

Amherst (Hillsborough)



| 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 | | 3.5% | [2.55% - 4.41%] | 4.1% | [4.02% - 4.19%] |
| WELLNESS & PREVENTION | | | | | |
| % 60+ with any physical activity within last month | | 70.5% | [63.78% - 77.18%] | 74.5% | [73.36% - 75.59%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | [24.08% - 36.74%] | 26.0% | [24.93% - 27.14%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.8% | [48.91% - 62.78%] | 58.6% | [57.33% - 59.82%] |
| % 60+ met CDC guidelines for both types of physical activities | | 23.3% | [17.48% - 29.12%] | 19.9% | [18.92% - 20.93%] |
| % 60+ getting recommended hours of sleep | | 70.4% | [64.13% - 76.71%] | 66.4% | [65.16% - 67.60%] |
| % 60+ injured in a fall within last 12 months | | 10.0% | [5.95% - 14.09%] | 10.4% | [9.65% - 11.16%] |
| % 65+ had hip fracture | | 2.7% | [2.12% - 3.32%] | 3.3% | [3.19% - 3.34%] |
| % 60+ with self-reported fair or poor health status | | 14.3% | [9.21% - 19.38%] | 16.5% | [15.54% - 17.40%] |
| % 60+ with 15+ physically unhealthy days last month | | 10.6% | [6.15% - 15.03%] | 12.5% | [11.69% - 13.37%] |
| % 60+ with physical exam/check-up in past year | | 84.2% | [78.72% - 89.58%] | 86.5% | [85.66% - 87.39%] |
| % 60+ met CDC preventive health screening goals | | 45.2% | [36.41% - 53.94%] | 40.3% | [38.77% - 41.81%] |
| % 60+ flu shot past year | | 60.7% | [53.42% - 68.07%] | 59.3% | [58.06% - 60.63%] |
| % 65+ with pneumonia vaccine | | 84.2% | [78.18% - 90.18%] | 77.8% | [76.56% - 79.12%] |
| % 60+ with cholesterol screening | B | 98.2% | [96.89% - 99.44%] | 95.3% | [94.78% - 95.82%] |
| % 60+ women with a mammogram within last 2 years | | 79.9% | [72.36% - 87.52%] | 79.3% | [77.96% - 80.69%] |
| % 60+ with colorectal cancer screening | | 74.1% | [67.52% - 80.75%] | 77.0% | [75.92% - 78.16%] |
| % 60+ with HIV test | | 11.4% | [6.01% - 16.84%] | 13.5% | [12.50% - 14.41%] |
| % 60+ current smokers | B | 2.7% | [0.98% - 4.33%] | 8.1% | [7.38% - 8.79%] |
| Oral Health | | | | | |
| % 60+ with loss of 6 or more teeth | | 26.4% | [20.13% - 32.58%] | 29.0% | [27.79% - 30.12%] |
| % 60+ with annual dental exam | B | 84.2% | [79.36% - 89.14%] | 75.7% | [74.65% - 76.84%] |
| NUTRITION/DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 22.3% | [16.47% - 28.07%] | 20.2% | [19.23% - 21.21%] |
| % 60+ self-reported obese | | 23.9% | [17.62% - 30.21%] | 27.2% | [26.03% - 28.35%] |
| % 65+ clinically diagnosed obese | B | 12.4% | [10.55% - 14.16%] | 16.7% | [16.56% - 16.94%] |
| % 65+ with high cholesterol | B | 67.0% | [64.56% - 69.52%] | 72.2% | [72.01% - 72.44%] |
| % 60+ excessive drinking | | 10.9% | [6.08% - 15.65%] | 9.2% | [8.45% - 9.94%] |

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| BEHAVIORAL HEALTH | | | | | |
| % 60+ with 15+ days poor mental health last month | B | 3.4% | [0.72% - 6.12%] | 6.9% | [6.29% - 7.61%] |
