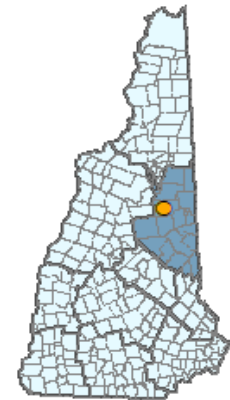


## Albany (Carroll)

Albany is a town in Carroll County that includes a portion of the White Mountain National Forest. There are 119 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, bipolar and personality disorders, schizophrenia and other psychotic disorders, lung cancer, chronic kidney disease, epilepsy, and hearing or visual impairments. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, and glaucoma. They are more likely to take the health promotion step of doing physical activity within the last month. Community resources to support healthy aging include 2 home health agencies and access to broadband. Albany is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		793	1,327,503
Population 60 years or older as % of total population		20.4%	22.7%
Total population 60 years or older		162	301,630
Population 65 years or older as % of total population		15.0%	15.8%
Total population 65 years or older		119	210,385
% 65-74 years		54.6%	58.5%
% 75-84 years		38.7%	28.6%
% 85 years or older		6.7%	12.9%
Gender (65+ population)			
% female		51.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.7%	58.5%
% divorced/separated		10.9%	14.0%
% widowed		22.7%	22.9%
% never married		1.7%	4.6%
Education (65+ population)			
% with less than high school education		8.4%	12.3%
% with high school or some college		53.8%	57.1%
% with college degree		37.8%	30.6%
% of 65+ population living alone		32.8%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		22.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		11.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese		13.9%	16.7%
% 65+ with high cholesterol		72.4%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		16.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	W	34.4%	28.8%
% 65+ with anxiety disorders		22.6%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders	W	15.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		28.0%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.5%	20.5%
% 65+ with asthma		13.9%	13.0%
% 65+ with hypertension		72.8%	70.2%
% 65+ ever had a heart attack		6.0%	4.5%
% 65+ with ischemic heart disease		35.3%	34.3%
% 65+ with congestive heart failure		20.7%	17.7%
% 65+ with atrial fibrillation		14.6%	14.4%
% 65+ with peripheral vascular disease		12.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	49.1%
% 65+ with osteoporosis		16.0%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.7%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		11.0%	11.5%
% 65+ with benign prostatic hyperplasia		31.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.9%	20.8%
% 65+ with anemia		35.1%	37.3%
% 65+ with chronic kidney disease	B	17.6%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	31.9%	22.9%
% 65+ with cataract		61.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		58.1%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		21.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.3%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		5.0%	6.9%
% 65+ with self-reported ambulatory difficulty		22.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		3.4%	5.6%
% 65+ with self-reported independent living difficulty		14.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.7%	7.9%
% dually eligible for Medicare and Medicaid	*	12.1%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	2.9	6.3
Emergency room visits/1000 persons 65+ years per year		652	572
Part D monthly prescription fills per person per year	*	53.5	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year	*	2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		235	237
Medicare inpatient hospital readmissions (as % of admissions)		15.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		107	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		0.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		41.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		59.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.5%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.7%	5.4%
% 60+ receiving food stamps past year		0.8%	5.7%
% 65+ employed past year		24.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		24.7%	18.2%
% households with annual income \$20,000-\$49,999		30.9%	36.5%
% households with annual income > \$50,000		44.4%	45.3%
% 60+ own home		85.0%	79.9%
% 60+ have mortgage on home		29.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

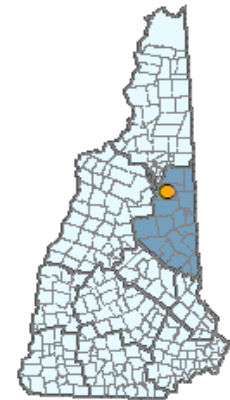
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Bartlett (Carroll)

Bartlett is a town in Carroll County surrounded by the White Mountain National Forest. There are 537 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, obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, liver disease, fibromyalgia/chronic pain/fatigue, epilepsy, and hearing and visual impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis and glaucoma. They are more likely to take the health promotion step of doing any physical activity in the past month. Community resources to support healthy aging include 2 home health agencies and a public library. Bartlett is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,775	1,327,503
Population 60 years or older as % of total population		26.1%	22.7%
Total population 60 years or older		725	301,630
Population 65 years or older as % of total population		19.4%	15.8%
Total population 65 years or older		537	210,385
% 65-74 years		61.5%	58.5%
% 75-84 years		32.6%	28.6%
% 85 years or older		6.0%	12.9%
Gender (65+ population)			
% female		46.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		62.4%	58.5%
% divorced/separated		17.9%	14.0%
% widowed		15.3%	22.9%
% never married		4.5%	4.6%
Education (65+ population)			
% with less than high school education		1.7%	12.3%
% with high school or some college		62.2%	57.1%
% with college degree		36.1%	30.6%
% of 65+ population living alone		41.2%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		13.4%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	10.2%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	23.4%	28.8%
% 65+ with anxiety disorders	B	14.1%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	7.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.4%	12.0%
% 65+ with diabetes	B	19.3%	28.2%
% 65+ with stroke	B	7.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.8%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease	B	27.3%	34.3%
% 65+ with congestive heart failure	B	14.0%	17.7%
% 65+ with atrial fibrillation		15.8%	14.4%
% 65+ with peripheral vascular disease	B	11.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.5%	49.1%
% 65+ with osteoporosis	B	12.0%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia	B	31.6%	37.3%
% 65+ with chronic kidney disease	B	13.2%	22.3%
% 65+ with liver diseases	B	3.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	33.1%	22.9%
% 65+ with cataract		57.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.5%	54.4%
% 65+ with 0 chronic conditions		10.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.5%	14.4%
% 65+ with self-reported vision difficulty		7.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		15.8%	6.9%
% 65+ with self-reported ambulatory difficulty		13.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty	B	0.0%	5.6%
% 65+ with self-reported independent living difficulty	B	0.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.5%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year	*	41.1	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		15.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	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		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		67.4%	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		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		74.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		109	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,774	2,012
% 65+ who own a motor vehicle		96.9%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.2%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		14.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.7%	18.2%
% households with annual income \$20,000-\$49,999		43.5%	36.5%
% households with annual income > \$50,000		47.8%	45.3%
% 60+ own home		87.6%	79.9%
% 60+ have mortgage on home		35.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		0.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

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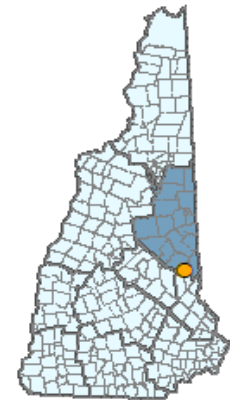
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Brookfield (Carroll)

