Portsmouth (Rockingham)

TUFTS
Health Plan
FOUNDATION
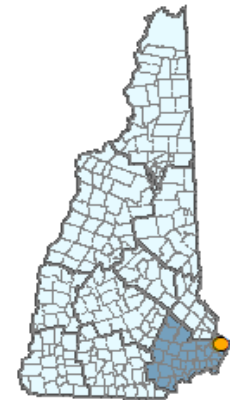
Portsmouth is a city in Rockingham County home to a historic seaport and a series of historic house museums. There are 3,740 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, cataracts, osteoarthritis/rheumatoid arthritis, and endometrial cancer. However, they had higher rates of excessive drinking, schizophrenia, ischemic heart disease, peripheral vascular disease, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, and fibromyalgia. Relative to the state, they are more likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activity and getting screened for colorectal cancer. Community resources to support healthy aging include 105 primary care providers, a hospital, and 2 nursing homes within 5 miles, 11 home health agencies, a community health center, a memory cafe, a dementia support group, a senior center, 5 assisted living sites, 3 universities or community colleges, a public library, a YMCA, and access to broadband. Portsmouth city is a designated Age-Friendly community.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		21,458	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		4,975	301,630
Population 65 years or older as % of total population		17.4%	15.8%
Total population 65 years or older		3,740	210,385
% 65-74 years		51.1%	58.5%
% 75-84 years		32.4%	28.6%
% 85 years or older		16.5%	12.9%
Gender (65+ population)			
% female		59.5%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		2.1%	0.5%
% Asian		1.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		1.9%	0.9%
Marital Status (65+ population)			
% married		44.3%	58.5%
% divorced/separated		21.4%	14.0%
% widowed		26.1%	22.9%
% never married		8.2%	4.6%
Education (65+ population)			
% with less than high school education		9.1%	12.3%
% with high school or some college		44.1%	57.1%
% with college degree		46.9%	30.6%
% of 65+ population living alone		39.6%	26.1%
% of 65+ population who speak only English at home		93.8%	91.3%
% of 65+ population who are veterans of military service		24.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		6.0%	3.6%
% moved from different county in New Hampshire		1.2%	1.0%
% moved from different state		3.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese	B	14.2%	16.7%
% 65+ with high cholesterol	B	69.8%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		6.1%	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		6.4%	6.9%
% 65+ with depression		29.4%	28.8%
% 65+ with anxiety disorders		23.4%	21.9%
% 65+ with bipolar disorders		3.4%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.4%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders		10.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.9%	12.0%
% 65+ with diabetes		28.1%	28.2%
% 65+ with stroke		10.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.4%	20.5%
% 65+ with asthma		13.1%	13.0%
% 65+ with hypertension		69.1%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	W	38.9%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		15.6%	14.4%
% 65+ with peripheral vascular disease	W	16.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.5%	49.1%
% 65+ with osteoporosis	W	20.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer	W	11.4%	9.8%
% 65+ women with endometrial cancer	B	1.1%	1.7%
% 65+ men with prostate cancer		12.2%	11.5%
% 65+ with benign prostatic hyperplasia	W	40.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	22.9%	20.8%
% 65+ with anemia		38.4%	37.3%
% 65+ with chronic kidney disease		21.7%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.7%	22.9%
% 65+ with cataract	B	58.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.1%	54.4%
% 65+ with 0 chronic conditions	B	12.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	14.4%
% 65+ with self-reported vision difficulty	B	2.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	3.2%	6.9%
% 65+ with self-reported ambulatory difficulty		16.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		5.4%	5.6%
% 65+ with self-reported independent living difficulty		10.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid		8.1%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		105	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		11	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		1	12
# of dementia-related support groups		1	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		648	572
Part D monthly prescription fills per person per year		49.9	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	280	237
Medicare inpatient hospital readmissions (as % of admissions)		18.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		64	33
% 65+ getting Medicaid long term services and supports		3.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		4.5%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		62.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		190	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,271	2,012
% 65+ who own a motor vehicle		90.8%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		3	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		4.3%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		25.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		15.9%	18.2%
% households with annual income $20,000-$49,999		30.3%	36.5%
% households with annual income > $50,000		53.8%	45.3%
% 60+ own home		69.3%	79.9%
% 60+ have mortgage on home		31.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,536	$25,284	1.01
Single, renter, good health	$26,712	$26,400	1.01
Couple, homeowner without mortgage, good health	$37,092	$37,128	1.00
Couple, renter, good health	$38,268	$38,244	1.00