## Allenstown (Merrimack)

### HEALTHY AGING INDICATORS

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Community Estimate</th>
<th>State Estimate</th>
<th>Margin of Error²</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POPULATION CHARACTERISTICS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age-sex adjusted 1-year mortality rate</td>
<td>5.3% [ 4.18% - 6.48%]</td>
<td>4.1% [ 4.02% - 4.19%]</td>
<td></td>
</tr>
<tr>
<td><strong>WELLNESS &amp; PREVENTION</strong></td>
<td></td>
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</tr>
<tr>
<td>% 60+ with any physical activity within last month</td>
<td>70.2% [ 63.22% - 77.12%]</td>
<td>74.5% [ 73.36% - 75.59%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ met CDC guidelines for muscle-strengthening activity</td>
<td>24.4% [ 18.24% - 30.59%]</td>
<td>26.0% [ 24.93% - 27.14%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ met CDC guidelines for aerobic physical activity</td>
<td>56.3% [ 49.08% - 63.60%]</td>
<td>58.6% [ 57.33% - 59.82%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ met CDC guidelines for both types of physical activities</td>
<td>17.7% [ 12.16% - 23.25%]</td>
<td>19.9% [ 18.92% - 20.93%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ getting recommended hours of sleep</td>
<td>67.2% [ 60.25% - 74.09%]</td>
<td>66.4% [ 65.16% - 67.60%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ injured in a fall within last 12 months</td>
<td>7.6% [ 3.72% - 11.55%]</td>
<td>10.4% [ 9.65% - 11.16%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ had hip fracture</td>
<td>3.8% [ 2.99% - 4.57%]</td>
<td>3.3% [ 3.19% - 3.34%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with self-reported fair or poor health status</td>
<td>14.8% [ 9.22% - 20.43%]</td>
<td>16.5% [ 15.54% - 17.40%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with 15+ physically unhealthy days last month</td>
<td>10.8% [ 6.12% - 15.38%]</td>
<td>12.5% [ 11.69% - 13.37%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with physical exam/check-up in past year</td>
<td>82.3% [ 76.70% - 87.89%]</td>
<td>86.5% [ 85.66% - 87.39%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ met CDC preventive health screening goals</td>
<td>38.0% [ 28.42% - 47.54%]</td>
<td>40.3% [ 38.77% - 41.81%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ flu shot past year</td>
<td>54.2% [ 46.62% - 61.76%]</td>
<td>59.3% [ 58.06% - 60.63%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with pneumonia vaccine</td>
<td>78.7% [ 70.32% - 86.99%]</td>
<td>77.8% [ 76.56% - 79.12%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with cholesterol screening</td>
<td>92.5% [ 88.53% - 96.52%]</td>
<td>95.3% [ 94.78% - 95.82%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ women with a mammogram within last 2 years</td>
<td>76.9% [ 68.82% - 85.04%]</td>
<td>79.3% [ 77.96% - 80.69%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with colorectal cancer screening</td>
<td>82.2% [ 76.84% - 87.53%]</td>
<td>77.0% [ 75.92% - 78.16%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with HIV test</td>
<td>10.1% [ 5.75% - 14.38%]</td>
<td>13.5% [ 12.50% - 14.41%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ current smokers</td>
<td>7.6% [ 3.69% - 11.51%]</td>
<td>8.1% [ 7.38% - 8.79%]</td>
<td></td>
</tr>
<tr>
<td><strong>Oral Health</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 60+ with loss of 6 or more teeth</td>
<td>30.6% [ 23.57% - 37.72%]</td>
<td>29.0% [ 27.79% - 30.12%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ with annual dental exam</td>
<td>78.1% [ 72.05% - 84.21%]</td>
<td>75.7% [ 74.65% - 76.84%]</td>
<td></td>
</tr>
<tr>
<td><strong>NUTRITION/DIET</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 60+ with 5 or more servings of fruit or vegetables per day</td>
<td>16.5% [ 10.93% - 22.10%]</td>
<td>20.2% [ 19.23% - 21.21%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ self-reported obese</td>
<td>32.4% [ 25.25% - 39.52%]</td>
<td>27.2% [ 26.03% - 28.35%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ clinically diagnosed obese W</td>
<td>20.0% [ 17.62% - 22.42%]</td>
<td>16.7% [ 16.56% - 16.94%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with high cholesterol</td>
<td>74.9% [ 72.40% - 77.35%]</td>
<td>72.2% [ 72.01% - 72.44%]</td>
<td></td>
</tr>
<tr>
<td>% 60+ excessive drinking</td>
<td>9.4% [ 5.52% - 13.26%]</td>
<td>9.2% [ 8.45% - 9.94%]</td>
<td></td>
</tr>
<tr>
<td>HEALTHY AGING INDICATORS</td>
<td>BETTER / WORSE</td>
<td>COMMUNITY ESTIMATE</td>