| % 65+ with depression | B | 23.8% | [21.60% - 25.90%] | 28.8% | [28.59% - 29.01%] |
| % 65+ with anxiety disorders | B | 17.8% | [15.74% - 19.87%] | 21.9% | [21.74% - 22.15%] |
| % 65+ with bipolar disorders | | 2.7% | [2.02% - 3.44%] | 3.1% | [2.97% - 3.14%] |
| % 65+ with post-traumatic stress disorder | | 0.9% | [0.53% - 1.37%] | 1.4% | [1.35% - 1.48%] |
| % 65+ with schizophrenia & other psychotic disorders | B | 3.5% | [2.76% - 4.22%] | 4.9% | [4.81% - 5.02%] |
| % 65+ with personality disorders | | 0.9% | [0.45% - 1.29%] | 1.1% | [1.00% - 1.11%] |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) | B | 4.1% | [3.02% - 5.19%] | 5.5% | [5.41% - 5.64%] |
| % 65+ with tobacco use disorders | B | 6.8% | [5.42% - 8.21%] | 10.4% | [10.23% - 10.54%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 8.9% | [7.47% - 10.31%] | 12.0% | [11.89% - 12.19%] |
| % 65+ with diabetes | B | 17.6% | [15.50% - 19.65%] | 28.2% | [27.97% - 28.41%] |
| % 65+ with stroke | B | 9.0% | [7.63% - 10.46%] | 10.8% | [10.64% - 10.92%] |
| % 65+ with chronic obstructive pulmonary disease | B | 13.8% | [12.08% - 15.45%] | 20.5% | [20.36% - 20.73%] |
| % 65+ with asthma | B | 11.0% | [9.47% - 12.58%] | 13.0% | [12.89% - 13.21%] |
| % 65+ with hypertension | B | 61.7% | [59.17% - 64.28%] | 70.2% | [70.02% - 70.46%] |
| % 65+ ever had a heart attack | B | 3.3% | [2.43% - 4.21%] | 4.5% | [4.37% - 4.56%] |
| % 65+ with ischemic heart disease | B | 27.4% | [25.01% - 29.82%] | 34.3% | [34.12% - 34.58%] |
| % 65+ with congestive heart failure | B | 12.6% | [10.81% - 14.29%] | 17.7% | [17.57% - 17.93%] |
| % 65+ with atrial fibrillation | B | 10.5% | [9.02% - 12.02%] | 14.4% | [14.28% - 14.60%] |
| % 65+ with peripheral vascular disease | B | 10.3% | [8.77% - 11.91%] | 14.7% | [14.51% - 14.84%] |
| % 65+ with osteoarthritis/rheumatoid arthritis | B | 44.6% | [41.80% - 47.34%] | 49.1% | [48.82% - 49.32%] |
| % 65+ with osteoporosis | | 16.0% | [14.24% - 17.85%] | 17.4% | [17.22% - 17.57%] |
| % 65+ with leukemias and lymphomas | | 2.1% | [1.52% - 2.76%] | 2.0% | [1.91% - 2.05%] |
| % 65+ with lung cancer | | 1.7% | [1.18% - 2.18%] | 1.6% | [1.54% - 1.66%] |
| % 65+ with colon cancer | | 2.0% | [1.47% - 2.51%] | 2.4% | [2.37% - 2.51%] |
| % 65+ women with breast cancer | | 11.6% | [9.39% - 13.81%] | 9.8% | [9.59% - 9.96%] |
| % 65+ women with endometrial cancer | B | 1.0% | [0.47% - 1.51%] | 1.7% | [1.60% - 1.76%] |
| % 65+ men with prostate cancer | | 13.9% | [11.38% - 16.49%] | 11.5% | [11.24% - 11.68%] |
| % 65+ with benign prostatic hyperplasia | | 34.6% | [31.12% - 38.17%] | 36.8% | [36.47% - 37.14%] |
| % 65+ with HIV/AIDS | | 0.04% | [0.02% - 0.07%] | 0.05% | [0.04% - 0.06%] |
| % 65+ with hypothyroidism | B | 17.9% | [16.01% - 19.87%] | 20.8% | [20.62% - 20.99%] |
| % 65+ with anemia | B | 33.9% | [31.54% - 36.33%] | 37.3% | [37.12% - 37.57%] |
| % 65+ with chronic kidney disease | B | 19.6% | [17.48% - 21.69%] | 22.3% | [22.14% - 22.54%] |
