

## Nashua: Zip 03060 (Hillsborough)



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		3.9%	[ 3.28% - 4.58% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		72.6%	[ 67.41% - 77.77% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	[ 18.20% - 28.00% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		55.9%	[ 50.23% - 61.50% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		17.4%	[ 12.94% - 21.88% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		62.1%	[ 56.57% - 67.63% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		12.5%	[ 8.53% - 16.47% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		3.6%	[ 2.95% - 4.25% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		20.9%	[ 15.94% - 25.88% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month	W	19.7%	[ 14.28% - 25.03% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		89.0%	[ 85.69% - 92.34% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		44.4%	[ 37.25% - 51.50% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		59.8%	[ 53.56% - 66.07% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		81.5%	[ 74.93% - 87.99% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		93.8%	[ 90.37% - 97.18% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		77.9%	[ 69.66% - 86.13% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		75.8%	[ 69.97% - 81.55% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		13.6%	[ 8.63% - 18.48% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		11.6%	[ 6.80% - 16.49% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		28.4%	[ 23.31% - 33.58% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		70.6%	[ 64.95% - 76.23% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	[ 14.58% - 23.14% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		26.0%	[ 20.93% - 31.03% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	W	19.4%	[ 17.78% - 20.94% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	W	77.7%	[ 76.11% - 79.36% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		7.4%	[ 4.55% - 10.21% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		9.2%	[ 5.59% - 12.90% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	W	34.6%	[ 32.78% - 36.35% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	W	26.6%	[ 24.86% - 28.33% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders	W	4.8%	[ 3.92% - 5.70% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.5%	[ 0.94% - 2.01% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	[ 5.20% - 7.00% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders		1.5%	[ 1.01% - 2.02% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.0%	[ 5.97% - 8.10% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	W	15.4%	[ 13.91% - 16.90% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias		12.8%	[ 11.57% - 14.01% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes	W	34.9%	[ 33.01% - 36.77% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke	W	13.5%	[ 12.29% - 14.76% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	W	26.1%	[ 24.46% - 27.72% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma	W	14.7%	[ 13.42% - 16.06% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension	W	77.4%	[ 75.79% - 79.08% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack	W	6.0%	[ 5.12% - 6.84% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease	W	38.9%	[ 37.03% - 40.83% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	W	21.7%	[ 20.12% - 23.25% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation	W	16.7%	[ 15.38% - 18.10% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	W	16.8%	[ 15.39% - 18.25% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	[ 49.70% - 53.67% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	W	22.5%	[ 21.02% - 24.03% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.3%	[ 1.75% - 2.88% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.7%	[ 1.24% - 2.20% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.6%	[ 2.02% - 3.15% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		9.4%	[ 8.07% - 10.80% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.8%	[ 1.21% - 2.47% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		11.5%	[ 9.70% - 13.34% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		39.2%	[ 36.28% - 42.09% ]	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	W	23.8%	[ 22.26% - 25.39% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	W	47.6%	[ 45.71% - 49.47% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	W	31.3%	[ 29.53% - 33.13% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases	W	8.4%	[ 7.29% - 9.45% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.8%	[ 20.19% - 23.43% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache		4.7%	[ 3.82% - 5.53% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy	W	2.9%	[ 2.26% - 3.59% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		1.3%	[ 0.85% - 1.68% ]	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		21.3%	[ 19.80% - 22.82% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract	W	63.5%	[ 61.63% - 65.37% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		7.8%	[ 6.76% - 8.80% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	W	64.1%	[ 62.29% - 66.00% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions	W	7.6%	[ 6.49% - 8.64% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	[ 12.06% - 14.60% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.4%	[ 0.92% - 1.79% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments	W	4.6%	[ 3.81% - 5.44% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	12.3%	[ 11.21% - 13.30% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	12.7%	[ 11.67% - 13.79% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		95.9%	[ 93.45% - 98.42% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		7.8%	[ 4.07% - 11.53% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	7.5	[ 7.2 - 7.7 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	739	[ 675 - 803 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	54.2	[ 52.6 - 55.9 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	3.1	[ 2.6 - 3.6 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year	*	2.4	[ 2.2 - 2.6 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year	*	292	[ 261 - 322 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		15.0%	[ 11.85% - 18.09% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		87	[ 73 - 100 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports		4.0%	[ 3.35% - 4.59% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		71.0%	[ 65.00% - 76.97% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		81.1%	[ 76.26% - 85.95% ]	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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