## Gorham (Coös)

### HEALTHY AGING INDICATORS

<table>
<thead>
<tr>
<th>POPULATION CHARACTERISTICS</th>
<th>BETTER / WORSE STATE RATE (^1)</th>
<th>COMMUNITY ESTIMATE</th>
<th>MARGIN OF ERROR (^2)</th>
<th>STATE ESTIMATE</th>
<th>MARGIN OF ERROR (^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age-sex adjusted 1-year mortality rate</td>
<td>4.9 %</td>
<td>[ 3.34% - 6.53% ]</td>
<td>4.1%</td>
<td>[ 4.02% - 4.19% ]</td>
<td></td>
</tr>
</tbody>
</table>

### WELLNESS & PREVENTION

| % 60+ with any physical activity within last month | W 64.7 % | [ 56.39% - 72.94% ] | 74.5% | [ 73.36% - 75.59% ] |
| % 60+ met CDC guidelines for muscle-strengthening activity | W 17.7 % | [ 10.97% - 24.49% ] | 26.0% | [ 24.93% - 27.14% ] |
| % 60+ met CDC guidelines for aerobic physical activity | 61.2 % | [ 52.39% - 69.91% ] | 58.6% | [ 57.33% - 59.82% ] |
| % 60+ met CDC guidelines for both types of physical activities | W 12.7 % | [ 6.86% - 18.54% ] | 19.9% | [ 18.92% - 20.93% ] |
| % 60+ getting recommended hours of sleep | 64.2 % | [ 56.93% - 71.55% ] | 66.4% | [ 65.16% - 67.60% ] |
| % 60+ injured in a fall within last 12 months | 11.3 % | [ 6.29% - 16.28% ] | 10.4% | [ 9.65% - 11.16% ] |
| % 65+ had hip fracture | 3.7% | [ 3.06% - 4.39% ] | 3.3% | [ 3.19% - 3.34% ] |
| % 60+ with self-reported fair or poor health status | 24.8% | [ 16.88% - 32.69% ] | 16.5% | [ 15.54% - 17.40% ] |
| % 60+ with 15+ physically unhealthy days last month | 15.2% | [ 8.66% - 21.67% ] | 12.5% | [ 11.69% - 13.37% ] |
| % 60+ with physical exam/check-up in past year | 90.7% | [ 86.70% - 94.79% ] | 86.5% | [ 85.66% - 87.39% ] |
| % 60+ met CDC preventive health screening goals | W 26.9% | [ 19.00% - 34.80% ] | 40.3% | [ 38.77% - 41.81% ] |
| % 60+ flu shot past year | 63.0% | [ 55.02% - 70.98% ] | 59.3% | [ 58.06% - 60.63% ] |
| % 65+ with pneumonia vaccine | 80.2% | [ 72.35% - 88.08% ] | 77.8% | [ 76.56% - 79.12% ] |
| % 60+ with cholesterol screening | 92.3% | [ 87.29% - 97.26% ] | 95.3% | [ 94.78% - 95.82% ] |
| % 60+ women with a mammogram within last 2 years | 75.9% | [ 68.28% - 83.58% ] | 79.3% | [ 77.96% - 80.69% ] |
| % 60+ with colorectal cancer screening | 69.1% | [ 60.73% - 77.49% ] | 77.0% | [ 75.92% - 78.16% ] |
| % 60+ with HIV test | 9.9% | [ 4.75% - 15.13% ] | 13.5% | [ 12.50% - 14.41% ] |
| % 60+ current smokers | 11.1% | [ 5.37% - 16.84% ] | 8.1% | [ 7.38% - 8.79% ] |

### Oral Health

| % 60+ with loss of 6 or more teeth | W 43.3% | [ 35.59% - 51.09% ] | 29.0% | [ 27.79% - 30.12% ] |
| % 60+ with annual dental exam | W 60.2% | [ 52.89% - 67.54% ] | 75.7% | [ 74.65% - 76.84% ] |

