2019 New Hampshire Healthy Aging Data Report
Older Adult Health in Every Community

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.

NEW HAMPSHIRE RANKS AMONG THE HEALTHIEST STATES. A recent study ranked NH the 3rd healthiest state for older people in the US.

WHERE YOU LIVE MATTERS

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

WHERE YOU LIVE MATTERS

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

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

Visit healthyagingdatareports.org to learn more.