

Chichester (Merrimack)



| 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 | | 4.3% | [2.88% - 5.68%] | 4.1% | [4.02% - 4.19%] |
| WELLNESS & PREVENTION | | | | | |
| % 60+ with any physical activity within last month | | 70.2% | [63.22% - 77.12%] | 74.5% | [73.36% - 75.59%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 24.4% | [18.24% - 30.59%] | 26.0% | [24.93% - 27.14%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 56.3% | [49.08% - 63.60%] | 58.6% | [57.33% - 59.82%] |
| % 60+ met CDC guidelines for both types of physical activities | | 17.7% | [12.16% - 23.25%] | 19.9% | [18.92% - 20.93%] |
| % 60+ getting recommended hours of sleep | | 67.2% | [60.25% - 74.09%] | 66.4% | [65.16% - 67.60%] |
| % 60+ injured in a fall within last 12 months | | 7.6% | [3.72% - 11.55%] | 10.4% | [9.65% - 11.16%] |
| % 65+ had hip fracture | | 2.9% | [2.25% - 3.52%] | 3.3% | [3.19% - 3.34%] |
| % 60+ with self-reported fair or poor health status | | 14.8% | [9.22% - 20.43%] | 16.5% | [15.54% - 17.40%] |
| % 60+ with 15+ physically unhealthy days last month | | 10.8% | [6.12% - 15.38%] | 12.5% | [11.69% - 13.37%] |
| % 60+ with physical exam/check-up in past year | | 82.3% | [76.70% - 87.89%] | 86.5% | [85.66% - 87.39%] |
| % 60+ met CDC preventive health screening goals | | 38.0% | [28.42% - 47.54%] | 40.3% | [38.77% - 41.81%] |
| % 60+ flu shot past year | | 54.2% | [46.62% - 61.76%] | 59.3% | [58.06% - 60.63%] |
| % 65+ with pneumonia vaccine | | 78.7% | [70.32% - 86.99%] | 77.8% | [76.56% - 79.12%] |
| % 60+ with cholesterol screening | | 92.5% | [88.53% - 96.52%] | 95.3% | [94.78% - 95.82%] |
| % 60+ women with a mammogram within last 2 years | | 76.9% | [68.82% - 85.04%] | 79.3% | [77.96% - 80.69%] |
| % 60+ with colorectal cancer screening | | 82.2% | [76.84% - 87.53%] | 77.0% | [75.92% - 78.16%] |
| % 60+ with HIV test | | 10.1% | [5.75% - 14.38%] | 13.5% | [12.50% - 14.41%] |
| % 60+ current smokers | | 7.6% | [3.69% - 11.51%] | 8.1% | [7.38% - 8.79%] |
| Oral Health | | | | | |
| % 60+ with loss of 6 or more teeth | | 30.6% | [23.57% - 37.72%] | 29.0% | [27.79% - 30.12%] |
| % 60+ with annual dental exam | | 78.1% | [72.05% - 84.21%] | 75.7% | [74.65% - 76.84%] |
| NUTRITION/DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 16.5% | [10.93% - 22.10%] | 20.2% | [19.23% - 21.21%] |
| % 60+ self-reported obese | | 32.4% | [25.25% - 39.52%] | 27.2% | [26.03% - 28.35%] |
| % 65+ clinically diagnosed obese | W | 22.3% | [19.03% - 25.56%] | 16.7% | [16.56% - 16.94%] |
| % 65+ with high cholesterol | | 72.5% | [69.21% - 75.83%] | 72.2% | [72.01% - 72.44%] |
| % 60+ excessive drinking | | 9.4% | [5.52% - 13.26%] | 9.2% | [8.45% - 9.94%] |

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| BEHAVIORAL HEALTH | | | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% [2.32% - 7.61%] | 6.9% [6.29% - 7.61%] | | |
| % 65+ with depression | | 28.9% [25.64% - 32.20%] | 28.8% [28.59% - 29.01%] | | |
