Gilford (Belknap)

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		4.4%	[3.39% - 5.48%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		70.7%	[65.27% - 76.09%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	[17.69% - 28.34%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		57.0%	[50.66% - 63.31%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		15.7%	[11.10% - 20.23%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		65.1%	[59.52% - 70.64%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.2%	[4.47% - 9.83%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.0%	[2.37% - 3.69%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		17.1%	[12.55% - 21.60%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		11.0%	[7.42% - 14.68%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		86.1%	[82.25% - 90.03%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		35.5%	[29.06% - 42.02%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		54.5%	[48.46% - 60.53%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		77.4%	[71.02% - 83.80%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		92.5%	[89.18% - 95.78%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		74.3%	[68.03% - 80.67%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		81.5%	[76.99% - 86.10%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		9.3%	[5.63% - 13.01%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		8.9%	[5.12% - 12.63%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth		27.7%	[22.56% - 32.85%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		71.8%	[66.59% - 76.91%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	[12.61% - 21.41%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		28.0%	[22.39% - 33.63%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	B	13.4%	[11.41% - 15.34%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	74.9%	[72.51% - 77.28%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.6%	[6.04% - 13.07%]	9.2%	[8.45% - 9.94%]

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	MARGIN OF ERROR[2]	STATE ESTIMATE	MARGIN OF ERROR[2]
BEHAVIORAL HEALTH					
% 60+ with 15+ days poor mental health last month		8.1%	[4.60% - 11.58%]	6.9%	[6.29% - 7.61%]
% 65+ with depression	B	25.4%	[23.09% - 27.75%]	28.8%	[28.59% - 29.01%]
% 65+ with anxiety disorders	B	18.9%	[16.61% - 21.09%]	21.9%	[21.74% - 22.15%]
% 65+ with bipolar disorders	B	2.0%	[1.40% - 2.60%]	3.1%	[2.97% - 3.14%]
% 65+ with post-traumatic stress disorder		1.0%	[0.56% - 1.44%]	1.4%	[1.35% - 1.48%]
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	[2.77% - 4.26%]	4.9%	[4.81% - 5.02%]
% 65+ with personality disorders	B	0.9%	[0.79% - 0.95%]	1.1%	[1.00% - 1.11%]
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	[3.68% - 6.20%]	5.5%	[5.41% - 5.64%]
% 65+ with tobacco use disorders		8.8%	[7.14% - 10.49%]	10.4%	[10.23% - 10.54%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	9.5%	[7.94% - 11.09%]	12.0%	[11.89% - 12.19%]
% 65+ with diabetes		26.9%	[24.38% - 29.45%]	28.2%	[27.97% - 28.41%]
% 65+ with stroke		10.7%	[9.04% - 12.26%]	10.8%	[10.64% - 10.92%]
% 65+ with chronic obstructive pulmonary disease		20.3%	[18.16% - 22.41%]	20.5%	[20.36% - 20.73%]
% 65+ with asthma		12.3%	[10.56% - 14.04%]	13.0%	[12.89% - 13.21%]
% 65+ with hypertension		71.0%	[68.54% - 73.53%]	70.2%	[70.02% - 70.46%]
% 65+ ever had a heart attack		4.7%	[3.60% - 5.80%]	4.5%	[4.37% - 4.56%]
% 65+ with ischemic heart disease		36.7%	[34.00% - 39.49%]	34.3%	[34.12% - 34.58%]
% 65+ with congestive heart failure		16.3%	[14.31% - 18.38%]	17.7%	[17.57% - 17.93%]
% 65+ with atrial fibrillation		16.4%	[14.49% - 18.37%]	14.4%	[14.28% - 14.60%]
% 65+ with peripheral vascular disease		16.8%	[14.73% - 18.87%]	14.7%	[14.51% - 14.84%]
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	[47.37% - 53.19%]	49.1%	[48.82% - 49.32%]
% 65+ with osteoporosis		16.2%	[14.25% - 18.11%]	17.4%	[17.22% - 17.57%]
% 65+ with leukemias and lymphomas		2.0%	[1.42% - 2.60%]	2.0%	[1.91% - 2.05%]
% 65+ with lung cancer		1.8%	[1.26% - 2.32%]	1.6%	[1.54% - 1.66%]
% 65+ with colon cancer		2.2%	[1.66% - 2.82%]	2.4%	[2.37% - 2.51%]
% 65+ women with breast cancer		9.2%	[7.15% - 11.31%]	9.8%	[9.59% - 9.96%]
% 65+ women with endometrial cancer		1.7%	[1.00% - 2.43%]	1.7%	[1.60% - 1.76%]
% 65+ men with prostate cancer		12.1%	[9.60% - 14.67%]	11.5%	[11.24% - 11.68%]
% 65+ with benign prostatic hyperplasia	W	42.1%	[38.18% - 46.04%]	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	B	18.2%	[16.20% - 20.30%]	20.8%	[20.62% - 20.99%]
% 65+ with anemia		37.7%	[35.15% - 40.31%]	37.3%	[37.12% - 37.57%]
% 65+ with chronic kidney disease	B	18.1%	[15.94% - 20.22%]	22.3%	[22.14% - 22.54%]
% 65+ with liver diseases		6.5%	[5.11% - 7.88%]	6.9%	[6.75% - 6.99%]
% 65+ with fibromyalgia, chronic pain and fatigue		16.8%	[14.63% - 18.92%]	18.6%	[18.42% - 18.80%]
% 65+ with migraine and other chronic headache		4.5%	[3.64% - 5.42%]	4.0%	[3.95% - 4.15%]
% 65+ with epilepsy		2.2%	[1.59% - 2.86%]	2.1%	[2.00% - 2.14%]
% 65+ with traumatic brain injury		1.3%	[0.83% - 1.70%]	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		20.6%	[18.49% - 22.77%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		62.1%	[59.49% - 64.79%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		7.2%	[5.83% - 8.65%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions		52.1%	[49.37% - 54.77%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.7%	[7.99% - 11.34%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		16.3%	[14.21% - 18.32%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	[0.40% - 1.11%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.1%	[2.37% - 3.79%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees	*	9.7%	[8.33% - 11.15%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	5.7%	[4.59% - 6.79%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.8%	[94.84% - 98.76%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.2%	[1.89% - 6.59%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.7	[7.3 - 8.1]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		591	[528 - 654]	572	[566 - 578]
Part D monthly prescription fills per person per year		47.0	[44.8 - 49.1]	49.1	[48.9 - 49.3]
Home health visits per year		2.2	[1.1 - 3.2]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.3	[2.0 - 2.7]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		250	[215 - 285]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	[10.94% - 18.83%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		88	[66 - 110]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	2.5%	[1.78% - 3.27%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		74.4%	[69.11% - 79.72%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		73.5%	[68.44% - 78.51%]	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.

Questions or suggestions? Beth.Dugan@umb.edu