

Gorham (Coös)



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		4.9%	[3.34% - 6.53%]	4.1%	[4.02% - 4.19%]
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					
% 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%]

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

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