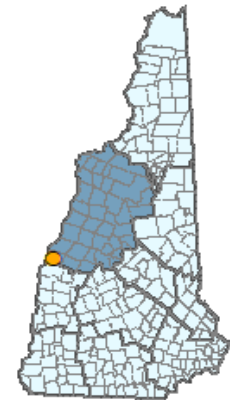


## Lebanon (Grafton)

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.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% 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%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 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 +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	7.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 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%
<b>LIVING WITH DISABILITY</b>			
% 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%
<b>ACCESS TO CARE</b>			
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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
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%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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%
<b>SAFETY &amp; TRANSPORTATION</b>			
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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 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%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

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