Swanzey (Cheshire)

TUFTS Health Plan F O U N D A T I O N

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%	[3.04% - 4.76%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		77.1%	[71.88% - 82.37%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	[20.21% - 30.99%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		62.7%	[56.76% - 68.67%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		21.0%	[16.05% - 26.00%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.4%	[59.50% - 71.24%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		8.0%	[4.71% - 11.25%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.0%	[2.38% - 3.72%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		18.1%	[13.14% - 23.05%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		13.1%	[8.54% - 17.68%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year	W	79.2%	[74.09% - 84.34%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		39.6%	[32.26% - 46.93%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.1%	[51.87% - 64.30%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		74.2%	[67.79% - 80.57%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.0%	[92.51% - 97.48%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		75.0%	[68.54% - 81.41%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		71.4%	[65.66% - 77.21%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		16.7%	[11.75% - 21.63%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		7.2%	[4.18% - 10.20%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		29.6%	[24.15% - 35.05%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	66.1%	[60.24% - 71.93%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	[17.09% - 27.23%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		31.4%	[25.24% - 37.53%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	21.3%	[19.16% - 23.40%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	B	66.6%	[64.31% - 68.99%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		10.1%	[6.62% - 13.64%]	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		9.9%	[5.90% - 13.95%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		30.4%	[28.19% - 32.64%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		20.9%	[18.83% - 23.01%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.7%	[1.08% - 2.22%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.2%	[0.70% - 1.72%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	[1.91% - 3.23%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.6%	[0.26% - 1.01%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	[3.48% - 5.63%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	14.1%	[12.30% - 15.96%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	22.6%	[20.52% - 24.64%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		29.1%	[26.71% - 31.39%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	B	9.2%	[7.82% - 10.52%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		21.5%	[19.57% - 23.51%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	11.1%	[9.57% - 12.58%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		69.9%	[67.63% - 72.21%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.3%	[4.26% - 6.35%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		36.1%	[33.64% - 38.53%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	20.9%	[18.92% - 22.97%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.5%	[11.86% - 15.08%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.5%	[13.71% - 17.26%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	[46.26% - 51.47%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	15.3%	[13.59% - 16.92%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.5%	[1.01% - 2.07%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.2%	[0.72% - 1.59%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.5%	[1.86% - 3.12%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.3%	[7.42% - 11.16%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		2.0%	[1.23% - 2.77%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	B	9.2%	[7.17% - 11.24%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	30.4%	[27.17% - 33.70%]	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	B	18.4%	[16.59% - 20.28%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	40.9%	[38.51% - 43.26%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		23.6%	[21.43% - 25.69%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.4%	[5.15% - 7.61%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	[13.26% - 16.90%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.9%	[3.02% - 4.81%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.7%	[1.09% - 2.22%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.5%	[0.19% - 0.77%]	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	B	19.8%	[17.88% - 21.69%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.9%	[59.53% - 64.36%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.8%	[5.54% - 8.08%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		54.5%	[52.06% - 56.96%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.9%	[10.26% - 13.62%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	[11.66% - 14.99%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.34% - 1.02%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.6%	[2.77% - 4.35%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	10.2%	[8.89% - 11.43%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	9.5%	[8.28% - 10.75%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		94.6%	[91.78% - 97.51%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		3.3%	[1.16% - 5.46%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	5.6	[5.3 - 5.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		584	[525 - 643]	572	[566 - 578]
Part D monthly prescription fills per person per year		49.2	[47.1 - 51.4]	49.1	[48.9 - 49.3]
Home health visits per year		2.0	[1.6 - 2.5]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.0	[1.7 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		210	[180 - 240]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.5%	[10.53% - 18.45%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	[44 - 73]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.4%	[2.64% - 4.16%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		77.1%	[72.03% - 82.23%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		75.0%	[69.58% - 80.44%]	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 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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