

## Freedom (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		4.0%	[ 2.26% - 5.68% ]	4.1%	[ 4.02% - 4.19% ]
<b>WELLNESS &amp; PREVENTION</b>					
% 60+ with any physical activity within last month	B	80.6%	[ 75.68% - 85.59% ]	74.5%	[ 73.36% - 75.59% ]
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	[ 21.37% - 35.54% ]	26.0%	[ 24.93% - 27.14% ]
% 60+ met CDC guidelines for aerobic physical activity		65.4%	[ 57.93% - 72.77% ]	58.6%	[ 57.33% - 59.82% ]
% 60+ met CDC guidelines for both types of physical activities		21.0%	[ 14.50% - 27.51% ]	19.9%	[ 18.92% - 20.93% ]
% 60+ getting recommended hours of sleep		68.4%	[ 62.62% - 74.25% ]	66.4%	[ 65.16% - 67.60% ]
% 60+ injured in a fall within last 12 months		11.1%	[ 6.95% - 15.22% ]	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		14.9%	[ 10.66% - 19.18% ]	16.5%	[ 15.54% - 17.40% ]
% 60+ with 15+ physically unhealthy days last month		12.6%	[ 8.79% - 16.50% ]	12.5%	[ 11.69% - 13.37% ]
% 60+ with physical exam/check-up in past year		82.7%	[ 77.25% - 88.19% ]	86.5%	[ 85.66% - 87.39% ]
% 60+ met CDC preventive health screening goals		39.7%	[ 32.41% - 47.03% ]	40.3%	[ 38.77% - 41.81% ]
% 60+ flu shot past year		58.8%	[ 51.87% - 65.65% ]	59.3%	[ 58.06% - 60.63% ]
% 65+ with pneumonia vaccine		72.5%	[ 65.14% - 79.91% ]	77.8%	[ 76.56% - 79.12% ]
% 60+ with cholesterol screening		92.7%	[ 88.66% - 96.64% ]	95.3%	[ 94.78% - 95.82% ]
% 60+ women with a mammogram within last 2 years		78.4%	[ 71.52% - 85.33% ]	79.3%	[ 77.96% - 80.69% ]
% 60+ with colorectal cancer screening		73.0%	[ 66.37% - 79.71% ]	77.0%	[ 75.92% - 78.16% ]
% 60+ with HIV test		11.4%	[ 6.96% - 15.84% ]	13.5%	[ 12.50% - 14.41% ]
% 60+ current smokers		6.6%	[ 3.63% - 9.51% ]	8.1%	[ 7.38% - 8.79% ]
<b>Oral Health</b>					
% 60+ with loss of 6 or more teeth		29.4%	[ 23.27% - 35.48% ]	29.0%	[ 27.79% - 30.12% ]
% 60+ with annual dental exam		76.4%	[ 70.95% - 81.81% ]	75.7%	[ 74.65% - 76.84% ]
<b>NUTRITION/DIET</b>					
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	[ 12.06% - 23.57% ]	20.2%	[ 19.23% - 21.21% ]
% 60+ self-reported obese		25.9%	[ 19.27% - 32.58% ]	27.2%	[ 26.03% - 28.35% ]
% 65+ clinically diagnosed obese		13.9%	[ 10.63% - 17.17% ]	16.7%	[ 16.56% - 16.94% ]
% 65+ with high cholesterol		71.2%	[ 67.10% - 75.27% ]	72.2%	[ 72.01% - 72.44% ]
% 60+ excessive drinking		12.3%	[ 8.03% - 16.50% ]	9.2%	[ 8.45% - 9.94% ]

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<b>BEHAVIORAL HEALTH</b>					
% 60+ with 15+ days poor mental health last month	B	3.8%	[ 1.61% - 5.94% ]	6.9%	[ 6.29% - 7.61% ]
% 65+ with depression	B	24.2%	[ 20.37% - 27.97% ]	28.8%	[ 28.59% - 29.01% ]
% 65+ with anxiety disorders	B	16.9%	[ 13.37% - 20.36% ]	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)		4.2%	[ 2.38% - 6.11% ]	5.5%	[ 5.41% - 5.64% ]
% 65+ with tobacco use disorders	B	6.3%	[ 4.05% - 8.51% ]	10.4%	[ 10.23% - 10.54% ]
<b>CHRONIC DISEASE</b>					
% 65+ with Alzheimer's disease or related dementias	B	7.8%	[ 5.43% - 10.12% ]	12.0%	[ 11.89% - 12.19% ]
% 65+ with diabetes	B	23.7%	[ 19.66% - 27.65% ]	28.2%	[ 27.97% - 28.41% ]
% 65+ with stroke		9.3%	[ 6.82% - 11.83% ]	10.8%	[ 10.64% - 10.92% ]
% 65+ with chronic obstructive pulmonary disease		17.2%	[ 13.92% - 20.54% ]	20.5%	[ 20.36% - 20.73% ]
% 65+ with asthma	B	9.8%	[ 7.20% - 12.40% ]	13.0%	[ 12.89% - 13.21% ]
% 65+ with hypertension		69.5%	[ 65.32% - 73.65% ]	70.2%	[ 70.02% - 70.46% ]
