Alstead (Cheshire)

TUFTS
Health Plan
FOUNDATION

Alstead is a town located in southwestern New Hampshire that is home to Feuer State Forest. There are 359 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, high cholesterol, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, colon or prostate cancers, hypothyroidism, anemia, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and hearing impairment. However, they had a higher rate of Alzheimer's disease or related dementias. Community resources to support healthy aging include 2 home health agencies and a public library.
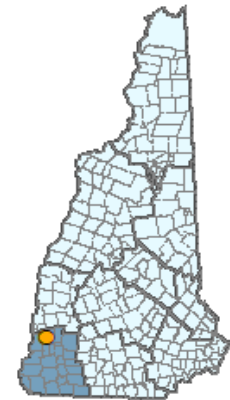
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,985	1,327,503
Population 60 years or older as % of total population		26.5%	22.7%
Total population 60 years or older		527	301,630
Population 65 years or older as % of total population		18.1%	15.8%
Total population 65 years or older		359	210,385
% 65-74 years		65.7%	58.5%
% 75-84 years		27.6%	28.6%
% 85 years or older		6.7%	12.9%
Gender (65+ population)			
% female		54.6%	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		61.8%	58.5%
% divorced/separated		11.4%	14.0%
% widowed		26.7%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		12.8%	12.3%
% with high school or some college		53.8%	57.1%
% with college degree		33.4%	30.6%
% of 65+ population living alone		24.5%	26.1%
% of 65+ population who speak only English at home		95.8%	91.3%
% of 65+ population who are veterans of military service		20.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	B	59.8%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		15.7%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders	B	17.2%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	19.2%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.6%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.7%	49.1%
% 65+ with osteoporosis	B	10.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	7.5%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	32.5%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	14.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		4.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		6.1%	6.9%
% 65+ with self-reported ambulatory difficulty		20.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		4.7%	5.6%
% 65+ with self-reported independent living difficulty		6.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		504	572
Part D monthly prescription fills per person per year	*	42.1	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		13.6%	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)		68.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		54.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		17	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		277	2,012
% 65+ who own a motor vehicle		92.7%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		8.4%	5.4%
% 60+ receiving food stamps past year		10.1%	5.7%
% 65+ employed past year		24.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.3%	18.2%
% households with annual income $20,000-$49,999		50.5%	36.5%
% households with annual income > $50,000		30.3%	45.3%
% 60+ own home		86.3%	79.9%
% 60+ have mortgage on home		39.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Chesterfield (Cheshire)

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

Chesterfield is a rural town located in southwestern New Hampshire, along the Connecticut River. There are 835 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, high cholesterol, depression, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, substance and tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, atrial fibrillation, peripheral vascular disease, osteoporosis, colon cancer, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, and glaucoma. However, they had higher rates of Alzheimer's disease or related dementias and anemia. They are less likely to take the health promotion step of having a physical exam or dental check-up in the past year. Community resources to support healthy aging include 3 home health agencies and a public library.
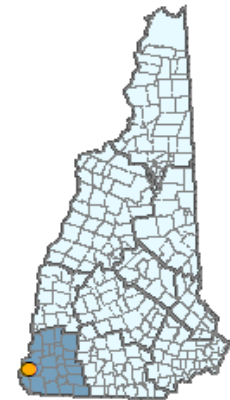
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,563	1,327,503
Population 60 years or older as % of total population		33.8%	22.7%
Total population 60 years or older		1,204	301,630
Population 65 years or older as % of total population		23.4%	15.8%
Total population 65 years or older		835	210,385
% 65-74 years		64.8%	58.5%
% 75-84 years		33.4%	28.6%
% 85 years or older		1.8%	12.9%
Gender (65+ population)			
% female		52.2%	54.7%
Race/Ethnicity (65+ population)			
% White		98.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.7%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		83.8%	58.5%
% divorced/separated		4.7%	14.0%
% widowed		9.7%	22.9%
% never married		1.8%	4.6%
Education (65+ population)			
% with less than high school education		5.7%	12.3%
% with high school or some college		66.9%	57.1%
% with college degree		27.3%	30.6%
% of 65+ population living alone		6.8%	26.1%
% of 65+ population who speak only English at home		93.4%	91.3%
% of 65+ population who are veterans of military service		26.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		15.2%	16.7%
% 65+ with high cholesterol	B	59.7%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	22.3%	28.8%
% 65+ with anxiety disorders	B	15.8%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.3%	5.5%
% 65+ with tobacco use disorders	B	5.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.4%	12.0%
% 65+ with diabetes	B	21.7%	28.2%
% 65+ with stroke	B	8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	13.5%	20.5%
% 65+ with asthma	B	9.0%	13.0%
% 65+ with hypertension	B	63.6%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease	B	26.8%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation	B	11.2%	14.4%
% 65+ with peripheral vascular disease	B	9.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	49.1%
% 65+ with osteoporosis	B	14.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.9%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia		32.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia	W	42.5%	37.3%
% 65+ with chronic kidney disease	B	17.1%	22.3%
% 65+ with liver diseases	B	4.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.2%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.3%	22.9%
% 65+ with cataract		62.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	44.7%	54.4%
% 65+ with 0 chronic conditions	B	14.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.8%	14.4%
% 65+ with self-reported vision difficulty		1.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		6.3%	6.9%
% 65+ with self-reported ambulatory difficulty		18.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		7.2%	5.6%
% 65+ with self-reported independent living difficulty		13.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid	*	3.8%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	427	572
Part D monthly prescription fills per person per year	*	43.6	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	149	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	39	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		3.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		18.2%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		66.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	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		2	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		2.2%	5.7%
% 65+ employed past year		29.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		5.6%	18.2%
% households with annual income $20,000-$49,999		39.0%	36.5%
% households with annual income > $50,000		55.3%	45.3%
% 60+ own home		96.1%	79.9%
% 60+ have mortgage on home		55.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Dublin (Cheshire)

