

## Effingham (Carroll)



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		3.8%	[ 2.20% - 5.32% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month		78.8%	[ 74.12% - 83.57% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		24.1%	[ 18.41% - 29.84% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		64.2%	[ 57.68% - 70.68% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		17.1%	[ 12.05% - 22.09% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		67.0%	[ 61.63% - 72.41% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		14.6%	[ 10.69% - 18.55% ]	10.4%	[ 9.65% - 11.16% ]
% 65+ had hip fracture		2.8%	[ 2.24% - 3.46% ]	3.3%	[ 3.19% - 3.34% ]
% 60+ with self-reported fair or poor health status		15.4%	[ 11.08% - 19.66% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		13.8%	[ 9.79% - 17.84% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year	W	80.0%	[ 75.06% - 85.01% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		37.2%	[ 31.00% - 43.45% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		57.1%	[ 51.06% - 63.07% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		74.9%	[ 68.74% - 81.11% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		95.5%	[ 92.92% - 98.07% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		76.7%	[ 69.83% - 83.62% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		76.0%	[ 70.51% - 81.54% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		12.6%	[ 8.51% - 16.79% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		9.2%	[ 5.67% - 12.78% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		27.8%	[ 22.82% - 32.72% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam	B	81.2%	[ 77.11% - 85.29% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	[ 17.12% - 28.26% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese	B	20.1%	[ 15.45% - 24.70% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		15.2%	[ 11.86% - 18.55% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		71.0%	[ 66.95% - 75.10% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		12.8%	[ 8.41% - 17.16% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month		5.5%	[ 2.93% - 8.03% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	21.2%	[ 17.65% - 24.85% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	17.1%	[ 13.66% - 20.54% ]	21.9%	[ 21.74% - 22.15% ]
% 65+ with bipolar disorders	B	1.7%	[ 1.17% - 2.20% ]	3.1%	[ 2.97% - 3.14% ]
% 65+ with post-traumatic stress disorder		1.1%	[ 0.67% - 1.56% ]	1.4%	[ 1.35% - 1.48% ]
% 65+ with schizophrenia & other psychotic disorders		4.1%	[ 3.31% - 4.85% ]	4.9%	[ 4.81% - 5.02% ]
% 65+ with personality disorders	B	0.6%	[ 0.29% - 0.92% ]	1.1%	[ 1.00% - 1.11% ]
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.3%	[ 3.22% - 7.30% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders		10.2%	[ 7.40% - 13.10% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	7.6%	[ 5.25% - 9.88% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes		25.6%	[ 21.60% - 29.61% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		8.7%	[ 6.25% - 11.08% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease		21.2%	[ 17.65% - 24.79% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma		14.1%	[ 11.04% - 17.13% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		66.8%	[ 62.54% - 71.01% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		4.9%	[ 3.02% - 6.69% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease		35.5%	[ 31.15% - 39.91% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure		18.0%	[ 14.62% - 21.48% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		15.5%	[ 12.35% - 18.64% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease		12.8%	[ 9.88% - 15.81% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		46.5%	[ 41.87% - 51.13% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	11.9%	[ 9.08% - 14.66% ]	17.4%	[ 17.22% - 17.57% ]
% 65+ with leukemias and lymphomas		1.6%	[ 1.16% - 2.12% ]	2.0%	[ 1.91% - 2.05% ]
% 65+ with lung cancer		1.8%	[ 1.32% - 2.31% ]	1.6%	[ 1.54% - 1.66% ]
% 65+ with colon cancer		2.5%	[ 1.89% - 3.05% ]	2.4%	[ 2.37% - 2.51% ]
% 65+ women with breast cancer		8.7%	[ 5.11% - 12.22% ]	9.8%	[ 9.59% - 9.96% ]
% 65+ women with endometrial cancer		1.8%	[ 1.14% - 2.55% ]	1.7%	[ 1.60% - 1.76% ]
% 65+ men with prostate cancer		10.5%	[ 6.79% - 14.21% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		42.5%	[ 36.42% - 48.64% ]	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%	[ 15.09% - 21.93% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia		35.8%	[ 31.56% - 39.98% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease		19.7%	[ 16.06% - 23.25% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		7.1%	[ 4.82% - 9.44% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		19.3%	[ 15.67% - 22.83% ]	18.6%	[ 18.42% - 18.80% ]
% 65+ with migraine and other chronic headache	B	2.9%	[ 2.24% - 3.58% ]	4.0%	[ 3.95% - 4.15% ]
% 65+ with epilepsy		1.8%	[ 1.33% - 2.37% ]	2.1%	[ 2.00% - 2.14% ]
% 65+ with traumatic brain injury		1.0%	[ 0.65% - 1.42% ]	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	17.1%	[ 13.77% - 20.41% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		58.6%	[ 54.24% - 63.05% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	[ 3.07% - 6.94% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		51.9%	[ 47.42% - 56.30% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		13.5%	[ 10.37% - 16.61% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	[ 8.12% - 13.72% ]	14.4%	[ 14.23% - 14.56% ]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[ 0.55% - 1.31% ]	0.9%	[ 0.81% - 0.90% ]
% 65+ with clinical diagnosis of mobility impairments		3.4%	[ 2.69% - 4.05% ]	3.2%	[ 3.14% - 3.31% ]
<b>ACCESS TO CARE</b>					
Medicare (65+ population)					
% Medicare managed care enrollees		7.5%	[ 5.36% - 9.56% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid		6.1%	[ 4.22% - 8.05% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		93.8%	[ 90.84% - 96.78% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost	B	2.9%	[ 1.35% - 4.52% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	5.0	[ 4.4 - 5.6 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		549	[ 449 - 649 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year		46.1	[ 42.1 - 50.2 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year		2.3	[ 1.4 - 3.1 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		2.0	[ 1.4 - 2.5 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		263	[ 204 - 322 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	[ 9.89% - 21.61% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		68	[ 41 - 95 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	2.0%	[ 0.87% - 3.11% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month	*	83.0%	[ 78.73% - 87.19% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		76.9%	[ 72.24% - 81.48% ]	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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