

Goffstown (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		5.0%	[4.01% - 5.93%]	4.1%	[4.02% - 4.19%]
WELLNESS & PREVENTION					
% 60+ with any physical activity within last month		72.8%	[67.02% - 78.59%]	74.5%	[73.36% - 75.59%]
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	[16.48% - 26.20%]	26.0%	[24.93% - 27.14%]
% 60+ met CDC guidelines for aerobic physical activity		58.6%	[52.52% - 64.77%]	58.6%	[57.33% - 59.82%]
% 60+ met CDC guidelines for both types of physical activities		16.9%	[12.35% - 21.41%]	19.9%	[18.92% - 20.93%]
% 60+ getting recommended hours of sleep		66.9%	[60.24% - 73.48%]	66.4%	[65.16% - 67.60%]
% 60+ injured in a fall within last 12 months		7.6%	[4.56% - 10.69%]	10.4%	[9.65% - 11.16%]
% 65+ had hip fracture		3.7%	[2.95% - 4.45%]	3.3%	[3.19% - 3.34%]
% 60+ with self-reported fair or poor health status		14.5%	[9.91% - 19.16%]	16.5%	[15.54% - 17.40%]
% 60+ with 15+ physically unhealthy days last month		14.3%	[9.64% - 19.00%]	12.5%	[11.69% - 13.37%]
% 60+ with physical exam/check-up in past year		88.6%	[85.02% - 92.10%]	86.5%	[85.66% - 87.39%]
% 60+ met CDC preventive health screening goals		38.5%	[30.38% - 46.59%]	40.3%	[38.77% - 41.81%]
% 60+ flu shot past year		55.0%	[48.49% - 61.59%]	59.3%	[58.06% - 60.63%]
% 65+ with pneumonia vaccine		72.9%	[65.88% - 79.92%]	77.8%	[76.56% - 79.12%]
% 60+ with cholesterol screening		95.4%	[92.85% - 97.99%]	95.3%	[94.78% - 95.82%]
% 60+ women with a mammogram within last 2 years		85.5%	[80.12% - 90.90%]	79.3%	[77.96% - 80.69%]
% 60+ with colorectal cancer screening		78.1%	[72.35% - 83.90%]	77.0%	[75.92% - 78.16%]
% 60+ with HIV test		14.4%	[9.70% - 19.01%]	13.5%	[12.50% - 14.41%]
% 60+ current smokers		6.2%	[3.69% - 8.61%]	8.1%	[7.38% - 8.79%]
Oral Health					
% 60+ with loss of 6 or more teeth	B	22.2%	[16.75% - 27.74%]	29.0%	[27.79% - 30.12%]
% 60+ with annual dental exam		80.9%	[75.38% - 86.43%]	75.7%	[74.65% - 76.84%]
NUTRITION/DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	[18.86% - 29.44%]	20.2%	[19.23% - 21.21%]
% 60+ self-reported obese		24.2%	[18.77% - 29.65%]	27.2%	[26.03% - 28.35%]
% 65+ clinically diagnosed obese	W	19.3%	[17.21% - 21.42%]	16.7%	[16.56% - 16.94%]
% 65+ with high cholesterol	W	78.3%	[76.22% - 80.47%]	72.2%	[72.01% - 72.44%]
% 60+ excessive drinking		9.4%	[5.83% - 13.02%]	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		7.0% [3.60% - 10.32%]	6.9% [6.29% - 7.61%]		
% 65+ with depression	W	36.0% [33.66% - 38.39%]	28.8% [28.59% - 29.01%]		
% 65+ with anxiety disorders	W	27.3% [25.00% - 29.59%]	21.9% [21.74% - 22.15%]		
% 65+ with bipolar disorders	W	4.6% [3.62% - 5.49%]	3.1% [2.97% - 3.14%]		
% 65+ with post-traumatic stress disorder		1.4% [0.80% - 1.99%]	1.4% [1.35% - 1.48%]		
% 65+ with schizophrenia & other psychotic disorders	W	8.3% [7.14% - 9.54%]	4.9% [4.81% - 5.02%]		
% 65+ with personality disorders	W	1.8% [1.17% - 2.45%]	1.1% [1.00% - 1.11%]		
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0% [4.74% - 7.21%]	5.5% [5.41% - 5.64%]		
% 65+ with tobacco use disorders		11.0% [9.38% - 12.72%]	10.4% [10.23% - 10.54%]		
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	W	16.9% [15.05% - 18.74%]	12.0% [11.89% - 12.19%]		
% 65+ with diabetes	W	32.1% [29.69% - 34.58%]	28.2% [27.97% - 28.41%]		
% 65+ with stroke		12.5% [10.90% - 14.01%]	10.8% [10.64% - 10.92%]		
% 65+ with chronic obstructive pulmonary disease		22.3% [20.33% - 24.35%]	20.5% [20.36% - 20.73%]		
% 65+ with asthma	W	16.2% [14.38% - 18.02%]	13.0% [12.89% - 13.21%]		
% 65+ with hypertension		72.6% [70.24% - 74.86%]	70.2% [70.02% - 70.46%]		
% 65+ ever had a heart attack		4.6% [3.65% - 5.65%]	4.5% [4.37% - 4.56%]		
% 65+ with ischemic heart disease		35.4% [32.91% - 37.84%]	34.3% [34.12% - 34.58%]		
% 65+ with congestive heart failure		18.2% [16.33% - 20.15%]	17.7% [17.57% - 17.93%]		
