Nashua: Zip 03064 (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		3.7%	[2.88% - 4.61%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 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		3.9%	[2.98% - 4.87%]	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%]
Oral Health					
% 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%]
NUTRITION/DIET					
% 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		16.0%	[13.92% - 18.06%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		74.4%	[71.98% - 76.76%]	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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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		9.2%	[5.59% - 12.90%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		28.8%	[26.45% - 31.21%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	24.7%	[22.35% - 27.14%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	W	6.2%	[4.83% - 7.62%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		2.0%	[1.18% - 2.91%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	W	8.3%	[6.77% - 9.75%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	W	2.1%	[1.17% - 2.98%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	8.1%	[6.55% - 9.73%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		12.2%	[10.35% - 14.15%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		13.6%	[11.80% - 15.35%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		28.8%	[26.32% - 31.34%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.0%	[9.40% - 12.53%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		19.8%	[17.75% - 21.89%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		13.6%	[11.78% - 15.39%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		71.4%	[68.90% - 73.82%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.5%	[4.32% - 6.59%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.2%	[31.59% - 36.77%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.9%	[15.81% - 19.91%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.3%	[11.60% - 15.04%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		14.5%	[12.66% - 16.40%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		46.1%	[43.36% - 48.93%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	W	21.1%	[19.03% - 23.18%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.7%	[1.77% - 3.57%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.5%	[0.86% - 2.11%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.8%	[1.95% - 3.56%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		10.9%	[8.73% - 13.06%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.49% - 2.21%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.5%	[9.94% - 15.02%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		36.7%	[33.00% - 40.47%]	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		19.4%	[17.34% - 21.46%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	W	41.3%	[38.68% - 43.83%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	28.7%	[26.23% - 31.20%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.9%	[5.50% - 8.27%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		18.5%	[16.38% - 20.68%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.8%	[2.68% - 4.92%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	W	3.8%	[2.71% - 4.85%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.4%	[0.72% - 2.06%]	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		22.5%	[20.37% - 24.68%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.1%	[58.48% - 63.74%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.3%	[5.89% - 8.68%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		56.7%	[54.06% - 59.36%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.6%	[7.88% - 11.22%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	[11.15% - 14.74%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	[0.96% - 2.26%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		4.0%	[2.96% - 5.11%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	12.9%	[11.42% - 14.36%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	9.4%	[8.16% - 10.72%]	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%]
SERVICE UTILIZATION					
Physician visits per year	*	6.9	[6.6 - 7.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		637	[568 - 707]	572	[566 - 578]
Part D monthly prescription fills per person per year		48.6	[46.3 - 50.9]	49.1	[48.9 - 49.3]
Home health visits per year		2.3	[1.7 - 2.8]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.5 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		236	[203 - 269]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	[9.49% - 15.88%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		73	[54 - 91]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	5.5%	[4.54% - 6.55%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		71.0%	[65.00% - 76.97%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		81.1%	[76.26% - 85.95%]	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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