

## Berlin (Coös)



| HEALTHY AGING INDICATORS                                       | BETTER /<br>WORSE<br>STATE<br>RATE <sup>1</sup> | COMMUNITY<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> | STATE<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> |
|--|---|-----------------------|---------------------------------|-------------------|---------------------------------|
| <b>POPULATION CHARACTERISTICS</b>                              |   |                       |                                 |                   |                                 |
| Age-sex adjusted 1-year mortality rate                         |   | 4.9%                  | [ 3.98% - 5.82% ]               | 4.1%              | [ 4.02% - 4.19% ]               |
| <b>WELLNESS &amp; PREVENTION</b>                               |   |                       |                                 |                   |                                 |
| % 60+ with any physical activity within last month             | W   | 64.7%                 | [ 56.39% - 72.94% ]             | 74.5%             | [ 73.36% - 75.59% ]             |
| % 60+ met CDC guidelines for muscle-strengthening activity     | W   | 17.7%                 | [ 10.97% - 24.49% ]             | 26.0%             | [ 24.93% - 27.14% ]             |
| % 60+ met CDC guidelines for aerobic physical activity         |   | 61.2%                 | [ 52.39% - 69.91% ]             | 58.6%             | [ 57.33% - 59.82% ]             |
| % 60+ met CDC guidelines for both types of physical activities | W   | 12.7%                 | [ 6.86% - 18.54% ]              | 19.9%             | [ 18.92% - 20.93% ]             |
| % 60+ getting recommended hours of sleep                       |   | 64.2%                 | [ 56.93% - 71.55% ]             | 66.4%             | [ 65.16% - 67.60% ]             |
| % 60+ injured in a fall within last 12 months                  |   | 11.3%                 | [ 6.29% - 16.28% ]              | 10.4%             | [ 9.65% - 11.16% ]              |
| % 65+ had hip fracture   |   | 3.7%                  | [ 3.06% - 4.39% ]               | 3.3%              | [ 3.19% - 3.34% ]               |
| % 60+ with self-reported fair or poor health status            |   | 24.8%                 | [ 16.88% - 32.69% ]             | 16.5%             | [ 15.54% - 17.40% ]             |
| % 60+ with 15+ physically unhealthy days last month            |   | 15.2%                 | [ 8.66% - 21.67% ]              | 12.5%             | [ 11.69% - 13.37% ]             |
| % 60+ with physical exam/check-up in past year                 |   | 90.7%                 | [ 86.70% - 94.79% ]             | 86.5%             | [ 85.66% - 87.39% ]             |
| % 60+ met CDC preventive health screening goals                | W   | 26.9%                 | [ 19.00% - 34.80% ]             | 40.3%             | [ 38.77% - 41.81% ]             |
| % 60+ flu shot past year                                       |   | 63.0%                 | [ 55.02% - 70.98% ]             | 59.3%             | [ 58.06% - 60.63% ]             |
| % 65+ with pneumonia vaccine                                   |   | 80.2%                 | [ 72.35% - 88.08% ]             | 77.8%             | [ 76.56% - 79.12% ]             |
| % 60+ with cholesterol screening                               |   | 92.3%                 | [ 87.29% - 97.26% ]             | 95.3%             | [ 94.78% - 95.82% ]             |
| % 60+ women with a mammogram within last 2 years               |   | 75.9%                 | [ 68.28% - 83.58% ]             | 79.3%             | [ 77.96% - 80.69% ]             |
| % 60+ with colorectal cancer screening                         |   | 69.1%                 | [ 60.73% - 77.49% ]             | 77.0%             | [ 75.92% - 78.16% ]             |
| % 60+ with HIV test  |   | 9.9%                  | [ 4.75% - 15.13% ]              | 13.5%             | [ 12.50% - 14.41% ]             |
| % 60+ current smokers  |   | 11.1%                 | [ 5.37% - 16.84% ]              | 8.1%              | [ 7.38% - 8.79% ]               |
| <b>Oral Health</b>   |   |                       |                                 |                   |                                 |
| % 60+ with loss of 6 or more teeth                             | W   | 43.3%                 | [ 35.59% - 51.09% ]             | 29.0%             | [ 27.79% - 30.12% ]             |
| % 60+ with annual dental exam                                  | W   | 60.2%                 | [ 52.89% - 67.54% ]             | 75.7%             | [ 74.65% - 76.84% ]             |
| <b>NUTRITION/DIET</b>  |   |                       |                                 |                   |                                 |
| % 60+ with 5 or more servings of fruit or vegetables per day   |   | 13.9%                 | [ 7.84% - 20.03% ]              | 20.2%             | [ 19.23% - 21.21% ]             |
| % 60+ self-reported obese                                      |   | 26.2%                 | [ 18.73% - 33.75% ]             | 27.2%             | [ 26.03% - 28.35% ]             |
| % 65+ clinically diagnosed obese                               |   | 17.0%                 | [ 15.15% - 18.82% ]             | 16.7%             | [ 16.56% - 16.94% ]             |
| % 65+ with high cholesterol                                    | W   | 77.7%                 | [ 75.77% - 79.71% ]             | 72.2%             | [ 72.01% - 72.44% ]             |
| % 60+ excessive drinking                                       |   | 7.2%                  | [ 2.21% - 12.11% ]              | 9.2%              | [ 8.45% - 9.94% ]               |

