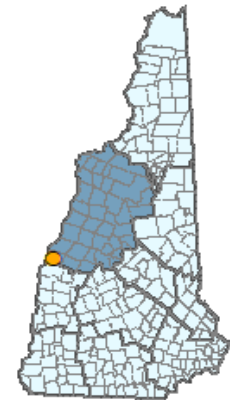# Lebanon (Grafton)

Lebanon is a city in Grafton County located near the Connecticut River and is home to the Dartmouth-Hitchcock Medical Center. There are 2,378 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, colon cancer, and benign prostatic hyperplasia. However, they had higher rates of depression, leukemias and lymphomas, hypothyroidism, cataracts, and hearing impairment. They are more likely to take the health promotion steps of engaging in physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, having an annual dental exam, and are less likely to smoke. Community resources to support healthy aging include 241 primary care providers within 5 miles, 2 hospitals, a nursing home within 5 miles, 4 home health agencies, a senior center, an adult day health center, 2 assisted living sites, 3 universities or community colleges, and a public library.

POPULATION CHARACTERISTICS

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		13,528	1,327,503
Population 60 years or older as % of total population		25.4%	22.7%
Total population 60 years or older		3,432	301,630
Population 65 years or older as % of total population		17.6%	15.8%
Total population 65 years or older		2,378	210,385
% 65-74 years		47.5%	58.5%
% 75-84 years		33.6%	28.6%
% 85 years or older		19.0%	12.9%
Gender (65+ population)			
% female		57.8%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		1.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.6%	58.5%
% divorced/separated		10.3%	14.0%
% widowed		23.2%	22.9%
% never married		6.8%	4.6%
Education (65+ population)			
% with less than high school education		7.8%	12.3%
% with high school or some college		42.5%	57.1%
% with college degree		49.7%	30.6%
% of 65+ population living alone		32.3%	26.1%
% of 65+ population who speak only English at home		94.9%	91.3%
% of 65+ population who are veterans of military service		19.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		5.4%	3.6%
% moved from different county in New Hampshire		2.6%	1.0%
% moved from different state		5.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		83	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		17.8%	16.7%
% 65+ with high cholesterol	B	59.4%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	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		5.0%	6.9%
% 65+ with depression	W	33.3%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders	B	2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	7.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.9%	12.0%
% 65+ with diabetes	B	25.5%	28.2%
% 65+ with stroke		10.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	18.6%	20.5%
% 65+ with asthma		13.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease	B	31.5%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		14.8%	14.4%
% 65+ with peripheral vascular disease		16.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis		17.2%	17.4%
% 65+ with leukemias and lymphomas	W	3.3%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.9%	2.4%
% 65+ women with breast cancer		11.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	24.4%	20.8%
% 65+ with anemia		35.5%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		7.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.1%	22.9%
% 65+ with cataract	W	64.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.7%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		21.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.2%	14.4%
% 65+ with self-reported vision difficulty		7.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty		17.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty	B	2.0%	5.6%
% 65+ with self-reported independent living difficulty		14.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.9%	7.9%
% dually eligible for Medicare and Medicaid	*	5.6%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		241	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		1	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	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		528	572
Part D monthly prescription fills per person per year		47.3	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	199	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		88	76
# skilled nursing home Medicare beds/1000 persons 65+ years		38	33
% 65+ getting Medicaid long term services and supports	*	2.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		5.6%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		89.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		54.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		298	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		3,294	2,012
% 65+ who own a motor vehicle		88.6%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	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		6.2%	5.4%
% 60+ receiving food stamps past year		4.6%	5.7%
% 65+ employed past year		26.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		16.6%	18.2%
% households with annual income $20,000-$49,999		37.1%	36.5%
% households with annual income > $50,000		46.3%	45.3%
% 60+ own home		68.1%	79.9%
% 60+ have mortgage on home		24.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		19.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.1%	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	$26,592	$26,400	1.01
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$38,532	$38,244	1.01