Milford (Hillsborough)

TUFTS
Health Plan
F O U N D A T I O N

Milford is an urban town located along the Souhegan River in Hillsborough County that is known for its Pumpkin Festival traditionally held in October. There are 2,109 residents age 65 or older. Compared to state average rates, older residents had higher rates of bipolar disorders, schizophrenia and other psychotic disorders, high cholesterol, osteoporosis, colon cancer, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, epilepsy, and cataracts. They are more likely to be non-smokers and take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 75 primary care providers and 2 nursing homes within 5 miles, 10 home health agencies, 2 assisted living sites, a public library, and access to broadband.
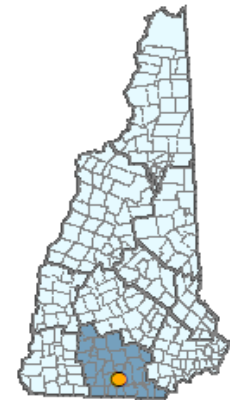
POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		15,206	1,327,503
Population 60 years or older as % of total population		19.1%	22.7%
Total population 60 years or older		2,911	301,630
Population 65 years or older as % of total population		13.9%	15.8%
Total population 65 years or older		2,109	210,385
% 65-74 years		62.5%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		8.0%	12.9%
Gender (65+ population)			
% female		61.1%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.7%	0.5%
% Asian		0.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.3%	0.9%
Marital Status (65+ population)			
% married		62.0%	58.5%
% divorced/separated		12.5%	14.0%
% widowed		24.0%	22.9%
% never married		1.5%	4.6%
Education (65+ population)			
% with less than high school education		11.4%	12.3%
% with high school or some college		63.4%	57.1%
% with college degree		25.2%	30.6%
% of 65+ population living alone		29.3%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		19.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	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		7.3%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		6.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		15.8%	16.7%
% 65+ with high cholesterol	W	75.9%	72.2%
% 60+ excessive drinking		10.9%	9.2%
% 65+ with poor supermarket access		80.9%	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	B	3.4%	6.9%
% 65+ with depression		30.3%	28.8%
% 65+ with anxiety disorders		23.8%	21.9%
% 65+ with bipolar disorders	W	4.5%	3.1%
% 65+ with post-traumatic stress disorder		2.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.3%	12.0%
% 65+ with diabetes		26.9%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.2%	20.5%
% 65+ with asthma		14.4%	13.0%
% 65+ with hypertension		71.5%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease		34.7%	34.3%
% 65+ with congestive heart failure		17.0%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.2%	49.1%
% 65+ with osteoporosis	W	19.7%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer	W	3.7%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		13.9%	11.5%
% 65+ with benign prostatic hyperplasia		38.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.6%	20.8%
% 65+ with anemia	W	40.7%	37.3%
% 65+ with chronic kidney disease	W	27.9%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy	W	3.2%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.9%	22.9%
% 65+ with cataract	W	65.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.8%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		8.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		5.0%	6.9%
% 65+ with self-reported ambulatory difficulty		22.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		4.3%	3.2%
% 65+ with self-reported self-care difficulty		4.2%	5.6%
% 65+ with self-reported independent living difficulty		9.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.9%	7.9%
% dually eligible for Medicare and Medicaid	*	8.8%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		75	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		10	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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		554	572
Part D monthly prescription fills per person per year	*	52.3	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		247	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		58	33
% 65+ getting Medicaid long term services and supports	*	4.8%	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)		1	N/A
% of grandparents raising grandchildren		0.1%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		4.6%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		143	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,535	2,012
% 65+ who own a motor vehicle		90.6%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	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		2.8%	5.4%
% 60+ receiving food stamps past year		1.0%	5.7%
% 65+ employed past year		25.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		18.6%	18.2%
% households with annual income $20,000-$49,999		44.7%	36.5%
% households with annual income > $50,000		36.7%	45.3%
% 60+ own home		70.9%	79.9%
% 60+ have mortgage on home		34.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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 <u>not</u> 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), memorycaredirectory.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).*

Update: 05/2019