<td>STATE ESTIMATE</td>
</tr>
<tr>
<td>--------------------------</td>
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</tr>
<tr>
<td><strong>BEHAVIORAL HEALTH</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>% 60+ with 15+ days poor mental health last month</td>
<td>5.0%</td>
<td>[ 2.32% - 7.61% ]</td>
<td>6.9%</td>
</tr>
<tr>
<td>% 65+ with depression</td>
<td>31.4%</td>
<td>[ 28.86% - 33.97% ]</td>
<td>28.8%</td>
</tr>
<tr>
<td>% 65+ with anxiety disorders</td>
<td>W</td>
<td>25.3%</td>
<td>[ 22.78% - 27.91% ]</td>
</tr>
<tr>
<td>% 65+ with bipolar disorders</td>
<td>3.3%</td>
<td>[ 2.51% - 4.18% ]</td>
<td>3.1%</td>
</tr>
<tr>
<td>% 65+ with post-traumatic stress disorder</td>
<td>1.7%</td>
<td>[ 1.02% - 2.28% ]</td>
<td>1.4%</td>
</tr>
<tr>
<td>% 65+ with schizophrenia &amp; other psychotic disorders</td>
<td>4.3%</td>
<td>[ 3.43% - 5.20% ]</td>
<td>4.9%</td>
</tr>
<tr>
<td>% 65+ with personality disorders</td>
<td>1.2%</td>
<td>[ 0.67% - 1.72% ]</td>
<td>1.1%</td>
</tr>
<tr>
<td>% 65+ with substance use disorders (drug use /or alcohol abuse)</td>
<td>5.1%</td>
<td>[ 3.81% - 6.42% ]</td>
<td>5.5%</td>
</tr>
<tr>
<td>% 65+ with tobacco use disorders</td>
<td>W</td>
<td>13.3%</td>
<td>[ 11.30% - 15.37% ]</td>
</tr>
<tr>
<td><strong>CHRONIC DISEASE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65+ with Alzheimer’s disease or related dementias</td>
<td>B</td>
<td>10.2%</td>
<td>[ 8.56% - 11.84% ]</td>
</tr>
<tr>
<td>% 65+ with diabetes</td>
<td>30.5%</td>
<td>[ 27.74% - 33.18% ]</td>
<td>28.2%</td>
</tr>
<tr>
<td>% 65+ with stroke</td>
<td>11.0%</td>
<td>[ 9.35% - 12.67% ]</td>
<td>10.8%</td>
</tr>
<tr>
<td>% 65+ with chronic obstructive pulmonary disease</td>
<td>22.5%</td>
<td>[ 20.22% - 24.76% ]</td>
<td>20.5%</td>
</tr>
<tr>
<td>% 65+ with asthma</td>
<td>14.1%</td>
<td>[ 12.19% - 15.98% ]</td>
<td>13.0%</td>
</tr>
<tr>
<td>% 65+ with hypertension</td>
<td>W</td>
<td>73.5%</td>
<td>[ 70.96% - 75.97% ]</td>
</tr>
<tr>
<td>% 65+ ever had a heart attack</td>
<td>4.3%</td>
<td>[ 3.21% - 5.39% ]</td>
<td>4.5%</td>
</tr>
<tr>
<td>% 65+ with ischemic heart disease</td>
<td>34.1%</td>
<td>[ 31.31% - 36.82% ]</td>
<td>34.3%</td>
</tr>
<tr>
<td>% 65+ with congestive heart failure</td>
<td>17.1%</td>
<td>[ 15.02% - 19.28% ]</td>
<td>17.7%</td>
</tr>
<tr>
<td>% 65+ with atrial fibrillation</td>
<td>13.8%</td>
<td>[ 11.92% - 15.64% ]</td>
<td>14.4%</td>
</tr>
<tr>
<td>% 65+ with peripheral vascular disease</td>
<td>13.3%</td>
<td>[ 11.41% - 15.23% ]</td>
<td>14.7%</td>
</tr>
<tr>
<td>% 65+ with osteoarthritis/rheumatoid arthritis</td>
<td>47.9%</td>
<td>[ 44.89% - 50.82% ]</td>
<td>49.1%</td>
</tr>
<tr>
<td>% 65+ with osteoporosis</td>
<td>16.9%</td>
<td>[ 14.90% - 18.87% ]</td>
<td>17.4%</td>
</tr>
<tr>
<td>% 65+ with leukemias and lymphomas</td>
<td>1.6%</td>
<td>[ 1.06% - 2.15% ]</td>
<td>2.0%</td>
</tr>
<tr>
<td>% 65+ with lung cancer</td>
<td>1.7%</td>
<td>[ 1.17% - 2.29% ]</td>
<td>1.6%</td>
</tr>
<tr>
<td>% 65+ with colon cancer</td>
<td>2.2%</td>
<td>[ 1.56% - 2.80% ]</td>
<td>2.4%</td>
</tr>
<tr>
<td>% 65+ women with breast cancer</td>
<td>9.6%</td>
<td>[ 7.44% - 11.67% ]</td>
<td>9.8%</td>
</tr>
<tr>
<td>% 65+ women with endometrial cancer</td>
<td>1.1%</td>
<td>[ 0.51% - 1.73% ]</td>
<td>1.7%</td>
</tr>
<tr>
<td>% 65+ men with prostate cancer</td>
<td>10.1%</td>
<td>[ 7.72% - 12.55% ]</td>
<td>11.5%</td>
</tr>
<tr>
<td>% 65+ with benign prostatic hyperplasia</td>
<td>34.7%</td>
<td>[ 30.76% - 38.63% ]</td>
<td>36.8%</td>
</tr>
<tr>
<td>% 65+ with HIV/AIDS</td>
<td>0.07%</td>
<td>[ 0.04% - 0.10% ]</td>
<td>0.05%</td>
</tr>
<tr>
<td>% 65+ with hypothyroidism</td>
<td>20.1%</td>
<td>[ 17.90% - 22.27% ]</td>
<td>20.8%</td>
</tr>
<tr>
<td>% 65+ with anemia</td>
<td>B</td>
<td>33.4%</td>
<td>[ 30.83% - 35.96% ]</td>
</tr>
<tr>
<td>% 65+ with chronic kidney disease</td>
<td>25.0%</td>
<td>[ 22.46% - 27.47% ]</td>
<td>22.3%</td>
</tr>
<tr>
<td>% 65+ with liver diseases</td>
<td>7.1%</td>
<td>[ 5.56% - 8.61% ]</td>
<td>6.9%</td>
</tr>
<tr>
<td>% 65+ with fibromyalgia, chronic pain and fatigue</td>
<td>17.0%</td>
<td>[ 14.81% - 19.13% ]</td>
<td>18.6%</td>
</tr>
<tr>
<td>% 65+ with migraine and other chronic headache</td>
<td>4.1%</td>
<td>[ 3.12% - 4.99% ]</td>
<td>4.0%</td>
</tr>
<tr>
<td>% 65+ with epilepsy</td>
<td>2.0%</td>
<td>[ 1.36% - 2.66% ]</td>
<td>2.1%</td>
</tr>
<tr>
<td>% 65+ with traumatic brain injury</td>
<td>1.4%</td>
<td>[ 0.92% - 1.97% ]</td>
<td>1.1%</td>
</tr>
</tbody>
</table>
### Healthy Aging Indicators