### NUTRITION/DIET

<p>| % 60+ with 5 or more servings of fruit or vegetables per day | 13.9% | [ 7.84% - 20.03% ] | 20.2% | [ 19.23% - 21.21% ] |
| % 60+ self-reported obese | 26.2% | [ 18.73% - 33.75% ] | 27.2% | [ 26.03% - 28.35% ] |
| % 65+ clinically diagnosed obese | 18.8% | [ 15.66% - 21.93% ] | 16.7% | [ 16.56% - 16.94% ] |
| % 65+ with high cholesterol | 73.0% | [ 69.57% - 76.41% ] | 72.2% | [ 72.01% - 72.44% ] |
| % 60+ excessive drinking | 7.2% | [ 2.21% - 12.11% ] | 9.2% | [ 8.45% - 9.94% ] |</p>
<table>
<thead>
<tr>
<th>HEALTHY AGING INDICATORS</th>
<th>BETTER / WORSE STATE RATE</th>
<th>COMMUNITY ESTIMATE</th>
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<tbody>
<tr>
<td>BEHAVIORAL HEALTH</td>
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<tr>
<td>% 60+ with 15+ days poor mental health last month</td>
<td>8.1% [ 2.98% - 13.28% ]</td>
<td>6.9% [ 6.29% - 7.61% ]</td>
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<tr>
<td>% 65+ with depression</td>
<td>26.8% [ 23.54% - 30.15% ]</td>
<td>28.8% [ 28.59% - 29.01% ]</td>
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<tr>
<td>% 65+ with anxiety disorders</td>
<td>B 18.7% [ 15.67% - 21.71% ]</td>
<td>21.9% [ 21.74% - 22.15% ]</td>
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<tr>
<td>% 65+ with bipolar disorders</td>
<td>B 1.7% [ 1.20% - 2.21% ]</td>
<td>3.1% [ 2.97% - 3.14% ]</td>
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<tr>
<td>% 65+ with post-traumatic stress disorder</td>
<td>1.3% [ 0.88% - 1.80% ]</td>
<td>1.4% [ 1.35% - 1.48% ]</td>
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<tr>
<td>% 65+ with schizophrenia &amp; other psychotic disorders</td>
<td>4.5% [ 3.68% - 5.22% ]</td>
<td>4.9% [ 4.81% - 5.02% ]</td>
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<tr>
<td>% 65+ with personality disorders</td>
<td>B 0.5% [ 0.22% - 0.78% ]</td>
<td>1.1% [ 1.00% - 1.11% ]</td>
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<tr>
<td>% 65+ with substance use disorders (drug use +/- alcohol abuse)</td>
<td>B 3.1% [ 1.73% - 4.48% ]</td>
<td>5.5% [ 5.41% - 5.64% ]</td>
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<tr>
<td>% 65+ with tobacco use disorders</td>
<td>11.2% [ 8.59% - 13.77% ]</td>
<td>10.4% [ 10.23% - 10.54% ]</td>
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<tr>
<td>CHRONIC DISEASE</td>
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<tr>
<td>% 65+ with Alzheimer’s disease or related dementias</td>
<td>B 8.8% [ 6.72% - 10.95% ]</td>
<td>12.0% [ 11.89% - 12.19% ]</td>
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<tr>
<td>% 65+ with diabetes</td>
<td>28.1% [ 24.51% - 31.67% ]</td>
<td>28.2% [ 27.97% - 28.41% ]</td>
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<tr>
<td>% 65+ with stroke</td>
<td>10.3% [ 8.10% - 12.60% ]</td>
<td>10.8% [ 10.64% - 10.92% ]</td>
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<tr>
<td>% 65+ with chronic obstructive pulmonary disease</td>
<td>W 24.9% [ 21.66% - 28.13% ]</td>
<td>20.5% [ 20.36% - 20.73% ]</td>
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<tr>
<td>% 65+ with asthma</td>
<td>13.7% [ 11.15% - 16.29% ]</td>
<td>13.0% [ 12.89% - 13.21% ]</td>
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<tr>
<td>% 65+ with hypertension</td>
<td>70.5% [ 66.95% - 73.95% ]</td>
<td>70.2% [ 70.02% - 70.46% ]</td>
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<tr>
<td>% 65+ ever had a heart attack</td>
<td>W 6.9% [ 5.01% - 8.76% ]</td>
<td>4.5% [ 4.37% - 4.56% ]</td>
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<tr>
<td>% 65+ with ischemic heart disease</td>
<td>37.2% [ 33.36% - 40.99% ]</td>
<td>34.3% [ 34.12% - 34.58% ]</td>
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</tr>
<tr>
<td>% 65+ with congestive heart failure</td>
<td>18.2% [ 15.19% - 21.20% ]</td>
<td>17.7% [ 17.57% - 17.93% ]</td>
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<tr>
<td>% 65+ with atrial fibrillation</td>
<td>13.5% [ 10.99% - 16.04% ]</td>
<td>14.4% [ 14.28% - 14.60% ]</td>
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<tr>
<td>% 65+ with peripheral vascular disease</td>
<td>16.7% [ 13.86% - 19.58% ]</td>
