Allenstown (Merrimack)

TUFTS
Health Plan
F O U N D A T I O N

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		5.3%	[4.18% - 6.48%]	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		3.8%	[2.99% - 4.57%]	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	20.0%	[17.62% - 22.42%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		74.9%	[72.40% - 77.35%]	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		31.4%	[28.86% - 33.97%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	25.3%	[22.78% - 27.91%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.3%	[2.51% - 4.18%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.7%	[1.02% - 2.28%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.3%	[3.43% - 5.20%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.2%	[0.67% - 1.72%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.1%	[3.81% - 6.42%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	13.3%	[11.30% - 15.37%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	10.2%	[8.56% - 11.84%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		30.5%	[27.74% - 33.18%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.0%	[9.35% - 12.67%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		22.5%	[20.22% - 24.76%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		14.1%	[12.19% - 15.98%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	73.5%	[70.96% - 75.97%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.3%	[3.21% - 5.39%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.1%	[31.31% - 36.82%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.1%	[15.02% - 19.28%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.8%	[11.92% - 15.64%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		13.3%	[11.41% - 15.23%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	[44.89% - 50.82%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.9%	[14.90% - 18.87%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.6%	[1.06% - 2.15%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.7%	[1.17% - 2.29%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.2%	[1.56% - 2.80%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.6%	[7.44% - 11.67%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.1%	[0.51% - 1.73%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.1%	[7.72% - 12.55%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		34.7%	[30.76% - 38.63%]	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		20.1%	[17.90% - 22.27%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	33.4%	[30.83% - 35.96%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		25.0%	[22.46% - 27.47%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		7.1%	[5.56% - 8.61%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		17.0%	[14.81% - 19.13%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.1%	[3.12% - 4.99%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.0%	[1.36% - 2.66%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.4%	[0.92% - 1.97%]	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		25.2%	[22.86% - 27.58%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	56.1%	[53.27% - 58.84%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.0%	[4.64% - 7.28%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		56.3%	[53.53% - 59.08%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		8.7%	[7.03% - 10.32%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	[9.25% - 12.69%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.44% - 1.22%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.29% - 3.80%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		9.3%	[7.94% - 10.69%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		8.2%	[6.90% - 9.50%]	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		6.7	[6.3 - 7.0]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		613	[528 - 699]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	52.4	[50.0 - 54.9]	49.1	[48.9 - 49.3]
Home health visits per year	*	3.9	[3.1 - 4.8]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.5	[2.1 - 2.9]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		276	[233 - 318]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		19.9%	[15.27% - 24.51%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		74	[54 - 93]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.9%	[2.13% - 3.73%]	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 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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