Wilton (Hillsborough)

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		4.0%	[2.24% - 5.70%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.5%	[63.78% - 77.18%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	[24.08% - 36.74%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		55.8%	[48.91% - 62.78%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		23.3%	[17.48% - 29.12%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		70.4%	[64.13% - 76.71%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		10.0%	[5.95% - 14.09%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.7%	[2.12% - 3.32%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.3%	[9.21% - 19.38%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.6%	[6.15% - 15.03%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.2%	[78.72% - 89.58%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		45.2%	[36.41% - 53.94%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		60.7%	[53.42% - 68.07%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		84.2%	[78.18% - 90.18%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening	B	98.2%	[96.89% - 99.44%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		79.9%	[72.36% - 87.52%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		74.1%	[67.52% - 80.75%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		11.4%	[6.01% - 16.84%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers	B	2.7%	[0.98% - 4.33%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		26.4%	[20.13% - 32.58%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	B	84.2%	[79.36% - 89.14%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	[16.47% - 28.07%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		23.9%	[17.62% - 30.21%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		14.7%	[11.29% - 18.14%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		70.0%	[65.70% - 74.21%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		10.9%	[6.08% - 15.65%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month	B	3.4%	[0.72% - 6.12%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		25.4%	[21.53% - 29.22%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		20.8%	[17.00% - 24.58%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.7%	[2.02% - 3.44%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		0.9%	[0.53% - 1.37%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[2.76% - 4.22%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.9%	[0.45% - 1.29%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.3%	[2.52% - 6.01%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		8.7%	[5.95% - 11.51%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		11.1%	[8.38% - 13.76%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	20.7%	[16.97% - 24.44%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.4%	[7.81% - 13.01%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		18.3%	[14.89% - 21.66%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		11.8%	[8.97% - 14.72%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		67.8%	[63.47% - 72.13%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.5%	[2.75% - 6.19%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		32.5%	[28.17% - 36.93%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		16.0%	[12.71% - 19.20%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.2%	[11.18% - 17.25%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		13.3%	[10.28% - 16.31%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	[44.02% - 53.68%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	14.2%	[11.18% - 17.16%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.1%	[1.52% - 2.76%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.18% - 2.18%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.47% - 2.51%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.1%	[5.73% - 12.52%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer	B	1.0%	[0.47% - 1.51%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		14.0%	[9.38% - 18.61%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		39.6%	[32.92% - 46.20%]	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	17.1%	[13.78% - 20.37%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		34.6%	[30.35% - 38.77%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		23.9%	[19.95% - 27.92%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.1%	[3.86% - 8.36%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	[13.20% - 20.16%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.4%	[2.64% - 4.18%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.5%	[1.03% - 2.02%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.47% - 1.25%]	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		22.1%	[18.50% - 25.79%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	66.9%	[62.49% - 71.34%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	B	4.9%	[3.06% - 6.67%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	46.8%	[42.35% - 51.35%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.9%	[8.75% - 15.05%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		11.8%	[8.83% - 14.70%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[0.21% - 0.70%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	[1.83% - 3.03%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		6.3%	[4.34% - 8.20%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		5.9%	[4.06% - 7.82%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.2%	[95.00% - 99.45%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.9%	[1.97% - 7.77%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.8	[6.2 - 7.4]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	402	[325 - 479]	572	[566 - 578]
Part D monthly prescription fills per person per year		46.7	[42.7 - 50.7]	49.1	[48.9 - 49.3]
Home health visits per year		2.1	[1.3 - 3.0]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.7	[1.3 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	185	[138 - 232]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	[3.93% - 19.48%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		60	[34 - 86]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.6%	[2.14% - 5.12%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		83.8%	[78.31% - 89.25%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		79.8%	[73.84% - 85.71%]	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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