

Tilton (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		4.3%	[3.19% - 5.42%]	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		3.8%	[3.01% - 4.50%]	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		14.8%	[12.55% - 17.12%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		74.0%	[71.35% - 76.70%]	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	W	31.8%	[29.04% - 34.57%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		20.6%	[18.09% - 23.20%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.4%	[2.60% - 4.20%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.5%	[0.90% - 2.03%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		5.8%	[4.83% - 6.85%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.8%	[0.37% - 1.19%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.8%	[5.21% - 8.44%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	13.4%	[11.22% - 15.59%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.4%	[10.49% - 14.31%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	32.7%	[29.73% - 35.65%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		12.1%	[10.23% - 14.00%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	24.5%	[21.98% - 27.01%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.8%	[10.85% - 14.79%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	74.2%	[71.51% - 76.87%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.6%	[4.31% - 6.94%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	39.4%	[36.29% - 42.42%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	22.0%	[19.47% - 24.50%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.3%	[12.30% - 16.32%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	W	18.0%	[15.60% - 20.31%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.2%	[41.10% - 47.37%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	12.9%	[11.01% - 14.85%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.0%	[1.40% - 2.64%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.20% - 2.27%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.7%	[2.07% - 3.38%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		7.8%	[5.61% - 9.93%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		2.1%	[1.31% - 2.90%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		9.3%	[6.90% - 11.74%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		34.0%	[30.04% - 38.05%]	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	17.2%	[14.99% - 19.48%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		37.8%	[34.99% - 40.70%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		21.5%	[18.95% - 24.05%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		8.1%	[6.33% - 9.82%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	[14.71% - 19.40%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.5%	[2.74% - 4.36%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.8%	[2.13% - 3.57%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.47% - 1.26%]	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	19.3%	[16.99% - 21.56%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.7%	[51.73% - 57.72%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.4%	[4.92% - 7.95%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		57.3%	[54.34% - 60.29%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.7%	[7.85% - 11.55%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	[11.38% - 15.49%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.43% - 1.15%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.8%	[2.96% - 4.60%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.3%	[6.82% - 9.72%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	9.4%	[7.89% - 10.96%]	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	*	4.9	[4.6 - 5.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		606	[537 - 675]	572	[566 - 578]
Part D monthly prescription fills per person per year		49.9	[47.1 - 52.7]	49.1	[48.9 - 49.3]
Home health visits per year		2.3	[1.7 - 2.9]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.2	[1.8 - 2.6]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		243	[206 - 280]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	[8.44% - 16.66%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		97	[73 - 120]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.7%	[2.74% - 4.74%]	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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