Brookfield is a rural town in located in Carroll County, just north of the Moose Mountains Reservation. There are 176 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, bipolar disorders, personality disorders, substance use disorders, stroke, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, hypothyroidism, anemia, chronic kidney disease, liver diseases, migraine, glaucoma. They are more likely to take the health promotion steps of having an annual dental exam but less likely to have a physical exam within the past year. Community resources to support healthy aging include 3 primary care providers within 5 miles, 4 home health agencies, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		834	1,327,503
Population 60 years or older as % of total population		29.3%	22.7%
Total population 60 years or older		244	301,630
Population 65 years or older as % of total population		21.1%	15.8%
Total population 65 years or older		176	210,385
% 65-74 years		73.3%	58.5%
% 75-84 years		22.2%	28.6%
% 85 years or older		4.5%	12.9%
Gender (65+ population)			
% female		44.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		85.8%	58.5%
% divorced/separated		8.5%	14.0%
% widowed		5.7%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		13.1%	12.3%
% with high school or some college		59.1%	57.1%
% with college degree		27.8%	30.6%
% of 65+ population living alone		8.0%	26.1%
% of 65+ population who speak only English at home		90.3%	91.3%
% of 65+ population who are veterans of military service		22.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.6%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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		2.8%	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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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		16.4%	16.7%
% 65+ with high cholesterol		69.2%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression	B	22.0%	28.8%
% 65+ with anxiety disorders		19.3%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.9%	5.5%
% 65+ with tobacco use disorders		10.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.7%	12.0%
% 65+ with diabetes		28.4%	28.2%
% 65+ with stroke	B	7.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.3%	20.5%
% 65+ with asthma		12.4%	13.0%
% 65+ with hypertension		67.0%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		32.0%	34.3%
% 65+ with congestive heart failure		17.0%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.8%	49.1%
% 65+ with osteoporosis	B	11.0%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.8%	11.5%
% 65+ with benign prostatic hyperplasia		37.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia	B	32.2%	37.3%
% 65+ with chronic kidney disease	B	17.1%	22.3%
% 65+ with liver diseases	B	4.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.9%	22.9%
% 65+ with cataract		60.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.7%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		8.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.0%	14.4%
% 65+ with self-reported vision difficulty		4.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		9.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		6.3%	5.6%
% 65+ with self-reported independent living difficulty		7.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.0%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	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		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	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



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	466	572
Part D monthly prescription fills per person per year		47.2	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	174	237
Medicare inpatient hospital readmissions (as % of admissions)		12.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		66	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		1.4%	0.8%
% of grandparents who live with grandchildren		5.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	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+)		65.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.6%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.7%	5.7%
% 65+ employed past year		31.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		1.1%	18.2%
% households with annual income \$20,000-\$49,999		48.9%	36.5%
% households with annual income > \$50,000		50.0%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		39.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
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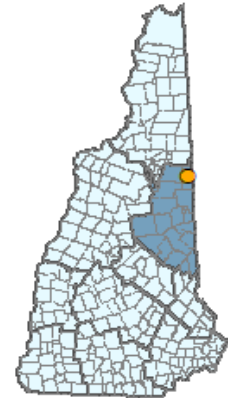
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Update: 05/2019

## Chatham (Carroll)

Chatham is a rural town in Carroll County situated entirely in the White Mountain National Forest. There are 73 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, bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, peripheral vascular disease, osteoporosis, lung cancer, chronic kidney disease, liver diseases, epilepsy, hearing and visual impairments. However, they had a higher rate of glaucoma. They are more likely to take the health promotion step of doing physical activity within the past month. Community resources to support healthy aging include a home health agency and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		374	1,327,503
Population 60 years or older as % of total population		25.7%	22.7%
Total population 60 years or older		96	301,630
Population 65 years or older as % of total population		19.5%	15.8%
Total population 65 years or older		73	210,385
% 65-74 years		49.3%	58.5%
% 75-84 years		38.4%	28.6%
% 85 years or older		12.3%	12.9%
Gender (65+ population)			
% female		43.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		47.9%	58.5%
% divorced/separated		31.5%	14.0%
% widowed		11.0%	22.9%
% never married		9.6%	4.6%
Education (65+ population)			
% with less than high school education		21.9%	12.3%
% with high school or some college		46.6%	57.1%
% with college degree		31.5%	30.6%
% of 65+ population living alone		21.9%	26.1%
% of 65+ population who speak only English at home		97.3%	91.3%
% of 65+ population who are veterans of military service		27.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		8.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese		15.0%	16.7%
% 65+ with high cholesterol		71.3%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		2.8%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression		29.5%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		10.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.3%	12.0%
% 65+ with diabetes		26.0%	28.2%
% 65+ with stroke		9.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.6%	20.5%
% 65+ with asthma		12.4%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		32.0%	34.3%
% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.6%	49.1%
% 65+ with osteoporosis	B	13.2%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia		37.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.1%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases	B	4.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	32.0%	22.9%
% 65+ with cataract		62.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		52.8%	54.4%
% 65+ with 0 chronic conditions		10.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.3%	14.4%
% 65+ with self-reported vision difficulty		6.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		11.0%	6.9%
% 65+ with self-reported ambulatory difficulty		16.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		8.2%	5.6%
% 65+ with self-reported independent living difficulty		24.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.4%	7.9%
% dually eligible for Medicare and Medicaid		8.8%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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		1	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	2.9	6.3
Emergency room visits/1000 persons 65+ years per year		621	572
Part D monthly prescription fills per person per year		47.6	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		217	237
Medicare inpatient hospital readmissions (as % of admissions)		13.6%	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		4.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		1.2%	0.8%
% of grandparents who live with grandchildren		2.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		40.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		56.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		88.6%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		17.8%	5.4%
% 60+ receiving food stamps past year		11.8%	5.7%
% 65+ employed past year		24.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		22.7%	18.2%
% households with annual income \$20,000-\$49,999		36.4%	36.5%
% households with annual income > \$50,000		40.9%	45.3%
% 60+ own home		98.3%	79.9%
% 60+ have mortgage on home		25.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		27.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

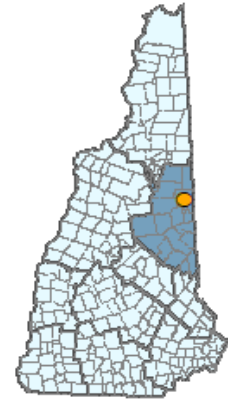
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Conway (Carroll)

Conway is a town in Carroll County that is home to the departure point of the Conway Scenic Railroad. There are 1,926 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, bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, peripheral vascular disease, osteoporosis, lung cancer, chronic kidney disease, liver diseases, epilepsy, hearing and visual impairments. However, they had a higher rate of glaucoma. They are more likely to take the health promotion step of doing any physical activity within the last month. Community resources to support healthy aging include 6 primary care providers and a nursing home within 5 miles, 2 home health agencies, a senior center, an assisted living site, 2 universities or community colleges, 2 public libraries, and access to broadband. Conway is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		10,010	1,327,503
Population 60 years or older as % of total population		28.0%	22.7%
Total population 60 years or older		2,801	301,630
Population 65 years or older as % of total population		19.2%	15.8%
Total population 65 years or older		1,926	210,385
% 65-74 years		57.7%	58.5%
% 75-84 years		26.8%	28.6%
% 85 years or older		15.5%	12.9%
Gender (65+ population)			
% female		51.6%	54.7%
Race/Ethnicity (65+ population)			
% White		95.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.6%	0.9%
% Other		3.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		63.1%	58.5%
% divorced/separated		21.3%	14.0%
% widowed		14.1%	22.9%
% never married		1.5%	4.6%
Education (65+ population)			
% with less than high school education		11.2%	12.3%
% with high school or some college		54.8%	57.1%
% with college degree		34.0%	30.6%
% of 65+ population living alone		21.9%	26.1%
% of 65+ population who speak only English at home		94.4%	91.3%
% of 65+ population who are veterans of military service		29.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		7.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
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% 65+ with osteoarthritis/rheumatoid arthritis		50.6%	49.1%
% 65+ with osteoporosis	B	13.2%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia		37.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.1%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases	B	4.7%	6.9%
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<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
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% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	32.0%	22.9%
% 65+ with cataract		62.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		52.8%	54.4%
% 65+ with 0 chronic conditions		10.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
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% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.3%	14.4%
% 65+ with self-reported vision difficulty		8.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		6.6%	6.9%
% 65+ with self-reported ambulatory difficulty		13.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		4.7%	5.6%
% 65+ with self-reported independent living difficulty		8.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.4%	7.9%
% dually eligible for Medicare and Medicaid		8.8%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	5.4%
# of primary care providers within 5 miles		6	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	2.9	6.3
Emergency room visits/1000 persons 65+ years per year		621	572
Part D monthly prescription fills per person per year		47.6	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		217	237
Medicare inpatient hospital readmissions (as % of admissions)		13.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		79	33
% 65+ getting Medicaid long term services and supports		4.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		0.5%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		35.9%	16.0%
# of universities and community colleges		2	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		50.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		330	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		3,864	2,012
% 65+ who own a motor vehicle		97.4%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.4%	5.4%
% 60+ receiving food stamps past year		5.5%	5.7%
% 65+ employed past year		26.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		14.9%	18.2%
% households with annual income \$20,000-\$49,999		40.4%	36.5%
% households with annual income > \$50,000		44.7%	45.3%
% 60+ own home		83.4%	79.9%
% 60+ have mortgage on home		29.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

