

Alton (Belknap)



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		3.2%	[2.17% - 4.28%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.7%	[65.27% - 76.09%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	[17.69% - 28.34%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		57.0%	[50.66% - 63.31%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		15.7%	[11.10% - 20.23%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.1%	[59.52% - 70.64%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.2%	[4.47% - 9.83%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.0%	[2.37% - 3.69%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		17.1%	[12.55% - 21.60%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		11.0%	[7.42% - 14.68%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		86.1%	[82.25% - 90.03%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		35.5%	[29.06% - 42.02%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		54.5%	[48.46% - 60.53%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.4%	[71.02% - 83.80%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.5%	[89.18% - 95.78%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		74.3%	[68.03% - 80.67%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		81.5%	[76.99% - 86.10%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.3%	[5.63% - 13.01%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.9%	[5.12% - 12.63%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		27.7%	[22.56% - 32.85%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		71.8%	[66.59% - 76.91%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	[12.61% - 21.41%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		28.0%	[22.39% - 33.63%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	13.0%	[10.87% - 15.12%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		69.3%	[66.43% - 72.17%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.6%	[6.04% - 13.07%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		8.1% [4.60% - 11.58%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	B	22.9% [20.33% - 25.43%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders	B	17.8% [15.32% - 20.19%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	B	2.0% [1.40% - 2.60%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.0% [0.56% - 1.44%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	B	3.5% [2.77% - 4.26%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders	B	0.9% [0.79% - 0.95%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.2% [2.07% - 4.32%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	B	7.7% [5.90% - 9.42%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	8.2% [6.60% - 9.87%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	B	24.9% [22.16% - 27.69%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke	B	8.5% [6.89% - 10.19%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	B	17.8% [15.48% - 20.11%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma	B	10.0% [8.20% - 11.87%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension		70.5% [67.64% - 73.33%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		3.5% [2.36% - 4.54%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		34.2% [31.12% - 37.18%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		15.4% [13.16% - 17.69%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		13.1% [11.11% - 15.15%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	B	11.0% [9.03% - 12.96%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.2% [42.01% - 48.41%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	B	12.6% [10.68% - 14.58%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		2.0% [1.42% - 2.60%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.8% [1.26% - 2.32%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.2% [1.66% - 2.82%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		8.9% [6.47% - 11.38%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.7% [1.00% - 2.43%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		12.3% [9.54% - 15.12%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		37.7% [33.53% - 41.90%]	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		18.5% [16.15% - 20.84%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	B	31.0% [28.18% - 33.78%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	B	17.4% [15.01% - 19.82%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases	B	4.9% [3.52% - 6.30%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.9% [13.62% - 18.20%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		4.5% [3.64% - 5.42%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.2% [1.59% - 2.86%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.3% [0.83% - 1.70%]	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	B	18.8%	[16.47% - 21.16%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.7%	[58.68% - 64.76%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		5.9%	[4.51% - 7.39%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	50.3%	[47.26% - 53.40%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		10.9%	[8.93% - 12.96%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	[10.14% - 14.12%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.40% - 1.11%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.1%	[2.37% - 3.79%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.3%	[6.78% - 9.74%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	4.8%	[3.66% - 5.96%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.8%	[94.84% - 98.76%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.2%	[1.89% - 6.59%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	5.0	[4.7 - 5.4]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		517	[450 - 584]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	41.7	[39.4 - 44.1]	49.1	[48.9 - 49.3]
Home health visits per year	*	1.5	[1.1 - 1.9]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		1.8	[1.4 - 2.1]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year	*	174	[142 - 207]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	8.7%	[4.49% - 12.99%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	47	[29 - 64]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.7%	[0.97% - 2.34%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		74.4%	[69.11% - 79.72%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		73.5%	[68.44% - 78.51%]	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 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.

Questions or suggestions? Beth.Dugan@umb.edu