| HEALTHY AGING INDICATORS  | BETTER /<br>WORSE<br>STATE<br>RATE <sup>1</sup> | COMMUNITY<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> | STATE<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> |
|---|---|-----------------------|---------------------------------|-------------------|---------------------------------|
| <b>BEHAVIORAL HEALTH</b>  |   |                       |                                 |                   |                                 |
| % 60+ with 15+ days poor mental health last month               |   | 8.1%                  | [ 2.98% - 13.28% ]              | 6.9%              | [ 6.29% - 7.61% ]               |
| % 65+ with depression   |   | 30.6%                 | [ 28.46% - 32.71% ]             | 28.8%             | [ 28.59% - 29.01% ]             |
| % 65+ with anxiety disorders                                    |   | 21.2%                 | [ 19.27% - 23.15% ]             | 21.9%             | [ 21.74% - 22.15% ]             |
| % 65+ with bipolar disorders                                    | B   | 1.7%                  | [ 1.20% - 2.21% ]               | 3.1%              | [ 2.97% - 3.14% ]               |
| % 65+ with post-traumatic stress disorder                       |   | 1.3%                  | [ 0.88% - 1.80% ]               | 1.4%              | [ 1.35% - 1.48% ]               |
| % 65+ with schizophrenia & other psychotic disorders            |   | 4.5%                  | [ 3.68% - 5.22% ]               | 4.9%              | [ 4.81% - 5.02% ]               |
| % 65+ with personality disorders                                | B   | 0.5%                  | [ 0.22% - 0.78% ]               | 1.1%              | [ 1.00% - 1.11% ]               |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) |   | 5.8%                  | [ 4.71% - 6.99% ]               | 5.5%              | [ 5.41% - 5.64% ]               |
| % 65+ with tobacco use disorders                                |   | 10.4%                 | [ 8.90% - 11.94% ]              | 10.4%             | [ 10.23% - 10.54% ]             |
| <b>CHRONIC DISEASE</b>  |   |                       |                                 |                   |                                 |
| % 65+ with Alzheimer's disease or related dementias             | W   | 14.7%                 | [ 13.07% - 16.35% ]             | 12.0%             | [ 11.89% - 12.19% ]             |
| % 65+ with diabetes   | W   | 35.0%                 | [ 32.71% - 37.32% ]             | 28.2%             | [ 27.97% - 28.41% ]             |
| % 65+ with stroke   | W   | 14.0%                 | [ 12.43% - 15.59% ]             | 10.8%             | [ 10.64% - 10.92% ]             |
| % 65+ with chronic obstructive pulmonary disease                | W   | 24.8%                 | [ 22.82% - 26.79% ]             | 20.5%             | [ 20.36% - 20.73% ]             |
| % 65+ with asthma   |   | 13.8%                 | [ 12.19% - 15.36% ]             | 13.0%             | [ 12.89% - 13.21% ]             |
| % 65+ with hypertension   | W   | 77.7%                 | [ 75.78% - 79.71% ]             | 70.2%             | [ 70.02% - 70.46% ]             |
| % 65+ ever had a heart attack                                   |   | 5.4%                  | [ 4.35% - 6.41% ]               | 4.5%              | [ 4.37% - 4.56% ]               |
| % 65+ with ischemic heart disease                               | W   | 40.1%                 | [ 37.76% - 42.47% ]             | 34.3%             | [ 34.12% - 34.58% ]             |
