

Scotland (Windham)



HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
POPULATION CHARACTERISTICS					
Population 65 years or older					
% 65-74 years	*	72.1%	[58.35% - 85.93%]	55.7%	[55.33% - 56.11%]
% 75-84 years		24.3%	[15.82% - 32.86%]	29.1%	[28.75% - 29.45%]
% 85 years or older	*	3.5%	[0.35% - 6.69%]	15.2%	[14.93% - 15.43%]
% 65+ population who are female		46.3%	[33.27% - 59.40%]	56.8%	[56.36% - 57.18%]
% 85+ population who are female		66.7%	[17.58% - 115.76%]	66.6%	[65.94% - 67.18%]
Race and ethnicity of the population 65+					
% White		95.0%	[88.47% - 101.56%]	88.4%	[87.85% - 88.93%]
% African American		0.0%	[-10.27% - 10.27%]	6.8%	[6.63% - 6.88%]
% Asian		0.0%	[-10.27% - 10.27%]	2.3%	[2.20% - 2.35%]
% Hispanic/Latino		4.1%	[-5.85% - 14.06%]	5.8%	[5.66% - 5.84%]
Marital status of the population 65+					
% married		69.8%	[52.38% - 87.21%]	53.8%	[53.46% - 54.12%]
% divorced/separated		7.9%	[-5.57% - 21.41%]	14.9%	[14.58% - 15.29%]
% widowed		21.4%	[10.10% - 32.72%]	24.2%	[23.77% - 24.57%]
% never married		0.9%	[-7.77% - 9.53%]	7.1%	[6.85% - 7.36%]
Education of the population 65+					
% with less than high school education		11.4%	[4.62% - 18.25%]	14.7%	[14.30% - 15.04%]
% with high school or some college		57.8%	[45.56% - 69.99%]	53.3%	[52.80% - 53.74%]
% with college degree		30.8%	[16.46% - 45.12%]	32.1%	[31.72% - 32.40%]
% with graduate or professional degree		17.3%	[4.33% - 30.27%]	16.8%	[16.58% - 17.09%]
% of 65+ population who speak only English at home		93.8%	[81.57% - 106.11%]	84.3%	[83.76% - 84.83%]
% of 65+ population who are veterans of military service		17.3%	[8.51% - 26.10%]	17.5%	[17.21% - 17.69%]
% of 60+ who are LGBT (County)		3.9%	[2.02% - 5.73%]	2.5%	[2.17% - 2.74%]
Age-sex adjusted 1-year mortality rate		4.4%	[2.85% - 5.88%]	4.1%	[4.08% - 4.18%]
WELLNESS					
% 60+ getting the recommended hours of sleep		64.3%	[58.72% - 69.90%]	65.2%	[64.24% - 66.16%]
% 60+ doing any physical activity within last month		75.7%	[71.51% - 79.84%]	75.0%	[74.20% - 75.79%]
% 60+ met CDC guidelines for muscle-strengthening activity		27.4%	[22.84% - 31.91%]	27.6%	[26.62% - 28.52%]
% 60+ met CDC guidelines for aerobic physical activity		62.3%	[57.62% - 67.06%]	58.1%	[56.98% - 59.11%]
% 60+ with fair or poor health status		15.9%	[12.52% - 19.35%]	17.6%	[16.90% - 18.31%]
% 60+ with 15+ physically unhealthy days in last month		10.3%	[7.65% - 12.93%]	12.4%	[11.74% - 12.96%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
FALLS					
% 60+ who fell within last year		27.0%	[21.99% - 32.05%]	26.3%	[25.38% - 27.18%]
% 60+ who were injured in a fall within last year		6.8%	[4.19% - 9.38%]	9.8%	[9.22% - 10.46%]
% 65+ had hip fracture	B	2.2%	[1.07% - 3.39%]	3.7%	[3.63% - 3.75%]
