# Jefferson (Coös)

**TUFTS**
**Health Plan**
**FOUNDATION**
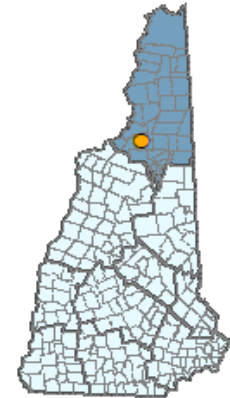
Jefferson is a rural town located in Coös County and home to Santa's Village and Fort Jefferson Fun Park theme parks. There are 183 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, congestive heart failure, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, and cataracts. However, they had higher rates of tooth loss, schizophrenia and other psychotic disorders. Relative to the state, they are less likely to take the health promotion steps of following the CDC guidelines for both aerobic and muscle-strengthening activity or having an annual dental exam. Community resources to support healthy aging include a home health agency and a public library.

| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| Total population all ages | | 978 | 1,327,503 |
| Population 60 years or older as % of total population | | 32.0% | 22.7% |
| Total population 60 years or older | | 313 | 301,630 |
| Population 65 years or older as % of total population | | 18.7% | 15.8% |
| Total population 65 years or older | | 183 | 210,385 |
| % 65-74 years | | 73.2% | 58.5% |
| % 75-84 years | | 21.9% | 28.6% |
| % 85 years or older | | 4.9% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 57.9% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 100.0% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 55.7% | 58.5% |
| % divorced/separated | | 6.6% | 14.0% |
| % widowed | | 26.2% | 22.9% |
| % never married | | 11.5% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 11.5% | 12.3% |
| % with high school or some college | | 57.9% | 57.1% |
| % with college degree | | 30.6% | 30.6% |
| % of 65+ population living alone | | 37.7% | 26.1% |
| % of 65+ population who speak only English at home | | 98.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 19.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.6% | 4.1% |

## HEALTHY AGING INDICATORS

| | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 3.8% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| **WELLNESS & PREVENTION** | | | |
| % 60+ with any physical activity within last month | | 67.2% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | W | 16.7% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | W | 48.1% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | W | 10.2% | 19.9% |
| % 60+ getting recommended hours of sleep | | 63.1% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.8% | 10.4% |
| % 65+ had hip fracture | | 3.6% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 23.6% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 12.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 91.0% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 58.7% | 59.3% |
| % 65+ with pneumonia vaccine | | 82.1% | 77.8% |
| % 60+ with cholesterol screening | | 93.1% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.1% | 79.3% |
| % 60+ with colorectal cancer screening | | 77.9% | 77.0% |
| % 60+ with HIV test | | 13.4% | 13.5% |
| % 60+ current smokers | | 11.2% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | W | 41.9% | 29.0% |
| % 60+ with annual dental exam | W | 52.3% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 59 | 72 |
| **NUTRITION/DIET** | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 17.0% | 20.2% |
| % 60+ self-reported obese | | 34.2% | 27.2% |
| % 65+ clinically diagnosed obese | B | 12.7% | 16.7% |
| % 65+ with high cholesterol | | 69.4% | 72.2% |
| % 60+ excessive drinking | | 11.4% | 9.2% |
| % 65+ with poor supermarket access | | 5.7% | 28.4% |

