Greenfield (Hillsborough)

TUFTS
Health Plan
**FOUNDATION**

Greenfield is a town in Hillsborough County and is home to part of the Wapack Trail. There are 298 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, and hypothyroidism. However, they had higher rates of cataracts, glaucoma, migraine, and hip fracture. They are less likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 home health agencies, 2 assisted living sites, a public library, and access to broadband.
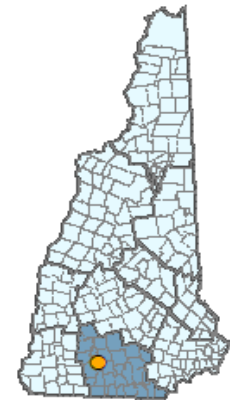
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,648	1,327,503
Population 60 years or older as % of total population		25.1%	22.7%
Total population 60 years or older		413	301,630
Population 65 years or older as % of total population		18.1%	15.8%
Total population 65 years or older		298	210,385
% 65-74 years		55.7%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		14.8%	12.9%
Gender (65+ population)			
% female		51.7%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.7%	0.9%
% Other		3.4%	0.9%
% Hispanic/Latino		1.3%	0.9%
Marital Status (65+ population)			
% married		56.4%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		27.5%	22.9%
% never married		4.4%	4.6%
Education (65+ population)			
% with less than high school education		13.4%	12.3%
% with high school or some college		56.7%	57.1%
% with college degree		29.9%	30.6%
% of 65+ population living alone		18.8%	26.1%
% of 65+ population who speak only English at home		99.0%	91.3%
% of 65+ population who are veterans of military service		30.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	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		3.0%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		11.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	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		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		16.2%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	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		5.0%	6.9%
% 65+ with depression		26.0%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes	B	21.5%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	57.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	B	27.6%	34.3%
% 65+ with congestive heart failure	B	14.7%	17.7%
% 65+ with atrial fibrillation		12.3%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		8.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.4%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		19.2%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.4%	22.9%
% 65+ with cataract	W	67.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.3%	54.4%
% 65+ with 0 chronic conditions		12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.4%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		13.1%	6.9%
% 65+ with self-reported ambulatory difficulty		20.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		11.2%	5.6%
% 65+ with self-reported independent living difficulty		12.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	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		2	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	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		530	572
Part D monthly prescription fills per person per year	*	42.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		200	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	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)		1	N/A
% of grandparents raising grandchildren		2.6%	0.8%
% of grandparents who live with grandchildren		5.1%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		17.6%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.1%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	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		1.3%	5.7%
% 65+ employed past year		39.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		22.7%	18.2%
% households with annual income $20,000-$49,999		20.1%	36.5%
% households with annual income > $50,000		57.1%	45.3%
% 60+ own home		78.3%	79.9%
% 60+ have mortgage on home		41.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.9%	21.2%

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