Alexandria (Grafton)

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%	[2.83% - 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 +/or 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 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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