TUFTS Health Plan FOUNDATION

Dublin is a rural town in Cheshire County where Yankee Magazine is based. There are 273 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, lung cancer, colon cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, migraine, epilepsy, and traumatic brain injury. However, they had higher rates of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having an annual dental exam or physical exam in the past year. Community resources to support healthy aging include a home health agency and a public library.
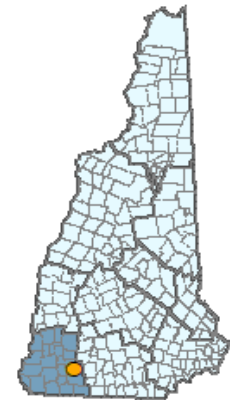
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,475	1,327,503
Population 60 years or older as % of total population		27.8%	22.7%
Total population 60 years or older		410	301,630
Population 65 years or older as % of total population		18.5%	15.8%
Total population 65 years or older		273	210,385
% 65-74 years		67.0%	58.5%
% 75-84 years		22.0%	28.6%
% 85 years or older		11.0%	12.9%
Gender (65+ population)			
% female		46.5%	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		0.0%	0.9%
Marital Status (65+ population)			
% married		74.4%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		8.4%	22.9%
% never married		5.5%	4.6%
Education (65+ population)			
% with less than high school education		4.4%	12.3%
% with high school or some college		41.0%	57.1%
% with college degree		54.6%	30.6%
% of 65+ population living alone		16.9%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		17.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.1%	3.6%
% moved from different county in New Hampshire		6.2%	1.0%
% moved from different state		0.7%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		18.5%	16.7%
% 65+ with high cholesterol	B	59.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	24.3%	28.8%
% 65+ with anxiety disorders	B	15.1%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.2%	12.0%
% 65+ with diabetes	B	23.4%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.4%	20.5%
% 65+ with asthma	B	8.8%	13.0%
% 65+ with hypertension	B	59.5%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease	B	30.2%	34.3%
% 65+ with congestive heart failure		16.6%	17.7%
% 65+ with atrial fibrillation		14.4%	14.4%
% 65+ with peripheral vascular disease		12.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.7%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.7%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		35.8%	37.3%
% 65+ with chronic kidney disease	B	19.3%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.2%	22.9%
% 65+ with cataract		64.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	16.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		8.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.8%	14.4%
% 65+ with self-reported vision difficulty		4.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.7%	6.9%
% 65+ with self-reported ambulatory difficulty		12.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		5.9%	5.6%
% 65+ with self-reported independent living difficulty		8.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		516	572
Part D monthly prescription fills per person per year	*	42.9	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	183	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	50	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.8%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		74.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		107	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		1,212	2,012
% 65+ who own a motor vehicle		93.0%	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		10	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.7%	5.4%
% 60+ receiving food stamps past year		4.4%	5.7%
% 65+ employed past year		27.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.1%	18.2%
% households with annual income $20,000-$49,999		25.3%	36.5%
% households with annual income > $50,000		57.6%	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)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.5%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$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 <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Update: 05/2019

# Fitzwilliam (Cheshire)

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Health Plan
FOUNDATION

Fitzwilliam is a rural town located in Cheshire County well known for its large number of antique shops. There are 442 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, high cholesterol, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, hypertension, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, traumatic brain injury, and hearing impairment. However, they had higher rates of obesity. They are less likely to take the health promotion step of having regular mammograms. Community resources to support healthy aging include a home health agency and a public library.
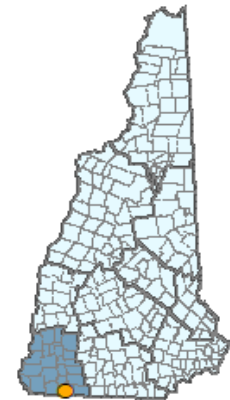
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,392	1,327,503
Population 60 years or older as % of total population		26.5%	22.7%
Total population 60 years or older		635	301,630
Population 65 years or older as % of total population		18.5%	15.8%
Total population 65 years or older		442	210,385
% 65-74 years		69.7%	58.5%
% 75-84 years		23.5%	28.6%
% 85 years or older		6.8%	12.9%
Gender (65+ population)			
% female		41.4%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		57.7%	58.5%
% divorced/separated		14.7%	14.0%
% widowed		21.9%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		19.0%	12.3%
% with high school or some college		64.0%	57.1%
% with college degree		17.0%	30.6%
% of 65+ population living alone		33.3%	26.1%
% of 65+ population who speak only English at home		98.2%	91.3%
% of 65+ population who are veterans of military service		32.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		8.4%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	B	2.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	W	21.7%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	B	24.5%	28.8%
% 65+ with anxiety disorders	B	15.9%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.2%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		8.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.3%	12.0%
% 65+ with diabetes		25.7%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.0%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	64.5%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		12.5%	14.4%
% 65+ with peripheral vascular disease		13.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		16.1%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	28.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.2%	20.8%
% 65+ with anemia	B	32.1%	37.3%
% 65+ with chronic kidney disease	B	17.6%	22.3%
% 65+ with liver diseases		8.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		59.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.3%	54.4%
% 65+ with 0 chronic conditions	B	14.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		6.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty		23.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		5.2%	5.6%
% 65+ with self-reported independent living difficulty		7.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.8%	7.9%
% dually eligible for Medicare and Medicaid	*	5.6%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.7	6.3
Emergency room visits/1000 persons 65+ years per year		491	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	*	175	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.1%	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)		68.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		54.0%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		92.9%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.9%	5.4%
% 60+ receiving food stamps past year		6.8%	5.7%
% 65+ employed past year		27.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		22.1%	18.2%
% households with annual income $20,000-$49,999		49.0%	36.5%
% households with annual income > $50,000		28.8%	45.3%
% 60+ own home		96.7%	79.9%
% 60+ have mortgage on home		44.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		32.7%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Gilsum (Cheshire)

Gilsum is a rural town in Cheshire County and is home to the annual Gilsum Rock Swap & Mineral Show. There are 111 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, high cholesterol, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, colon cancer, prostate cancer, hypothyroidism, anemia, fibromyalgia/chronic pain/fatigue, glaucoma, cataracts, and hearing impairment. However, they had a higher rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having a check-up in the past year or an annual dental exam. Community resources to support healthy aging include 3 primary care providers within 5 miles, a home health agency, and a public library.
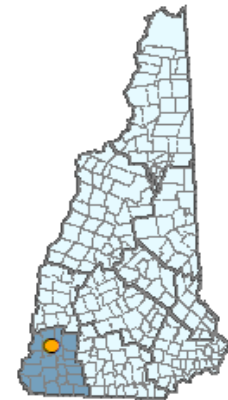
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		721	1,327,503
Population 60 years or older as % of total population		26.9%	22.7%
Total population 60 years or older		194	301,630
Population 65 years or older as % of total population		15.4%	15.8%
Total population 65 years or older		111	210,385
% 65-74 years		64.9%	58.5%
% 75-84 years		18.0%	28.6%
% 85 years or older		17.1%	12.9%
Gender (65+ population)			
% female		55.0%	54.7%
Race/Ethnicity (65+ population)			
% White		97.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.7%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		73.0%	58.5%
% divorced/separated		8.1%	14.0%
% widowed		15.3%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		26.1%	12.3%
% with high school or some college		59.5%	57.1%
% with college degree		14.4%	30.6%
% of 65+ population living alone		11.2%	26.1%
% of 65+ population who speak only English at home		93.7%	91.3%
% of 65+ population who are veterans of military service		30.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.8%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	B	59.8%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		15.7%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders	B	17.2%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	19.2%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.6%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.7%	49.1%
% 65+ with osteoporosis	B	10.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	7.5%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	32.5%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	14.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	30.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		1.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		4.5%	6.9%
% 65+ with self-reported ambulatory difficulty		8.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		2.7%	5.6%
% 65+ with self-reported independent living difficulty		8.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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		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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		504	572
Part D monthly prescription fills per person per year	*	42.1	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		20.6%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		59.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.4%	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		10	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.8%	5.4%
% 60+ receiving food stamps past year		3.3%	5.7%
% 65+ employed past year		30.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		3.3%	18.2%
% households with annual income $20,000-$49,999		65.6%	36.5%
% households with annual income > $50,000		31.1%	45.3%
% 60+ own home		98.0%	79.9%
% 60+ have mortgage on home		38.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		27.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Harrisville (Cheshire)

