Dunbarton (Merrimack)

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		4.0%	[2.77% - 5.15%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		74.2%	[67.37% - 80.97%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	[17.41% - 28.70%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		61.5%	[54.68% - 68.29%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		17.7%	[12.66% - 22.78%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		66.8%	[59.69% - 73.83%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.1%	[3.38% - 10.80%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.2%	[2.62% - 3.73%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		15.4%	[9.64% - 21.19%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		10.7%	[6.12% - 15.36%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		84.8%	[79.83% - 89.87%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		35.3%	[26.27% - 44.24%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		58.9%	[51.65% - 66.10%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		73.7%	[66.00% - 81.35%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.1%	[88.33% - 95.93%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		84.1%	[76.93% - 91.33%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		78.7%	[72.47% - 84.88%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		17.4%	[11.44% - 23.33%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.3%	[3.58% - 12.94%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		24.0%	[17.45% - 30.62%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		77.3%	[71.00% - 83.64%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	[17.23% - 28.22%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.3%	[17.69% - 30.94%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	14.0%	[11.66% - 16.28%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		71.3%	[68.34% - 74.20%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		6.5%	[2.94% - 10.08%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		7.8%	[3.52% - 12.02%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	24.6%	[21.88% - 27.24%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		19.9%	[17.28% - 22.58%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		2.5%	[1.90% - 3.05%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.1%	[0.71% - 1.46%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	[3.08% - 4.34%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.5%	[0.24% - 0.76%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	[4.00% - 7.07%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		10.6%	[8.46% - 12.67%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	8.7%	[7.00% - 10.38%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes	B	24.2%	[21.32% - 27.04%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke	B	6.7%	[5.23% - 8.25%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease	B	15.4%	[13.19% - 17.63%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma	B	9.9%	[8.07% - 11.71%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	B	63.7%	[60.61% - 66.78%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack	B	2.6%	[1.66% - 3.56%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease	B	27.4%	[24.46% - 30.33%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure	B	11.5%	[9.49% - 13.50%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		12.6%	[10.59% - 14.68%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease	B	10.4%	[8.46% - 12.33%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.8%	[41.39% - 48.14%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	14.2%	[12.12% - 16.31%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.5%	[1.06% - 1.94%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.3%	[0.90% - 1.64%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.0%	[1.54% - 2.44%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.2%	[6.69% - 11.63%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.25% - 2.49%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		9.1%	[6.63% - 11.58%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	B	29.6%	[25.56% - 33.64%]	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		18.9%	[16.46% - 21.30%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia	B	27.3%	[24.54% - 29.99%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	18.6%	[16.09% - 21.13%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases	B	4.8%	[3.31% - 6.22%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.4%	[13.98% - 18.80%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.3%	[3.57% - 5.01%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy	B	1.1%	[0.73% - 1.46%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.4%	[1.00% - 1.76%]	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		24.2%	[21.56% - 26.86%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	54.7%	[51.49% - 57.84%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.9%	[4.37% - 7.37%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	47.2%	[44.09% - 50.38%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	B	12.8%	[10.58% - 15.02%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.3%	[8.40% - 12.15%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.44% - 1.02%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	[1.97% - 3.03%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.2%	[6.75% - 9.68%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	5.0%	[3.87% - 6.20%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		95.7%	[92.56% - 98.74%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.4%	[1.17% - 7.72%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year		6.0	[5.6 - 6.4]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	425	[363 - 486]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	44.0	[41.3 - 46.6]	49.1	[48.9 - 49.3]
Home health visits per year		2.5	[1.7 - 3.4]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.6	[1.3 - 1.9]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		221	[175 - 266]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		19.6%	[13.28% - 26.00%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	[26 - 54]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		3.0%	[2.06% - 3.86%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		83.0%	[77.62% - 88.43%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		75.0%	[68.20% - 81.83%]	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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