% 65+ with atrial fibrillation		14.4% [12.76% - 16.05%]	14.4% [14.28% - 14.60%]		
% 65+ with peripheral vascular disease		16.6% [14.73% - 18.45%]	14.7% [14.51% - 14.84%]		
% 65+ with osteoarthritis/rheumatoid arthritis		51.6% [48.98% - 54.30%]	49.1% [48.82% - 49.32%]		
% 65+ with osteoporosis	W	21.4% [19.41% - 23.31%]	17.4% [17.22% - 17.57%]		
% 65+ with leukemias and lymphomas		1.7% [1.17% - 2.32%]	2.0% [1.91% - 2.05%]		
% 65+ with lung cancer	B	1.0% [0.56% - 1.38%]	1.6% [1.54% - 1.66%]		
% 65+ with colon cancer		2.0% [1.40% - 2.51%]	2.4% [2.37% - 2.51%]		
% 65+ women with breast cancer		9.8% [7.88% - 11.71%]	9.8% [9.59% - 9.96%]		
% 65+ women with endometrial cancer		2.0% [1.19% - 2.77%]	1.7% [1.60% - 1.76%]		
% 65+ men with prostate cancer		13.1% [10.64% - 15.59%]	11.5% [11.24% - 11.68%]		
% 65+ with benign prostatic hyperplasia		34.3% [30.78% - 37.86%]	36.8% [36.47% - 37.14%]		
% 65+ with HIV/AIDS		0.07% [0.04% - 0.10%]	0.05% [0.04% - 0.06%]		
% 65+ with hypothyroidism	W	26.2% [24.01% - 28.34%]	20.8% [20.62% - 20.99%]		
% 65+ with anemia	W	40.7% [38.25% - 43.08%]	37.3% [37.12% - 37.57%]		
% 65+ with chronic kidney disease	W	26.4% [24.17% - 28.68%]	22.3% [22.14% - 22.54%]		
% 65+ with liver diseases	W	8.8% [7.29% - 10.21%]	6.9% [6.75% - 6.99%]		
% 65+ with fibromyalgia, chronic pain and fatigue		20.8% [18.74% - 22.96%]	18.6% [18.42% - 18.80%]		
% 65+ with migraine and other chronic headache		3.5% [2.66% - 4.33%]	4.0% [3.95% - 4.15%]		
% 65+ with epilepsy		2.2% [1.54% - 2.96%]	2.1% [2.00% - 2.14%]		
% 65+ with traumatic brain injury		1.3% [0.75% - 1.75%]	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	W	29.1%	[26.91% - 31.34%]	22.9%	[22.74% - 23.13%]
% 65+ with cataract		61.2%	[58.70% - 63.68%]	61.2%	[61.00% - 61.47%]
% 65+ with pressure ulcer or chronic ulcer		8.4%	[7.05% - 9.80%]	7.1%	[6.99% - 7.24%]
% 65+ with 4+ (out of 15) chronic conditions	W	61.8%	[59.36% - 64.32%]	54.4%	[54.19% - 54.66%]
% 65+ with 0 chronic conditions		9.8%	[8.22% - 11.42%]	10.3%	[10.12% - 10.42%]
LIVING WITH DISABILITY					
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	[12.96% - 16.53%]	14.4%	[14.23% - 14.56%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.50% - 1.37%]	0.9%	[0.81% - 0.90%]
% 65+ with clinical diagnosis of mobility impairments		3.7%	[2.82% - 4.51%]	3.2%	[3.14% - 3.31%]
ACCESS TO CARE					
Medicare (65+ population)					
% Medicare managed care enrollees		8.9%	[7.69% - 10.12%]	7.9%	[7.8% - 8.02%]
% dually eligible for Medicare and Medicaid	*	9.7%	[8.45% - 10.97%]	7.5%	[7.40% - 7.62%]
% 60+ with a regular doctor		96.4%	[94.49% - 98.34%]	95.8%	[95.34% - 96.33%]
% 60+ who did not see doctor when needed due to cost		4.5%	[1.62% - 7.48%]	5.4%	[4.75% - 5.97%]
SERVICE UTILIZATION					
Physician visits per year	*	7.0	[6.6 - 7.3]	6.3	[6.2 - 6.3]
Emergency room visits/1000 persons 65+ years per year		527	[470 - 584]	572	[566 - 578]
Part D monthly prescription fills per person per year	*	54.5	[52.1 - 56.9]	49.1	[48.9 - 49.3]
Home health visits per year		2.6	[2.0 - 3.3]	2.5	[2.4 - 2.5]
Durable medical equipment claims per year		2.1	[1.8 - 2.4]	2.0	[2.0 - 2.0]
Inpatient hospital stays/1000 persons 65+ years per year		250	[217 - 284]	237	[234 - 241]
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	[10.24% - 17.39%]	15.8%	[15.41% - 16.22%]
# skilled nursing facility stays/1000 persons 65+ years per year		78	[63 - 94]	76	[74 - 77]
% 65+ getting Medicaid long term services and supports	*	7.6%	[6.50% - 8.76%]	3.7%	[3.59% - 3.74%]
COMMUNITY VARIABLES & CIVIC ENGAGEMENT					
% 60+ who used Internet in last month		81.9%	[76.86% - 86.95%]	77.6%	[76.53% - 78.64%]
SAFETY & TRANSPORTATION					
% 60+ who always drive wearing a seatbelt		80.3%	[74.88% - 85.73%]	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