TUFTS Health Plan FOUNDATION

Harrisville is a rural town in Cheshire County that is centered around a uniquely preserved 19th century industrial mill complex. There are 278 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety disorders, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, lung cancer, colon cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, and traumatic brain injury. However, they had higher rates of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of getting a check-up in the past year or having an annual dental exam. Community resources to support healthy aging include a home health agency and a public library.
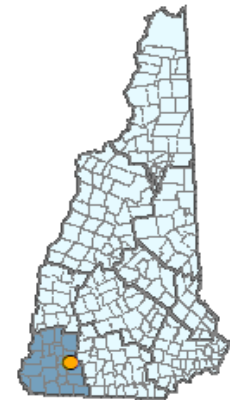
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		951	1,327,503
Population 60 years or older as % of total population		41.9%	22.7%
Total population 60 years or older		398	301,630
Population 65 years or older as % of total population		29.2%	15.8%
Total population 65 years or older		278	210,385
% 65-74 years		65.8%	58.5%
% 75-84 years		27.7%	28.6%
% 85 years or older		6.5%	12.9%
Gender (65+ population)			
% female		45.7%	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		1.4%	0.9%
Marital Status (65+ population)			
% married		56.8%	58.5%
% divorced/separated		18.7%	14.0%
% widowed		12.2%	22.9%
% never married		12.2%	4.6%
Education (65+ population)			
% with less than high school education		5.4%	12.3%
% with high school or some college		29.1%	57.1%
% with college degree		65.5%	30.6%
% of 65+ population living alone		28.2%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		18.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol	B	61.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	21.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.7%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.6%	13.0%
% 65+ with hypertension	B	58.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease	B	28.4%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	9.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		15.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.5%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		30.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia	B	31.7%	37.3%
% 65+ with chronic kidney disease	B	14.7%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		64.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	42.8%	54.4%
% 65+ with 0 chronic conditions		12.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		2.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.2%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty	B	4.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.7%	7.9%
% dually eligible for Medicare and Medicaid	*	3.9%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	436	572
Part D monthly prescription fills per person per year	*	38.5	49.1
Home health visits per year		1.7	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		187	237
Medicare inpatient hospital readmissions (as % of admissions)		21.8%	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	*	1.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		37.8%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		75.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		92.4%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		13.7%	5.4%
% 60+ receiving food stamps past year		3.6%	5.7%
% 65+ employed past year		39.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		6.4%	18.2%
% households with annual income $20,000-$49,999		52.0%	36.5%
% households with annual income > $50,000		41.5%	45.3%
% 60+ own home		91.8%	79.9%
% 60+ have mortgage on home		34.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Hinsdale (Cheshire)

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

Hinsdale is a town located in Cheshire County that includes Wantastiquet Mountain and part of Pisgah State Park. There are 636 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, stroke, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, breast cancer, prostate cancer, benign prostatic hyperplasia, liver diseases, fibromyalgia/chronic pain/fatigue, traumatic brain injury, glaucoma, cataracts, and hearing impairment. However, they had higher rates of diabetes, hypothyroidism, and anemia. They are less likely to take the health promotion steps of having annual physical exams or dental exams. Community resources to support healthy aging includes a primary care provider within 5 miles, a nursing home, a senior center, a public library, and 3 home health agencies.
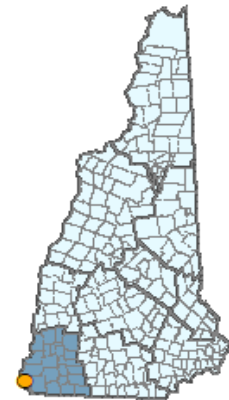
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,937	1,327,503
Population 60 years or older as % of total population		24.5%	22.7%
Total population 60 years or older		965	301,630
Population 65 years or older as % of total population		16.2%	15.8%
Total population 65 years or older		636	210,385
% 65-74 years		70.3%	58.5%
% 75-84 years		17.9%	28.6%
% 85 years or older		11.8%	12.9%
Gender (65+ population)			
% female		62.4%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.9%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		49.8%	58.5%
% divorced/separated		22.8%	14.0%
% widowed		27.4%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		19.3%	12.3%
% with high school or some college		73.0%	57.1%
% with college degree		7.7%	30.6%
% of 65+ population living alone		35.2%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		28.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		20.2%	16.7%
% 65+ with high cholesterol	B	61.2%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		27.0%	28.8%
% 65+ with anxiety disorders		20.4%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.6%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		11.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.1%	12.0%
% 65+ with diabetes	W	35.4%	28.2%
% 65+ with stroke	B	6.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.7%	20.5%
% 65+ with asthma		11.8%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack		3.4%	4.5%
% 65+ with ischemic heart disease	B	28.4%	34.3%
% 65+ with congestive heart failure		17.8%	17.7%
% 65+ with atrial fibrillation		11.8%	14.4%
% 65+ with peripheral vascular disease	B	10.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.0%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer	B	6.4%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer	B	7.9%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	24.9%	20.8%
% 65+ with anemia	W	63.5%	37.3%
% 65+ with chronic kidney disease		20.4%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	14.9%	22.9%
% 65+ with cataract	B	55.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.4%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.9%	14.4%
% 65+ with self-reported vision difficulty		9.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.3%	6.9%
% 65+ with self-reported ambulatory difficulty		25.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		9.3%	5.6%
% 65+ with self-reported independent living difficulty		14.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid	*	11.2%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	5.4%
# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	417	572
Part D monthly prescription fills per person per year		49.2	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	154	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	43	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		8.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		41.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		321	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		3,300	2,012
% 65+ who own a motor vehicle		93.1%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		12.4%	5.4%
% 60+ receiving food stamps past year		11.4%	5.7%
% 65+ employed past year		23.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		36.3%	18.2%
% households with annual income $20,000-$49,999		45.0%	36.5%
% households with annual income > $50,000		18.7%	45.3%
% 60+ own home		85.4%	79.9%
% 60+ have mortgage on home		38.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Jaffrey (Cheshire)