<td>14.7% [ 14.51% - 14.84% ]</td>
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</tr>
<tr>
<td>% 65+ with osteoarthritis/rheumatoid arthritis</td>
<td>47.6% [ 43.61% - 51.58% ]</td>
<td>49.1% [ 48.82% - 49.32% ]</td>
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<tr>
<td>% 65+ with osteoporosis</td>
<td>B 12.0% [ 9.61% - 14.32% ]</td>
<td>17.4% [ 17.22% - 17.57% ]</td>
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<tr>
<td>% 65+ with leukemias and lymphomas</td>
<td>1.6% [ 1.15% - 2.10% ]</td>
<td>2.0% [ 1.91% - 2.05% ]</td>
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<tr>
<td>% 65+ with lung cancer</td>
<td>1.5% [ 1.09% - 1.97% ]</td>
<td>1.6% [ 1.54% - 1.66% ]</td>
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<tr>
<td>% 65+ with colon cancer</td>
<td>3.1% [ 2.44% - 3.66% ]</td>
<td>2.4% [ 2.37% - 2.51% ]</td>
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<tr>
<td>% 65+ women with breast cancer</td>
<td>8.1% [ 5.34% - 10.83% ]</td>
<td>9.8% [ 9.59% - 9.96% ]</td>
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<tr>
<td>% 65+ women with endometrial cancer</td>
<td>1.2% [ 0.66% - 1.69% ]</td>
<td>1.7% [ 1.60% - 1.76% ]</td>
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<tr>
<td>% 65+ men with prostate cancer</td>
<td>11.1% [ 7.67% - 14.59% ]</td>
<td>11.5% [ 11.24% - 11.68% ]</td>
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</tr>
<tr>
<td>% 65+ with benign prostatic hyperplasia</td>
<td>B 30.2% [ 25.14% - 35.20% ]</td>
<td>36.8% [ 36.47% - 37.14% ]</td>
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<tr>
<td>% 65+ with HIV/AIDS</td>
<td>0.05% [ 0.02% - 0.08% ]</td>
<td>0.05% [ 0.04% - 0.06% ]</td>
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<tr>
<td>% 65+ with hypothyroidism</td>
<td>B 17.5% [ 14.73% - 20.36% ]</td>
<td>20.8% [ 20.62% - 20.99% ]</td>
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<tr>
<td>% 65+ with anemia</td>
<td>34.0% [ 30.50% - 37.56% ]</td>
<td>37.3% [ 37.12% - 37.57% ]</td>
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<td></td>
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<tr>
<td>% 65+ with chronic kidney disease</td>
<td>21.2% [ 18.08% - 24.38% ]</td>
<td>22.3% [ 22.14% - 22.54% ]</td>
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<td></td>
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</tr>
<tr>
<td>% 65+ with liver diseases</td>
<td>B 4.4% [ 2.77% - 6.03% ]</td>
<td>6.9% [ 6.75% - 6.99% ]</td>
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</tr>
<tr>
<td>% 65+ with fibromyalgia, chronic pain and fatigue</td>
<td>20.7% [ 17.54% - 23.96% ]</td>
<td>18.6% [ 18.42% - 18.80% ]</td>
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<td></td>
</tr>
<tr>
<td>% 65+ with migraine and other chronic headache</td>
<td>B 3.0% [ 2.30% - 3.60% ]</td>
<td>4.0% [ 3.95% - 4.15% ]</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>% 65+ with epilepsy</td>
<td>2.5% [ 1.94% - 3.15% ]</td>
<td>2.1% [ 2.00% - 2.14% ]</td>
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</tr>
<tr>
<td>% 65+ with traumatic brain injury</td>
<td>B 0.6% [ 0.35% - 0.94% ]</td>
<td>1.1% [ 1.06% - 1.16% ]</td>
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<tr>
<td>% 65+ with autism spectrum disorders</td>
<td>N/A</td>
<td>0.03%</td>
<td>[0.02% - 0.04%]</td>
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<tr>
<td>% 65+ with glaucoma</td>
<td>21.4%</td>
<td>[18.31% - 24.40%]</td>
<td>22.9%</td>
<td>[22.74% - 23.13%]</td>
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</tr>
<tr>
<td>% 65+ with cataract</td>
<td>58.4%</td>
<td>[54.64% - 62.15%]</td>
<td>61.2%</td>
<td>[61.00% - 61.47%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with pressure ulcer or chronic ulcer</td>
<td>6.0%</td>
<td>[4.14% - 7.81%]</td>
<td>7.1%</td>
<td>[6.99% - 7.24%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with 4+ (out of 15) chronic conditions</td>
<td>55.0%</td>
<td>[51.23% - 58.79%]</td>
<td>54.4%</td>
<td>[54.19% - 54.66%]</td>
<td></td>
</tr>
<tr>
<td>% 65+ with 0 chronic conditions</td>
<td>11.9%</td>
<td>[9.35% - 14.47%]</td>
<td>10.3%</td>
<td>[10.12% - 10.42%]</td>
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</table>

