# Danville (Rockingham)

Danville is a town in southeastern New Hampshire that is home to the Hawke Meeting House. There are 389 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, endometrial cancer, and cataracts. They are more likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 primary care providers within 5 miles, 9 home health agencies, a senior center, a public library, and access to broadband.
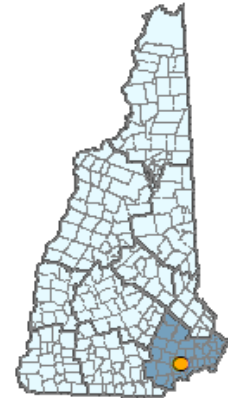
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,447	1,327,503
Population 60 years or older as % of total population		14.9%	22.7%
Total population 60 years or older		664	301,630
Population 65 years or older as % of total population		8.7%	15.8%
Total population 65 years or older		389	210,385
% 65-74 years		65.8%	58.5%
% 75-84 years		19.0%	28.6%
% 85 years or older		15.2%	12.9%
Gender (65+ population)			
% female		57.1%	54.7%
Race/Ethnicity (65+ population)			
% White		96.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		62.0%	58.5%
% divorced/separated		15.4%	14.0%
% widowed		22.1%	22.9%
% never married		0.5%	4.6%
Education (65+ population)			
% with less than high school education		8.2%	12.3%
% with high school or some college		70.2%	57.1%
% with college degree		21.6%	30.6%
% of 65+ population living alone		20.2%	26.1%
% of 65+ population who speak only English at home		91.0%	91.3%
% of 65+ population who are veterans of military service		35.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	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		4.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.4%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	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		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese		19.9%	16.7%
% 65+ with high cholesterol		74.7%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		89.2%	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		9.4%	6.9%
% 65+ with depression		33.2%	28.8%
% 65+ with anxiety disorders		25.5%	21.9%
% 65+ with bipolar disorders		2.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		11.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.6%	12.0%
% 65+ with diabetes		33.5%	28.2%
% 65+ with stroke		13.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		24.5%	20.5%
% 65+ with asthma		12.1%	13.0%
% 65+ with hypertension		72.7%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		38.3%	34.3%
% 65+ with congestive heart failure		18.7%	17.7%
% 65+ with atrial fibrillation		17.4%	14.4%
% 65+ with peripheral vascular disease		14.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.3%	49.1%
% 65+ with osteoporosis		18.2%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		13.5%	11.5%
% 65+ with benign prostatic hyperplasia		34.3%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.1%	20.8%
% 65+ with anemia		40.0%	37.3%
% 65+ with chronic kidney disease		20.4%	22.3%
% 65+ with liver diseases		6.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.2%	18.6%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract	B	55.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	61.1%	54.4%
% 65+ with 0 chronic conditions		12.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	14.4%
% 65+ with self-reported vision difficulty		11.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		10.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	34.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		3.6%	5.6%
% 65+ with self-reported independent living difficulty		17.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	14.7%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		9	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

	BETER / 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		670	572
Part D monthly prescription fills per person per year		52.7	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		296	237
Medicare inpatient hospital readmissions (as % of admissions)		19.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	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)		2	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		5.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.6%	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		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		56.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		37	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		640	2,012
% 65+ who own a motor vehicle		85.8%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

| --- | --- | --- | --- |
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.5%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		28.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.0%	18.2%
% households with annual income $20,000-$49,999		48.6%	36.5%
% households with annual income > $50,000		39.3%	45.3%
% 60+ own home		89.8%	79.9%
% 60+ have mortgage on home		40.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,536	$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 <u>not</u> 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.