28% - 0.99%]	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	16.9%	[14.57% - 19.15%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.3%	[51.16% - 57.48%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.2%	[4.62% - 7.77%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		53.0%	[49.87% - 56.19%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		10.1%	[8.10% - 12.08%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	[11.22% - 15.54%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[0.29% - 0.95%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.7%	[2.00% - 3.39%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	10.6%	[8.97% - 12.30%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		9.0%	[7.49% - 10.58%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		93.5%	[90.51% - 96.54%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		6.5%	[2.85% - 10.24%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	6.9	[6.4 - 7.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		588	[507 - 669]	572	[566 - 578]
Part D monthly prescription fills per person per year		50.7	[47.9 - 53.5]	49.1	[48.9 - 49.3]
Home health visits per year		2.0	[1.4 - 2.5]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.9	[2.4 - 3.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		255	[210 - 301]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		15.8%	[10.44% - 21.26%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		91	[65 - 116]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.1%	[1.28% - 2.82%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	70.4%	[64.65% - 76.23%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	W	66.1%	[60.08% - 72.19%]	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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