| % 65+ with liver diseases | | 5.9% | [4.66% - 7.10%] | 6.9% | [6.75% - 6.99%] |
| % 65+ with fibromyalgia, chronic pain and fatigue | B | 14.7% | [12.82% - 16.63%] | 18.6% | [18.42% - 18.80%] |
| % 65+ with migraine and other chronic headache | | 3.4% | [2.64% - 4.18%] | 4.0% | [3.95% - 4.15%] |
| % 65+ with epilepsy | | 1.5% | [1.03% - 2.02%] | 2.1% | [2.00% - 2.14%] |
| % 65+ with traumatic brain injury | | 0.9% | [0.47% - 1.25%] | 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 | 19.6% | [17.67% - 21.62%] | 22.9% | [22.74% - 23.13%] |
| % 65+ with cataract | W | 65.4% | [62.86% - 67.95%] | 61.2% | [61.00% - 61.47%] |
| % 65+ with pressure ulcer or chronic ulcer | B | 3.9% | [2.89% - 4.82%] | 7.1% | [6.99% - 7.24%] |
| % 65+ with 4+ (out of 15) chronic conditions | B | 43.1% | [40.54% - 45.61%] | 54.4% | [54.19% - 54.66%] |
| % 65+ with 0 chronic conditions | | 12.1% | [10.27% - 13.87%] | 10.3% | [10.12% - 10.42%] |
| LIVING WITH DISABILITY | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.9% | [12.04% - 15.68%] | 14.4% | [14.23% - 14.56%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | B | 0.5% | [0.21% - 0.70%] | 0.9% | [0.81% - 0.90%] |
| % 65+ with clinical diagnosis of mobility impairments | B | 2.4% | [1.83% - 3.03%] | 3.2% | [3.14% - 3.31%] |
| ACCESS TO CARE | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | | 8.5% | [7.27% - 9.73%] | 7.9% | [7.8% - 8.02%] |
| % dually eligible for Medicare and Medicaid | * | 2.6% | [1.91% - 3.32%] | 7.5% | [7.40% - 7.62%] |
| % 60+ with a regular doctor | | 97.2% | [95.00% - 99.45%] | 95.8% | [95.34% - 96.33%] |
| % 60+ who did not see doctor when needed due to cost | | 4.9% | [1.97% - 7.77%] | 5.4% | [4.75% - 5.97%] |
| SERVICE UTILIZATION | | | | | |
| Physician visits per year | * | 7.1 | [6.7 - 7.4] | 6.3 | [6.2 - 6.3] |
| Emergency room visits/1000 persons 65+ years per year | * | 344 | [303 - 386] | 572 | [566 - 578] |
| Part D monthly prescription fills per person per year | * | 40.4 | [38.5 - 42.3] | 49.1 | [48.9 - 49.3] |
| Home health visits per year | * | 1.6 | [1.2 - 2.1] | 2.5 | [2.4 - 2.5] |
| Durable medical equipment claims per year | * | 1.3 | [1.1 - 1.5] | 2.0 | [2.0 - 2.0] |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 177 | [151 - 203] | 237 | [234 - 241] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 15.7% | [11.41% - 20.02%] | 15.8% | [15.41% - 16.22%] |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 47 | [34 - 60] | 76 | [74 - 77] |
| % 65+ getting Medicaid long term services and supports | * | 1.6% | [1.06% - 2.16%] | 3.7% | [3.59% - 3.74%] |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | | | |
| % 60+ who used Internet in last month | | 83.8% | [78.31% - 89.25%] | 77.6% | [76.53% - 78.64%] |
| SAFETY & TRANSPORTATION | | | | | |
| % 60+ who always drive wearing a seatbelt | | 79.8% | [73.84% - 85.71%] | 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