| LIVING WITH DISABILITY | |
|------------------------|-------------------|-------------------|-------------------|-------------------|
| % 65+ with clinical diagnosis of deafness or hearing impairment | 16.1% | [13.21% - 18.96%] | 14.4% | [14.23% - 14.56%] | |
| % 65+ with clinical diagnosis of blindness or visual impairment | B | 0.4% | [0.15% - 0.59%] | 0.9% | [0.81% - 0.90%] | |
| % 65+ with clinical diagnosis of mobility impairments | 3.8% | [3.08% - 4.53%] | 3.2% | [3.14% - 3.31%] | |

| ACCESS TO CARE | Medicare (65+ population) | |
|----------------|---------------------------|-------------------|-------------------|-------------------|
| % Medicare managed care enrollees | * | 2.3% | [1.26% - 3.39%] | 7.9% | [7.8% - 8.02%] | |
| % dually eligible for Medicare and Medicaid | 8.8% | [6.79% - 10.78%] | 7.5% | [7.40% - 7.62%] | |
| % 60+ with a regular doctor | 93.8% | [90.54% - 97.15%] | 95.8% | [95.34% - 96.33%] | |
| % 60+ who did not see doctor when needed due to cost | 8.2% | [4.12% - 12.35%] | 5.4% | [4.75% - 5.97%] | |

| SERVICE UTILIZATION | |
|---------------------|-------------------|-------------------|-------------------|-------------------|
| Physician visits per year | * | 1.8 | [1.5 - 2.0] | 6.3 | [6.2 - 6.3] | |
| Emergency room visits/1000 persons 65+ years per year | * | 721 | [620 - 822] | 572 | [566 - 578] | |
| Part D monthly prescription fills per person per year | 48.1 | [44.6 - 51.7] | 49.1 | [48.9 - 49.3] | |
| Home health visits per year | 2.3 | [1.6 - 3.0] | 2.5 | [2.4 - 2.5] | |
| Durable medical equipment claims per year | * | 2.7 | [2.1 - 3.2] | 2.0 | [2.0 - 2.0] | |
| Inpatient hospital stays/1000 persons 65+ years per year | 281 | [224 - 339] | 237 | [234 - 241] | |
| Medicare inpatient hospital readmissions (as % of admissions) | 18.8% | [13.21% - 24.43%] | 15.8% | [15.41% - 16.22%] | |
| # skilled nursing facility stays/1000 persons 65+ years per year | 110 | [75 - 145] | 76 | [74 - 77] | |
| % 65+ getting Medicaid long term services and supports | 3.2% | [1.98% - 4.48%] | 3.7% | [3.59% - 3.74%] | |

| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | |
|-----------------|-------------------|-------------------|-------------------|-------------------|
| % 60+ who used Internet in last month | * | 61.3% | [53.21% - 69.43%] | 77.6% | [76.53% - 78.64%] | |

| SAFETY & TRANSPORTATION | |
|--------------------------|-------------------|-------------------|-------------------|-------------------|
| % 60+ who always drive wearing a seatbelt | W | 60.7% | [53.15% - 68.28%] | 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