

## Concord (Merrimack)



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	MARGIN OF ERROR <sup>2</sup>	STATE ESTIMATE	MARGIN OF ERROR <sup>2</sup>
<b>POPULATION CHARACTERISTICS</b>					
Age-sex adjusted 1-year mortality rate	W	4.8%	[ 4.32% - 5.27% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		74.5%	[ 68.46% - 80.49% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		29.2%	[ 23.04% - 35.29% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		61.8%	[ 55.05% - 68.60% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		22.9%	[ 17.36% - 28.35% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		67.1%	[ 60.35% - 73.83% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		14.0%	[ 8.73% - 19.19% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture	W	4.5%	[ 4.00% - 4.97% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		16.0%	[ 11.46% - 20.60% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		12.8%	[ 8.58% - 17.06% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		88.8%	[ 84.63% - 92.97% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		41.4%	[ 32.96% - 49.84% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		60.3%	[ 53.53% - 67.13% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		76.9%	[ 70.32% - 83.39% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		96.9%	[ 94.81% - 99.05% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		76.1%	[ 68.15% - 84.07% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		77.8%	[ 71.66% - 83.85% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		11.9%	[ 7.23% - 16.60% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		8.0%	[ 3.47% - 12.54% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		24.2%	[ 17.95% - 30.45% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		78.5%	[ 72.71% - 84.27% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		19.4%	[ 14.37% - 24.41% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		28.9%	[ 22.69% - 35.13% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	W	18.3%	[ 17.32% - 19.36% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	W	74.7%	[ 73.63% - 75.84% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		6.6%	[ 3.15% - 10.09% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		6.9%	[ 3.58% - 10.28% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	W	35.4%	[ 34.19% - 36.55% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	W	28.8%	[ 27.59% - 29.93% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders	W	5.5%	[ 4.88% - 6.11% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder	W	2.1%	[ 1.68% - 2.49% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders	W	8.5%	[ 7.79% - 9.23% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders	W	2.7%	[ 2.27% - 3.15% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.6%	[ 6.87% - 8.27% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	W	12.2%	[ 11.29% - 13.06% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	W	17.0%	[ 16.08% - 17.94% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		29.6%	[ 28.39% - 30.77% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke	W	12.3%	[ 11.50% - 13.08% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease		20.3%	[ 19.36% - 21.32% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		13.6%	[ 12.75% - 14.42% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		71.0%	[ 69.88% - 72.19% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		4.5%	[ 3.98% - 4.97% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease	B	32.7%	[ 31.46% - 33.87% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		18.3%	[ 17.30% - 19.24% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		14.5%	[ 13.64% - 15.34% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	W	16.3%	[ 15.39% - 17.26% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.0%	[ 50.64% - 53.28% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	W	19.6%	[ 18.64% - 20.54% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas	B	1.5%	[ 1.24% - 1.85% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.6%	[ 1.25% - 1.85% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.3%	[ 1.91% - 2.61% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer	W	11.2%	[ 10.20% - 12.15% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.7%	[ 1.29% - 2.10% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		11.5%	[ 10.23% - 12.67% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia	W	39.4%	[ 37.52% - 41.36% ]	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	W	23.5%	[ 22.42% - 24.49% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		36.0%	[ 34.78% - 37.13% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	W	25.1%	[ 24.02% - 26.24% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases	B	5.7%	[ 5.07% - 6.27% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.1%	[ 21.06% - 23.19% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache	W	4.8%	[ 4.24% - 5.35% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy	W	3.0%	[ 2.49% - 3.42% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury	W	2.5%	[ 2.05% - 2.85% ]	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	W	28.6%	[ 27.47% - 29.68% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract	W	66.0%	[ 64.83% - 67.25% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer	W	9.7%	[ 8.95% - 10.46% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	W	58.3%	[ 57.09% - 59.57% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions	W	8.4%	[ 7.65% - 9.13% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	[ 15.04% - 16.88% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	[ 1.22% - 1.84% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	[ 3.72% - 4.75% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		7.9%	[ 7.34% - 8.52% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	12.4%	[ 11.65% - 13.08% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor	B	98.4%	[ 96.99% - 99.89% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		4.1%	[ 1.66% - 6.44% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year		6.4	[ 6.2 - 6.5 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year	*	723	[ 687 - 760 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	56.5	[ 55.3 - 57.8 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	5.0	[ 4.5 - 5.4 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.0	[ 1.9 - 2.1 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year	*	279	[ 261 - 297 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	[ 14.02% - 17.97% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	96	[ 87 - 106 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	8.2%	[ 7.63% - 8.83% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		78.7%	[ 72.93% - 84.53% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		80.4%	[ 75.28% - 85.49% ]	77.1%	[ 76.02% - 78.18% ]

Notes. <sup>1</sup> Community-state differences where the margin of error do not overlap each other are noted B, W, or \*.

<sup>2</sup> All community and state margins of error are 95% confidence intervals.

<sup>3</sup> 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.

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