% 65+ ever had a heart attack		3.5%	[ 1.98% - 5.12% ]	4.5%	[ 4.37% - 4.56% ]
% 65+ with ischemic heart disease	B	28.0%	[ 23.83% - 32.18% ]	34.3%	[ 34.12% - 34.58% ]
% 65+ with congestive heart failure	B	14.3%	[ 11.23% - 17.42% ]	17.7%	[ 17.57% - 17.93% ]
% 65+ with atrial fibrillation		15.5%	[ 12.36% - 18.67% ]	14.4%	[ 14.28% - 14.60% ]
% 65+ with peripheral vascular disease	B	10.4%	[ 7.66% - 13.21% ]	14.7%	[ 14.51% - 14.84% ]
% 65+ with osteoarthritis/rheumatoid arthritis		49.2%	[ 44.45% - 53.97% ]	49.1%	[ 48.82% - 49.32% ]
% 65+ with osteoporosis	B	13.9%	[ 10.92% - 16.95% ]	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		11.7%	[ 7.69% - 15.77% ]	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		15.3%	[ 10.81% - 19.86% ]	11.5%	[ 11.24% - 11.68% ]
% 65+ with benign prostatic hyperplasia		40.5%	[ 34.29% - 46.74% ]	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		17.8%	[ 14.43% - 21.16% ]	20.8%	[ 20.62% - 20.99% ]
% 65+ with anemia	B	28.3%	[ 24.32% - 32.23% ]	37.3%	[ 37.12% - 37.57% ]
% 65+ with chronic kidney disease	B	17.2%	[ 13.70% - 20.62% ]	22.3%	[ 22.14% - 22.54% ]
% 65+ with liver diseases		6.2%	[ 4.02% - 8.42% ]	6.9%	[ 6.75% - 6.99% ]
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	[ 13.50% - 20.39% ]	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		23.9%	[ 20.12% - 27.60% ]	22.9%	[ 22.74% - 23.13% ]
% 65+ with cataract		62.4%	[ 58.01% - 66.76% ]	61.2%	[ 61.00% - 61.47% ]
% 65+ with pressure ulcer or chronic ulcer		5.1%	[ 3.11% - 7.06% ]	7.1%	[ 6.99% - 7.24% ]
% 65+ with 4+ (out of 15) chronic conditions		51.2%	[ 46.69% - 55.62% ]	54.4%	[ 54.19% - 54.66% ]
% 65+ with 0 chronic conditions		12.3%	[ 9.31% - 15.31% ]	10.3%	[ 10.12% - 10.42% ]
<b>LIVING WITH DISABILITY</b>					
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	[ 9.06% - 15.03% ]	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		6.8%	[ 4.80% - 8.90% ]	7.9%	[ 7.8% - 8.02% ]
% dually eligible for Medicare and Medicaid	*	3.1%	[ 1.68% - 4.48% ]	7.5%	[ 7.40% - 7.62% ]
% 60+ with a regular doctor		94.2%	[ 90.66% - 97.67% ]	95.8%	[ 95.34% - 96.33% ]
% 60+ who did not see doctor when needed due to cost		6.0%	[ 3.00% - 8.93% ]	5.4%	[ 4.75% - 5.97% ]
<b>SERVICE UTILIZATION</b>					
Physician visits per year	*	3.6	[ 3.2 - 4.0 ]	6.3	[ 6.2 - 6.3 ]
Emergency room visits/1000 persons 65+ years per year		513	[ 412 - 614 ]	572	[ 566 - 578 ]
Part D monthly prescription fills per person per year	*	44.6	[ 41.0 - 48.2 ]	49.1	[ 48.9 - 49.3 ]
Home health visits per year	*	1.4	[ 0.8 - 2.0 ]	2.5	[ 2.4 - 2.5 ]
Durable medical equipment claims per year		1.9	[ 1.3 - 2.4 ]	2.0	[ 2.0 - 2.0 ]
Inpatient hospital stays/1000 persons 65+ years per year		228	[ 167 - 289 ]	237	[ 234 - 241 ]
Medicare inpatient hospital readmissions (as % of admissions)		19.1%	[ 9.34% - 28.85% ]	15.8%	[ 15.41% - 16.22% ]
# skilled nursing facility stays/1000 persons 65+ years per year		68	[ 29 - 107 ]	76	[ 74 - 77 ]
% 65+ getting Medicaid long term services and supports	*	1.2%	[ 0.32% - 2.08% ]	3.7%	[ 3.59% - 3.74% ]
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>					
% 60+ who used Internet in last month		80.0%	[ 74.84% - 85.09% ]	77.6%	[ 76.53% - 78.64% ]
<b>SAFETY &amp; TRANSPORTATION</b>					
% 60+ who always drive wearing a seatbelt		75.0%	[ 69.20% - 80.87% ]	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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