Central Manchester (Hillsborough)

This central neighborhood in Manchester partially contains the zip codes 03101, 03102, 03103, and 03104 and is home to Veteran's Memorial Park. There are 1,734 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of benign prostatic hyperplasia and cataracts. However, they had higher rates of hip fracture, tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, PTSD, schizophrenia, personality disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, COPD, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, colon cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia, epilepsy, pressure ulcers, and visual/mobility impairments. They are less likely to take the health promotion step of eating 5 or more servings of fruits or vegetables per day. Community resources to support healthy aging include 306 primary care providers, 2 hospitals, 29 nursing homes, 10 home health agencies, a community health center, a senior center, 3 universities or community colleges, a public library, a YMCA, and broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		10,788	1,327,503
Population 60 years or older as % of total population		22.8%	22.7%
Total population 60 years or older		2,464	301,630
Population 65 years or older as % of total population		16.1%	15.8%
Total population 65 years or older		1,734	210,385
% 65-74 years		50.8%	58.5%
% 75-84 years		30.1%	28.6%
% 85 years or older		19.1%	12.9%
Gender (65+ population)			
% female		63.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.9%	0.9%
% Hispanic/Latino		3.6%	0.9%
Marital Status (65+ population)			
% married		52.0%	58.5%
% divorced/separated		14.8%	14.0%
% widowed		27.6%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		14.1%	12.3%
% with high school or some college		67.3%	57.1%
% with college degree		18.6%	30.6%
% of 65+ population living alone		43.6%	26.1%
% of 65+ population who speak only English at home		79.0%	91.3%
% of 65+ population who are veterans of military service		19.6%	24.8%
Age-sex adjusted 1-year mortality rate	W	6.0%	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		4.1%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	W	4.4%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	22.0%	16.7%
% 65+ with high cholesterol	W	75.2%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		27.9%	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		7.4%	6.9%
% 65+ with depression	W	40.6%	28.8%
% 65+ with anxiety disorders	W	32.4%	21.9%
% 65+ with bipolar disorders	W	8.0%	3.1%
% 65+ with post-traumatic stress disorder	W	4.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	11.4%	4.9%
% 65+ with personality disorders	W	3.6%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	11.0%	5.5%
% 65+ with tobacco use disorders	W	21.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.3%	12.0%
% 65+ with diabetes	W	38.7%	28.2%
% 65+ with stroke	W	13.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	33.2%	20.5%
% 65+ with asthma	W	20.4%	13.0%
% 65+ with hypertension	W	75.3%	70.2%
% 65+ ever had a heart attack	W	5.6%	4.5%
% 65+ with ischemic heart disease	W	43.3%	34.3%
% 65+ with congestive heart failure	W	25.7%	17.7%
% 65+ with atrial fibrillation	W	16.7%	14.4%
% 65+ with peripheral vascular disease	W	20.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.9%	49.1%
% 65+ with osteoporosis	W	21.4%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.4%	2.4%
% 65+ women with breast cancer		8.0%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.6%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.1%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	23.8%	20.8%
% 65+ with anemia	W	45.8%	37.3%
% 65+ with chronic kidney disease	W	32.4%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	23.6%	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	W	3.5%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract	B	57.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	10.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	65.8%	54.4%
% 65+ with 0 chronic conditions		9.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.6%	14.4%
% 65+ with self-reported vision difficulty		6.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	0.9%
% 65+ with self-reported cognition difficulty		10.0%	6.9%
% 65+ with self-reported ambulatory difficulty		26.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	5.1%	3.2%
% 65+ with self-reported self-care difficulty		10.7%	5.6%
% 65+ with self-reported independent living difficulty	W	17.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid	*	29.4%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		306	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		29	74
# of home health agencies		10	49
# of community health centers		1	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		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	812	572
Part D monthly prescription fills per person per year	*	59.7	49.1
Home health visits per year	*	4.2	2.5
Durable medical equipment claims per year	*	2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	389	237
Medicare inpatient hospital readmissions (as % of admissions)	*	20.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	171	76
# skilled nursing home Medicare beds/1000 persons 65+ years		121	33
% 65+ getting Medicaid long term services and supports	*	12.1%	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)		1	N/A
% of grandparents raising grandchildren		2.2%	0.8%
% of grandparents who live with grandchildren		4.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.0%	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)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		67.8%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	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		13.7%	5.4%
% 60+ receiving food stamps past year		22.6%	5.7%
% 65+ employed past year		18.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		39.2%	18.2%
% households with annual income $20,000-$49,999		41.7%	36.5%
% households with annual income > $50,000		19.1%	45.3%
% 60+ own home		31.6%	79.9%
% 60+ have mortgage on home		13.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		25.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.9%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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.