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

Jaffrey is a town located in southwestern New Hampshire that hosts the Amos Fortune Forum, a free lecture series offered each summer. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, high cholesterol, post-traumatic stress disorder, schizophrenia and other psychotic disorders, hypertension, osteoporosis, hypothyroidism, chronic kidney disease, and traumatic brain injury. However, they had higher rates of obesity, glaucoma, and cataracts. They are less likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic activity and having regular mammograms. Community resources to support healthy aging include 2 primary care providers within 5 miles, a nursing home, a home health agency, an adult day health center, and a public library.
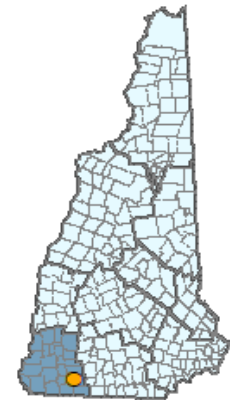
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,337	1,327,503
Population 60 years or older as % of total population		25.6%	22.7%
Total population 60 years or older		1,366	301,630
Population 65 years or older as % of total population		19.4%	15.8%
Total population 65 years or older		1,038	210,385
% 65-74 years		54.8%	58.5%
% 75-84 years		30.9%	28.6%
% 85 years or older		14.3%	12.9%
Gender (65+ population)			
% female		58.4%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		54.7%	58.5%
% divorced/separated		18.0%	14.0%
% widowed		15.3%	22.9%
% never married		11.9%	4.6%
Education (65+ population)			
% with less than high school education		13.4%	12.3%
% with high school or some college		56.5%	57.1%
% with college degree		30.2%	30.6%
% of 65+ population living alone		28.7%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		26.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.7%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		0.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	B	2.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	W	20.6%	16.7%
% 65+ with high cholesterol	B	63.7%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		99.9%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders		19.3%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.2%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		9.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.6%	12.0%
% 65+ with diabetes		26.3%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.0%	20.5%
% 65+ with asthma		13.5%	13.0%
% 65+ with hypertension	B	64.4%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		33.4%	34.3%
% 65+ with congestive heart failure		19.5%	17.7%
% 65+ with atrial fibrillation		14.1%	14.4%
% 65+ with peripheral vascular disease		12.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.4%	49.1%
% 65+ with osteoporosis	B	14.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		11.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		35.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.1%	20.8%
% 65+ with anemia		38.0%	37.3%
% 65+ with chronic kidney disease	B	16.3%	22.3%
% 65+ with liver diseases		8.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	30.6%	22.9%
% 65+ with cataract	W	65.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.4%	54.4%
% 65+ with 0 chronic conditions		12.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	34.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.2%	14.4%
% 65+ with self-reported vision difficulty		9.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		4.8%	6.9%
% 65+ with self-reported ambulatory difficulty		25.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		6.3%	5.6%
% 65+ with self-reported independent living difficulty		12.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		9.0%	7.9%
% dually eligible for Medicare and Medicaid		7.7%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		1	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.5	6.3
Emergency room visits/1000 persons 65+ years per year		588	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		212	237
Medicare inpatient hospital readmissions (as % of admissions)		16.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		98	76
# skilled nursing home Medicare beds/1000 persons 65+ years		81	33
% 65+ getting Medicaid long term services and supports		4.1%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		3.5%	0.8%
% of grandparents who live with grandchildren		5.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.5%	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)		68.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		53.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		198	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		984	2,012
% 65+ who own a motor vehicle		97.5%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		14.5%	5.4%
% 60+ receiving food stamps past year		7.9%	5.7%
% 65+ employed past year		29.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		30.1%	18.2%
% households with annual income $20,000-$49,999		37.1%	36.5%
% households with annual income > $50,000		32.8%	45.3%
% 60+ own home		68.8%	79.9%
% 60+ have mortgage on home		33.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		30.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Keene (Cheshire)

TUFTS
Health Plan
FOUNDATION

Keene is a city located in Cheshire County that contains several schools and was the primary filming site for the 1995 film "Jumanji." There are 3,769 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, prostate cancer, and traumatic brain injury. However, they had higher rates of depression, post-traumatic stress disorder, Alzheimer's disease or related dementias, heart attack, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, anemia, chronic kidney disease, cataracts, pressure ulcers, and mobility impairments. They are less likely to take the health promotion steps of having physical exams or regular mammograms. Community resources to support healthy aging include 41 primary care providers within 5 miles, a hospital, 3 nursing homes within 5 miles, 4 home health agencies, an adult day health center, 2 senior centers, 4 assisted living sites, 3 universities or community colleges, a public library, a YMCA, and access to broadband.
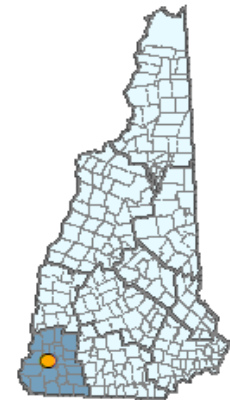
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		23,537	1,327,503
Population 60 years or older as % of total population		22.1%	22.7%
Total population 60 years or older		5,209	301,630
Population 65 years or older as % of total population		16.0%	15.8%
Total population 65 years or older		3,769	210,385
% 65-74 years		55.2%	58.5%
% 75-84 years		26.9%	28.6%
% 85 years or older		17.9%	12.9%
Gender (65+ population)			
% female		58.8%	54.7%
Race/Ethnicity (65+ population)			
% White		98.3%	97.7%
% African American		0.5%	0.5%
% Asian		0.0%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		49.5%	58.5%
% divorced/separated		18.9%	14.0%
% widowed		24.1%	22.9%
% never married		7.5%	4.6%
Education (65+ population)			
% with less than high school education		10.5%	12.3%
% with high school or some college		62.4%	57.1%
% with college degree		27.1%	30.6%
% of 65+ population living alone		40.0%	26.1%
% of 65+ population who speak only English at home		97.0%	91.3%
% of 65+ population who are veterans of military service		21.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		6.1%	3.6%
% moved from different county in New Hampshire		0.8%	1.0%
% moved from different state		1.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.8%	19.9%
% 60+ getting recommended hours of sleep		66.2%	66.4%
% 60+ injured in a fall within last 12 months		7.9%	10.4%
% 65+ had hip fracture		3.9%	3.3%
% 60+ with self-reported fair or poor health status		16.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.7%	12.5%
% 60+ with physical exam/check-up in past year	W	74.9%	86.5%
% 60+ met CDC preventive health screening goals		35.2%	40.3%
% 60+ flu shot past year		63.3%	59.3%
% 65+ with pneumonia vaccine		71.9%	77.8%
% 60+ with cholesterol screening		97.2%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.6%	79.3%
% 60+ with colorectal cancer screening		76.7%	77.0%
% 60+ with HIV test		12.0%	13.5%
% 60+ current smokers		8.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		27.3%	29.0%
% 60+ with annual dental exam		80.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		26.4%	20.2%
% 60+ self-reported obese		29.5%	27.2%
% 65+ clinically diagnosed obese	W	19.1%	16.7%
% 65+ with high cholesterol	B	66.8%	72.2%
% 60+ excessive drinking		8.6%	9.2%
% 65+ with poor supermarket access		51.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.1%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders		22.3%	21.9%
% 65+ with bipolar disorders	B	1.9%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	28.4%	12.0%
% 65+ with diabetes		27.2%	28.2%
% 65+ with stroke		11.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.6%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure	W	21.0%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease	W	17.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer	B	9.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.9%	20.8%
% 65+ with anemia	W	41.0%	37.3%
% 65+ with chronic kidney disease	W	24.1%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract	W	67.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.1%	54.4%
% 65+ with 0 chronic conditions		10.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty	B	2.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		7.4%	6.9%
% 65+ with self-reported ambulatory difficulty		23.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		5.5%	5.6%
% 65+ with self-reported independent living difficulty		12.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	5.4%
# of primary care providers within 5 miles		41	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		3	74
# of home health agencies		4	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	724	572
Part D monthly prescription fills per person per year		50.1	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		83	76
# skilled nursing home Medicare beds/1000 persons 65+ years		48	33
% 65+ getting Medicaid long term services and supports		4.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		2	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		0.8%	2.5%
# of assisted living sites		4	134
% of vacant homes in community		6.5%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		68.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		48.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		280	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		3,883	2,012
% 65+ who own a motor vehicle		79.7%	91.0%
% 60+ who always drive wearing a seatbelt		74.4%	77.1%
# of fatal crashes involving adult age 60+/town		4	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		10.6%	5.4%
% 60+ receiving food stamps past year		10.3%	5.7%
% 65+ employed past year		25.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.8%	18.2%
% households with annual income $20,000-$49,999		38.1%	36.5%
% households with annual income > $50,000		35.1%	45.3%
% 60+ own home		64.6%	79.9%
% 60+ have mortgage on home		25.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		21.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Marlborough (Cheshire)

