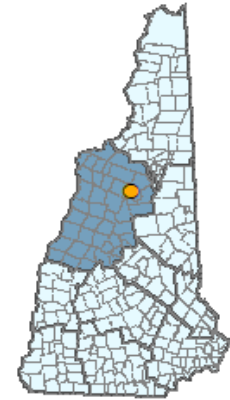# Lincoln (Grafton)

TUFTS Health Plan FOUNDATION

Lincoln is a town located within the White Mountains in Grafton County and is home to the town theme park, Clark's Trading Post. There are 190 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, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, peripheral vascular disease, chronic kidney disease, migraine, epilepsy, and hearing, visual and mobility impairments. Community resources to support healthy aging include a primary care provider within 5 miles, 2 home health agencies, a senior center, and a public library.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,337	1,327,503
Population 60 years or older as % of total population		26.0%	22.7%
Total population 60 years or older		347	301,630
Population 65 years or older as % of total population		14.2%	15.8%
Total population 65 years or older		190	210,385
% 65-74 years		45.8%	58.5%
% 75-84 years		26.8%	28.6%
% 85 years or older		27.4%	12.9%
Gender (65+ population)			
% female		52.6%	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		33.2%	58.5%
% divorced/separated		20.0%	14.0%
% widowed		32.6%	22.9%
% never married		14.2%	4.6%
Education (65+ population)			
% with less than high school education		27.4%	12.3%
% with high school or some college		64.2%	57.1%
% with college degree		8.4%	30.6%
% of 65+ population living alone		52.1%	26.1%
% of 65+ population who speak only English at home		94.7%	91.3%
% of 65+ population who are veterans of military service		27.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS

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		2.6%	3.6%
% moved from different county in New Hampshire		3.2%	1.0%
% moved from different state		8.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		24.3%	19.9%
% 60+ getting recommended hours of sleep		68.7%	66.4%
% 60+ injured in a fall within last 12 months		8.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.1%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		60.9%	59.3%
% 65+ with pneumonia vaccine		83.7%	77.8%
% 60+ with cholesterol screening		93.9%	95.3%
% 60+ women with a mammogram within last 2 years		79.2%	79.3%
% 60+ with colorectal cancer screening		69.9%	77.0%
% 60+ with HIV test		18.1%	13.5%
% 60+ current smokers		8.8%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		31.7%	29.0%
% 60+ with annual dental exam		73.5%	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		24.1%	20.2%
% 60+ self-reported obese		22.1%	27.2%
% 65+ clinically diagnosed obese	B	8.7%	16.7%
% 65+ with high cholesterol		71.3%	72.2%
% 60+ excessive drinking		7.0%	9.2%
% 65+ with poor supermarket access		17.3%	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		7.8%	6.9%
% 65+ with depression	B	21.2%	28.8%
% 65+ with anxiety disorders		17.7%	21.9%
% 65+ with bipolar disorders	B	1.5%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		45	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders		7.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		27.9%	28.2%
% 65+ with stroke		8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	12.7%	20.5%
% 65+ with asthma	B	9.7%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		2.9%	4.5%
% 65+ with ischemic heart disease		35.1%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	49.1%
% 65+ with osteoporosis		13.9%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.6%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.1%	20.8%
% 65+ with anemia		33.8%	37.3%
% 65+ with chronic kidney disease	B	14.1%	22.3%
% 65+ with liver diseases		7.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.1%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.5%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		22.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.7%	14.4%
% 65+ with self-reported vision difficulty		2.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty	W	34.2%	6.9%
% 65+ with self-reported ambulatory difficulty		30.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.7%	3.2%
% 65+ with self-reported self-care difficulty		16.8%	5.6%
% 65+ with self-reported independent living difficulty	W	22.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		90.8%	95.8%
% 60+ who did not see doctor when needed due to cost		6.7%	5.4%
# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	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		6.5	6.3
Emergency room visits/1000 persons 65+ years per year		480	572
Part D monthly prescription fills per person per year	*	42.5	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		242	237
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		62	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.2%	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		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		81.5%	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)		89.0%	93.0%
% 60+ who used Internet in last month		78.9%	77.6%
Voter participation rate in 2018 election (age 18+)		62.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		381	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		40	586
Property crime rate /100,000 persons		4,398	2,012
% 65+ who own a motor vehicle		80.9%	91.0%
% 60+ who always drive wearing a seatbelt		76.1%	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		17.9%	5.4%
% 60+ receiving food stamps past year		9.0%	5.7%
% 65+ employed past year		18.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		32.4%	18.2%
% households with annual income $20,000-$49,999		49.3%	36.5%
% households with annual income > $50,000		18.4%	45.3%
% 60+ own home		72.3%	79.9%
% 60+ have mortgage on home		24.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		8.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
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