Derry (Rockingham)

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		4.4%	[3.70% - 5.11%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.1%	[63.05% - 77.10%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	[21.36% - 33.08%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		52.0%	[45.41% - 58.64%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		20.4%	[14.95% - 25.79%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		67.5%	[60.64% - 74.30%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		12.3%	[6.99% - 17.64%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		2.7%	[2.16% - 3.26%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		13.2%	[8.89% - 17.60%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		12.1%	[7.85% - 16.44%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		87.9%	[82.46% - 93.34%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		47.8%	[38.48% - 57.15%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		67.1%	[60.12% - 74.15%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		79.7%	[72.76% - 86.58%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.4%	[94.20% - 98.64%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years	B	88.9%	[82.68% - 95.06%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		82.5%	[76.01% - 88.90%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		16.1%	[10.28% - 21.95%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.1%	[2.99% - 9.21%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		30.8%	[23.46% - 38.12%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		80.9%	[74.41% - 87.38%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	[16.19% - 27.09%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		29.0%	[22.62% - 35.34%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	20.7%	[19.13% - 22.36%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		73.1%	[71.46% - 74.80%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.8%	[4.08% - 11.48%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		9.4%	[4.64% - 14.12%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		30.1%	[28.43% - 31.76%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	W	24.9%	[23.20% - 26.54%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.8%	[3.07% - 4.55%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.7%	[1.19% - 2.27%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		5.7%	[4.81% - 6.52%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	W	1.7%	[1.15% - 2.18%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.0%	[5.96% - 8.02%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders	W	13.6%	[12.20% - 14.92%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		12.8%	[11.57% - 13.98%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	W	33.2%	[31.40% - 35.09%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.5%	[10.41% - 12.66%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	W	25.2%	[23.59% - 26.71%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	W	17.1%	[15.73% - 18.43%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	73.3%	[71.58% - 74.94%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.3%	[4.51% - 6.09%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		35.8%	[33.92% - 37.63%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	W	20.0%	[18.50% - 21.50%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		14.0%	[12.74% - 15.19%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		14.8%	[13.47% - 16.10%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.1%	[45.13% - 49.05%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.2%	[14.93% - 17.50%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.6%	[1.16% - 2.12%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.9%	[1.45% - 2.42%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.48% - 2.48%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.9%	[8.49% - 11.32%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.8%	[1.20% - 2.48%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer	B	9.5%	[7.89% - 11.01%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	29.2%	[26.67% - 31.63%]	36.8%	[36.47% - 37.14%]
% 65+ with HIV/AIDS		0.04%	[0.02% - 0.07%]	0.05%	[0.04% - 0.06%]
% 65+ with hypothyroidism		22.2%	[20.75% - 23.74%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		39.1%	[37.33% - 40.87%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	W	27.8%	[26.10% - 29.55%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.8%	[5.82% - 7.76%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		17.8%	[16.30% - 19.25%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.2%	[3.42% - 5.01%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.1%	[1.56% - 2.66%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.4%	[0.94% - 1.79%]	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	W	25.6%	[24.00% - 27.14%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	58.9%	[57.04% - 60.72%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.2%	[6.21% - 8.11%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	57.5%	[55.61% - 59.30%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		11.2%	[9.95% - 12.44%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	[13.01% - 15.60%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	[0.74% - 1.45%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.38% - 3.68%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.8%	[7.97% - 9.72%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		8.3%	[7.47% - 9.17%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.2%	[95.16% - 99.25%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		2.7%	[0.42% - 4.95%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.9	[7.6 - 8.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	645	[594 - 697]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	52.1	[50.3 - 54.0]	49.1	[48.9 - 49.3]
Home health visits per year		2.3	[1.9 - 2.7]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.1	[1.9 - 2.3]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	279	[250 - 308]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	20.2%	[17.07% - 23.36%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		91	[76 - 106]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	4.8%	[4.10% - 5.41%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.1%	[74.98% - 85.29%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		83.0%	[76.70% - 89.27%]	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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