Fremont (Rockingham)

TUFTS
Health Plan
F O U N D A T I O N

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		5.8%	[3.73% - 7.89%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 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	B	2.6%	[2.05% - 3.16%]	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%]
Oral Health					
% 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%]
NUTRITION/DIET					
% 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	W	20.9%	[17.14% - 24.63%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	76.6%	[72.77% - 80.44%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		7.1%	[3.42% - 10.84%]	9.2%	[8.45% - 9.94%]

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BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		10.1%	[6.25% - 14.02%]	6.9%	[6.29% - 7.61%]
% 65+ with depression		32.7%	[28.60% - 36.86%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders		25.4%	[21.34% - 29.36%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders		3.3%	[2.61% - 4.08%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.5%	[1.02% - 2.07%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders		4.4%	[3.63% - 5.15%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders		0.8%	[0.47% - 1.22%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.3%	[2.45% - 6.14%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		9.5%	[6.78% - 12.14%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias		10.4%	[7.81% - 13.07%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		31.0%	[26.73% - 35.26%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		11.6%	[8.85% - 14.33%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		21.1%	[17.53% - 24.60%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.0%	[9.16% - 14.79%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension	W	76.7%	[72.91% - 80.59%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		5.7%	[3.73% - 7.67%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		38.5%	[34.06% - 42.97%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		17.1%	[13.74% - 20.44%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		13.5%	[10.57% - 16.38%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		16.1%	[12.88% - 19.38%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		47.4%	[42.81% - 52.07%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis	B	13.8%	[10.84% - 16.69%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		1.7%	[1.23% - 2.19%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.3%	[0.94% - 1.74%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.3%	[1.73% - 2.77%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		8.2%	[4.96% - 11.46%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.9%	[1.26% - 2.63%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.4%	[8.13% - 16.59%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia		35.6%	[29.26% - 41.89%]	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		18.1%	[14.76% - 21.42%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		36.9%	[32.65% - 41.10%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease		25.7%	[21.76% - 29.63%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		8.7%	[6.22% - 11.22%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	[13.68% - 20.49%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.4%	[3.60% - 5.20%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.0%	[1.42% - 2.53%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		0.9%	[0.51% - 1.19%]	1.1%	[1.06% - 1.16%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
% 65+ with autism spectrum disorders			N/A	0.03%	[0.02% - 0.04%]
% 65+ with glaucoma		21.8%	[18.15% - 25.36%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract	B	55.5%	[51.04% - 59.93%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.3%	[4.99% - 9.58%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	59.6%	[55.16% - 63.98%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		8.6%	[5.98% - 11.26%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.0%	[10.85% - 17.15%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	[0.38% - 0.98%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.0%	[2.38% - 3.69%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.7%	[6.55% - 10.82%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	3.9%	[2.43% - 5.36%]	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%]
SERVICE UTILIZATION					
Physician visits per year	*	7.2	[6.5 - 7.8]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		553	[443 - 663]	572	[566 - 578]
Part D monthly prescription fills per person per year		52.3	[48.2 - 56.3]	49.1	[48.9 - 49.3]
Home health visits per year		2.2	[1.3 - 3.1]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year	*	2.7	[2.1 - 3.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		262	[182 - 342]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		20.5%	[10.68% - 30.23%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		64	[38 - 90]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports		2.5%	[1.35% - 3.74%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		78.2%	[72.64% - 83.84%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		77.4%	[71.76% - 83.14%]	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 erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

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