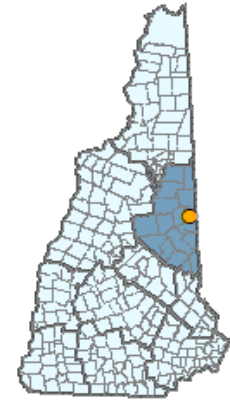
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
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- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Eaton (Carroll)

Eaton is a rural town located in Carroll County that contains Crystal Lake at its center. There are 94 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, anxiety disorders, bipolar disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, asthma, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and migraine. They are more likely to take the health promotion step of engaging in any physical activity within the last month. Community resources to support healthy aging include 2 home health agencies. Eaton is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		301	1,327,503
Population 60 years or older as % of total population		47.8%	22.7%
Total population 60 years or older		144	301,630
Population 65 years or older as % of total population		31.2%	15.8%
Total population 65 years or older		94	210,385
% 65-74 years		68.1%	58.5%
% 75-84 years		22.3%	28.6%
% 85 years or older		9.6%	12.9%
Gender (65+ population)			
% female		42.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		66.0%	58.5%
% divorced/separated		21.3%	14.0%
% widowed		10.6%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		2.1%	12.3%
% with high school or some college		42.6%	57.1%
% with college degree		55.3%	30.6%
% of 65+ population living alone		27.7%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		28.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese		13.9%	16.7%
% 65+ with high cholesterol		71.2%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	24.2%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	B	6.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.8%	12.0%
% 65+ with diabetes	B	23.7%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.2%	20.5%
% 65+ with asthma	B	9.8%	13.0%
% 65+ with hypertension		69.5%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease	B	28.0%	34.3%
% 65+ with congestive heart failure	B	14.3%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.2%	49.1%
% 65+ with osteoporosis	B	13.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		11.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		15.3%	11.5%
% 65+ with benign prostatic hyperplasia		40.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.8%	20.8%
% 65+ with anemia	B	28.3%	37.3%
% 65+ with chronic kidney disease	B	17.2%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.9%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.2%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		21.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		5.3%	5.6%
% 65+ with self-reported independent living difficulty		7.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	3.1%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		228	237
Medicare inpatient hospital readmissions (as % of admissions)		19.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	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		0.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		39.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		99.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.3%	5.4%
% 60+ receiving food stamps past year		1.9%	5.7%
% 65+ employed past year		33.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.1%	18.2%
% households with annual income \$20,000-\$49,999		27.3%	36.5%
% households with annual income > \$50,000		60.6%	45.3%
% 60+ own home		90.4%	79.9%
% 60+ have mortgage on home		40.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,024	\$25,284	0.95
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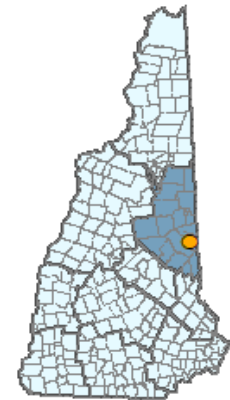
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- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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Update: 05/2019

## Effingham (Carroll)

Effingham is a rural town located in Carroll County and home to the first normal school, an institution to train teachers in New Hampshire. There are 292 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, anxiety and bipolar disorders, personality disorders, Alzheimer’s disease or related dementias, osteoporosis, migraine, glaucoma, pressure ulcers, and hearing impairment. They are more likely to take the health promotion step of having an annual dental exam, but less likely to have a physical check-up in the last year. Community resources to support healthy aging include 2 home health agencies and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,352	1,327,503
Population 60 years or older as % of total population		33.5%	22.7%
Total population 60 years or older		453	301,630
Population 65 years or older as % of total population		21.6%	15.8%
Total population 65 years or older		292	210,385
% 65-74 years		53.4%	58.5%
% 75-84 years		38.4%	28.6%
% 85 years or older		8.2%	12.9%
Gender (65+ population)			
% female		59.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		54.8%	58.5%
% divorced/separated		15.1%	14.0%
% widowed		27.4%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		13.0%	12.3%
% with high school or some college		63.7%	57.1%
% with college degree		23.3%	30.6%
% of 65+ population living alone		30.1%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		29.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.1%	3.6%
% moved from different county in New Hampshire		1.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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		2.8%	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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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		15.2%	16.7%
% 65+ with high cholesterol		71.0%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression	B	21.2%	28.8%
% 65+ with anxiety disorders	B	17.1%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.6%	12.0%
% 65+ with diabetes		25.6%	28.2%
% 65+ with stroke		8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.2%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		66.8%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		35.5%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease		12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.5%	49.1%
% 65+ with osteoporosis	B	11.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		42.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.5%	20.8%
% 65+ with anemia		35.8%	37.3%
% 65+ with chronic kidney disease		19.7%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		58.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	54.4%
% 65+ with 0 chronic conditions		13.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	14.4%
% 65+ with self-reported vision difficulty		7.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		7.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	16.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		9.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.5%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	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		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



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		549	572
Part D monthly prescription fills per person per year		46.1	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		263	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		38.0%	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+)		56.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		198	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,416	2,012
% 65+ who own a motor vehicle		98.5%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		14.0%	5.4%
% 60+ receiving food stamps past year		6.4%	5.7%
% 65+ employed past year		27.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		24.6%	18.2%
% households with annual income \$20,000-\$49,999		38.9%	36.5%
% households with annual income > \$50,000		36.5%	45.3%
% 60+ own home		87.6%	79.9%
% 60+ have mortgage on home		29.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

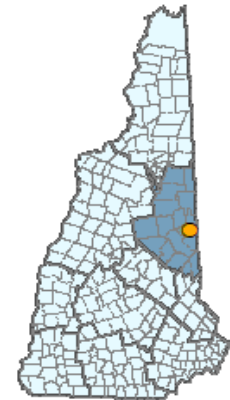
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Freedom (Carroll)