TUFTS
Health Plan
FOUNDATION

Marlborough is a town located in Cheshire County and is home to the Kensan-Devan Wildlife Sanctuary. There are 369 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, lung and colon cancers, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, migraine, epilepsy, and traumatic brain injury. However, they had a higher rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having an annual physical or dental exam. Community resources to support healthy aging include a primary care provider and a nursing home within 5 miles, a home health agency, and a public library.
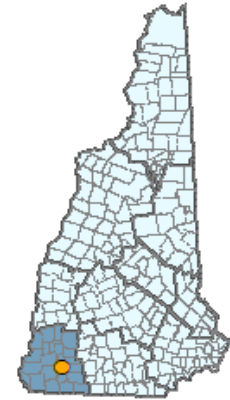
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,908	1,327,503
Population 60 years or older as % of total population		29.5%	22.7%
Total population 60 years or older		562	301,630
Population 65 years or older as % of total population		19.3%	15.8%
Total population 65 years or older		369	210,385
% 65-74 years		55.3%	58.5%
% 75-84 years		34.4%	28.6%
% 85 years or older		10.3%	12.9%
Gender (65+ population)			
% female		49.6%	54.7%
Race/Ethnicity (65+ population)			
% White		96.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.3%	0.9%
% Hispanic/Latino		1.9%	0.9%
Marital Status (65+ population)			
% married		51.5%	58.5%
% divorced/separated		30.1%	14.0%
% widowed		13.6%	22.9%
% never married		4.9%	4.6%
Education (65+ population)			
% with less than high school education		8.7%	12.3%
% with high school or some college		58.3%	57.1%
% with college degree		33.1%	30.6%
% of 65+ population living alone		29.3%	26.1%
% of 65+ population who speak only English at home		92.7%	91.3%
% of 65+ population who are veterans of military service		22.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		18.5%	16.7%
% 65+ with high cholesterol	B	59.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	24.3%	28.8%
% 65+ with anxiety disorders	B	15.1%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.2%	12.0%
% 65+ with diabetes	B	23.4%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.4%	20.5%
% 65+ with asthma	B	8.8%	13.0%
% 65+ with hypertension	B	59.5%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease	B	30.2%	34.3%
% 65+ with congestive heart failure		16.6%	17.7%
% 65+ with atrial fibrillation		14.4%	14.4%
% 65+ with peripheral vascular disease		12.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.7%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.7%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		35.8%	37.3%
% 65+ with chronic kidney disease	B	19.3%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.2%	22.9%
% 65+ with cataract		64.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	16.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.8%	14.4%
% 65+ with self-reported vision difficulty		1.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.2%	6.9%
% 65+ with self-reported ambulatory difficulty		11.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		3.5%	5.6%
% 65+ with self-reported independent living difficulty		8.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	5.4%
# of primary care providers within 5 miles		1	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		516	572
Part D monthly prescription fills per person per year	*	42.9	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	183	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	50	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		9.0%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		58.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		80	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		969	2,012
% 65+ who own a motor vehicle		79.4%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.1%	5.4%
% 60+ receiving food stamps past year		2.5%	5.7%
% 65+ employed past year		32.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		15.0%	18.2%
% households with annual income $20,000-$49,999		49.4%	36.5%
% households with annual income > $50,000		35.6%	45.3%
% 60+ own home		73.1%	79.9%
% 60+ have mortgage on home		26.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Marlow (Cheshire)

Marlow is a rural town in Cheshire County that is home to the Honey Brook State Forest. There are 150 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, high cholesterol, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, colon and prostate cancers, hypothyroidism, anemia, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and hearing impairment. However, they had a higher rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having an annual physical or dental exam. Community resources to support healthy aging include 3 home health agencies and a public library.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		688	1,327,503
Population 60 years or older as % of total population		29.7%	22.7%
Total population 60 years or older		204	301,630
Population 65 years or older as % of total population		21.8%	15.8%
Total population 65 years or older		150	210,385
% 65-74 years		50.7%	58.5%
% 75-84 years		45.3%	28.6%
% 85 years or older		4.0%	12.9%
Gender (65+ population)			
% female		45.3%	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		70.7%	58.5%
% divorced/separated		8.0%	14.0%
% widowed		19.3%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		8.7%	12.3%
% with high school or some college		68.7%	57.1%
% with college degree		22.7%	30.6%
% of 65+ population living alone		22.0%	26.1%
% of 65+ population who speak only English at home		99.3%	91.3%
% of 65+ population who are veterans of military service		40.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.3%	3.6%
% moved from different county in New Hampshire		2.7%	1.0%
% moved from different state		1.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	B	59.8%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		15.7%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders	B	17.2%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	19.2%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.6%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.7%	49.1%
% 65+ with osteoporosis	B	10.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	7.5%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	32.5%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	14.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		1.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		4.0%	6.9%
% 65+ with self-reported ambulatory difficulty		20.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		1.3%	5.6%
% 65+ with self-reported independent living difficulty		5.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		504	572
Part D monthly prescription fills per person per year	*	42.1	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		4.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.6%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		67.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.1%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		10.0%	5.4%
% 60+ receiving food stamps past year		5.9%	5.7%
% 65+ employed past year		12.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		21.8%	18.2%
% households with annual income $20,000-$49,999		33.7%	36.5%
% households with annual income > $50,000		44.6%	45.3%
% 60+ own home		90.5%	79.9%
% 60+ have mortgage on home		38.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Nelson (Cheshire)

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

Nelson is a rural town located in Cheshire County known for contra dancing and a festive Old Home Week celebration. There are 113 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, lung cancer, colon cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, and traumatic brain injury. However, they had a higher rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having regular physical check-ups or annual dental exams. Community resources to support healthy aging include a home health agency and a public library.
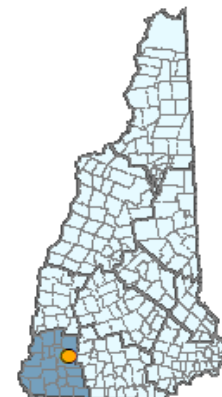
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		516	1,327,503
Population 60 years or older as % of total population		33.7%	22.7%
Total population 60 years or older		174	301,630
Population 65 years or older as % of total population		21.9%	15.8%
Total population 65 years or older		113	210,385
% 65-74 years		60.2%	58.5%
% 75-84 years		35.4%	28.6%
% 85 years or older		4.4%	12.9%
Gender (65+ population)			
% female		46.9%	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		2.7%	0.9%
Marital Status (65+ population)			
% married		50.4%	58.5%
% divorced/separated		20.4%	14.0%
% widowed		20.4%	22.9%
% never married		8.8%	4.6%
Education (65+ population)			
% with less than high school education		0.9%	12.3%
% with high school or some college		44.2%	57.1%
% with college degree		54.9%	30.6%
% of 65+ population living alone		27.4%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		21.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol	B	61.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	21.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.7%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.6%	13.0%
% 65+ with hypertension	B	58.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease	B	28.4%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	9.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		15.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.5%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		30.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia	B	31.7%	37.3%
% 65+ with chronic kidney disease	B	14.7%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		64.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	42.8%	54.4%
% 65+ with 0 chronic conditions		12.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	23.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		1.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		0.9%	6.9%
% 65+ with self-reported ambulatory difficulty		16.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		4.4%	5.6%
% 65+ with self-reported independent living difficulty		8.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.7%	7.9%
% dually eligible for Medicare and Medicaid	*	3.9%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	436	572
Part D monthly prescription fills per person per year	*	38.5	49.1
Home health visits per year		1.7	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		187	237
Medicare inpatient hospital readmissions (as % of admissions)		21.8%	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	*	1.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		46.6%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		85.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.2%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		38.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		2.8%	18.2%
% households with annual income $20,000-$49,999		41.7%	36.5%
% households with annual income > $50,000		55.6%	45.3%
% 60+ own home		85.9%	79.9%
% 60+ have mortgage on home		32.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Richmond (Cheshire)

