Rye (Rockingham)

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

Rye is a town in Rockingham County that is home to several state parks along its Atlantic coastline. There are 1,210 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, personality disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, heart attack, congestive heart failure, chronic kidney disease, and epilepsy. However, they had higher rates of excessive drinking, osteoporosis, prostate cancer, and glaucoma. Relative to state rates, they are more likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activities and getting screened for colorectal cancer. Community resources to support healthy aging include 60 primary care providers and a nursing home within 5 miles, 8 home health agencies, a dementia support group, a public library, and access to broadband.
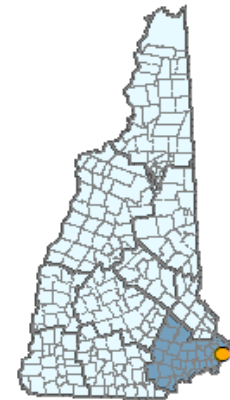
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,355	1,327,503
Population 60 years or older as % of total population		30.2%	22.7%
Total population 60 years or older		1,615	301,630
Population 65 years or older as % of total population		22.6%	15.8%
Total population 65 years or older		1,210	210,385
% 65-74 years		47.4%	58.5%
% 75-84 years		33.1%	28.6%
% 85 years or older		19.4%	12.9%
Gender (65+ population)			
% female		57.1%	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		2.6%	0.9%
Marital Status (65+ population)			
% married		52.1%	58.5%
% divorced/separated		16.4%	14.0%
% widowed		29.0%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		7.6%	12.3%
% with high school or some college		44.1%	57.1%
% with college degree		48.3%	30.6%
% of 65+ population living alone		32.0%	26.1%
% of 65+ population who speak only English at home		96.7%	91.3%
% of 65+ population who are veterans of military service		21.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.5%	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		5.6%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	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		3.3%	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	12.7%	16.7%
% 65+ with high cholesterol		74.2%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		99.1%	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	B	23.5%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	20.6%	28.2%
% 65+ with stroke		11.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma		12.3%	13.0%
% 65+ with hypertension		70.9%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease		35.6%	34.3%
% 65+ with congestive heart failure	B	15.2%	17.7%
% 65+ with atrial fibrillation		14.2%	14.4%
% 65+ with peripheral vascular disease		14.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis	W	21.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		1.9%	2.4%
% 65+ women with breast cancer		12.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer	W	15.2%	11.5%
% 65+ with benign prostatic hyperplasia		39.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.9%	20.8%
% 65+ with anemia		36.4%	37.3%
% 65+ with chronic kidney disease	B	19.5%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.0%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.0%	22.9%
% 65+ with cataract		61.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.6%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.9%	14.4%
% 65+ with self-reported vision difficulty		1.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		8.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	28.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		15.2%	5.6%
% 65+ with self-reported independent living difficulty		20.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.0%	7.9%
% dually eligible for Medicare and Medicaid	*	2.7%	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		60	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		8	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	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	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year		509	572
Part D monthly prescription fills per person per year	*	41.7	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year	*	1.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		229	237
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		43	33
% 65+ getting Medicaid long term services and supports	*	1.5%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		17.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		79.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		47	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,081	2,012
% 65+ who own a motor vehicle		94.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	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		5.4%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		29.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		13.9%	18.2%
% households with annual income $20,000-$49,999		30.7%	36.5%
% households with annual income > $50,000		55.4%	45.3%
% 60+ own home		81.5%	79.9%
% 60+ have mortgage on home		38.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		36.6%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
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

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.