<table>
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<tr>
<th>Indicator</th>
<th>State Estimate</th>
<th>Margin of Error</th>
<th>Community Estimate</th>
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</tr>
</thead>
<tbody>
<tr>
<td>% 65+ with autism spectrum disorders</td>
<td>N/A</td>
<td>0.03%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% 65+ with glaucoma</td>
<td>25.2%</td>
<td>[22.86% - 27.58%]</td>
<td>22.9%</td>
<td>[22.74% - 23.13%]</td>
</tr>
<tr>
<td>% 65+ with cataract</td>
<td>B</td>
<td>53.27%</td>
<td>61.2%</td>
<td>61.00% - 61.47%</td>
</tr>
<tr>
<td>% 65+ with pressure ulcer or chronic ulcer</td>
<td>6.0%</td>
<td>[4.64% - 7.28%]</td>
<td>7.1%</td>
<td>[6.99% - 7.24%]</td>
</tr>
<tr>
<td>% 65+ with 4+ (out of 15) chronic conditions</td>
<td>56.3%</td>
<td>[53.53% - 59.08%]</td>
<td>54.4%</td>
<td>[54.19% - 54.66%]</td>
</tr>
<tr>
<td>% 65+ with 0 chronic conditions</td>
<td>8.7%</td>
<td>[7.03% - 10.32%]</td>
<td>10.3%</td>
<td>[10.12% - 10.42%]</td>
</tr>
</tbody>
</table>

