Richmond (Cheshire)

TUFTS
Health Plan
FOUNDATION

Richmond is a rural town located in Cheshire County where the mother of James Garfield, Eliza Ballou, was born. There are 162 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, stroke, asthma, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, fibromyalgia/chronic pain/fatigue, traumatic brain injury, and glaucoma. However, they had higher rates of obesity, tobacco use disorders, Alzheimer's disease or related dementias, congestive heart failure, and anemia. They are less likely to take the health promotion steps of getting regular physical check-ups or having an annual dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
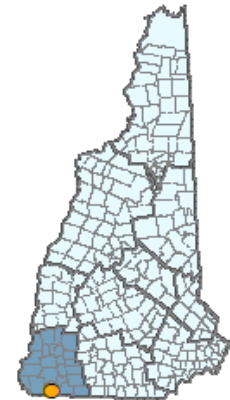
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,188	1,327,503
Population 60 years or older as % of total population		23.7%	22.7%
Total population 60 years or older		281	301,630
Population 65 years or older as % of total population		13.6%	15.8%
Total population 65 years or older		162	210,385
% 65-74 years		58.6%	58.5%
% 75-84 years		29.0%	28.6%
% 85 years or older		12.3%	12.9%
Gender (65+ population)			
% female		46.3%	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		62.3%	58.5%
% divorced/separated		4.9%	14.0%
% widowed		24.7%	22.9%
% never married		8.0%	4.6%
Education (65+ population)			
% with less than high school education		11.1%	12.3%
% with high school or some college		43.2%	57.1%
% with college degree		45.7%	30.6%
% of 65+ population living alone		14.5%	26.1%
% of 65+ population who speak only English at home		99.4%	91.3%
% of 65+ population who are veterans of military service		33.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	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		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese	W	21.3%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		10.1%	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		9.9%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders		20.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.6%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders	W	14.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	22.6%	12.0%
% 65+ with diabetes		29.1%	28.2%
% 65+ with stroke	B	9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.5%	20.5%
% 65+ with asthma	B	11.1%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack		5.3%	4.5%
% 65+ with ischemic heart disease		36.1%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	49.1%
% 65+ with osteoporosis	B	15.3%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer	B	9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.4%	20.8%
% 65+ with anemia	W	40.9%	37.3%
% 65+ with chronic kidney disease		23.6%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.8%	22.9%
% 65+ with cataract		61.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.5%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	33.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		15.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		8.6%	5.6%
% 65+ with self-reported independent living difficulty		8.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.5%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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		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	*	5.6	6.3
Emergency room visits/1000 persons 65+ years per year		584	572
Part D monthly prescription fills per person per year		49.2	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		14.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	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)		0	N/A
% of grandparents raising grandchildren		3.5%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		54.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.8%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.1%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		29.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.7%	18.2%
% households with annual income $20,000-$49,999		29.8%	36.5%
% households with annual income > $50,000		58.5%	45.3%
% 60+ own home		98.1%	79.9%
% 60+ have mortgage on home		30.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		11.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99