Freedom is a rural town in Carroll County and is home to the annual Old Home Week celebration. There are 371 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, anxiety and bipolar disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, asthma, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and migraine. They are more likely to take the health promotion step of engaging in any physical activity within the last month. Community resources to support healthy aging include 3 home health agencies, 2 assisted living sites, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,324	1,327,503
Population 60 years or older as % of total population		38.5%	22.7%
Total population 60 years or older		510	301,630
Population 65 years or older as % of total population		28.0%	15.8%
Total population 65 years or older		371	210,385
% 65-74 years		41.5%	58.5%
% 75-84 years		47.7%	28.6%
% 85 years or older		10.8%	12.9%
Gender (65+ population)			
% female		46.6%	54.7%
Race/Ethnicity (65+ population)			
% White		98.9%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		1.1%	0.9%
Marital Status (65+ population)			
% married		65.5%	58.5%
% divorced/separated		12.7%	14.0%
% widowed		19.4%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		5.7%	12.3%
% with high school or some college		55.0%	57.1%
% with college degree		39.4%	30.6%
% of 65+ population living alone		29.1%	26.1%
% of 65+ population who speak only English at home		95.7%	91.3%
% of 65+ population who are veterans of military service		25.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.9%	3.6%
% moved from different county in New Hampshire		3.2%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese		13.9%	16.7%
% 65+ with high cholesterol		71.2%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	24.2%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	B	6.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.8%	12.0%
% 65+ with diabetes	B	23.7%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.2%	20.5%
% 65+ with asthma	B	9.8%	13.0%
% 65+ with hypertension		69.5%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease	B	28.0%	34.3%
% 65+ with congestive heart failure	B	14.3%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.2%	49.1%
% 65+ with osteoporosis	B	13.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		11.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		15.3%	11.5%
% 65+ with benign prostatic hyperplasia		40.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.8%	20.8%
% 65+ with anemia	B	28.3%	37.3%
% 65+ with chronic kidney disease	B	17.2%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.9%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.2%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		18.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		4.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		5.7%	6.9%
% 65+ with self-reported ambulatory difficulty		17.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		4.0%	5.6%
% 65+ with self-reported independent living difficulty		8.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	3.1%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		228	237
Medicare inpatient hospital readmissions (as % of admissions)		19.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		2.1%	0.8%
% of grandparents who live with grandchildren		3.6%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		69.6%	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)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		74.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		34	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		808	2,012
% 65+ who own a motor vehicle		96.6%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.0%	5.4%
% 60+ receiving food stamps past year		2.7%	5.7%
% 65+ employed past year		20.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		17.1%	18.2%
% households with annual income \$20,000-\$49,999		35.9%	36.5%
% households with annual income > \$50,000		47.0%	45.3%
% 60+ own home		94.9%	79.9%
% 60+ have mortgage on home		30.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

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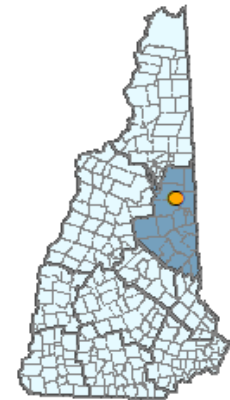
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Hale's Location (Carroll)

Hale's location is a rural township located in Carroll County situated within the White Mountain National Forest. There are 109 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, obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, epilepsy, and hearing and visual impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis and glaucoma. They are more likely to take the health promotion step of engaging in any physical activity within the last month. One community resource to support healthy aging is the access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		152	1,327,503
Population 60 years or older as % of total population		80.9%	22.7%
Total population 60 years or older		123	301,630
Population 65 years or older as % of total population		71.7%	15.8%
Total population 65 years or older		109	210,385
% 65-74 years		65.1%	58.5%
% 75-84 years		30.3%	28.6%
% 85 years or older		4.6%	12.9%
Gender (65+ population)			
% female		51.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		83.5%	58.5%
% divorced/separated		6.4%	14.0%
% widowed		8.3%	22.9%
% never married		1.8%	4.6%
Education (65+ population)			
% with less than high school education		0.9%	12.3%
% with high school or some college		56.9%	57.1%
% with college degree		42.2%	30.6%
% of 65+ population living alone		6.4%	26.1%
% of 65+ population who speak only English at home		98.2%	91.3%
% of 65+ population who are veterans of military service		21.1%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	10.2%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	23.4%	28.8%
% 65+ with anxiety disorders	B	14.1%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	7.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.4%	12.0%
% 65+ with diabetes	B	19.3%	28.2%
% 65+ with stroke	B	7.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.8%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease	B	27.3%	34.3%
% 65+ with congestive heart failure	B	14.0%	17.7%
% 65+ with atrial fibrillation		15.8%	14.4%
% 65+ with peripheral vascular disease	B	11.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.5%	49.1%
% 65+ with osteoporosis	B	12.0%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia	B	31.6%	37.3%
% 65+ with chronic kidney disease	B	13.2%	22.3%
% 65+ with liver diseases	B	3.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	33.1%	22.9%
% 65+ with cataract		57.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.5%	54.4%
% 65+ with 0 chronic conditions		10.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		6.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.5%	14.4%
% 65+ with self-reported vision difficulty		1.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		1.8%	6.9%
% 65+ with self-reported ambulatory difficulty		1.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		1.8%	5.6%
% 65+ with self-reported independent living difficulty		0.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.5%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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		0	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year	*	41.1	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		15.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		22.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		76.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.4%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.8%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		29.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		3.3%	18.2%
% households with annual income \$20,000-\$49,999		24.6%	36.5%
% households with annual income > \$50,000		72.1%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		53.0%	35.3%
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Update: 05/2019

## Hart's Location (Carroll)

Hart's Location is a rural town in Carroll County and is home to the Willey House in Crawford Notch State Park. There are 8 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, obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia, epilepsy, and hearing and visual impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis and glaucoma. They are more likely to take the health promotion steps of doing any physical activity within last month. Community resources to support healthy aging include 2 home health agencies and access to broadband. Hart's Location is a designated Age-Friendly Community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		43	1,327,503
Population 60 years or older as % of total population		18.6%	22.7%
Total population 60 years or older		8	301,630
Population 65 years or older as % of total population		18.6%	15.8%
Total population 65 years or older		8	210,385
% 65-74 years		25.0%	58.5%
% 75-84 years		50.0%	28.6%
% 85 years or older		25.0%	12.9%
Gender (65+ population)			
% female		75.0%	54.7%
Race/Ethnicity (65+ population)			
% White		75.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		25.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		50.0%	58.5%
% divorced/separated		25.0%	14.0%
% widowed		25.0%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		0.0%	12.3%
% with high school or some college		50.0%	57.1%
% with college degree		50.0%	30.6%
% of 65+ population living alone		25.0%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		0.0%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	10.2%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	23.4%	28.8%
% 65+ with anxiety disorders	B	14.1%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	7.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.4%	12.0%
% 65+ with diabetes	B	19.3%	28.2%
% 65+ with stroke	B	7.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.8%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease	B	27.3%	34.3%
% 65+ with congestive heart failure	B	14.0%	17.7%
% 65+ with atrial fibrillation		15.8%	14.4%
% 65+ with peripheral vascular disease	B	11.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.5%	49.1%
% 65+ with osteoporosis	B	12.0%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia	B	31.6%	37.3%
% 65+ with chronic kidney disease	B	13.2%	22.3%
% 65+ with liver diseases	B	3.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	33.1%	22.9%
% 65+ with cataract		57.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.5%	54.4%
% 65+ with 0 chronic conditions		10.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		25.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.5%	14.4%
% 65+ with self-reported vision difficulty		25.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		25.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		25.0%	5.6%
% 65+ with self-reported independent living difficulty		50.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.5%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year	*	41.1	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		202	237
Medicare inpatient hospital readmissions (as % of admissions)		15.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	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		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		61.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		82.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		0.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		0.0%	18.2%
% households with annual income \$20,000-\$49,999		100.0%	36.5%
% households with annual income > \$50,000		0.0%	45.3%
% 60+ own home		50.0%	79.9%
% 60+ have mortgage on home		0.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		0.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

