

## Middleton (Strafford)

Middleton is a rural town located in Strafford County that surrounds Sunrise Lake. There are 196 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer’s disease or related dementias, stroke, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, glaucoma, and cataracts. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of meeting the CDC guidelines for aerobic and muscle-strengthening physical activities, having an annual dental exam, or eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 5 home health agencies and access to broadband.



<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		1,740	1,327,503
Population 60 years or older as % of total population		18.0%	22.7%
Total population 60 years or older		313	301,630
Population 65 years or older as % of total population		11.3%	15.8%
Total population 65 years or older		196	210,385
% 65-74 years		79.1%	58.5%
% 75-84 years		13.8%	28.6%
% 85 years or older		7.1%	12.9%
Gender (65+ population)			
% female		55.1%	54.7%
Race/Ethnicity (65+ population)			
% White		95.4%	97.7%
% African American		3.6%	0.5%
% Asian		0.0%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.2%	58.5%
% divorced/separated		13.8%	14.0%
% widowed		21.9%	22.9%
% never married		3.1%	4.6%
Education (65+ population)			
% with less than high school education		26.0%	12.3%
% with high school or some college		56.6%	57.1%
% with college degree		17.3%	30.6%
% of 65+ population living alone		25.0%	26.1%
% of 65+ population who speak only English at home		97.4%	91.3%
% of 65+ population who are veterans of military service		22.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	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		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		5.6%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol		71.9%	72.2%
% 60+ excessive drinking		8.1%	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		7.9%	6.9%
% 65+ with depression		26.7%	28.8%
% 65+ with anxiety disorders		18.7%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		12.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes		31.0%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.4%	20.5%
% 65+ with asthma		13.4%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		14.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.2%	49.1%
% 65+ with osteoporosis	B	10.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		7.2%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		39.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.0%	20.8%
% 65+ with anemia	B	30.6%	37.3%
% 65+ with chronic kidney disease		22.2%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	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		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	53.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.8%	14.4%
% 65+ with self-reported vision difficulty		10.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		13.8%	6.9%
% 65+ with self-reported ambulatory difficulty		22.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		12.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.8%	7.9%
% dually eligible for Medicare and Medicaid		6.9%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	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		5	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

<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		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		498	572
Part D monthly prescription fills per person per year		50.2	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		12.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		67	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		5.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		53.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		299	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,404	2,012
% 65+ who own a motor vehicle		96.4%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	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	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		1.5%	5.4%
% 60+ receiving food stamps past year		13.6%	5.7%
% 65+ employed past year		21.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.4%	18.2%
% households with annual income \$20,000-\$49,999		40.9%	36.5%
% households with annual income > \$50,000		32.7%	45.3%
% 60+ own home		89.9%	79.9%
% 60+ have mortgage on home		53.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.5%	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	\$24,936	\$25,284	0.99
Single, renter, good health	\$26,112	\$26,400	0.99
Couple, homeowner without mortgage, good health	\$36,504	\$37,128	0.98
Couple, renter, good health	\$37,680	\$38,244	0.99

#### 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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