Richmond is a rural town located in Cheshire County where the mother of James Garfield, Eliza Ballou, was born. There are 162 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, stroke, asthma, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, fibromyalgia/chronic pain/fatigue, traumatic brain injury, and glaucoma. However, they had higher rates of obesity, tobacco use disorders, Alzheimer's disease or related dementias, congestive heart failure, and anemia. They are less likely to take the health promotion steps of getting regular physical check-ups or having an annual dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
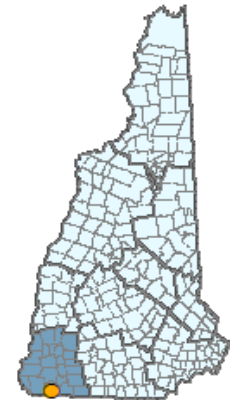
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,188	1,327,503
Population 60 years or older as % of total population		23.7%	22.7%
Total population 60 years or older		281	301,630
Population 65 years or older as % of total population		13.6%	15.8%
Total population 65 years or older		162	210,385
% 65-74 years		58.6%	58.5%
% 75-84 years		29.0%	28.6%
% 85 years or older		12.3%	12.9%
Gender (65+ population)			
% female		46.3%	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		62.3%	58.5%
% divorced/separated		4.9%	14.0%
% widowed		24.7%	22.9%
% never married		8.0%	4.6%
Education (65+ population)			
% with less than high school education		11.1%	12.3%
% with high school or some college		43.2%	57.1%
% with college degree		45.7%	30.6%
% of 65+ population living alone		14.5%	26.1%
% of 65+ population who speak only English at home		99.4%	91.3%
% of 65+ population who are veterans of military service		33.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese	W	21.3%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders		20.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.6%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders	W	14.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	22.6%	12.0%
% 65+ with diabetes		29.1%	28.2%
% 65+ with stroke	B	9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.5%	20.5%
% 65+ with asthma	B	11.1%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack		5.3%	4.5%
% 65+ with ischemic heart disease		36.1%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	49.1%
% 65+ with osteoporosis	B	15.3%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer	B	9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.4%	20.8%
% 65+ with anemia	W	40.9%	37.3%
% 65+ with chronic kidney disease		23.6%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.8%	22.9%
% 65+ with cataract		61.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.5%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	33.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		15.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		8.6%	5.6%
% 65+ with self-reported independent living difficulty		8.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.5%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.6	6.3
Emergency room visits/1000 persons 65+ years per year		584	572
Part D monthly prescription fills per person per year		49.2	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		14.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		3.5%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		54.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.8%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.1%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		29.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.7%	18.2%
% households with annual income $20,000-$49,999		29.8%	36.5%
% households with annual income > $50,000		58.5%	45.3%
% 60+ own home		98.1%	79.9%
% 60+ have mortgage on home		30.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		11.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Rindge (Cheshire)

TUFTS Health Plan FOUNDATION

Rindge is a town in southwestern New Hampshire and home to part of the Annett State Forest. There are 743 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, high cholesterol, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, hypertension, anemia, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, traumatic brain injury, and hearing impairment. However, they had a higher rate of obesity. They are less likely to take the health promotion step of getting a mammogram within last 2 years. Community resources to support Ghealthy aging include 2 primary care providers and a nursing home within 5 miles, a home health agency, a university or community college, and a public library.
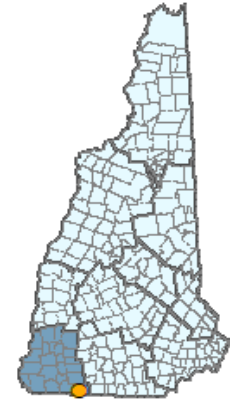
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,907	1,327,503
Population 60 years or older as % of total population		17.4%	22.7%
Total population 60 years or older		1,029	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		743	210,385
% 65-74 years		63.7%	58.5%
% 75-84 years		24.9%	28.6%
% 85 years or older		11.4%	12.9%
Gender (65+ population)			
% female		49.3%	54.7%
Race/Ethnicity (65+ population)			
% White		93.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.8%	0.9%
% Other		5.9%	0.9%
% Hispanic/Latino		1.6%	0.9%
Marital Status (65+ population)			
% married		68.4%	58.5%
% divorced/separated		11.3%	14.0%
% widowed		16.3%	22.9%
% never married		4.0%	4.6%
Education (65+ population)			
% with less than high school education		14.0%	12.3%
% with high school or some college		53.2%	57.1%
% with college degree		32.8%	30.6%
% of 65+ population living alone		17.9%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		29.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.4%	3.6%
% moved from different county in New Hampshire		2.0%	1.0%
% moved from different state		0.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	B	2.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	W	21.7%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	B	24.5%	28.8%
% 65+ with anxiety disorders	B	15.9%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.2%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		8.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.3%	12.0%
% 65+ with diabetes		25.7%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.0%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	64.5%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		12.5%	14.4%
% 65+ with peripheral vascular disease		13.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		16.1%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	28.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.2%	20.8%
% 65+ with anemia	B	32.1%	37.3%
% 65+ with chronic kidney disease	B	17.6%	22.3%
% 65+ with liver diseases		8.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		59.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.3%	54.4%
% 65+ with 0 chronic conditions	B	14.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		7.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.7%	6.9%
% 65+ with self-reported ambulatory difficulty		23.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		7.3%	5.6%
% 65+ with self-reported independent living difficulty		13.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.8%	7.9%
% dually eligible for Medicare and Medicaid	*	5.6%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.7	6.3
Emergency room visits/1000 persons 65+ years per year		491	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	*	175	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.9%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.8%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		68.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		55.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		123	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		1,756	2,012
% 65+ who own a motor vehicle		95.2%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.4%	5.4%
% 60+ receiving food stamps past year		3.9%	5.7%
% 65+ employed past year		26.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.4%	18.2%
% households with annual income $20,000-$49,999		36.4%	36.5%
% households with annual income > $50,000		52.2%	45.3%
% 60+ own home		85.0%	79.9%
% 60+ have mortgage on home		40.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.1%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Roxbury (Cheshire)