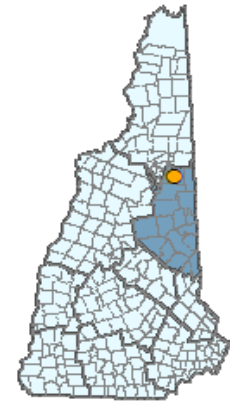
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Jackson (Carroll)

Jackson is a rural town in Carroll County surrounded by the White Mountain National Forest known for its access to popular skiing mountains. There are 319 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, obesity, depression, anxiety and bipolar disorders, personality disorders, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, epilepsy, and hearing and visual impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis and glaucoma. They are more likely to take the health promotion step of engaging in any physical activity within the last month. Community resources to support healthy aging include 2 primary care providers within 5 miles, 2 home health agencies, a public library, and access to broadband. Jackson is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,082	1,327,503
Population 60 years or older as % of total population		36.7%	22.7%
Total population 60 years or older		397	301,630
Population 65 years or older as % of total population		29.5%	15.8%
Total population 65 years or older		319	210,385
% 65-74 years		72.4%	58.5%
% 75-84 years		21.3%	28.6%
% 85 years or older		6.3%	12.9%
Gender (65+ population)			
% female		48.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.2%	58.5%
% divorced/separated		12.5%	14.0%
% widowed		6.9%	22.9%
% never married		4.4%	4.6%
Education (65+ population)			
% with less than high school education		0.0%	12.3%
% with high school or some college		38.6%	57.1%
% with college degree		61.4%	30.6%
% of 65+ population living alone		8.2%	26.1%
% of 65+ population who speak only English at home		96.6%	91.3%
% of 65+ population who are veterans of military service		17.2%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	10.2%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression	B	23.4%	28.8%
% 65+ with anxiety disorders	B	14.1%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	7.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.4%	12.0%
% 65+ with diabetes	B	19.3%	28.2%
% 65+ with stroke	B	7.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.8%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease	B	27.3%	34.3%
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% 65+ with atrial fibrillation		15.8%	14.4%
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% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia	B	31.6%	37.3%
% 65+ with chronic kidney disease	B	13.2%	22.3%
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% 65+ with fibromyalgia, chronic pain and fatigue	B	15.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	33.1%	22.9%
% 65+ with cataract		57.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.5%	54.4%
% 65+ with 0 chronic conditions		10.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		5.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.5%	14.4%
% 65+ with self-reported vision difficulty		4.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	3.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		4.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.5%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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		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



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
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Part D monthly prescription fills per person per year	*	41.1	49.1
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Medicare inpatient hospital readmissions (as % of admissions)		15.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	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		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		53.4%	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		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		70.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		123	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,603	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.6%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		37.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		4.9%	18.2%
% households with annual income \$20,000-\$49,999		25.4%	36.5%
% households with annual income > \$50,000		69.7%	45.3%
% 60+ own home		92.2%	79.9%
% 60+ have mortgage on home		40.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

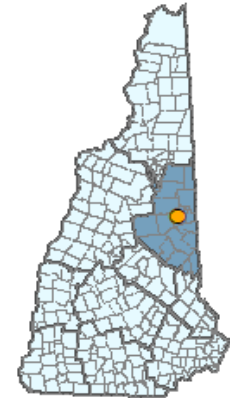
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Madison (Carroll)

Madison is a town located in Carroll County and is home to the Madison Boulder Natural Area. There are 490 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, obesity, high cholesterol, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, lung cancer, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, epilepsy, and visual impairment. However, they had a higher rate of glaucoma. They are more likely to take the health promotion step of engaging in any physical activity within the last month. Community resources to support healthy aging include a home health agency, an assisted living site, a public library, and access to broadband. Madison is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,519	1,327,503
Population 60 years or older as % of total population		24.2%	22.7%
Total population 60 years or older		609	301,630
Population 65 years or older as % of total population		19.5%	15.8%
Total population 65 years or older		490	210,385
% 65-74 years		60.2%	58.5%
% 75-84 years		32.2%	28.6%
% 85 years or older		7.6%	12.9%
Gender (65+ population)			
% female		53.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.6%	58.5%
% divorced/separated		8.6%	14.0%
% widowed		31.6%	22.9%
% never married		1.2%	4.6%
Education (65+ population)			
% with less than high school education		14.5%	12.3%
% with high school or some college		42.4%	57.1%
% with college degree		43.1%	30.6%
% of 65+ population living alone		28.8%	26.1%
% of 65+ population who speak only English at home		95.5%	91.3%
% of 65+ population who are veterans of military service		21.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture	B	2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	11.3%	16.7%
% 65+ with high cholesterol	B	64.7%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression		24.6%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	1.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.3%	5.5%
% 65+ with tobacco use disorders	B	5.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes		24.9%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.0%	20.5%
% 65+ with asthma		12.3%	13.0%
% 65+ with hypertension	B	63.9%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		29.5%	34.3%
% 65+ with congestive heart failure		16.9%	17.7%
% 65+ with atrial fibrillation		12.3%	14.4%
% 65+ with peripheral vascular disease	B	8.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	42.3%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		8.7%	11.5%
% 65+ with benign prostatic hyperplasia		35.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.4%	20.8%
% 65+ with anemia	B	28.7%	37.3%
% 65+ with chronic kidney disease	B	15.1%	22.3%
% 65+ with liver diseases		5.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	12.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	29.8%	22.9%
% 65+ with cataract		62.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.0%	54.4%
% 65+ with 0 chronic conditions	B	14.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.5%	14.4%
% 65+ with self-reported vision difficulty		5.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		11.6%	6.9%
% 65+ with self-reported ambulatory difficulty		19.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		2.9%	5.6%
% 65+ with self-reported independent living difficulty		11.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid	*	4.1%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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		1	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	2.9	6.3
Emergency room visits/1000 persons 65+ years per year		487	572
Part D monthly prescription fills per person per year	*	42.3	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		186	237
Medicare inpatient hospital readmissions (as % of admissions)		14.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	42	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	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		0.3%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		47.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
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% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		60.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		13	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,231	2,012
% 65+ who own a motor vehicle		95.7%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		14.1%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		32.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		30.0%	18.2%
% households with annual income \$20,000-\$49,999		21.3%	36.5%
% households with annual income > \$50,000		48.7%	45.3%
% 60+ own home		96.8%	79.9%
% 60+ have mortgage on home		32.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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Single, homeowner without mortgage, good health	\$24,024	\$25,284	0.95
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
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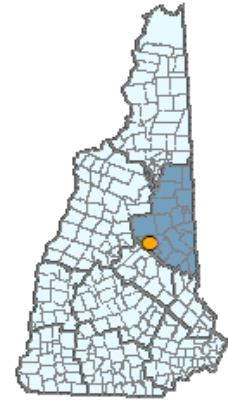
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Update: 05/2019