PREVENTION					
% 60+ with physical exam/check-up in last year		86.6%	[83.16% - 90.01%]	88.5%	[87.93% - 89.09%]
% 60+ flu shot in last year		61.0%	[56.26% - 65.81%]	57.5%	[56.60% - 58.43%]
% 60+ with pneumonia vaccine		65.3%	[60.45% - 70.14%]	63.9%	[62.97% - 64.79%]
% 60+ with shingles vaccine		37.3%	[31.38% - 43.23%]	33.5%	[32.43% - 34.52%]
% 60+ women with a mammogram within last 2 years		79.8%	[73.02% - 86.62%]	79.7%	[78.56% - 80.79%]
% 60+ with colorectal cancer screening		78.9%	[73.82% - 84.05%]	78.2%	[77.29% - 79.05%]
% 60+ with HIV test		20.3%	[16.24% - 24.27%]	16.1%	[15.40% - 16.83%]
% 60+ met CDC preventive health screening goals		43.1%	[36.45% - 49.65%]	39.6%	[38.38% - 40.80%]
NUTRITION & DIET					
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	[18.07% - 26.38%]	19.9%	[19.00% - 20.72%]
% 60+ stressed about buying food in last month		7.7%	[4.53% - 10.84%]	8.6%	[7.95% - 9.17%]
% 60+ self-reported obese		25.0%	[20.73% - 29.34%]	26.1%	[25.27% - 26.93%]
% 65+ clinically diagnosed obesity		23.4%	[19.69% - 27.16%]	22.5%	[22.35% - 22.66%]
% 65+ with high cholesterol		73.8%	[70.02% - 77.53%]	77.0%	[76.85% - 77.15%]
% 60+ with cholesterol screening		98.3%	[97.35% - 99.29%]	97.1%	[96.74% - 97.42%]
ORAL HEALTH					
% 60+ with dental insurance	B	69.9%	[62.19% - 77.62%]	59.2%	[57.60% - 60.76%]
% 60+ with annual dental exam		79.4%	[74.92% - 83.80%]	80.0%	[79.13% - 80.76%]
% 60+ with loss of 6 or more teeth		21.2%	[16.77% - 25.72%]	23.8%	[22.96% - 24.69%]
CHRONIC DISEASE					
% 65+ with Alzheimer's disease or related dementias	B	11.2%	[8.64% - 13.81%]	14.4%	[14.26% - 14.49%]
% 65+ with anemia	B	44.5%	[40.39% - 48.62%]	50.6%	[50.41% - 50.76%]
% 65+ with asthma		15.9%	[12.84% - 18.88%]	14.1%	[13.96% - 14.19%]
% 65+ with atrial fibrillation	B	13.3%	[10.62% - 15.93%]	16.1%	[15.94% - 16.18%]
% 65+ with autism spectrum disorder	*	0.07%	[0.04% - 0.10%]	0.12%	[0.11% - 0.14%]
% 65+ with benign prostatic hyperplasia (men)	B	33.6%	[28.24% - 38.95%]	42.8%	[42.49% - 43.01%]
% 65+ with breast cancer (women)		12.1%	[8.19% - 16.01%]	11.4%	[11.25% - 11.53%]
% 65+ with cataract		67.4%	[63.42% - 71.45%]	64.8%	[64.67% - 65.00%]
% 65+ with chronic kidney disease		27.2%	[23.36% - 31.10%]	29.9%	[29.70% - 30.03%]
% 65+ with chronic obstructive pulmonary disease		24.0%	[20.45% - 27.49%]	21.0%	[20.90% - 21.17%]
% 65+ with colon cancer		2.4%	[1.96% - 2.92%]	2.7%	[2.65% - 2.75%]
% 65+ with congestive heart failure		21.3%	[17.85% - 24.73%]	22.6%	[22.43% - 22.72%]
% 65+ with diabetes		35.6%	[31.37% - 39.84%]	33.8%	[33.59% - 33.93%]
% 65+ with endometrial cancer (women)		2.2%	[1.59% - 2.85%]	2.0%	[1.97% - 2.10%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