Roxbury is a rural town in southwestern New Hampshire and home to the Granite Gorge ski mountain. There are 36 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, prostate cancer, and traumatic brain injury. However, they had higher rates of obesity, depression, post-traumatic stress disorder, Alzheimer's disease or related dementias, heart attack, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, chronic kidney disease, cataracts, pressure ulcers, and mobility impairment. They are less likely to take the health promotion steps of getting regular physical check-ups or mammograms. Community resources to support healthy aging include 44 primary care providers within 5 miles and 4 home health agencies.
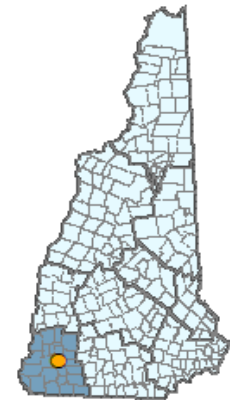
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		211	1,327,503
Population 60 years or older as % of total population		24.6%	22.7%
Total population 60 years or older		52	301,630
Population 65 years or older as % of total population		17.1%	15.8%
Total population 65 years or older		36	210,385
% 65-74 years		72.2%	58.5%
% 75-84 years		19.4%	28.6%
% 85 years or older		8.3%	12.9%
Gender (65+ population)			
% female		41.7%	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		69.4%	58.5%
% divorced/separated		8.3%	14.0%
% widowed		19.4%	22.9%
% never married		2.8%	4.6%
Education (65+ population)			
% with less than high school education		19.4%	12.3%
% with high school or some college		55.6%	57.1%
% with college degree		25.0%	30.6%
% of 65+ population living alone		22.2%	26.1%
% of 65+ population who speak only English at home		94.4%	91.3%
% of 65+ population who are veterans of military service		36.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.8%	19.9%
% 60+ getting recommended hours of sleep		66.2%	66.4%
% 60+ injured in a fall within last 12 months		7.9%	10.4%
% 65+ had hip fracture		3.9%	3.3%
% 60+ with self-reported fair or poor health status		16.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.7%	12.5%
% 60+ with physical exam/check-up in past year	W	74.9%	86.5%
% 60+ met CDC preventive health screening goals		35.2%	40.3%
% 60+ flu shot past year		63.3%	59.3%
% 65+ with pneumonia vaccine		71.9%	77.8%
% 60+ with cholesterol screening		97.2%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.6%	79.3%
% 60+ with colorectal cancer screening		76.7%	77.0%
% 60+ with HIV test		12.0%	13.5%
% 60+ current smokers		8.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		27.3%	29.0%
% 60+ with annual dental exam		80.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		26.4%	20.2%
% 60+ self-reported obese		29.5%	27.2%
% 65+ clinically diagnosed obese	W	19.1%	16.7%
% 65+ with high cholesterol	B	66.8%	72.2%
% 60+ excessive drinking		8.6%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.1%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders		22.3%	21.9%
% 65+ with bipolar disorders	B	1.9%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	28.4%	12.0%
% 65+ with diabetes		27.2%	28.2%
% 65+ with stroke		11.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.6%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure	W	21.0%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease	W	17.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer	B	9.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.9%	20.8%
% 65+ with anemia	W	41.0%	37.3%
% 65+ with chronic kidney disease	W	24.1%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract	W	67.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.1%	54.4%
% 65+ with 0 chronic conditions		10.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		5.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		19.4%	6.9%
% 65+ with self-reported ambulatory difficulty		13.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		11.1%	5.6%
% 65+ with self-reported independent living difficulty		11.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	5.4%
# of primary care providers within 5 miles		44	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	724	572
Part D monthly prescription fills per person per year		50.1	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		83	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		4.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		3.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		12.1%	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)		68.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		65.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	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		74.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.8%	5.4%
% 60+ receiving food stamps past year		2.9%	5.7%
% 65+ employed past year		22.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.4%	18.2%
% households with annual income $20,000-$49,999		43.5%	36.5%
% households with annual income > $50,000		39.1%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		36.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Stoddard (Cheshire)

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

Stoddard is a rural town in Cheshire County that is known for Stoddard glass, notable for its colors and design. There are 253 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, lung cancer, colon cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraines, epilepsy, and traumatic brain injury. However, they had a higher rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having an annual physical or dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
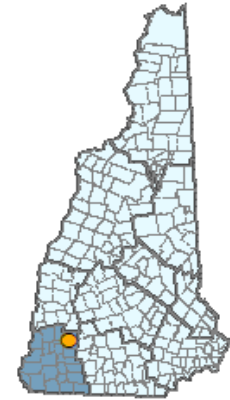
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,136	1,327,503
Population 60 years or older as % of total population		29.4%	22.7%
Total population 60 years or older		334	301,630
Population 65 years or older as % of total population		22.3%	15.8%
Total population 65 years or older		253	210,385
% 65-74 years		61.7%	58.5%
% 75-84 years		36.0%	28.6%
% 85 years or older		2.4%	12.9%
Gender (65+ population)			
% female		47.4%	54.7%
Race/Ethnicity (65+ population)			
% White		96.8%	97.7%
% African American		0.0%	0.5%
% Asian		1.2%	0.9%
% Other		2.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		81.4%	58.5%
% divorced/separated		7.9%	14.0%
% widowed		8.7%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		4.7%	12.3%
% with high school or some college		60.9%	57.1%
% with college degree		34.4%	30.6%
% of 65+ population living alone		15.8%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		25.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol	B	61.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	21.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.7%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.6%	13.0%
% 65+ with hypertension	B	58.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease	B	28.4%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	9.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		15.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.5%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		30.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia	B	31.7%	37.3%
% 65+ with chronic kidney disease	B	14.7%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract		64.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	42.8%	54.4%
% 65+ with 0 chronic conditions		12.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		2.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		1.2%	6.9%
% 65+ with self-reported ambulatory difficulty		15.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		2.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.7%	7.9%
% dually eligible for Medicare and Medicaid	*	3.9%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	436	572
Part D monthly prescription fills per person per year	*	38.5	49.1
Home health visits per year		1.7	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		187	237
Medicare inpatient hospital readmissions (as % of admissions)		21.8%	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	*	1.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	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		53.9%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		66.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.1%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.4%	5.4%
% 60+ receiving food stamps past year		3.3%	5.7%
% 65+ employed past year		27.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		3.8%	18.2%
% households with annual income $20,000-$49,999		48.7%	36.5%
% households with annual income > $50,000		47.4%	45.3%
% 60+ own home		99.0%	79.9%
% 60+ have mortgage on home		48.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.4%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Sullivan (Cheshire)