## Moultonborough (Carroll)

Moultonborough is a town located in Carroll County and is home to the Castle in the Clouds, a 16-room mountaintop estate. There are 1,053 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 and 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 impairments. They are more likely to take the health promotion step of having an annual dental exam, but less likely to have regular physical check-ups. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,042	1,327,503
Population 60 years or older as % of total population		35.9%	22.7%
Total population 60 years or older		1,453	301,630
Population 65 years or older as % of total population		26.1%	15.8%
Total population 65 years or older		1,053	210,385
% 65-74 years		67.6%	58.5%
% 75-84 years		23.9%	28.6%
% 85 years or older		8.5%	12.9%
Gender (65+ population)			
% female		47.2%	54.7%
Race/Ethnicity (65+ population)			
% White		99.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.9%	0.9%
Marital Status (65+ population)			
% married		74.5%	58.5%
% divorced/separated		7.3%	14.0%
% widowed		17.2%	22.9%
% never married		0.9%	4.6%
Education (65+ population)			
% with less than high school education		0.6%	12.3%
% with high school or some college		50.7%	57.1%
% with college degree		48.7%	30.6%
% of 65+ population living alone		23.9%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		25.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.2%	3.6%
% moved from different county in New Hampshire		0.7%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 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 +/- alcohol abuse)	B	3.1%	5.5%
% 65+ with tobacco use disorders	B	4.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 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%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.1%	14.4%
% 65+ with self-reported vision difficulty		4.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty	B	1.2%	6.9%
% 65+ with self-reported ambulatory difficulty	B	6.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.9%	3.2%
% 65+ with self-reported self-care difficulty	B	2.0%	5.6%
% 65+ with self-reported independent living difficulty	B	4.0%	11.3%
<b>ACCESS TO CARE</b>			
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		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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
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%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		0.7%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		63.6%	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)		96.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		81.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		83	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,352	2,012
% 65+ who own a motor vehicle		97.7%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.9%	5.4%
% 60+ receiving food stamps past year		0.5%	5.7%
% 65+ employed past year		23.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.0%	18.2%
% households with annual income \$20,000-\$49,999		21.0%	36.5%
% households with annual income > \$50,000		60.0%	45.3%
% 60+ own home		94.7%	79.9%
% 60+ have mortgage on home		38.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

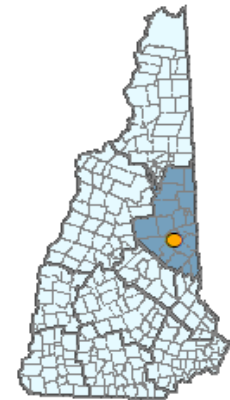
#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaredirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)  
Update: 05/2019

## Ossipee (Carroll)

Ossipee is a town located in Carroll County and is home to part of Pine River State Forest. There are 1,064 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, personality disorders, hypothyroidism, liver diseases, migraine, glaucoma, and hearing impairment. However, they had higher rates of diabetes and chronic obstructive pulmonary disease. They are more likely to take the health promotion step of having an annual dental exam, but less likely to have a physical check-up in the past year. Community resources to support healthy aging include a nursing home within 5 miles, 4 home health agencies, 3 assisted living sites, a senior center, a public library and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,273	1,327,503
Population 60 years or older as % of total population		32.6%	22.7%
Total population 60 years or older		1,394	301,630
Population 65 years or older as % of total population		24.9%	15.8%
Total population 65 years or older		1,064	210,385
% 65-74 years		51.4%	58.5%
% 75-84 years		34.2%	28.6%
% 85 years or older		14.4%	12.9%
Gender (65+ population)			
% female		56.1%	54.7%
Race/Ethnicity (65+ population)			
% White		99.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		62.1%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		20.0%	22.9%
% never married		3.7%	4.6%
Education (65+ population)			
% with less than high school education		11.1%	12.3%
% with high school or some college		62.0%	57.1%
% with college degree		26.9%	30.6%
% of 65+ population living alone		28.8%	26.1%
% of 65+ population who speak only English at home		95.0%	91.3%
% of 65+ population who are veterans of military service		28.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.3%	3.6%
% moved from different county in New Hampshire		3.4%	1.0%
% moved from different state		0.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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		2.8%	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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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		17.2%	16.7%
% 65+ with high cholesterol		72.5%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression		28.0%	28.8%
% 65+ with anxiety disorders	B	18.4%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		12.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		13.5%	12.0%
% 65+ with diabetes	W	33.9%	28.2%
% 65+ with stroke		11.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.9%	20.5%
% 65+ with asthma		12.2%	13.0%
% 65+ with hypertension		73.1%	70.2%
% 65+ ever had a heart attack		3.9%	4.5%
% 65+ with ischemic heart disease		37.1%	34.3%
% 65+ with congestive heart failure		20.1%	17.7%
% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with peripheral vascular disease		13.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.4%	49.1%
% 65+ with osteoporosis		15.1%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.9%	11.5%
% 65+ with benign prostatic hyperplasia		38.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.9%	20.8%
% 65+ with anemia		36.5%	37.3%
% 65+ with chronic kidney disease		21.1%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.1%	22.9%
% 65+ with cataract		62.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.0%	54.4%
% 65+ with 0 chronic conditions		9.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	32.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.0%	14.4%
% 65+ with self-reported vision difficulty		13.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		14.6%	6.9%
% 65+ with self-reported ambulatory difficulty		20.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		11.7%	5.6%
% 65+ with self-reported independent living difficulty		15.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.2%	7.9%
% dually eligible for Medicare and Medicaid	*	12.3%	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		1	74
# of home health agencies		4	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.5	6.3
Emergency room visits/1000 persons 65+ years per year		551	572
Part D monthly prescription fills per person per year		52.3	49.1
Home health visits per year	*	1.3	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)		15.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		90	33
% 65+ getting Medicaid long term services and supports	*	7.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		41.0%	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+)		46.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		297	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		2,093	2,012
% 65+ who own a motor vehicle		95.0%	91.0%
% 60+ who always drive wearing a seatbelt		76.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.5%	5.4%
% 60+ receiving food stamps past year		7.2%	5.7%
% 65+ employed past year		10.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.6%	18.2%
% households with annual income \$20,000-\$49,999		47.9%	36.5%
% households with annual income > \$50,000		32.5%	45.3%
% 60+ own home		86.3%	79.9%
% 60+ have mortgage on home		21.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

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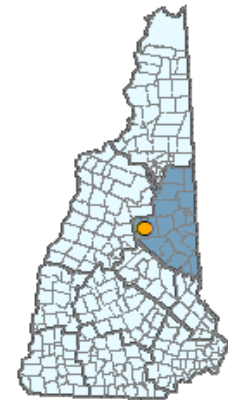
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Sandwich (Carroll)

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.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% 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%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 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 +/- alcohol abuse)	B	3.1%	5.5%
% 65+ with tobacco use disorders	B	4.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 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%
<b>LIVING WITH DISABILITY</b>			
% 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%
<b>ACCESS TO CARE</b>			
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



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
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%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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%
<b>SAFETY &amp; TRANSPORTATION</b>			
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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 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%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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Single, homeowner without mortgage, good health	\$24,024	\$25,284	0.95
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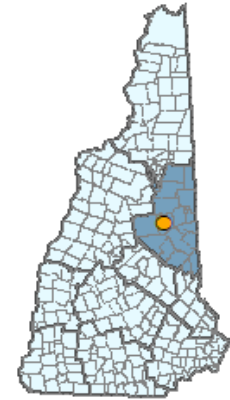
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Update: 05/2019