| % 65+ with anxiety disorders | | 25.1% [21.83% - 28.42%] | 21.9% [21.74% - 22.15%] | | |
| % 65+ with bipolar disorders | | 3.0% [2.25% - 3.76%] | 3.1% [2.97% - 3.14%] | | |
| % 65+ with post-traumatic stress disorder | | 1.3% [0.76% - 1.79%] | 1.4% [1.35% - 1.48%] | | |
| % 65+ with schizophrenia & other psychotic disorders | B | 3.8% [3.04% - 4.57%] | 4.9% [4.81% - 5.02%] | | |
| % 65+ with personality disorders | B | 0.6% [0.25% - 0.90%] | 1.1% [1.00% - 1.11%] | | |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) | | 6.3% [4.30% - 8.26%] | 5.5% [5.41% - 5.64%] | | |
| % 65+ with tobacco use disorders | W | 13.6% [10.80% - 16.37%] | 10.4% [10.23% - 10.54%] | | |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 8.6% [6.59% - 10.55%] | 12.0% [11.89% - 12.19%] | | |
| % 65+ with diabetes | W | 33.4% [29.75% - 37.11%] | 28.2% [27.97% - 28.41%] | | |
| % 65+ with stroke | | 10.2% [8.12% - 12.34%] | 10.8% [10.64% - 10.92%] | | |
| % 65+ with chronic obstructive pulmonary disease | | 21.2% [18.24% - 24.14%] | 20.5% [20.36% - 20.73%] | | |
| % 65+ with asthma | | 15.2% [12.62% - 17.83%] | 13.0% [12.89% - 13.21%] | | |
| % 65+ with hypertension | W | 74.3% [71.01% - 77.52%] | 70.2% [70.02% - 70.46%] | | |
| % 65+ ever had a heart attack | | 5.0% [3.45% - 6.49%] | 4.5% [4.37% - 4.56%] | | |
| % 65+ with ischemic heart disease | | 36.2% [32.55% - 39.94%] | 34.3% [34.12% - 34.58%] | | |
| % 65+ with congestive heart failure | | 16.5% [13.72% - 19.29%] | 17.7% [17.57% - 17.93%] | | |
| % 65+ with atrial fibrillation | | 12.5% [10.17% - 14.90%] | 14.4% [14.28% - 14.60%] | | |
| % 65+ with peripheral vascular disease | B | 11.9% [9.53% - 14.28%] | 14.7% [14.51% - 14.84%] | | |
| % 65+ with osteoarthritis/rheumatoid arthritis | B | 44.6% [40.75% - 48.43%] | 49.1% [48.82% - 49.32%] | | |
| % 65+ with osteoporosis | | 16.6% [13.96% - 19.19%] | 17.4% [17.22% - 17.57%] | | |
| % 65+ with leukemias and lymphomas | | 1.5% [0.98% - 2.04%] | 2.0% [1.91% - 2.05%] | | |
| % 65+ with lung cancer | B | 1.1% [0.68% - 1.50%] | 1.6% [1.54% - 1.66%] | | |
| % 65+ with colon cancer | | 2.0% [1.41% - 2.50%] | 2.4% [2.37% - 2.51%] | | |
| % 65+ women with breast cancer | | 10.8% [7.74% - 13.77%] | 9.8% [9.59% - 9.96%] | | |
| % 65+ women with endometrial cancer | | 1.8% [1.08% - 2.52%] | 1.7% [1.60% - 1.76%] | | |
| % 65+ men with prostate cancer | | 9.0% [5.98% - 11.94%] | 11.5% [11.24% - 11.68%] | | |
| % 65+ with benign prostatic hyperplasia | | 33.9% [28.79% - 38.93%] | 36.8% [36.47% - 37.14%] | | |
| % 65+ with HIV/AIDS | | 0.07% [0.04% - 0.10%] | 0.05% [0.04% - 0.06%] | | |
| % 65+ with hypothyroidism | | 18.7% [15.90% - 21.48%] | 20.8% [20.62% - 20.99%] | | |
| % 65+ with anemia | B | 30.9% [27.58% - 34.17%] | 37.3% [37.12% - 37.57%] | | |
| % 65+ with chronic kidney disease | | 23.7% [20.40% - 26.90%] | 22.3% [22.14% - 22.54%] | | |
