Central Manchester (Hillsborough)

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	W	6.0%	[5.02% - 7.00%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		71.0%	[65.98% - 76.03%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	[17.98% - 26.04%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		52.7%	[47.78% - 57.67%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		15.5%	[12.00% - 19.09%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		64.0%	[58.84% - 69.15%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.3%	[8.57% - 16.01%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	W	4.4%	[3.49% - 5.24%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		21.6%	[17.12% - 26.08%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		15.0%	[11.17% - 18.75%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.7%	[87.10% - 94.25%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		34.9%	[28.21% - 41.57%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		61.0%	[55.52% - 66.48%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.1%	[71.54% - 82.60%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.5%	[93.25% - 97.75%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		84.1%	[79.37% - 88.74%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		72.5%	[66.60% - 78.43%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.5%	[9.38% - 17.55%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		9.6%	[6.21% - 12.97%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	36.8%	[31.18% - 42.33%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		72.8%	[67.88% - 77.67%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	[11.11% - 17.61%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		30.7%	[25.52% - 35.80%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	22.0%	[19.96% - 23.98%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	75.2%	[73.22% - 77.25%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		8.3%	[4.80% - 11.71%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.4%	[4.22% - 10.56%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	W	40.6%	[38.33% - 42.79%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	32.4%	[30.19% - 34.67%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	8.0%	[6.68% - 9.30%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder	W	4.3%	[3.29% - 5.38%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	11.4%	[9.94% - 12.93%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	W	3.6%	[2.65% - 4.50%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	11.0%	[9.46% - 12.55%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	21.4%	[19.41% - 23.42%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	17.3%	[15.64% - 19.03%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	38.7%	[36.41% - 41.08%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	W	13.9%	[12.37% - 15.45%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	33.2%	[31.04% - 35.30%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	W	20.4%	[18.53% - 22.18%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	75.3%	[73.29% - 77.33%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack	W	5.6%	[4.61% - 6.58%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	W	43.3%	[40.90% - 45.62%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	25.7%	[23.70% - 27.77%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation	W	16.7%	[15.03% - 18.32%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	W	20.7%	[18.78% - 22.57%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		50.9%	[48.48% - 53.28%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	21.4%	[19.61% - 23.21%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.6%	[1.04% - 2.21%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.9%	[1.30% - 2.53%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer	W	3.4%	[2.63% - 4.19%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.0%	[6.38% - 9.64%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.00% - 2.55%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.6%	[8.57% - 12.67%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	32.1%	[28.97% - 35.27%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.07%	[0.04% - 0.10%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism	W	23.8%	[21.88% - 25.68%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	45.8%	[43.55% - 48.07%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	32.4%	[30.24% - 34.65%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	W	9.1%	[7.75% - 10.53%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue	W	23.6%	[21.63% - 25.67%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.9%	[2.93% - 4.79%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	W	3.5%	[2.57% - 4.36%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.5%	[0.95% - 2.08%]	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		24.9%	[23.01% - 26.87%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	57.2%	[54.91% - 59.48%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	W	10.6%	[9.14% - 12.01%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	65.8%	[63.60% - 68.01%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.2%	[7.84% - 10.62%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.6%	[12.00% - 15.11%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	[1.05% - 2.25%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	W	5.1%	[4.02% - 6.09%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.1%	[6.99% - 9.11%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	29.4%	[27.65% - 31.21%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.0%	[92.08% - 97.86%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		7.1%	[3.73% - 10.52%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.4	[6.1 - 6.7]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	812	[736 - 888]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	59.7	[57.3 - 62.1]	49.1	[48.9 - 49.3]
Home health visits per year	*	4.2	[3.5 - 5.0]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.8	[2.4 - 3.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	389	[345 - 433]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	20.3%	[16.94% - 23.61%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	171	[147 - 194]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	12.1%	[10.79% - 13.33%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	63.7%	[58.20% - 69.21%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		77.1%	[72.01% - 82.14%]	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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