

Bridgewater (Grafton)



| 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% | [2.83% - 4.58%] | 4.1% | [4.02% - 4.19%] |
| WELLNESS & PREVENTION | | | | | |
| % 60+ with any physical activity within last month | | 77.5% | [71.34% - 83.64%] | 74.5% | [73.36% - 75.59%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | [23.06% - 37.66%] | 26.0% | [24.93% - 27.14%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | [54.16% - 69.23%] | 58.6% | [57.33% - 59.82%] |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | [17.38% - 31.23%] | 19.9% | [18.92% - 20.93%] |
| % 60+ getting recommended hours of sleep | | 68.7% | [61.26% - 76.08%] | 66.4% | [65.16% - 67.60%] |
| % 60+ injured in a fall within last 12 months | | 8.2% | [4.34% - 12.13%] | 10.4% | [9.65% - 11.16%] |
| % 65+ had hip fracture | | 3.0% | [2.38% - 3.68%] | 3.3% | [3.19% - 3.34%] |
| % 60+ with self-reported fair or poor health status | | 13.3% | [8.55% - 18.08%] | 16.5% | [15.54% - 17.40%] |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | [8.94% - 19.20%] | 12.5% | [11.69% - 13.37%] |
| % 60+ with physical exam/check-up in past year | | 83.2% | [77.10% - 89.22%] | 86.5% | [85.66% - 87.39%] |
| % 60+ met CDC preventive health screening goals | | 38.5% | [29.51% - 47.44%] | 40.3% | [38.77% - 41.81%] |
| % 60+ flu shot past year | | 60.9% | [53.06% - 68.83%] | 59.3% | [58.06% - 60.63%] |
| % 65+ with pneumonia vaccine | | 83.7% | [77.51% - 89.87%] | 77.8% | [76.56% - 79.12%] |
| % 60+ with cholesterol screening | | 93.9% | [90.32% - 97.46%] | 95.3% | [94.78% - 95.82%] |
| % 60+ women with a mammogram within last 2 years | | 79.2% | [71.15% - 87.28%] | 79.3% | [77.96% - 80.69%] |
| % 60+ with colorectal cancer screening | | 69.9% | [62.34% - 77.45%] | 77.0% | [75.92% - 78.16%] |
| % 60+ with HIV test | | 18.1% | [11.45% - 24.77%] | 13.5% | [12.50% - 14.41%] |
| % 60+ current smokers | | 8.8% | [4.86% - 12.82%] | 8.1% | [7.38% - 8.79%] |
| Oral Health | | | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | [24.46% - 38.99%] | 29.0% | [27.79% - 30.12%] |
| % 60+ with annual dental exam | | 73.5% | [66.91% - 80.17%] | 75.7% | [74.65% - 76.84%] |
| NUTRITION/DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | [17.34% - 30.79%] | 20.2% | [19.23% - 21.21%] |
| % 60+ self-reported obese | | 22.1% | [15.87% - 28.38%] | 27.2% | [26.03% - 28.35%] |
| % 65+ clinically diagnosed obese | B | 13.3% | [11.48% - 15.11%] | 16.7% | [16.56% - 16.94%] |
| % 65+ with high cholesterol | | 71.6% | [69.27% - 73.90%] | 72.2% | [72.01% - 72.44%] |
| % 60+ excessive drinking | | 7.0% | [3.35% - 10.67%] | 9.2% | [8.45% - 9.94%] |

