Sandwich (Carroll)

TUFTS Health Plan FOUNDATION
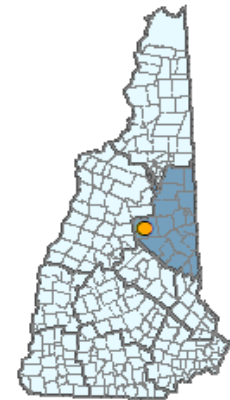
Sandwich is a rural town in Carroll County that is situated partly in the White Mountain National Forest. There are 395 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, substance use disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, congestive heart failure, peripheral vascular disease, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and mobility impairment. They are more likely to take the health promotion step of having an annual dental exam but less likely to get a physical check-up in the past year. Community resources to support healthy aging include 3 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,342	1,327,503
Population 60 years or older as % of total population		43.2%	22.7%
Total population 60 years or older		580	301,630
Population 65 years or older as % of total population		29.4%	15.8%
Total population 65 years or older		395	210,385
% 65-74 years		53.4%	58.5%
% 75-84 years		39.2%	28.6%
% 85 years or older		7.3%	12.9%
Gender (65+ population)			
% female		49.1%	54.7%
Race/Ethnicity (65+ population)			
% White		99.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.1%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		14.7%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		4.8%	12.3%
% with high school or some college		43.3%	57.1%
% with college degree		51.9%	30.6%
% of 65+ population living alone		22.3%	26.1%
% of 65+ population who speak only English at home		98.5%	91.3%
% of 65+ population who are veterans of military service		24.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.2%	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		1.0%	3.6%
% moved from different county in New Hampshire		0.8%	1.0%
% moved from different state		2.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		64.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.1%	19.9%
% 60+ getting recommended hours of sleep		67.0%	66.4%
% 60+ injured in a fall within last 12 months		14.6%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.8%	12.5%
% 60+ with physical exam/check-up in past year	W	80.0%	86.5%
% 60+ met CDC preventive health screening goals		37.2%	40.3%
% 60+ flu shot past year		57.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		76.0%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		9.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		27.8%	29.0%
% 60+ with annual dental exam	B	81.2%	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		22.7%	20.2%
% 60+ self-reported obese	B	20.1%	27.2%
% 65+ clinically diagnosed obese	B	10.8%	16.7%
% 65+ with high cholesterol		71.1%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		16.1%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression	B	20.9%	28.8%
% 65+ with anxiety disorders	B	12.7%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder	B	0.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.4%	4.9%
% 65+ with personality disorders	B	0.9%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.1%	5.5%
% 65+ with tobacco use disorders	B	4.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	12.0%
% 65+ with diabetes	B	22.3%	28.2%
% 65+ with stroke		9.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.6%	20.5%
% 65+ with asthma	B	9.8%	13.0%
% 65+ with hypertension	B	65.9%	70.2%
% 65+ ever had a heart attack		3.4%	4.5%
% 65+ with ischemic heart disease		31.6%	34.3%
% 65+ with congestive heart failure	B	13.3%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.3%	49.1%
% 65+ with osteoporosis	B	13.6%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer	B	1.0%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		11.3%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		14.0%	11.5%
% 65+ with benign prostatic hyperplasia		39.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.5%	20.8%
% 65+ with anemia	B	33.0%	37.3%
% 65+ with chronic kidney disease	B	15.1%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.7%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.4%	22.9%
% 65+ with cataract		60.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.0%	54.4%
% 65+ with 0 chronic conditions		10.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.1%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		1.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.9%	3.2%
% 65+ with self-reported self-care difficulty		2.8%	5.6%
% 65+ with self-reported independent living difficulty		5.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	6.0%	7.9%
% dually eligible for Medicare and Medicaid	*	2.5%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost	B	2.9%	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		3	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	*	5.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	445	572
Part D monthly prescription fills per person per year	*	41.6	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	201	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		76	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.9%	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)		N/A	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		38.9%	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)		96.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		82.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		2,105	2,012
% 65+ who own a motor vehicle		97.2%	91.0%
% 60+ who always drive wearing a seatbelt		76.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		9	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		5.1%	5.4%
% 60+ receiving food stamps past year		3.6%	5.7%
% 65+ employed past year		28.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		18.3%	18.2%
% households with annual income $20,000-$49,999		22.7%	36.5%
% households with annual income > $50,000		59.0%	45.3%
% 60+ own home		88.3%	79.9%
% 60+ have mortgage on home		34.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,024	$25,284	0.95
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$35,952	$37,128	0.97
Couple, renter, good health	$37,680	$38,244	0.99

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.