Albany (Carroll)

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%	[2.27% - 5.04%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month	B	80.6%	[75.68% - 85.59%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	[21.37% - 35.54%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		65.4%	[57.93% - 72.77%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		21.0%	[14.50% - 27.51%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		68.4%	[62.62% - 74.25%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.1%	[6.95% - 15.22%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	B	2.7%	[2.14% - 3.19%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.9%	[10.66% - 19.18%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.6%	[8.79% - 16.50%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		82.7%	[77.25% - 88.19%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		39.7%	[32.41% - 47.03%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.8%	[51.87% - 65.65%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		72.5%	[65.14% - 79.91%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.7%	[88.66% - 96.64%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		78.4%	[71.52% - 85.33%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		73.0%	[66.37% - 79.71%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		11.4%	[6.96% - 15.84%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.6%	[3.63% - 9.51%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		29.4%	[23.27% - 35.48%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		76.4%	[70.95% - 81.81%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	[12.06% - 23.57%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		25.9%	[19.27% - 32.58%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		13.9%	[11.04% - 16.70%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		72.4%	[68.87% - 75.98%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		12.3%	[8.03% - 16.50%]	9.2%	[8.45% - 9.94%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month	B	3.8%	[1.61% - 5.94%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	W	34.4%	[30.69% - 38.11%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		22.6%	[19.12% - 25.98%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	1.8%	[1.28% - 2.25%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.4%	[0.95% - 1.81%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	[3.26% - 4.63%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.7%	[0.37% - 0.99%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	[3.43% - 7.16%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	15.1%	[12.03% - 18.11%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.3%	[7.95% - 12.55%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		28.0%	[24.31% - 31.71%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.6%	[9.17% - 14.04%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	24.5%	[21.14% - 27.82%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		13.9%	[11.16% - 16.55%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		72.8%	[69.19% - 76.32%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		6.0%	[4.15% - 7.75%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		35.3%	[31.41% - 39.21%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		20.7%	[17.51% - 23.96%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.6%	[11.90% - 17.30%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		12.3%	[9.75% - 14.89%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	[43.51% - 51.76%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.0%	[13.20% - 18.77%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.5%	[1.11% - 1.98%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer	B	1.1%	[0.74% - 1.43%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.7%	[2.13% - 3.22%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.7%	[6.56% - 12.79%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.25% - 2.52%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		11.0%	[7.39% - 14.53%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		31.6%	[26.26% - 36.91%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.04%	[0.02% - 0.06%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		19.9%	[16.79% - 22.97%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		35.1%	[31.35% - 38.76%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	17.6%	[14.56% - 20.64%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		5.5%	[3.66% - 7.40%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		18.2%	[15.05% - 21.41%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.6%	[2.93% - 4.28%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.3%	[0.93% - 1.76%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.3%	[0.90% - 1.67%]	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	W	31.9%	[28.26% - 35.52%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.4%	[57.50% - 65.26%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.7%	[5.64% - 9.79%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		58.1%	[54.24% - 62.05%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.1%	[8.55% - 13.69%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.3%	[8.78% - 13.78%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	[0.24% - 0.71%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.8%	[2.19% - 3.31%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		7.7%	[5.86% - 9.62%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	12.1%	[9.83% - 14.43%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		94.2%	[90.66% - 97.67%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		6.0%	[3.00% - 8.93%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	2.9	[2.6 - 3.2]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		652	[547 - 757]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	53.5	[49.5 - 57.4]	49.1	[48.9 - 49.3]
Home health visits per year		2.5	[1.7 - 3.3]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.8	[2.2 - 3.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		235	[184 - 286]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		15.3%	[9.28% - 21.39%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		107	[75 - 140]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.6%	[2.30% - 4.93%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.0%	[74.84% - 85.09%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		75.0%	[69.20% - 80.87%]	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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