Columbia (Coös)

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		4.6%	[3.35% - 5.80%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		67.2%	[59.93% - 74.47%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	[10.53% - 22.92%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	[39.96% - 56.20%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	[5.54% - 14.78%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		63.1%	[55.93% - 70.26%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		11.8%	[6.91% - 16.79%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.9%	[2.13% - 3.60%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		23.6%	[16.61% - 30.59%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.6%	[7.38% - 17.89%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		91.0%	[86.36% - 95.55%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.5%	[29.69% - 47.31%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.7%	[51.09% - 66.33%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		82.1%	[75.87% - 88.38%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		93.1%	[89.30% - 96.81%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		77.1%	[69.44% - 84.77%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		77.9%	[71.98% - 83.82%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		13.4%	[8.26% - 18.61%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		11.2%	[6.05% - 16.39%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	W	41.9%	[34.89% - 48.96%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	W	52.3%	[45.21% - 59.38%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	[10.67% - 23.25%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		34.2%	[26.42% - 41.98%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		16.4%	[14.03% - 18.82%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		70.3%	[67.45% - 73.17%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		11.4%	[6.22% - 16.48%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.6%	[3.33% - 11.81%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		27.8%	[25.07% - 30.53%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		21.3%	[18.66% - 23.87%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.2%	[1.48% - 2.91%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		2.1%	[1.40% - 2.84%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	[2.73% - 4.45%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		1.2%	[0.67% - 1.75%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	[4.66% - 7.83%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	13.9%	[11.60% - 16.13%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.2%	[8.34% - 11.98%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		30.6%	[27.61% - 33.53%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.0%	[9.12% - 12.89%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	23.4%	[20.84% - 26.01%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		11.6%	[9.60% - 13.51%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	74.1%	[71.34% - 76.86%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.8%	[4.37% - 7.19%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		34.3%	[31.27% - 37.32%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	24.5%	[21.81% - 27.25%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		15.2%	[13.00% - 17.35%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		15.9%	[13.67% - 18.22%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	[41.78% - 48.17%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		15.6%	[13.48% - 17.81%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.2%	[1.46% - 2.88%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.6%	[1.01% - 2.13%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.7%	[1.92% - 3.38%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer	B	6.9%	[4.83% - 9.06%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.2%	[0.48% - 1.85%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		10.4%	[7.76% - 13.09%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	30.4%	[26.27% - 34.46%]	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		20.0%	[17.55% - 22.37%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		34.7%	[31.79% - 37.58%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		20.5%	[17.93% - 23.02%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		5.4%	[3.99% - 6.82%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	[14.33% - 19.07%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		3.9%	[2.95% - 4.83%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		1.9%	[1.30% - 2.56%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury	B	0.6%	[0.28% - 1.01%]	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	B	16.9%	[14.66% - 19.24%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.1%	[50.99% - 57.16%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		6.9%	[5.37% - 8.52%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		55.7%	[52.67% - 58.82%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.8%	[9.76% - 13.91%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	[8.89% - 12.74%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	[0.23% - 0.90%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.21% - 3.84%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	0.9%	[0.38% - 1.48%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	14.8%	[12.79% - 16.84%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.0%	[91.91% - 98.00%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		8.4%	[4.04% - 12.84%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	2.7	[2.5 - 2.9]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	677	[597 - 756]	572	[566 - 578]
Part D monthly prescription fills per person per year		50.8	[47.6 - 54.0]	49.1	[48.9 - 49.3]
Home health visits per year		2.0	[1.4 - 2.6]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.9	[1.6 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		258	[219 - 297]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	[9.37% - 19.31%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		80	[59 - 102]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	6.3%	[4.88% - 7.65%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	60.9%	[53.38% - 68.51%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	W	67.2%	[60.45% - 73.88%]	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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