## Tamworth (Carroll)

Tamworth is a town in Carroll County and host of the annual Tamworth Village Street Fair. There are 566 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, osteoporosis, lung cancer, prostate cancer, hypothyroidism, chronic kidney disease, and mobility impairments. They are more likely to take the health promotion step of doing any physical activity within past month. Community resources to support healthy aging include 2 home health agencies, an adult day health center, 2 public libraries, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,893	1,327,503
Population 60 years or older as % of total population		32.4%	22.7%
Total population 60 years or older		938	301,630
Population 65 years or older as % of total population		19.6%	15.8%
Total population 65 years or older		566	210,385
% 65-74 years		45.4%	58.5%
% 75-84 years		30.7%	28.6%
% 85 years or older		23.9%	12.9%
Gender (65+ population)			
% female		48.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.9%	58.5%
% divorced/separated		14.1%	14.0%
% widowed		0.0%	22.9%
% never married		9.0%	4.6%
Education (65+ population)			
% with less than high school education		0.7%	12.3%
% with high school or some college		69.8%	57.1%
% with college degree		29.5%	30.6%
% of 65+ population living alone		18.7%	26.1%
% of 65+ population who speak only English at home		90.3%	91.3%
% of 65+ population who are veterans of military service		24.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	80.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		65.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		68.4%	66.4%
% 60+ injured in a fall within last 12 months		11.1%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		14.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		82.7%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		72.5%	77.8%
% 60+ with cholesterol screening		92.7%	95.3%
% 60+ women with a mammogram within last 2 years		78.4%	79.3%
% 60+ with colorectal cancer screening		73.0%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers		6.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		29.4%	29.0%
% 60+ with annual dental exam		76.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.8%	20.2%
% 60+ self-reported obese		25.9%	27.2%
% 65+ clinically diagnosed obese	B	10.5%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		12.3%	9.2%
% 65+ with poor supermarket access		16.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month	B	3.8%	6.9%
% 65+ with depression		25.4%	28.8%
% 65+ with anxiety disorders		18.7%	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 +/- alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.6%	12.0%
% 65+ with diabetes		27.4%	28.2%
% 65+ with stroke		8.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.8%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension		67.4%	70.2%
% 65+ ever had a heart attack		3.9%	4.5%
% 65+ with ischemic heart disease		32.2%	34.3%
% 65+ with congestive heart failure		16.1%	17.7%
% 65+ with atrial fibrillation		13.3%	14.4%
% 65+ with peripheral vascular disease		11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	13.5%	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		7.9%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer	B	5.9%	11.5%
% 65+ with benign prostatic hyperplasia		36.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	14.8%	20.8%
% 65+ with anemia		33.6%	37.3%
% 65+ with chronic kidney disease	B	16.5%	22.3%
% 65+ with liver diseases		5.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 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		25.6%	22.9%
% 65+ with cataract		58.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.1%	54.4%
% 65+ with 0 chronic conditions	B	13.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	14.4%
% 65+ with self-reported vision difficulty	B	0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.7%	6.9%
% 65+ with self-reported ambulatory difficulty	W	23.0%	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	B	2.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid		7.9%	7.5%
% 60+ with a regular doctor		94.2%	95.8%
% 60+ who did not see doctor when needed due to cost		6.0%	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		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	3.3	6.3
Emergency room visits/1000 persons 65+ years per year		540	572
Part D monthly prescription fills per person per year	*	44.2	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		185	237
Medicare inpatient hospital readmissions (as % of admissions)	*	8.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		59	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.1%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		3.3%	0.8%
% of grandparents who live with grandchildren		3.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		96.0%	93.0%
% 60+ who used Internet in last month		80.0%	77.6%
Voter participation rate in 2018 election (age 18+)		50.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.0%	5.4%
% 60+ receiving food stamps past year		14.6%	5.7%
% 65+ employed past year		22.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.9%	18.2%
% households with annual income \$20,000-\$49,999		44.8%	36.5%
% households with annual income > \$50,000		42.4%	45.3%
% 60+ own home		84.7%	79.9%
% 60+ have mortgage on home		30.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

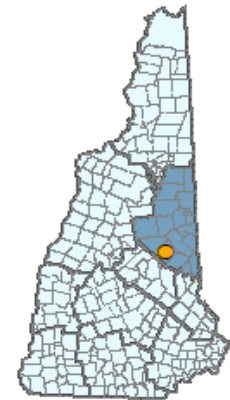
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Tuftonboro (Carroll)

Tuftonboro is a rural town located in Carroll County situated on the shores of Lake Winnepesaukee. There are 663 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, peripheral vascular disease, lung cancer, chronic kidney disease, glaucoma, and mobility impairments. However, they had higher a rate of cataracts. They are more likely to have an annual dental exam, but less likely to have an annual physical exam. Community resources to support healthy aging include 6 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,098	1,327,503
Population 60 years or older as % of total population		42.0%	22.7%
Total population 60 years or older		882	301,630
Population 65 years or older as % of total population		31.6%	15.8%
Total population 65 years or older		663	210,385
% 65-74 years		65.0%	58.5%
% 75-84 years		23.8%	28.6%
% 85 years or older		11.2%	12.9%
Gender (65+ population)			
% female		52.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		67.9%	58.5%
% divorced/separated		10.0%	14.0%
% widowed		21.6%	22.9%
% never married		0.6%	4.6%
Education (65+ population)			
% with less than high school education		3.5%	12.3%
% with high school or some college		54.6%	57.1%
% with college degree		41.9%	30.6%
% of 65+ population living alone		25.5%	26.1%
% of 65+ population who speak only English at home		95.2%	91.3%
% of 65+ population who are veterans of military service		21.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.5%	3.6%
% moved from different county in New Hampshire		0.8%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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	13.2%	16.7%
% 65+ with high cholesterol		71.0%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression		25.2%	28.8%
% 65+ with anxiety disorders		18.5%	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 +/- alcohol abuse)		3.8%	5.5%
% 65+ with tobacco use disorders	B	6.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.1%	12.0%
% 65+ with diabetes	B	22.9%	28.2%
% 65+ with stroke		12.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.8%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension		66.8%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease		32.5%	34.3%
% 65+ with congestive heart failure		16.7%	17.7%
% 65+ with atrial fibrillation		13.1%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.6%	49.1%
% 65+ with osteoporosis		14.8%	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		13.3%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		13.7%	11.5%
% 65+ with benign prostatic hyperplasia		40.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.6%	20.8%
% 65+ with anemia		37.3%	37.3%
% 65+ with chronic kidney disease	B	16.3%	22.3%
% 65+ with liver diseases		6.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 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	18.3%	22.9%
% 65+ with cataract	W	67.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.5%	54.4%
% 65+ with 0 chronic conditions		9.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	14.4%
% 65+ with self-reported vision difficulty		5.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		6.9%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	1.9%	3.2%
% 65+ with self-reported self-care difficulty		5.6%	5.6%
% 65+ with self-reported independent living difficulty		9.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.6%	7.9%
% dually eligible for Medicare and Medicaid	*	2.4%	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		6	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.5	6.3
Emergency room visits/1000 persons 65+ years per year		587	572
Part D monthly prescription fills per person per year	*	43.0	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	177	237
Medicare inpatient hospital readmissions (as % of admissions)		10.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	44	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		0.0%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		60.1%	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+)		83.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.6%	91.0%
% 60+ who always drive wearing a seatbelt		76.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.5%	5.4%
% 60+ receiving food stamps past year		4.2%	5.7%
% 65+ employed past year		25.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.5%	18.2%
% households with annual income \$20,000-\$49,999		27.3%	36.5%
% households with annual income > \$50,000		53.2%	45.3%
% 60+ own home		92.7%	79.9%
% 60+ have mortgage on home		42.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