| % 65+ with congestive heart failure                             |   | 18.8%                 | [ 16.96% - 20.64% ]             | 17.7%             | [ 17.57% - 17.93% ]             |
| % 65+ with atrial fibrillation                                  |   | 15.0%                 | [ 13.37% - 16.62% ]             | 14.4%             | [ 14.28% - 14.60% ]             |
| % 65+ with peripheral vascular disease                          | W   | 25.5%                 | [ 23.45% - 27.57% ]             | 14.7%             | [ 14.51% - 14.84% ]             |
| % 65+ with osteoarthritis/rheumatoid arthritis                  |   | 47.8%                 | [ 45.41% - 50.24% ]             | 49.1%             | [ 48.82% - 49.32% ]             |
| % 65+ with osteoporosis   |   | 17.9%                 | [ 16.13% - 19.59% ]             | 17.4%             | [ 17.22% - 17.57% ]             |
| % 65+ with leukemias and lymphomas                              |   | 1.6%                  | [ 1.15% - 2.10% ]               | 2.0%              | [ 1.91% - 2.05% ]               |
| % 65+ with lung cancer  |   | 1.5%                  | [ 1.09% - 1.97% ]               | 1.6%              | [ 1.54% - 1.66% ]               |
| % 65+ with colon cancer   |   | 3.1%                  | [ 2.44% - 3.66% ]               | 2.4%              | [ 2.37% - 2.51% ]               |
| % 65+ women with breast cancer                                  | B   | 7.4%                  | [ 5.87% - 9.00% ]               | 9.8%              | [ 9.59% - 9.96% ]               |
| % 65+ women with endometrial cancer                             |   | 1.2%                  | [ 0.66% - 1.69% ]               | 1.7%              | [ 1.60% - 1.76% ]               |
| % 65+ men with prostate cancer                                  |   | 10.4%                 | [ 8.24% - 12.57% ]              | 11.5%             | [ 11.24% - 11.68% ]             |
| % 65+ with benign prostatic hyperplasia                         | B   | 32.3%                 | [ 28.95% - 35.60% ]             | 36.8%             | [ 36.47% - 37.14% ]             |
| % 65+ with HIV/AIDS   |   | 0.05%                 | [ 0.02% - 0.08% ]               | 0.05%             | [ 0.04% - 0.06% ]               |
| % 65+ with hypothyroidism                                       |   | 20.5%                 | [ 18.63% - 22.33% ]             | 20.8%             | [ 20.62% - 20.99% ]             |
| % 65+ with anemia   | W   | 40.4%                 | [ 38.14% - 42.66% ]             | 37.3%             | [ 37.12% - 37.57% ]             |
| % 65+ with chronic kidney disease                               | W   | 26.4%                 | [ 24.32% - 28.51% ]             | 22.3%             | [ 22.14% - 22.54% ]             |
| % 65+ with liver diseases                                       |   | 8.0%                  | [ 6.73% - 9.36% ]               | 6.9%              | [ 6.75% - 6.99% ]               |
| % 65+ with fibromyalgia, chronic pain and fatigue               | W   | 24.3%                 | [ 22.26% - 26.36% ]             | 18.6%             | [ 18.42% - 18.80% ]             |
| % 65+ with migraine and other chronic headache                  | B   | 3.0%                  | [ 2.30% - 3.60% ]               | 4.0%              | [ 3.95% - 4.15% ]               |
| % 65+ with epilepsy   |   | 2.5%                  | [ 1.94% - 3.15% ]               | 2.1%              | [ 2.00% - 2.14% ]               |
| % 65+ with traumatic brain injury                               | B   | 0.6%                  | [ 0.35% - 0.94% ]               | 1.1%              | [ 1.06% - 1.16% ]               |

