

## Windham (Rockingham)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Age-sex adjusted 1-year mortality rate		4.3%	[ 3.29% - 5.24% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		75.1%	[ 67.75% - 82.37% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	[ 21.97% - 35.01% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		61.7%	[ 54.70% - 68.68% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		20.5%	[ 14.69% - 26.27% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		64.8%	[ 57.41% - 72.21% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		9.5%	[ 5.38% - 13.72% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture	B	2.5%	[ 2.01% - 2.90% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		14.3%	[ 9.24% - 19.28% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		9.5%	[ 4.92% - 14.04% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		90.4%	[ 85.97% - 94.87% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		46.3%	[ 37.02% - 55.68% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		56.8%	[ 48.86% - 64.82% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		74.7%	[ 66.95% - 82.52% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		97.6%	[ 95.75% - 99.36% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years	B	93.4%	[ 89.23% - 97.64% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		81.1%	[ 74.47% - 87.74% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		9.9%	[ 4.86% - 14.91% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		7.9%	[ 3.37% - 12.43% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		25.4%	[ 18.93% - 31.91% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam	B	82.6%	[ 77.06% - 88.20% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	[ 14.60% - 26.09% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		32.0%	[ 24.42% - 39.63% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		17.2%	[ 15.19% - 19.27% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	W	75.0%	[ 72.73% - 77.21% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		11.2%	[ 6.00% - 16.32% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		5.3%	[ 2.37% - 8.27% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	24.2%	[ 22.11% - 26.34% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	19.0%	[ 16.92% - 21.06% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders	B	2.3%	[ 1.79% - 2.78% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder	B	0.7%	[ 0.44% - 1.03% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	[ 3.36% - 4.53% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders	B	0.6%	[ 0.37% - 0.90% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	4.1%	[ 3.06% - 5.11% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	B	7.1%	[ 5.74% - 8.54% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	9.9%	[ 8.49% - 11.39% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		28.4%	[ 25.93% - 30.79% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		9.5%	[ 8.10% - 10.90% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	B	16.5%	[ 14.67% - 18.27% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma	B	11.0%	[ 9.52% - 12.58% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		70.7%	[ 68.35% - 73.05% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		3.7%	[ 2.74% - 4.59% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		32.0%	[ 29.53% - 34.45% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		16.5%	[ 14.66% - 18.42% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		13.4%	[ 11.78% - 15.10% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	B	11.9%	[ 10.20% - 13.51% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	[ 45.19% - 50.64% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis		16.9%	[ 15.06% - 18.69% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.2%	[ 1.68% - 2.64% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.5%	[ 1.16% - 1.91% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.7%	[ 2.21% - 3.17% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		10.1%	[ 8.06% - 12.12% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.8%	[ 1.27% - 2.36% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		12.3%	[ 9.94% - 14.73% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia	B	32.8%	[ 29.32% - 36.24% ]	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		22.3%	[ 20.21% - 24.33% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		37.0%	[ 34.60% - 39.40% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		22.9%	[ 20.72% - 25.12% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		6.9%	[ 5.57% - 8.29% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.4%	[ 13.57% - 17.32% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		4.0%	[ 3.39% - 4.71% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy	B	1.5%	[ 1.13% - 1.91% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		1.1%	[ 0.80% - 1.49% ]	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		23.9%	[ 21.79% - 25.99% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		61.9%	[ 59.40% - 64.40% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer	B	5.5%	[ 4.37% - 6.63% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	B	51.4%	[ 48.90% - 53.97% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		9.4%	[ 7.86% - 10.97% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	[ 11.98% - 15.51% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[ 0.42% - 0.90% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		2.6%	[ 2.07% - 3.15% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	10.2%	[ 8.87% - 11.44% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	3.5%	[ 2.76% - 4.33% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor	B	99.2%	[ 98.48% - ##### ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		11.0%	[ 5.23% - 16.83% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	7.4	[ 7.1 - 7.8 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	376	[ 333 - 420 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	45.1	[ 43.1 - 47.2 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	1.9	[ 1.4 - 2.3 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.8	[ 1.5 - 2.0 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		209	[ 177 - 241 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		16.7%	[ 11.62% - 21.71% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		59	[ 44 - 75 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	2.7%	[ 2.00% - 3.38% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		80.1%	[ 73.45% - 86.67% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		78.4%	[ 72.01% - 84.77% ]	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.

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