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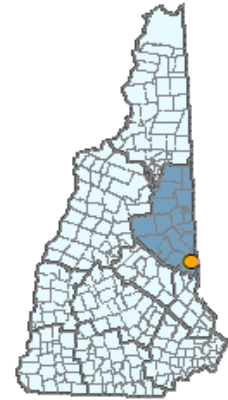
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pithecoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Wakefield (Carroll)

Wakefield is a town located in eastern New Hampshire known for its hilltop village with many antique buildings. There are 1,079 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, anxiety and bipolar disorders, personality disorders, Alzheimer’s disease or related dementias, osteoporosis, migraines, glaucoma, pressure ulcers, and hearing impairments. They are more likely to take the health promotion step of having an annual dental exam, but less likely to have an annual physical exam. Community resources to support healthy aging include 5 home health agencies, 2 assisted living sites, 2 public libraries, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,001	1,327,503
Population 60 years or older as % of total population		30.4%	22.7%
Total population 60 years or older		1,521	301,630
Population 65 years or older as % of total population		21.6%	15.8%
Total population 65 years or older		1,079	210,385
% 65-74 years		71.5%	58.5%
% 75-84 years		16.4%	28.6%
% 85 years or older		12.1%	12.9%
Gender (65+ population)			
% female		54.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		75.1%	58.5%
% divorced/separated		3.7%	14.0%
% widowed		16.6%	22.9%
% never married		4.6%	4.6%
Education (65+ population)			
% with less than high school education		15.2%	12.3%
% with high school or some college		63.6%	57.1%
% with college degree		21.2%	30.6%
% of 65+ population living alone		21.7%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		26.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.4%	3.6%
% moved from different county in New Hampshire		4.1%	1.0%
% moved from different state		1.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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		2.8%	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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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		15.2%	16.7%
% 65+ with high cholesterol		71.0%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression	B	21.2%	28.8%
% 65+ with anxiety disorders	B	17.1%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.1%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.6%	12.0%
% 65+ with diabetes		25.6%	28.2%
% 65+ with stroke		8.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.2%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		66.8%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		35.5%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease		12.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.5%	49.1%
% 65+ with osteoporosis	B	11.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		42.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.5%	20.8%
% 65+ with anemia		35.8%	37.3%
% 65+ with chronic kidney disease		19.7%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	2.9%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		58.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	54.4%
% 65+ with 0 chronic conditions		13.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	14.4%
% 65+ with self-reported vision difficulty		8.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty	W	18.4%	6.9%
% 65+ with self-reported ambulatory difficulty		12.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		3.3%	5.6%
% 65+ with self-reported independent living difficulty	B	3.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.5%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	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		5	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		549	572
Part D monthly prescription fills per person per year		46.1	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		263	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
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		1.2%	0.8%
% of grandparents who live with grandchildren		2.9%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		46.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	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+)		49.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		146	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,659	2,012
% 65+ who own a motor vehicle		90.9%	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 <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
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Household income (65+ householder)			
% households with annual income < \$20,000		19.9%	18.2%
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% households with annual income > \$50,000		50.8%	45.3%
% 60+ own home		93.6%	79.9%
% 60+ have mortgage on home		55.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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Single, homeowner without mortgage, good health	\$24,024	\$25,284	0.95
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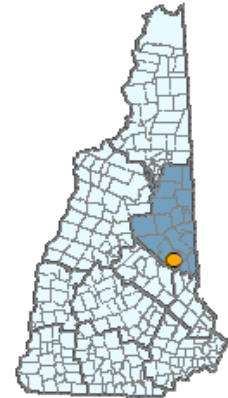
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Update: 05/2019

## Wolfeboro (Carroll)

Wolfeboro is a town in Carroll County, New Hampshire bordering Lake Winnepesaukee. There are 2,153 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, peripheral vascular disease, and liver disease. However, they had higher rates of osteoarthritis/rheumatoid arthritis, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, fibromyalgia/chronic pain/fatigue, and cataracts. They are more likely to take the health promotion step of having an annual dental exam, but less likely to have an annual physical check-up. Community resources to support healthy aging include 17 primary care providers, a hospital, and a nursing home within 5 miles, an adult health center, a dementia support group, a senior center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		6,208	1,327,503
Population 60 years or older as % of total population		42.9%	22.7%
Total population 60 years or older		2,666	301,630
Population 65 years or older as % of total population		34.7%	15.8%
Total population 65 years or older		2,153	210,385
% 65-74 years		60.0%	58.5%
% 75-84 years		24.8%	28.6%
% 85 years or older		15.2%	12.9%
Gender (65+ population)			
% female		53.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		1.9%	0.9%
Marital Status (65+ population)			
% married		70.6%	58.5%
% divorced/separated		6.5%	14.0%
% widowed		20.9%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		9.9%	12.3%
% with high school or some college		43.2%	57.1%
% with college degree		46.8%	30.6%
% of 65+ population living alone		19.8%	26.1%
% of 65+ population who speak only English at home		94.7%	91.3%
% of 65+ population who are veterans of military service		19.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.6%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		2.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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		3.6%	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%
<b>Oral Health</b>			
% 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
<b>NUTRITION/DIET</b>			
% 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	10.5%	16.7%
% 65+ with high cholesterol		73.3%	72.2%
% 60+ excessive drinking		12.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.5%	6.9%
% 65+ with depression		27.4%	28.8%
% 65+ with anxiety disorders		21.0%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		42	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders	B	6.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.4%	12.0%
% 65+ with diabetes	B	24.3%	28.2%
% 65+ with stroke		11.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.7%	20.5%
% 65+ with asthma		12.4%	13.0%
% 65+ with hypertension		70.0%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure		16.5%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	55.6%	49.1%
% 65+ with osteoporosis	W	20.0%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.1%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer	W	14.6%	11.5%
% 65+ with benign prostatic hyperplasia	W	44.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.0%	20.8%
% 65+ with anemia		37.1%	37.3%
% 65+ with chronic kidney disease		20.6%	22.3%
% 65+ with liver diseases	B	5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.5%	22.9%
% 65+ with cataract	W	70.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.0%	54.4%
% 65+ with 0 chronic conditions		9.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.0%	14.4%
% 65+ with self-reported vision difficulty		3.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		3.6%	6.9%
% 65+ with self-reported ambulatory difficulty		16.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty	B	2.1%	5.6%
% 65+ with self-reported independent living difficulty		8.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.9%	7.9%
% dually eligible for Medicare and Medicaid	*	5.2%	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		17	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		6	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		1	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.0	6.3
Emergency room visits/1000 persons 65+ years per year		627	572
Part D monthly prescription fills per person per year	*	45.4	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		48	33
% 65+ getting Medicaid long term services and supports	*	2.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		41.1%	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+)		70.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		75	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		29	586
Property crime rate /100,000 persons		1,480	2,012
% 65+ who own a motor vehicle		94.2%	91.0%
% 60+ who always drive wearing a seatbelt		76.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		9	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.7%	5.4%
% 60+ receiving food stamps past year		1.9%	5.7%
% 65+ employed past year		20.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		2.0%	18.2%
% households with annual income \$20,000-\$49,999		51.9%	36.5%
% households with annual income > \$50,000		46.1%	45.3%
% 60+ own home		82.0%	79.9%
% 60+ have mortgage on home		22.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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.

#### Data Sources:

- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.
- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaresdirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

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