New London (Merrimack)

TUFTS Health Plan FOUNDATION
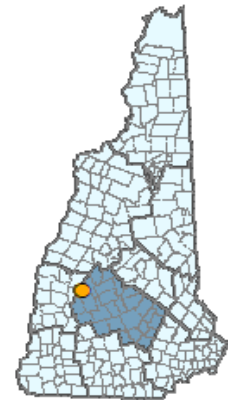
New London is a town located in Merrimack County and is home to Colby-Sawyer College. There are 1,532 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, asthma, congestive heart failure, lung cancer, chronic kidney disease, and fibromyalgia/chronic pain/fatigue, and mobility impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, prostate cancer, benign prostatic hyperplasia, hypothyroidism, glaucoma, and cataracts. Community resources to support healthy aging include 21 primary care providers and a hospital within 5 miles, 2 home health agencies, a senior center, an adult day center, an assisted living site, a university or community college, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,594	1,327,503
Population 60 years or older as % of total population		36.7%	22.7%
Total population 60 years or older		1,688	301,630
Population 65 years or older as % of total population		33.3%	15.8%
Total population 65 years or older		1,532	210,385
% 65-74 years		40.0%	58.5%
% 75-84 years		33.6%	28.6%
% 85 years or older		26.4%	12.9%
Gender (65+ population)			
% female		56.1%	54.7%
Race/Ethnicity (65+ population)			
% White		99.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.9%	58.5%
% divorced/separated		12.8%	14.0%
% widowed		25.7%	22.9%
% never married		2.6%	4.6%
Education (65+ population)			
% with less than high school education		4.0%	12.3%
% with high school or some college		33.4%	57.1%
% with college degree		62.7%	30.6%
% of 65+ population living alone		33.3%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		27.3%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	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		5.1%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		4.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese	B	8.2%	16.7%
% 65+ with high cholesterol		72.2%	72.2%
% 60+ excessive drinking		8.2%	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		5.6%	6.9%
% 65+ with depression	B	25.5%	28.8%
% 65+ with anxiety disorders	B	17.9%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	4.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes	B	16.4%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease		34.0%	34.3%
% 65+ with congestive heart failure	B	13.3%	17.7%
% 65+ with atrial fibrillation		16.5%	14.4%
% 65+ with peripheral vascular disease		13.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	59.0%	49.1%
% 65+ with osteoporosis	W	21.7%	17.4%
% 65+ with leukemias and lymphomas	W	4.6%	2.0%
% 65+ with lung cancer	B	0.9%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		12.0%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer	W	17.3%	11.5%
% 65+ with benign prostatic hyperplasia	W	56.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	24.5%	20.8%
% 65+ with anemia		40.2%	37.3%
% 65+ with chronic kidney disease	B	14.6%	22.3%
% 65+ with liver diseases		6.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.9%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	27.4%	22.9%
% 65+ with cataract	W	76.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		52.5%	54.4%
% 65+ with 0 chronic conditions	W	6.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.0%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		6.6%	6.9%
% 65+ with self-reported ambulatory difficulty		12.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.1%	3.2%
% 65+ with self-reported self-care difficulty		4.4%	5.6%
% 65+ with self-reported independent living difficulty		9.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.3%	7.9%
% dually eligible for Medicare and Medicaid	*	2.8%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		21	2,961
# of hospitals within 5 miles		1	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		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		577	572
Part D monthly prescription fills per person per year	*	40.7	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		14.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		85	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.7%	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		0.2%	0.8%
% of grandparents who live with grandchildren		1.1%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		25.4%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		92.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		64.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		28	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		626	2,012
% 65+ who own a motor vehicle		87.4%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	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		0.9%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		25.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.2%	18.2%
% households with annual income $20,000-$49,999		30.9%	36.5%
% households with annual income > $50,000		57.9%	45.3%
% 60+ own home		79.7%	79.9%
% 60+ have mortgage on home		24.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,860	$25,284	1.02
Single, renter, good health	$26,376	$26,400	1.00
Couple, homeowner without mortgage, good health	$37,800	$37,128	1.02
Couple, renter, good health	$38,316	$38,244	1.00