Nashua: Zip 03060 (Hillsborough)

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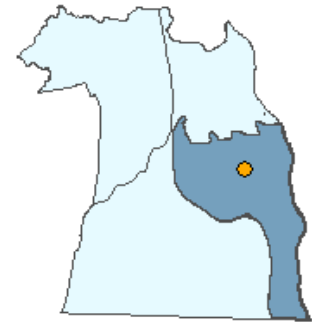**F O U N D A T I O N**

This southeastern neighborhood of Nashua contains the zip code 03060 and is home to Fields Grove Park. There are 3,715 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, substance and tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, osteoarthritis/rheumatoid arthritis, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, epilepsy, cataracts, and visual and mobility impairments. Community resources to support healthy aging include 201 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 17 home health agencies, a community health center, 2 dementia support groups, a senior center, an assisted living site, a university or community college, a public library, and access to broadband.

POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		29,512	1,327,503
Population 60 years or older as % of total population		17.5%	22.7%
Total population 60 years or older		5,179	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		3,715	210,385
% 65-74 years		48.2%	58.5%
% 75-84 years		34.4%	28.6%
% 85 years or older		17.4%	12.9%
Gender (65+ population)			
% female		59.0%	54.7%
Race/Ethnicity (65+ population)			
% White		88.7%	97.7%
% African American		5.0%	0.5%
% Asian		1.9%	0.9%
% Other		4.3%	0.9%
% Hispanic/Latino		6.7%	0.9%
Marital Status (65+ population)			
% married		44.1%	58.5%
% divorced/separated		16.0%	14.0%
% widowed		31.9%	22.9%
% never married		8.0%	4.6%
Education (65+ population)			
% with less than high school education		23.2%	12.3%
% with high school or some college		57.3%	57.1%
% with college degree		19.5%	30.6%
% of 65+ population living alone		40.7%	26.1%
% of 65+ population who speak only English at home		74.7%	91.3%
% of 65+ population who are veterans of military service		20.6%	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		4.4%	3.6%
% moved from different county in New Hampshire		0.1%	1.0%
% moved from different state		0.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	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		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese	W	19.4%	16.7%
% 65+ with high cholesterol	W	77.7%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		9.2%	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		9.2%	6.9%
% 65+ with depression	W	34.6%	28.8%
% 65+ with anxiety disorders	W	26.6%	21.9%
% 65+ with bipolar disorders	W	4.8%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.0%	5.5%
% 65+ with tobacco use disorders	W	15.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.8%	12.0%
% 65+ with diabetes	W	34.9%	28.2%
% 65+ with stroke	W	13.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.1%	20.5%
% 65+ with asthma	W	14.7%	13.0%
% 65+ with hypertension	W	77.4%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease	W	38.9%	34.3%
% 65+ with congestive heart failure	W	21.7%	17.7%
% 65+ with atrial fibrillation	W	16.7%	14.4%
% 65+ with peripheral vascular disease	W	16.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	22.5%	17.4%
% 65+ with leukemias and lymphomas		2.3%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.4%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia		39.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.8%	20.8%
% 65+ with anemia	W	47.6%	37.3%
% 65+ with chronic kidney disease	W	31.3%	22.3%
% 65+ with liver diseases	W	8.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.8%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.7%	4.0%
% 65+ with epilepsy	W	2.9%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.3%	22.9%
% 65+ with cataract	W	63.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	64.1%	54.4%
% 65+ with 0 chronic conditions	W	7.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	18.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		9.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.4%	0.9%
% 65+ with self-reported cognition difficulty		9.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.6%	3.2%
% 65+ with self-reported self-care difficulty		6.7%	5.6%
% 65+ with self-reported independent living difficulty	W	17.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.3%	7.9%
% dually eligible for Medicare and Medicaid	*	12.7%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		201	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		17	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		2	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	739	572
Part D monthly prescription fills per person per year	*	54.2	49.1
Home health visits per year	*	3.1	2.5
Durable medical equipment claims per year	*	2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	292	237
Medicare inpatient hospital readmissions (as % of admissions)		15.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		87	76
# skilled nursing home Medicare beds/1000 persons 65+ years		26	33
% 65+ getting Medicaid long term services and supports		4.0%	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		1.1%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		8.2%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		77.6%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	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		14.0%	5.4%
% 60+ receiving food stamps past year		17.1%	5.7%
% 65+ employed past year		18.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		30.0%	18.2%
% households with annual income $20,000-$49,999		41.3%	36.5%
% households with annual income > $50,000		28.8%	45.3%
% 60+ own home		51.2%	79.9%
% 60+ have mortgage on home		23.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		21.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.9%	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

Update: 05/2019