| HEALTHY AGING INDICATORS   | BETTER /<br>WORSE<br>STATE<br>RATE <sup>1</sup> | COMMUNITY<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> | STATE<br>ESTIMATE | MARGIN OF<br>ERROR <sup>2</sup> |
|--|---|-----------------------|---------------------------------|-------------------|---------------------------------|
| % 65+ with autism spectrum disorders                             |   |                       | N/A                             | 0.03%             | [ 0.02% - 0.04% ]               |
| % 65+ with glaucoma  |   | 22.9%                 | [ 20.97% - 24.81% ]             | 22.9%             | [ 22.74% - 23.13% ]             |
| % 65+ with cataract  | W   | 65.8%                 | [ 63.60% - 68.08% ]             | 61.2%             | [ 61.00% - 61.47% ]             |
| % 65+ with pressure ulcer or chronic ulcer                       |   | 6.3%                  | [ 5.14% - 7.44% ]               | 7.1%              | [ 6.99% - 7.24% ]               |
| % 65+ with 4+ (out of 15) chronic conditions                     | W   | 61.8%                 | [ 59.54% - 64.09% ]             | 54.4%             | [ 54.19% - 54.66% ]             |
| % 65+ with 0 chronic conditions                                  | W   | 7.4%                  | [ 6.12% - 8.66% ]               | 10.3%             | [ 10.12% - 10.42% ]             |
| <b>LIVING WITH DISABILITY</b>                                    |   |                       |                                 |                   |                                 |
| % 65+ with clinical diagnosis of deafness or hearing impairment  | W   | 17.4%                 | [ 15.67% - 19.20% ]             | 14.4%             | [ 14.23% - 14.56% ]             |
| % 65+ with clinical diagnosis of blindness or visual impairment  | B   | 0.4%                  | [ 0.15% - 0.59% ]               | 0.9%              | [ 0.81% - 0.90% ]               |
| % 65+ with clinical diagnosis of mobility impairments            |   | 3.8%                  | [ 3.08% - 4.53% ]               | 3.2%              | [ 3.14% - 3.31% ]               |
| <b>ACCESS TO CARE</b>  |   |                       |                                 |                   |                                 |
| Medicare (65+ population)  |   |                       |                                 |                   |                                 |
| % Medicare managed care enrollees                                | *   | 1.2%                  | [ 0.69% - 1.62% ]               | 7.9%              | [ 7.8% - 8.02% ]                |
| % dually eligible for Medicare and Medicaid                      | *   | 16.9%                 | [ 15.22% - 18.51% ]             | 7.5%              | [ 7.40% - 7.62% ]               |
| % 60+ with a regular doctor                                      |   | 93.8%                 | [ 90.54% - 97.15% ]             | 95.8%             | [ 95.34% - 96.33% ]             |
| % 60+ who did not see doctor when needed due to cost             |   | 8.2%                  | [ 4.12% - 12.35% ]              | 5.4%              | [ 4.75% - 5.97% ]               |
| <b>SERVICE UTILIZATION</b>                                       |   |                       |                                 |                   |                                 |
| Physician visits per year  | *   | 1.5                   | [ 1.4 - 1.7 ]                   | 6.3               | [ 6.2 - 6.3 ]                   |
| Emergency room visits/1000 persons 65+ years per year            | *   | 781                   | [ 713 - 849 ]                   | 572               | [ 566 - 578 ]                   |
| Part D monthly prescription fills per person per year            | *   | 61.4                  | [ 58.7 - 64.1 ]                 | 49.1              | [ 48.9 - 49.3 ]                 |
| Home health visits per year                                      |   | 2.6                   | [ 2.0 - 3.1 ]                   | 2.5               | [ 2.4 - 2.5 ]                   |
| Durable medical equipment claims per year                        | *   | 2.8                   | [ 2.5 - 3.1 ]                   | 2.0               | [ 2.0 - 2.0 ]                   |
| Inpatient hospital stays/1000 persons 65+ years per year         | *   | 300                   | [ 263 - 338 ]                   | 237               | [ 234 - 241 ]                   |
| Medicare inpatient hospital readmissions (as % of admissions)    |   | 14.8%                 | [ 10.75% - 18.81% ]             | 15.8%             | [ 15.41% - 16.22% ]             |
| # skilled nursing facility stays/1000 persons 65+ years per year | *   | 126                   | [ 103 - 148 ]                   | 76                | [ 74 - 77 ]                     |
| % 65+ getting Medicaid long term services and supports           | *   | 8.9%                  | [ 7.68% - 10.19% ]              | 3.7%              | [ 3.59% - 3.74% ]               |
| <b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>                |   |                       |                                 |                   |                                 |
| % 60+ who used Internet in last month                            | *   | 61.3%                 | [ 53.21% - 69.43% ]             | 77.6%             | [ 76.53% - 78.64% ]             |
| <b>SAFETY &amp; TRANSPORTATION</b>                               |   |                       |                                 |                   |                                 |
| % 60+ who always drive wearing a seatbelt                        | W   | 60.7%                 | [ 53.15% - 68.28% ]             | 77.1%             | [ 76.02% - 78.18% ]             |

Notes. <sup>1</sup> Community-state differences where the margin of error do not overlap each other are noted B, W, or \*.

<sup>2</sup> All community and state margins of error are 95% confidence intervals.

<sup>3</sup> 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.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)