| % 65+ with liver diseases | B | 4.4% [2.79% - 6.06%] | 6.9% [6.75% - 6.99%] | | |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 17.5% [14.60% - 20.35%] | 18.6% [18.42% - 18.80%] | | |
| % 65+ with migraine and other chronic headache | | 3.8% [3.00% - 4.65%] | 4.0% [3.95% - 4.15%] | | |
| % 65+ with epilepsy | B | 1.4% [0.89% - 1.86%] | 2.1% [2.00% - 2.14%] | | |
| % 65+ with traumatic brain injury | | 1.1% [0.67% - 1.46%] | 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 | | 21.9% | [18.96% - 24.84%] | 22.9% | [22.74% - 23.13%] |
| % 65+ with cataract | | 59.0% | [55.38% - 62.66%] | 61.2% | [61.00% - 61.47%] |
| % 65+ with pressure ulcer or chronic ulcer | | 7.2% | [5.31% - 9.18%] | 7.1% | [6.99% - 7.24%] |
| % 65+ with 4+ (out of 15) chronic conditions | | 57.8% | [54.13% - 61.41%] | 54.4% | [54.19% - 54.66%] |
| % 65+ with 0 chronic conditions | | 9.5% | [7.28% - 11.70%] | 10.3% | [10.12% - 10.42%] |
| LIVING WITH DISABILITY | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | B | 10.7% | [8.37% - 12.98%] | 14.4% | [14.23% - 14.56%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.9% | [0.51% - 1.22%] | 0.9% | [0.81% - 0.90%] |
| % 65+ with clinical diagnosis of mobility impairments | | 3.6% | [2.77% - 4.35%] | 3.2% | [3.14% - 3.31%] |
| ACCESS TO CARE | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | | 9.3% | [7.51% - 11.16%] | 7.9% | [7.8% - 8.02%] |
| % dually eligible for Medicare and Medicaid | | 8.7% | [6.95% - 10.49%] | 7.5% | [7.40% - 7.62%] |
| % 60+ with a regular doctor | | 96.9% | [94.58% - 99.32%] | 95.8% | [95.34% - 96.33%] |
| % 60+ who did not see doctor when needed due to cost | | 4.1% | [1.59% - 6.55%] | 5.4% | [4.75% - 5.97%] |
| SERVICE UTILIZATION | | | | | |
| Physician visits per year | | 6.2 | [5.7 - 6.6] | 6.3 | [6.2 - 6.3] |
| Emergency room visits/1000 persons 65+ years per year | | 577 | [493 - 662] | 572 | [566 - 578] |
| Part D monthly prescription fills per person per year | | 49.3 | [46.2 - 52.3] | 49.1 | [48.9 - 49.3] |
| Home health visits per year | * | 3.8 | [2.7 - 4.9] | 2.5 | [2.4 - 2.5] |
| Durable medical equipment claims per year | | 2.4 | [1.9 - 2.9] | 2.0 | [2.0 - 2.0] |
| Inpatient hospital stays/1000 persons 65+ years per year | | 248 | [199 - 296] | 237 | [234 - 241] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.9% | [7.39% - 18.46%] | 15.8% | [15.41% - 16.22%] |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 49 | [29 - 69] | 76 | [74 - 77] |
| % 65+ getting Medicaid long term services and supports | * | 2.6% | [1.57% - 3.56%] | 3.7% | [3.59% - 3.74%] |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | | | |
| % 60+ who used Internet in last month | | 81.3% | [75.54% - 87.10%] | 77.6% | [76.53% - 78.64%] |
| SAFETY & TRANSPORTATION | | | | | |
| % 60+ who always drive wearing a seatbelt | | 73.9% | [67.10% - 80.66%] | 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.

Questions or suggestions? Beth.Dugan@umb.edu