% 65+ with epilepsy		2.7%	[2.17% - 3.30%]	2.9%	[2.82% - 2.95%]
% 65+ with fibromyalgia, chronic pain, and fatigue		25.5%	[21.70% - 29.27%]	26.6%	[26.42% - 26.73%]
% 65+ with glaucoma		25.7%	[22.10% - 29.23%]	28.3%	[28.11% - 28.41%]
% 65+ ever had a heart attack		5.8%	[3.91% - 7.60%]	4.5%	[4.40% - 4.53%]
% 65+ with HIV/AIDS	*	0.11%	[0.08% - 0.15%]	0.21%	[0.19% - 0.23%]
% 65+ with hypertension		73.5%	[69.66% - 77.27%]	76.2%	[76.07% - 76.37%]
% 65+ with hypothyroidism		25.2%	[21.62% - 28.73%]	25.1%	[24.99% - 25.28%]
% 65+ with ischemic heart disease		38.7%	[34.47% - 43.00%]	40.7%	[40.55% - 40.90%]
% 65+ with leukemias and lymphomas		2.4%	[1.88% - 2.91%]	2.7%	[2.60% - 2.71%]
% 65+ with liver disease		11.1%	[8.44% - 13.83%]	9.5%	[9.37% - 9.59%]
% 65+ with lung cancer	B	1.4%	[1.04% - 1.80%]	1.9%	[1.81% - 1.90%]
% 65+ with migraine and other chronic headache		7.4%	[4.95% - 9.77%]	5.2%	[5.13% - 5.29%]
% 65+ with osteoarthritis or rheumatoid arthritis		50.0%	[45.60% - 54.49%]	54.2%	[53.97% - 54.34%]
% 65+ with osteoporosis		17.9%	[14.76% - 20.96%]	20.2%	[20.11% - 20.37%]
% 65+ with peripheral vascular disease	B	14.0%	[11.05% - 16.92%]	19.9%	[19.72% - 19.99%]
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	[3.25% - 6.68%]	9.2%	[9.11% - 9.31%]
% 65+ with prostate cancer (men)	B	9.5%	[6.19% - 12.73%]	13.1%	[12.93% - 13.28%]
% 65+ with stroke		10.1%	[7.78% - 12.51%]	11.9%	[11.80% - 12.01%]
% 65+ with traumatic brain injury		1.0%	[0.64% - 1.31%]	1.3%	[1.25% - 1.33%]
% 65+ with 4+ (out of 15) chronic conditions		58.9%	[54.76% - 63.09%]	61.8%	[61.61% - 61.95%]
% 65+ with 0 chronic conditions		7.4%	[5.08% - 9.78%]	7.2%	[7.10% - 7.29%]
BEHAVIORAL HEALTH					
% 65+ with opioid use disorder		1.9%	[1.45% - 2.44%]	2.2%	[2.10% - 2.21%]
% 65+ with substance use disorder		8.2%	[5.66% - 10.71%]	6.8%	[6.66% - 6.85%]
% 60+ who used marijuana in last month		N/A		2.9%	[2.30% - 3.53%]
% 60+ excessive drinking		7.5%	[4.90% - 10.11%]	9.2%	[8.64% - 9.71%]
% 65+ with tobacco use disorder	W	13.8%	[10.63% - 17.01%]	10.1%	[9.94% - 10.17%]
% 60+ current smokers	W	11.9%	[8.50% - 15.34%]	7.7%	[7.20% - 8.17%]
% 60+ ever used E-Cigarettes in last month		7.3%	[4.55% - 10.14%]	6.4%	[5.89% - 6.80%]
MENTAL HEALTH					
% 60+ who reported receiving adequate emotional support		74.6%	[66.52% - 82.73%]	78.3%	[76.70% - 79.88%]
% 60+ with 15+ days poor mental health in last month		5.6%	[3.60% - 7.64%]	6.9%	[6.41% - 7.37%]
% 65+ with depression		28.9%	[25.18% - 32.69%]	30.3%	[30.10% - 30.41%]
% 65+ with anxiety disorder		24.0%	[20.20% - 27.70%]	25.5%	[25.35% - 25.66%]
% 65+ with bipolar disorder		3.8%	[3.12% - 4.50%]	3.9%	[3.78% - 3.92%]
% 65+ with post-traumatic stress disorder		1.6%	[1.12% - 2.06%]	1.3%	[1.20% - 1.29%]