### Living with Disability

<table>
<thead>
<tr>
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<th>Community Estimate</th>
<th>Margin of Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 65+ with clinical diagnosis of deafness or hearing impairment</td>
<td>B</td>
<td>9.25%</td>
<td>14.4%</td>
<td>14.23% - 14.56%</td>
</tr>
<tr>
<td>% 65+ with clinical diagnosis of blindness or visual impairment</td>
<td>0.8%</td>
<td>[0.44% - 1.22%]</td>
<td>0.9%</td>
<td>[0.81% - 0.90%]</td>
</tr>
<tr>
<td>% 65+ with clinical diagnosis of mobility impairments</td>
<td>3.0%</td>
<td>[2.29% - 3.80%]</td>
<td>3.2%</td>
<td>[3.14% - 3.31%]</td>
</tr>
</tbody>
</table>

### Access to Care

Medicare (65+ population)

<table>
<thead>
<tr>
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<th>Community Estimate</th>
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</tr>
</thead>
<tbody>
<tr>
<td>% Medicare managed care enrollees</td>
<td>9.3%</td>
<td>[7.94% - 10.69%]</td>
<td>7.9%</td>
<td>[7.8% - 8.02%]</td>
</tr>
<tr>
<td>% dually eligible for Medicare and Medicaid</td>
<td>8.2%</td>
<td>[6.90% - 9.50%]</td>
<td>7.5%</td>
<td>[7.40% - 7.62%]</td>
</tr>
<tr>
<td>% 60+ with a regular doctor</td>
<td>96.9%</td>
<td>[94.58% - 99.32%]</td>
<td>95.8%</td>
<td>[95.34% - 96.33%]</td>
</tr>
<tr>
<td>% 60+ who did not see doctor when needed due to cost</td>
<td>4.1%</td>
<td>[1.59% - 6.55%]</td>
<td>5.4%</td>
<td>[4.75% - 5.97%]</td>
</tr>
</tbody>
</table>

### Service Utilization

<table>
<thead>
<tr>
<th>Indicator</th>
<th>State Estimate</th>
<th>Margin of Error</th>
<th>Community Estimate</th>
<th>Margin of Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician visits per year</td>
<td>6.7</td>
<td>[6.3 - 7.0]</td>
<td>6.3</td>
<td>[6.2 - 6.3]</td>
</tr>
<tr>
<td>Emergency room visits/1000 persons 65+ years per year</td>
<td>613</td>
<td>[528 - 699]</td>
<td>572</td>
<td>[566 - 578]</td>
</tr>
<tr>
<td>Part D monthly prescription fills per person per year</td>
<td>*</td>
<td>52.4</td>
<td>49.1</td>
<td>[48.9 - 49.3]</td>
</tr>
<tr>
<td>Home health visits per year</td>
<td>*</td>
<td>3.9</td>
<td>2.5</td>
<td>[2.4 - 2.5]</td>
</tr>
<tr>
<td>Durable medical equipment claims per year</td>
<td>*</td>
<td>2.5</td>
<td>2.0</td>
<td>[2.0 - 2.0]</td>
</tr>
<tr>
<td>Inpatient hospital stays/1000 persons 65+ years per year</td>
<td>276</td>
<td>[233 - 318]</td>
<td>237</td>
<td>[234 - 241]</td>
</tr>
<tr>
<td>Medicare inpatient hospital readmissions (as % of admissions)</td>
<td>19.9%</td>
<td>[15.27% - 24.51%]</td>
<td>15.8%</td>
<td>[15.41% - 16.22%]</td>
</tr>
<tr>
<td># skilled nursing facility stays/1000 persons 65+ years per year</td>
<td>74</td>
<td>[54 - 93]</td>
<td>76</td>
<td>[74 - 77]</td>
</tr>
<tr>
<td>% 65+ getting Medicaid long term services and supports</td>
<td>2.9%</td>
<td>[2.13% - 3.73%]</td>
<td>3.7%</td>
<td>[3.59% - 3.74%]</td>
</tr>
</tbody>
</table>

### Community Variables & Civic Engagement

<table>
<thead>
<tr>
<th>Indicator</th>
<th>State Estimate</th>
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<th>Community Estimate</th>
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</tr>
</thead>
<tbody>
<tr>
<td>% 60+ who used Internet in last month</td>
<td>81.3%</td>
<td>[75.54% - 87.10%]</td>
<td>77.6%</td>
<td>[76.53% - 78.64%]</td>
</tr>
</tbody>
</table>

### Transportation

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>Community Estimate</th>
<th>Margin of Error</th>
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<tbody>
<tr>
<td>% 60+ who always drive wearing a seatbelt</td>
<td>73.9%</td>
<td>[67.10% - 80.66%]</td>
<td>77.1%</td>
<td>[76.02% - 78.18%]</td>
</tr>
</tbody>
</table>

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