

# 2019 New Hampshire Healthy Aging Data Report

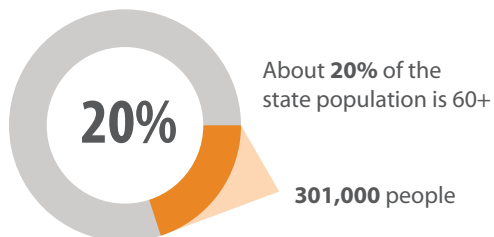
## Older Adult Health in Every Community



Reporting on **166** health risk indicators in **244** communities

### NEW HAMPSHIRE IS GROWING OLDER

The Granite State has one of the highest median ages in the nation, second only to Maine.



**New Hampshire ranks among the healthiest states.** A recent study ranked NH the 3rd healthiest state for older people in the US.



**But not for everyone.** There are disparities by ZIP code and gender.

In recent years:



**Improved** rates for: ischemic heart disease (caused by narrowed arteries).



**Worsened** rates for: arthritis, breast cancer, cataracts, chronic kidney disease, depression, endometrial cancer, glaucoma, high cholesterol and hypothyroidism.

### WHERE YOU LIVE MATTERS

About 37% of NH's population lives in rural areas. Older people in rural areas often have greater needs – and less access to the services needed to diagnose, treat acute illness and manage chronic disease.



**Cities** had the:

↓ **lowest** disability rates

↑ **highest** serious & complex chronic disease rates



**Towns** had the:

↓ **lowest** serious & complex chronic disease rates

↑ **highest** disability rates



**Rural communities** had the:

↓ **lowest** indolent chronic conditions rates (which progress slowly and cause little pain)

↑ **high** serious & complex chronic disease rates

### MEN AND WOMEN AGE DIFFERENTLY



**Women have better rates** than men for...

- 🍎 Eating fruits and vegetables
- 🚗 Wearing a seatbelt
- 💉 Getting the pneumonia vaccine



...but **worse rates** than men for...

- 🌱 Depression
- 👉 Arthritis
- 🤰 Fall-related injury in past year



**Men have better rates** than women for...

- 🏃 Physical activity
- 📄 CDC health screening
- 🦠 Getting an HIV test



...but **worse rates** than women for...

- ⛔ Substance use disorders
- 🦏 HIV/AIDS
- ❤️ Ischemic heart disease

### TOGETHER WE CAN CREATE CHANGE



#### UNDERSTAND.

- Download your Community Profile at [healthyagingdatareports.org](https://healthyagingdatareports.org).
- Educate yourself and others about the older people who live in your city or town.
- Compare your community to state averages.



#### ENGAGE.

- Start a conversation.
- Bring together older people and community organizations to discuss how to address opportunities and challenges.
- Connect with the NH Alliance for Healthy Aging to learn from others who care about aging.



#### ACT.

- Identify what's working.
- Use the data to prioritize needs.
- Collaborate with diverse partners and funders.
- Join the age-friendly movement.

Visit [healthyagingdatareports.org](https://healthyagingdatareports.org) to learn more.



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