

Durham (Strafford)



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		3.7%	[2.71% - 4.73%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 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		2.9%	[2.14% - 3.75%]	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%]
Oral Health					
% 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%]
NUTRITION/DIET					
% 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	B	12.3%	[10.13% - 14.50%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol		73.8%	[70.97% - 76.72%]	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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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		6.9% [4.15% - 9.70%]	6.9% [6.29% - 7.61%]		
% 65+ with depression		26.9% [24.12% - 29.68%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders		21.4% [18.64% - 24.11%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders		2.7% [1.85% - 3.60%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.1% [0.49% - 1.69%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	W	6.3% [5.05% - 7.46%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		0.9% [0.38% - 1.45%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1% [3.54% - 6.57%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	B	6.0% [4.37% - 7.56%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		14.4% [12.16% - 16.58%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	B	21.0% [18.24% - 23.72%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		11.9% [9.88% - 13.85%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	B	17.8% [15.48% - 20.18%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		11.5% [9.54% - 13.52%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	B	65.6% [62.49% - 68.68%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		4.1% [2.86% - 5.26%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		34.2% [31.10% - 37.40%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure	B	14.8% [12.56% - 16.98%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		15.7% [13.44% - 17.91%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease		13.0% [10.87% - 15.21%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		50.0% [46.58% - 53.44%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis		19.5% [17.08% - 21.91%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.7% [1.08% - 2.40%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.2% [0.63% - 1.70%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.9% [2.09% - 3.65%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		12.1% [9.37% - 14.83%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		1.2% [0.50% - 1.97%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		14.5% [11.20% - 17.76%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia	W	46.4% [41.54% - 51.22%]	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		22.3% [19.70% - 24.89%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia		34.9% [31.90% - 37.84%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	B	18.2% [15.67% - 20.63%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases		5.7% [4.21% - 7.18%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		19.1% [16.53% - 21.67%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		4.4% [3.35% - 5.40%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.0% [1.29% - 2.77%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.3% [0.66% - 1.86%]	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		24.9%	[22.22% - 27.65%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	66.7%	[63.60% - 69.80%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.3%	[5.67% - 8.98%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	B	50.6%	[47.41% - 53.81%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.8%	[7.78% - 11.88%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.9%	[15.45% - 20.44%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.30% - 1.19%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		2.8%	[1.98% - 3.58%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	5.2%	[3.98% - 6.45%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	3.3%	[2.30% - 4.28%]	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%]
SERVICE UTILIZATION					
Physician visits per year	*	7.6	[7.1 - 8.0]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year	*	461	[398 - 524]	572	[566 - 578]
Part D monthly prescription fills per person per year		46.2	[43.2 - 49.2]	49.1	[48.9 - 49.3]
Home health visits per year		2.4	[1.9 - 3.0]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	1.3	[1.1 - 1.6]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		201	[163 - 239]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.4%	[9.62% - 19.24%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year	*	53	[36 - 70]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	1.8%	[1.10% - 2.59%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		80.1%	[75.21% - 85.02%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt	B	83.1%	[78.77% - 87.48%]	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.

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