

Exeter (Rockingham)



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		4.1%	[3.48% - 4.66%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month	B	84.5%	[79.94% - 89.10%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	[30.96% - 43.49%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		60.6%	[54.08% - 67.04%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	[23.79% - 35.46%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.1%	[58.24% - 72.04%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		9.0%	[5.48% - 12.51%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture	W	4.4%	[3.73% - 5.04%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		12.8%	[8.39% - 17.25%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		9.6%	[5.84% - 13.37%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		90.9%	[87.11% - 94.66%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		45.0%	[37.21% - 52.78%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		59.3%	[52.85% - 65.85%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		79.5%	[73.64% - 85.41%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		96.9%	[95.01% - 98.89%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		80.6%	[73.46% - 87.66%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		82.4%	[77.48% - 87.40%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		12.6%	[7.46% - 17.73%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.4%	[3.41% - 9.46%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	B	20.4%	[14.88% - 25.87%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam	B	85.1%	[79.58% - 90.59%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	[21.13% - 32.69%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		21.1%	[15.57% - 26.53%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese		15.3%	[14.00% - 16.62%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	74.8%	[73.32% - 76.38%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.5%	[5.46% - 13.52%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		5.8% [2.67% - 8.98%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	W	32.3% [30.68% - 33.86%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders	W	24.6% [23.03% - 26.10%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	W	4.3% [3.57% - 5.04%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.7% [1.22% - 2.25%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	W	6.1% [5.29% - 6.91%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders		1.3% [0.88% - 1.75%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9% [4.98% - 6.72%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders	B	8.2% [7.23% - 9.24%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	14.8% [13.65% - 16.02%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	B	26.1% [24.54% - 27.69%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke	W	12.7% [11.65% - 13.84%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease	W	23.0% [21.61% - 24.42%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma		13.3% [12.18% - 14.47%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension	W	72.5% [70.90% - 74.04%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack	W	5.6% [4.83% - 6.35%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease	W	38.0% [36.29% - 39.74%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure	W	20.9% [19.51% - 22.32%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation	W	18.7% [17.39% - 19.98%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease	W	18.6% [17.23% - 19.93%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.3% [51.52% - 55.15%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	W	21.9% [20.51% - 23.23%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.8% [1.31% - 2.23%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer		1.9% [1.44% - 2.36%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.5% [1.97% - 3.00%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer	W	12.0% [10.62% - 13.45%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer	B	1.1% [0.70% - 1.60%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer	W	13.6% [11.77% - 15.34%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia	W	41.5% [38.81% - 44.10%]	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	W	23.0% [21.57% - 24.39%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	W	42.6% [40.95% - 44.31%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	W	24.8% [23.29% - 26.31%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases	W	9.1% [8.10% - 10.13%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		19.1% [17.70% - 20.47%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache	W	5.2% [4.43% - 6.00%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.5% [1.93% - 3.08%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.5% [1.05% - 1.91%]	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		23.1%	[21.73% - 24.54%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	W	63.6%	[61.87% - 65.25%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	[8.32% - 10.33%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	60.4%	[58.70% - 62.10%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions	W	8.5%	[7.45% - 9.50%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment	W	19.6%	[18.25% - 20.98%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	[0.77% - 1.49%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.5%	[2.88% - 4.18%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.0%	[7.15% - 8.79%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid		7.4%	[6.61% - 8.19%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		97.4%	[95.22% - 99.64%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		2.6%	[0.32% - 4.83%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.8	[7.5 - 8.1]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		574	[535 - 612]	572	[566 - 578]
Part D monthly prescription fills per person per year		50.7	[49.2 - 52.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.4	[2.0 - 2.8]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.0	[1.8 - 2.2]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		220	[200 - 239]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)	*	11.2%	[8.60% - 13.87%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		75	[64 - 86]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	4.9%	[4.25% - 5.55%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month	*	86.3%	[82.13% - 90.46%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		83.7%	[78.05% - 89.38%]	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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