

## Dover (Strafford)



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		4.5%	[ 3.94% - 5.14% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		77.2%	[ 71.88% - 82.42% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	[ 20.70% - 30.08% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		61.9%	[ 56.78% - 67.11% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		21.6%	[ 17.30% - 25.99% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		69.3%	[ 63.77% - 74.86% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		12.2%	[ 8.20% - 16.12% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture	W	4.5%	[ 3.87% - 5.12% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		13.4%	[ 9.77% - 17.03% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		9.8%	[ 6.72% - 12.96% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		90.0%	[ 86.69% - 93.30% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		44.3%	[ 37.40% - 51.26% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		61.6%	[ 55.70% - 67.48% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		79.8%	[ 74.25% - 85.27% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening	B	98.6%	[ 97.60% - 99.62% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		78.2%	[ 71.82% - 84.65% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening	B	83.6%	[ 79.65% - 87.51% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		10.9%	[ 6.80% - 14.92% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		6.4%	[ 3.67% - 9.06% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		26.9%	[ 21.43% - 32.45% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		80.0%	[ 74.86% - 85.24% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	[ 18.16% - 27.28% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		24.4%	[ 18.97% - 29.90% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese	W	18.3%	[ 16.99% - 19.60% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol	W	75.9%	[ 74.48% - 77.26% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		10.6%	[ 7.04% - 14.23% ]	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% [ 4.15% - 9.70% ]	6.9% [ 6.29% - 7.61% ]		
% 65+ with depression	W	32.9% [ 31.45% - 34.42% ]	28.8% [ 28.59% - 29.01% ]		
% 65+ with anxiety disorders	W	26.7% [ 25.19% - 28.13% ]	21.9% [ 21.74% - 22.15% ]		
% 65+ with bipolar disorders	W	4.2% [ 3.46% - 4.84% ]	3.1% [ 2.97% - 3.14% ]		
% 65+ with post-traumatic stress disorder		1.5% [ 1.09% - 2.00% ]	1.4% [ 1.35% - 1.48% ]		
% 65+ with schizophrenia & other psychotic disorders	W	8.6% [ 7.72% - 9.55% ]	4.9% [ 4.81% - 5.02% ]		
% 65+ with personality disorders	W	1.6% [ 1.16% - 2.02% ]	1.1% [ 1.00% - 1.11% ]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3% [ 5.50% - 7.13% ]	5.5% [ 5.41% - 5.64% ]		
% 65+ with tobacco use disorders		9.5% [ 8.46% - 10.46% ]	10.4% [ 10.23% - 10.54% ]		
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	W	16.3% [ 15.09% - 17.45% ]	12.0% [ 11.89% - 12.19% ]		
% 65+ with diabetes	W	31.1% [ 29.53% - 32.62% ]	28.2% [ 27.97% - 28.41% ]		
% 65+ with stroke	W	12.6% [ 11.62% - 13.66% ]	10.8% [ 10.64% - 10.92% ]		
% 65+ with chronic obstructive pulmonary disease	W	24.6% [ 23.25% - 25.94% ]	20.5% [ 20.36% - 20.73% ]		
% 65+ with asthma		12.5% [ 11.49% - 13.59% ]	13.0% [ 12.89% - 13.21% ]		
% 65+ with hypertension	W	72.1% [ 70.64% - 73.54% ]	70.2% [ 70.02% - 70.46% ]		
% 65+ ever had a heart attack		4.9% [ 4.19% - 5.51% ]	4.5% [ 4.37% - 4.56% ]		
% 65+ with ischemic heart disease	W	38.1% [ 36.51% - 39.72% ]	34.3% [ 34.12% - 34.58% ]		
% 65+ with congestive heart failure	W	19.6% [ 18.30% - 20.85% ]	17.7% [ 17.57% - 17.93% ]		
% 65+ with atrial fibrillation	W	16.0% [ 14.83% - 17.09% ]	14.4% [ 14.28% - 14.60% ]		
% 65+ with peripheral vascular disease	W	17.0% [ 15.84% - 18.25% ]	14.7% [ 14.51% - 14.84% ]		
% 65+ with osteoarthritis/rheumatoid arthritis		51.0% [ 49.32% - 52.70% ]	49.1% [ 48.82% - 49.32% ]		
% 65+ with osteoporosis	W	19.6% [ 18.41% - 20.86% ]	17.4% [ 17.22% - 17.57% ]		
% 65+ with leukemias and lymphomas		2.0% [ 1.54% - 2.46% ]	2.0% [ 1.91% - 2.05% ]		
% 65+ with lung cancer		1.7% [ 1.31% - 2.11% ]	1.6% [ 1.54% - 1.66% ]		
% 65+ with colon cancer		2.8% [ 2.26% - 3.25% ]	2.4% [ 2.37% - 2.51% ]		
% 65+ women with breast cancer		9.9% [ 8.71% - 11.18% ]	9.8% [ 9.59% - 9.96% ]		
% 65+ women with endometrial cancer		1.9% [ 1.32% - 2.46% ]	1.7% [ 1.60% - 1.76% ]		
% 65+ men with prostate cancer		10.8% [ 9.36% - 12.29% ]	11.5% [ 11.24% - 11.68% ]		
% 65+ with benign prostatic hyperplasia	W	44.8% [ 42.39% - 47.21% ]	36.8% [ 36.47% - 37.14% ]		
% 65+ with HIV/AIDS		0.04% [ 0.02% - 0.06% ]	0.05% [ 0.04% - 0.06% ]		
% 65+ with hypothyroidism	W	23.1% [ 21.77% - 24.41% ]	20.8% [ 20.62% - 20.99% ]		
% 65+ with anemia		38.9% [ 37.33% - 40.38% ]	37.3% [ 37.12% - 37.57% ]		
% 65+ with chronic kidney disease	W	25.5% [ 24.09% - 26.94% ]	22.3% [ 22.14% - 22.54% ]		
% 65+ with liver diseases	W	8.2% [ 7.26% - 9.04% ]	6.9% [ 6.75% - 6.99% ]		
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.7% [ 21.35% - 24.12% ]	18.6% [ 18.42% - 18.80% ]		
% 65+ with migraine and other chronic headache		4.0% [ 3.39% - 4.71% ]	4.0% [ 3.95% - 4.15% ]		
% 65+ with epilepsy	W	3.3% [ 2.68% - 3.87% ]	2.1% [ 2.00% - 2.14% ]		
% 65+ with traumatic brain injury		1.4% [ 0.99% - 1.73% ]	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	26.9%	[ 25.54% - 28.32% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		60.0%	[ 58.46% - 61.61% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer	W	8.3%	[ 7.42% - 9.18% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions	W	59.8%	[ 58.21% - 61.36% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		11.2%	[ 10.18% - 12.25% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.2%	[ 16.99% - 19.50% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.3%	[ 0.94% - 1.67% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.6%	[ 3.02% - 4.21% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.0%	[ 4.36% - 5.60% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	10.0%	[ 9.13% - 10.84% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor	B	98.2%	[ 97.04% - 99.35% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		4.2%	[ 1.81% - 6.62% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	7.1	[ 6.9 - 7.3 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		613	[ 572 - 653 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	55.6	[ 53.6 - 57.6 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	3.1	[ 2.7 - 3.5 ]	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		237	[ 216 - 259 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		15.2%	[ 12.62% - 17.75% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		76	[ 66 - 86 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	5.6%	[ 4.90% - 6.21% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		80.1%	[ 75.21% - 85.02% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt	B	83.1%	[ 78.77% - 87.48% ]	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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