

## East Kingston (Rockingham)



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		4.0%	[ 2.34% - 5.69% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		69.1%	[ 62.80% - 75.33% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	[ 21.73% - 34.20% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		55.5%	[ 48.31% - 62.59% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		22.3%	[ 16.42% - 28.10% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		66.4%	[ 59.56% - 73.18% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		8.9%	[ 5.05% - 12.66% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		2.7%	[ 2.15% - 3.21% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		20.4%	[ 15.09% - 25.80% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		13.4%	[ 8.65% - 18.08% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		90.1%	[ 86.19% - 93.99% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		37.9%	[ 29.31% - 46.41% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		63.1%	[ 56.37% - 69.80% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		83.2%	[ 77.26% - 89.14% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		97.0%	[ 94.57% - 99.42% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		78.6%	[ 71.52% - 85.70% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		75.3%	[ 69.34% - 81.24% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		13.5%	[ 8.53% - 18.55% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		12.1%	[ 7.44% - 16.75% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		35.9%	[ 29.09% - 42.66% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		72.4%	[ 65.99% - 78.79% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	[ 14.48% - 25.50% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		33.0%	[ 26.32% - 39.77% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		16.8%	[ 13.44% - 20.15% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		76.2%	[ 72.40% - 79.92% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		7.1%	[ 3.42% - 10.84% ]	9.2%	[ 8.45% - 9.94% ]

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>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		10.1%	[ 6.25% - 14.02% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression		24.9%	[ 21.27% - 28.61% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders		21.7%	[ 18.03% - 25.34% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders	B	2.1%	[ 1.60% - 2.66% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.5%	[ 1.02% - 1.95% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders		4.2%	[ 3.50% - 4.87% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders	B	0.6%	[ 0.28% - 0.82% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.2%	[ 1.71% - 4.69% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	B	4.8%	[ 2.90% - 6.74% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	8.0%	[ 5.76% - 10.33% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		29.3%	[ 25.31% - 33.39% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		8.9%	[ 6.59% - 11.24% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease	B	15.7%	[ 12.68% - 18.67% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		13.2%	[ 10.40% - 16.07% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		73.4%	[ 69.55% - 77.32% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		4.0%	[ 2.43% - 5.58% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		36.0%	[ 31.77% - 40.21% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		15.2%	[ 12.15% - 18.22% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		15.4%	[ 12.44% - 18.36% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease		15.6%	[ 12.52% - 18.72% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		48.7%	[ 44.18% - 53.22% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	14.2%	[ 11.32% - 17.09% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		2.0%	[ 1.53% - 2.54% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer	W	2.6%	[ 2.10% - 3.18% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.4%	[ 1.86% - 2.87% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		10.8%	[ 7.32% - 14.30% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		2.4%	[ 1.68% - 3.11% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		12.4%	[ 8.46% - 16.36% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		43.0%	[ 36.97% - 49.11% ]	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		21.8%	[ 18.33% - 25.31% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		37.6%	[ 33.52% - 41.67% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		20.2%	[ 16.81% - 23.61% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		9.0%	[ 6.48% - 11.45% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		16.6%	[ 13.29% - 19.87% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache	W	5.0%	[ 4.18% - 5.74% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		2.2%	[ 1.65% - 2.67% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		1.1%	[ 0.70% - 1.41% ]	1.1%	[ 1.06% - 1.16% ]

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>
% 65+ with autism spectrum disorders			N/A	0.03%	[ 0.02% - 0.04% ]
% 65+ with glaucoma		20.9%	[ 17.49% - 24.29% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		59.5%	[ 55.31% - 63.78% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		6.6%	[ 4.51% - 8.66% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		51.8%	[ 47.58% - 56.12% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		8.0%	[ 5.54% - 10.55% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		16.3%	[ 13.16% - 19.41% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[ 0.44% - 1.06% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[ 2.39% - 3.57% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		9.0%	[ 6.83% - 11.14% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	2.2%	[ 1.10% - 3.32% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		97.5%	[ 95.52% - 99.49% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		9.5%	[ 4.95% - 14.10% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	8.3	[ 7.6 - 9.0 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		562	[ 470 - 654 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	45.5	[ 42.2 - 48.8 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		1.9	[ 1.2 - 2.5 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.9	[ 1.5 - 2.4 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		215	[ 166 - 264 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		10.7%	[ 4.24% - 17.24% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year	*	35	[ 18 - 53 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	1.5%	[ 0.57% - 2.38% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		78.2%	[ 72.64% - 83.84% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		77.4%	[ 71.76% - 83.14% ]	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.

Questions or suggestions? [Beth.Dugan@umb.edu](mailto:Beth.Dugan@umb.edu)