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| BEHAVIORAL HEALTH | | | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | [3.97% - 11.57%] | 6.9% | [6.29% - 7.61%] |
| % 65+ with depression | B | 25.6% | [23.39% - 27.73%] | 28.8% | [28.59% - 29.01%] |
| % 65+ with anxiety disorders | | 19.7% | [17.60% - 21.81%] | 21.9% | [21.74% - 22.15%] |
| % 65+ with bipolar disorders | | 3.3% | [2.51% - 4.08%] | 3.1% | [2.97% - 3.14%] |
| % 65+ with post-traumatic stress disorder | | 1.5% | [0.95% - 2.10%] | 1.4% | [1.35% - 1.48%] |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | [4.25% - 6.11%] | 4.9% | [4.81% - 5.02%] |
| % 65+ with personality disorders | | 1.5% | [0.99% - 2.09%] | 1.1% | [1.00% - 1.11%] |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) | | 4.7% | [3.61% - 5.89%] | 5.5% | [5.41% - 5.64%] |
| % 65+ with tobacco use disorders | | 10.6% | [8.94% - 12.34%] | 10.4% | [10.23% - 10.54%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | | 11.4% | [9.82% - 12.96%] | 12.0% | [11.89% - 12.19%] |
| % 65+ with diabetes | B | 25.0% | [22.75% - 27.32%] | 28.2% | [27.97% - 28.41%] |
| % 65+ with stroke | B | 8.7% | [7.32% - 10.00%] | 10.8% | [10.64% - 10.92%] |
| % 65+ with chronic obstructive pulmonary disease | | 18.7% | [16.75% - 20.59%] | 20.5% | [20.36% - 20.73%] |
| % 65+ with asthma | | 12.7% | [11.09% - 14.40%] | 13.0% | [12.89% - 13.21%] |
| % 65+ with hypertension | | 67.7% | [65.30% - 70.08%] | 70.2% | [70.02% - 70.46%] |
| % 65+ ever had a heart attack | | 4.7% | [3.71% - 5.74%] | 4.5% | [4.37% - 4.56%] |
| % 65+ with ischemic heart disease | | 32.4% | [29.96% - 34.83%] | 34.3% | [34.12% - 34.58%] |
| % 65+ with congestive heart failure | | 15.8% | [13.94% - 17.63%] | 17.7% | [17.57% - 17.93%] |
| % 65+ with atrial fibrillation | | 13.7% | [12.04% - 15.34%] | 14.4% | [14.28% - 14.60%] |
| % 65+ with peripheral vascular disease | B | 12.8% | [11.10% - 14.46%] | 14.7% | [14.51% - 14.84%] |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.1% | [46.46% - 51.81%] | 49.1% | [48.82% - 49.32%] |
| % 65+ with osteoporosis | B | 13.7% | [12.02% - 15.29%] | 17.4% | [17.22% - 17.57%] |
| % 65+ with leukemias and lymphomas | | 2.0% | [1.38% - 2.55%] | 2.0% | [1.91% - 2.05%] |
| % 65+ with lung cancer | | 1.7% | [1.22% - 2.26%] | 1.6% | [1.54% - 1.66%] |
| % 65+ with colon cancer | | 2.4% | [1.79% - 2.93%] | 2.4% | [2.37% - 2.51%] |
| % 65+ women with breast cancer | | 9.8% | [7.75% - 11.76%] | 9.8% | [9.59% - 9.96%] |
| % 65+ women with endometrial cancer | | 1.6% | [0.89% - 2.22%] | 1.7% | [1.60% - 1.76%] |
| % 65+ men with prostate cancer | | 12.3% | [9.92% - 14.61%] | 11.5% | [11.24% - 11.68%] |
| % 65+ with benign prostatic hyperplasia | | 35.5% | [32.07% - 38.98%] | 36.8% | [36.47% - 37.14%] |
| % 65+ with HIV/AIDS | | 0.05% | [0.02% - 0.08%] | 0.05% | [0.04% - 0.06%] |
| % 65+ with hypothyroidism | | 18.7% | [16.83% - 20.67%] | 20.8% | [20.62% - 20.99%] |
| % 65+ with anemia | B | 34.6% | [32.24% - 36.91%] | 37.3% | [37.12% - 37.57%] |
| % 65+ with chronic kidney disease | B | 17.0% | [15.12% - 18.96%] | 22.3% | [22.14% - 22.54%] |
| % 65+ with liver diseases | | 6.6% | [5.26% - 7.88%] | 6.9% | [6.75% - 6.99%] |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.4% | [16.32% - 20.40%] | 18.6% | [18.42% - 18.80%] |
| % 65+ with migraine and other chronic headache | | 4.5% | [3.61% - 5.36%] | 4.0% | [3.95% - 4.15%] |
| % 65+ with epilepsy | | 1.8% | [1.28% - 2.41%] | 2.1% | [2.00% - 2.14%] |
| % 65+ with traumatic brain injury | | 0.9% | [0.50% - 1.29%] | 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 | | 22.9% | [20.83% - 24.94%] | 22.9% | [22.74% - 23.13%] |
| % 65+ with cataract | W | 65.1% | [62.67% - 67.57%] | 61.2% | [61.00% - 61.47%] |
| % 65+ with pressure ulcer or chronic ulcer | | 7.5% | [6.12% - 8.79%] | 7.1% | [6.99% - 7.24%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 51.2% | [48.68% - 53.70%] | 54.4% | [54.19% - 54.66%] |
| % 65+ with 0 chronic conditions | | 10.9% | [9.23% - 12.55%] | 10.3% | [10.12% - 10.42%] |
| LIVING WITH DISABILITY | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | B | 10.6% | [9.07% - 12.07%] | 14.4% | [14.23% - 14.56%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | [0.41% - 1.08%] | 0.9% | [0.81% - 0.90%] |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | [2.03% - 3.32%] | 3.2% | [3.14% - 3.31%] |
| ACCESS TO CARE | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | * | 10.0% | [8.72% - 11.34%] | 7.9% | [7.8% - 8.02%] |
| % dually eligible for Medicare and Medicaid | | 7.2% | [6.06% - 8.30%] | 7.5% | [7.40% - 7.62%] |
| % 60+ with a regular doctor | | 90.8% | [86.30% - 95.40%] | 95.8% | [95.34% - 96.33%] |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | [2.74% - 10.74%] | 5.4% | [4.75% - 5.97%] |
| SERVICE UTILIZATION | | | | | |
| Physician visits per year | * | 4.4 | [4.2 - 4.7] | 6.3 | [6.2 - 6.3] |
| Emergency room visits/1000 persons 65+ years per year | | 565 | [507 - 624] | 572 | [566 - 578] |
| Part D monthly prescription fills per person per year | * | 43.5 | [41.4 - 45.6] | 49.1 | [48.9 - 49.3] |
| Home health visits per year | * | 1.7 | [1.3 - 2.1] | 2.5 | [2.4 - 2.5] |
| Durable medical equipment claims per year | * | 2.5 | [2.2 - 2.9] | 2.0 | [2.0 - 2.0] |
| Inpatient hospital stays/1000 persons 65+ years per year | | 227 | [192 - 262] | 237 | [234 - 241] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | [10.54% - 17.88%] | 15.8% | [15.41% - 16.22%] |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 60 | [46 - 75] | 76 | [74 - 77] |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | [1.53% - 2.80%] | 3.7% | [3.59% - 3.74%] |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | | | |
| % 60+ who used Internet in last month | | 78.9% | [73.06% - 84.79%] | 77.6% | [76.53% - 78.64%] |
| SAFETY & TRANSPORTATION | | | | | |
| % 60+ who always drive wearing a seatbelt | | 76.1% | [69.18% - 83.12%] | 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 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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