% 65+ with schizophrenia & other psychotic disorder	B	3.5%	[2.87% - 4.05%]	4.6%	[4.53% - 4.68%]
% 65+ with personality disorder		2.5%	[2.00% - 3.06%]	2.6%	[2.49% - 2.61%]

HEALTHY AGING INDICATORS	HIGHER / LOWER STATE RATE ¹	COMMUNITY ESTIMATE	MARGIN OF ERROR ²	STATE ESTIMATE	MARGIN OF ERROR ²
LIVING WITH DISABILITY					
% 65+ with self-reported hearing difficulty		14.7%	[6.19% - 23.13%]	12.4%	[12.08% - 12.71%]
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	[12.96% - 19.17%]	15.7%	[15.60% - 15.85%]
% 65+ with self-reported vision difficulty		0.0%	[-8.39% - 8.39%]	4.8%	[4.55% - 5.04%]
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	[0.57% - 1.16%]	1.1%	[1.05% - 1.12%]
% 65+ with self-reported cognition difficulty		4.7%	[-2.59% - 11.97%]	7.6%	[7.34% - 7.87%]
% 65+ with self-reported ambulatory difficulty	*	9.4%	[0.45% - 18.32%]	19.1%	[18.71% - 19.52%]
% 65+ with clinical diagnosis of mobility impairment		2.9%	[1.40% - 4.34%]	4.0%	[3.95% - 4.09%]
% 65+ with self-reported self-care difficulty		0.0%	[-8.39% - 8.39%]	7.5%	[7.25% - 7.77%]
% 65+ with self-reported independent living difficulty	*	5.0%	[-2.10% - 12.08%]	13.6%	[13.23% - 13.93%]
CAREGIVING					
% of 60+ who provide care to a family/friend in last month		27.4%	[17.40% - 37.45%]	21.7%	[19.87% - 23.57%]
% of grandparents raising grandchildren		0.4%	[-0.28% - 0.98%]	0.8%	[0.73% - 0.86%]
% of grandparents who live with grandchildren	*	1.1%	[0.10% - 2.18%]	2.7%	[2.62% - 2.83%]
ACCESS TO CARE					
% 65+ dually eligible for Medicare and Medicaid	*	16.2%	[13.85% - 18.46%]	22.1%	[21.96% - 22.17%]
% 65+ Medicare managed care enrollees		28.7%	[25.90% - 31.57%]	29.9%	[29.76% - 29.99%]
% 60+ with a regular doctor		96.7%	[95.21% - 98.28%]	96.0%	[95.68% - 96.39%]
% 60+ who did not see a doctor when needed due to cost		3.4%	[1.55% - 5.26%]	4.5%	[4.14% - 4.92%]
SERVICE UTILIZATION					
# physician visits per year	*	7.1	[6.62 - 7.65]	8.6	[8.60 - 8.66]
# emergency room visits/1000 persons 65+ years annually		600.3	[501.50 - 699.17]	636.7	[631.77 - 641.56]
# Part D monthly prescription fills per person annually		47.6	[44.78 - 50.33]	50.3	[50.15 - 50.39]
# home health visits annually		4.3	[2.75 - 5.77]	4.1	[4.02 - 4.14]
# durable medical equipment claims annually	*	1.5	[1.07 - 1.85]	1.9	[1.88 - 1.91]
# inpatient hospital stays/1000 persons 65+ years annually	*	203.4	[154.09 - 252.76]	273.3	[270.72 - 275.80]
% Medicare inpatient hospital readmissions (as % of admissions)		17.9%	[11.03% - 24.74%]	17.2%	[16.89% - 17.47%]
# skilled nursing facility stays/1000 persons 65+ years annually	*	70.5	[45.32 - 95.76]	104.7	[103.23 - 106.08]
% 65+ getting Medicaid long term services and supports	*	2.4%	[1.40% - 3.30%]	5.5%	[5.48% - 5.60%]