# HEALTHY AGING INDICATORS

| | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| **BEHAVIORAL HEALTH** | | | |
| % 60+ with 15+ days poor mental health last month | | 7.6% | 6.9% |
| % 65+ with depression | B | 24.1% | 28.8% |
| % 65+ with anxiety disorders | B | 15.3% | 21.9% |
| % 65+ with bipolar disorders | | 4.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | W | 8.1% | 4.9% |
| % 65+ with personality disorders | | 1.8% | 1.1% |
| # opioid deaths (all ages) (county) | | 37 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.3% | 5.5% |
| % 65+ with tobacco use disorders | | 10.5% | 10.4% |
| **CHRONIC DISEASE** | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 8.4% | 12.0% |
| % 65+ with diabetes | | 27.1% | 28.2% |
| % 65+ with stroke | B | 6.8% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | B | 15.0% | 20.5% |
| % 65+ with asthma | | 10.5% | 13.0% |
| % 65+ with hypertension | | 66.9% | 70.2% |
| % 65+ ever had a heart attack | | 4.9% | 4.5% |
| % 65+ with ischemic heart disease | | 31.4% | 34.3% |
| % 65+ with congestive heart failure | B | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.2% | 14.4% |
| % 65+ with peripheral vascular disease | | 13.6% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 45.5% | 49.1% |
| % 65+ with osteoporosis | B | 11.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | B | 0.8% | 1.6% |
| % 65+ with colon cancer | | 2.3% | 2.4% |
| % 65+ women with breast cancer | | 9.3% | 9.8% |
| % 65+ women with endometrial cancer | | 2.0% | 1.7% |
| % 65+ men with prostate cancer | | 10.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 31.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | B | 16.6% | 20.8% |
| % 65+ with anemia | B | 29.7% | 37.3% |
| % 65+ with chronic kidney disease | B | 16.1% | 22.3% |
| % 65+ with liver diseases | | 7.6% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | B | 14.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| % 65+ with migraine and other chronic headache | | 3.6% | 4.0% |
| % 65+ with epilepsy | | 2.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | B | 19.0% | 22.9% |
| % 65+ with cataract | B | 55.9% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 8.7% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | B | 48.1% | 54.4% |
| % 65+ with 0 chronic conditions | | 13.1% | 10.3% |
| **LIVING WITH DISABILITY** | | | |
| % 65+ with self-reported hearing difficulty | | 4.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 1.1% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 20.2% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.8% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 4.9% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 11.5% | 11.3% |
| **ACCESS TO CARE** | | | |
| Medicare (65+ population) | | | |
|    % Medicare managed care enrollees | * | 3.4% | 7.9% |
|    % dually eligible for Medicare and Medicaid | | 5.7% | 7.5% |
| % 60+ with a regular doctor | | 95.0% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 8.4% | 5.4% |
| # of primary care providers within 5 miles | | 0 | 2,961 |
| # of hospitals within 5 miles | | 0 | 26 |
| # of nursing homes within 5 miles | | 0 | 74 |
| # of home health agencies | | 1 | 49 |
| # of community health centers | | 0 | 22 |
| # of adult day health centers | | 0 | 21 |
| # of memory cafes | | 0 | 12 |
| # of dementia-related support groups | | 0 | 14 |

# HEALTHY AGING INDICATORS

| | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| **SERVICE UTILIZATION** | | | |
| Physician visits per year | * | 3.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 573 | 572 |
| Part D monthly prescription fills per person per year | | 45.8 | 49.1 |
| Home health visits per year | * | 1.3 | 2.5 |
| Durable medical equipment claims per year | | 2.1 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 210 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 78 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 3.9% | 3.7% |
| **COMMUNITY VARIABLES & CIVIC ENGAGEMENT** | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 0 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 3 | N/A |
| % of grandparents raising grandchildren | | 0.0% | 0.8% |
| % of grandparents who live with grandchildren | | 1.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 32.9% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 70.0% | 93.0% |
| % 60+ who used Internet in last month | | 60.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 60.1% | 54.7% |
| **SAFETY & TRANSPORTATION** | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | N/A | 1 |
| # firearm fatalities (county) | | 31 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | W | 67.2% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 2 | 151 |
| # of fatal crashes involving adult age 60+/county | | 11 | 151 |

# HEALTHY AGING INDICATORS

| | BETTER / WORSE STATE RATE[1] | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|---|
| **ECONOMIC & HOUSING VARIABLES** | | | |
| % 65+ with income below the poverty line past year | | 7.1% | 5.4% |
| % 60+ receiving food stamps past year | | 3.6% | 5.7% |
| % 65+ employed past year | | 27.9% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < $20,000 | | 28.2% | 18.2% |
| % households with annual income  $20,000-$49,999 | | 28.2% | 36.5% |
| % households with annual income > $50,000 | | 43.5% | 45.3% |
| % 60+ own home | | 88.4% | 79.9% |
| % 60+ have mortgage on home | | 48.0% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 26.6% | 21.2% |

| | $ COUNTY ESTIMATE | $ STATE ESTIMATE | RATIO (COUNTY/STATE) |
|---|---|---|---|
| **COST OF LIVING** | | | |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | $23,496 | $25,284 | 0.93 |
| Single, renter, good health | $23,100 | $26,400 | 0.88 |
| Couple, homeowner without mortgage, good health | $35,436 | $37,128 | 0.95 |
| Couple, renter, good health | $35,040 | $38,244 | 0.92 |