% 65+ hospice users		1.9%	[1.03% - 2.86%]	2.8%	[2.70% - 2.79%]
% 65+ hospice users as % of decedents		37.5%	[18.38% - 56.60%]	45.5%	[44.85% - 46.14%]
Median hospice days per hospice user (65+, deceased)		16.0	[7.0 - 33.7]	10.0	[10.00 - 10.00]
Median hospice payment (Medicare + other) per hospice user		\$3,386	[\$1,885 - \$7,136]	\$3,741	[\$3,650 - \$3,816]
COMMUNITY					
% 60+ who used Internet in last month		78.3%	[74.37% - 82.29%]	75.1%	[74.32% - 75.89%]
TRANSPORTATION					
% 65+ who own a motor vehicle	*	100.0%	[89.48% - 110.52%]	87.3%	[87.15% - 87.49%]
% 60+ who always drive or ride wearing a seatbelt		94.3%	[91.85% - 96.71%]	93.0%	[92.53% - 93.49%]
% 60+ who drove under the influence of drinking in last month		N/A		2.2%	[1.76% - 2.56%]

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HOUSING					
% 65+ population who live alone	*	13.2%	[2.90% - 23.49%]	28.4%	[27.99% - 28.89%]
% 60+ own home	*	91.9%	[84.39% - 99.35%]	76.9%	[76.70% - 77.17%]
% 60+ homeowners who have mortgage		45.6%	[26.29% - 64.86%]	47.1%	[46.58% - 47.64%]
% 60+ stressed about paying rent/mortgage in last month	B	10.8%	[7.27% - 14.40%]	17.4%	[16.52% - 18.19%]
% 65+ households (renter) spend >35% of income on housing		33.3%	[-16.20% - 82.87%]	44.0%	[42.55% - 45.42%]
% 65+ households (owner) spend >35% of income on housing	*	17.6%	[7.53% - 27.62%]	29.5%	[28.89% - 30.15%]
% 65+ moved within same county in last year		0.0%	[-7.26% - 7.26%]	3.7%	[3.48% - 3.89%]
% 65+ moved from different county in last year		1.5%	[-4.81% - 7.74%]	0.8%	[0.71% - 0.90%]
% 65+ moved from different state in last year		0.0%	[-7.26% - 7.26%]	0.9%	[0.82% - 1.05%]
% of vacant homes in community		7.0%	[0.76% - 13.31%]	9.6%	[9.29% - 9.87%]
ECONOMIC					
% 60+ receiving food benefits in last year	*	5.8%	[2.01% - 9.65%]	10.9%	[10.53% - 11.21%]
% 65+ employed in last year		27.9%	[15.07% - 40.65%]	24.8%	[24.48% - 25.15%]
% 65+ with income below the poverty line in last year		4.1%	[-3.01% - 11.22%]	7.0%	[6.79% - 7.30%]
% 65+ households with annual income < \$20,000	*	4.0%	[-8.61% - 16.52%]	17.1%	[16.57% - 17.55%]
% 65+ households with annual income \$20,000-\$49,999		36.2%	[17.52% - 54.79%]	31.0%	[30.35% - 31.62%]
% 65+ households with annual income \$50,000-\$99,999		32.8%	[12.41% - 53.13%]	27.6%	[27.04% - 28.17%]
% 65+ households with annual income \$100,000+		27.1%	[10.03% - 44.21%]	24.4%	[23.82% - 24.89%]

Notes. 1 We use B, W, or * to denote significant differences in rates where the margins of error do not overlap (B=rate is better than the comparison, W=rate is worse than comparison, *=rate is different than comparison).

2 All community and state margins of error are 95% confidence intervals.

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