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

Sullivan is a rural town located in Cheshire County that is home to the Olsen Family Forest. There are 129 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, prostate cancer, and traumatic brain injury. However, they had higher rates of obesity, depression, post-traumatic stress disorder, Alzheimer's disease or related dementias, heart attack, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, chronic kidney disease, cataracts, pressure ulcers, and mobility impairments. They are less likely to take the health promotion steps of having an annual physical exam and having regular mammograms. Community resources to support healthy aging include 3 primary care providers within 5 miles, a home health agency, and a public library.
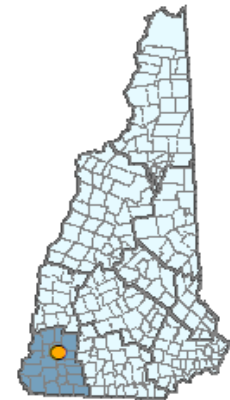
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		725	1,327,503
Population 60 years or older as % of total population		26.3%	22.7%
Total population 60 years or older		191	301,630
Population 65 years or older as % of total population		17.8%	15.8%
Total population 65 years or older		129	210,385
% 65-74 years		69.0%	58.5%
% 75-84 years		21.7%	28.6%
% 85 years or older		9.3%	12.9%
Gender (65+ population)			
% female		47.3%	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		50.4%	58.5%
% divorced/separated		9.3%	14.0%
% widowed		27.9%	22.9%
% never married		12.4%	4.6%
Education (65+ population)			
% with less than high school education		19.4%	12.3%
% with high school or some college		58.1%	57.1%
% with college degree		22.5%	30.6%
% of 65+ population living alone		22.5%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		17.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.8%	19.9%
% 60+ getting recommended hours of sleep		66.2%	66.4%
% 60+ injured in a fall within last 12 months		7.9%	10.4%
% 65+ had hip fracture		3.9%	3.3%
% 60+ with self-reported fair or poor health status		16.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.7%	12.5%
% 60+ with physical exam/check-up in past year	W	74.9%	86.5%
% 60+ met CDC preventive health screening goals		35.2%	40.3%
% 60+ flu shot past year		63.3%	59.3%
% 65+ with pneumonia vaccine		71.9%	77.8%
% 60+ with cholesterol screening		97.2%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.6%	79.3%
% 60+ with colorectal cancer screening		76.7%	77.0%
% 60+ with HIV test		12.0%	13.5%
% 60+ current smokers		8.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		27.3%	29.0%
% 60+ with annual dental exam		80.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		26.4%	20.2%
% 60+ self-reported obese		29.5%	27.2%
% 65+ clinically diagnosed obese	W	19.1%	16.7%
% 65+ with high cholesterol	B	66.8%	72.2%
% 60+ excessive drinking		8.6%	9.2%
% 65+ with poor supermarket access		1.6%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.1%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders		22.3%	21.9%
% 65+ with bipolar disorders	B	1.9%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	28.4%	12.0%
% 65+ with diabetes		27.2%	28.2%
% 65+ with stroke		11.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.6%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure	W	21.0%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease	W	17.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer	B	9.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.9%	20.8%
% 65+ with anemia	W	41.0%	37.3%
% 65+ with chronic kidney disease	W	24.1%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract	W	67.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.1%	54.4%
% 65+ with 0 chronic conditions		10.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		8.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		15.5%	6.9%
% 65+ with self-reported ambulatory difficulty		22.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		6.2%	5.6%
% 65+ with self-reported independent living difficulty		17.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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		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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	724	572
Part D monthly prescription fills per person per year		50.1	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		83	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		4.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.0%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		7.4%	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)		68.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		57.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		88.8%	91.0%
% 60+ who always drive wearing a seatbelt		74.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		14.7%	5.4%
% 60+ receiving food stamps past year		10.8%	5.7%
% 65+ employed past year		19.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		33.8%	18.2%
% households with annual income $20,000-$49,999		42.5%	36.5%
% households with annual income > $50,000		23.8%	45.3%
% 60+ own home		93.2%	79.9%
% 60+ have mortgage on home		34.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		30.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Surry (Cheshire)

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

Surry is a rural town located in Cheshire County and home to Surry Mountain Lake. There are 169 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, prostate cancer, and traumatic brain injury. However, they had higher rates of obesity, depression, post-traumatic stress disorder, Alzheimer's disease or related dementias, heart attack, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, chronic kidney disease, cataracts, pressure ulcers, and mobility impairments. They are less likely to take the health promotion steps of having annual physical exams or regular mammograms. Community resources to support healthy aging include 3 primary care providers within 5 miles, 4 home health agencies, and a public library.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		869	1,327,503
Population 60 years or older as % of total population		36.1%	22.7%
Total population 60 years or older		314	301,630
Population 65 years or older as % of total population		19.4%	15.8%
Total population 65 years or older		169	210,385
% 65-74 years		66.9%	58.5%
% 75-84 years		24.3%	28.6%
% 85 years or older		8.9%	12.9%
Gender (65+ population)			
% female		43.2%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		73.4%	58.5%
% divorced/separated		11.8%	14.0%
% widowed		11.2%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		8.9%	12.3%
% with high school or some college		70.4%	57.1%
% with college degree		20.7%	30.6%
% of 65+ population living alone		11.2%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		37.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.8%	19.9%
% 60+ getting recommended hours of sleep		66.2%	66.4%
% 60+ injured in a fall within last 12 months		7.9%	10.4%
% 65+ had hip fracture		3.9%	3.3%
% 60+ with self-reported fair or poor health status		16.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.7%	12.5%
% 60+ with physical exam/check-up in past year	W	74.9%	86.5%
% 60+ met CDC preventive health screening goals		35.2%	40.3%
% 60+ flu shot past year		63.3%	59.3%
% 65+ with pneumonia vaccine		71.9%	77.8%
% 60+ with cholesterol screening		97.2%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.6%	79.3%
% 60+ with colorectal cancer screening		76.7%	77.0%
% 60+ with HIV test		12.0%	13.5%
% 60+ current smokers		8.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		27.3%	29.0%
% 60+ with annual dental exam		80.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		26.4%	20.2%
% 60+ self-reported obese		29.5%	27.2%
% 65+ clinically diagnosed obese	W	19.1%	16.7%
% 65+ with high cholesterol	B	66.8%	72.2%
% 60+ excessive drinking		8.6%	9.2%
% 65+ with poor supermarket access		15.7%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.1%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders		22.3%	21.9%
% 65+ with bipolar disorders	B	1.9%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	28.4%	12.0%
% 65+ with diabetes		27.2%	28.2%
% 65+ with stroke		11.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.6%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure	W	21.0%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease	W	17.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer	B	9.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.9%	20.8%
% 65+ with anemia	W	41.0%	37.3%
% 65+ with chronic kidney disease	W	24.1%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.8%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract	W	67.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.1%	54.4%
% 65+ with 0 chronic conditions		10.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		5.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		8.9%	6.9%
% 65+ with self-reported ambulatory difficulty		16.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		13.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	724	572
Part D monthly prescription fills per person per year		50.1	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		83	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		4.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		2.1%	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)		68.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		53.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		89.8%	91.0%
% 60+ who always drive wearing a seatbelt		74.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.5%	5.4%
% 60+ receiving food stamps past year		1.0%	5.7%
% 65+ employed past year		24.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		16.7%	18.2%
% households with annual income $20,000-$49,999		27.8%	36.5%
% households with annual income > $50,000		55.6%	45.3%
% 60+ own home		94.4%	79.9%
% 60+ have mortgage on home		43.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.6%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Swanzey (Cheshire)

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

Swanzey is a town located in southwestern New Hampshire and home to the West Swanzey Covered Bridge. There are 1,161 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, stroke, asthma, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, fibromyalgia/chronic pain/fatigue, traumatic brain injury, and glaucoma. However, they had higher rates of obesity, tobacco use disorders, Alzheimer's disease or related dementias, congestive heart failure, and anemia. They are less likely to take the health promotion steps of having annual physical and dental exams. Community resources to support healthy aging include a nursing home within 5 miles, 3 home health agencies, an assisted living site, and 2 public libraries.
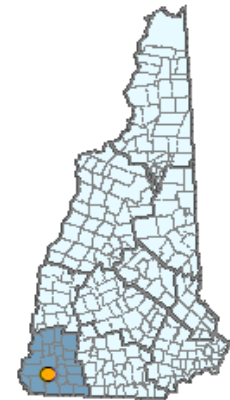
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		7,182	1,327,503
Population 60 years or older as % of total population		22.5%	22.7%
Total population 60 years or older		1,617	301,630
Population 65 years or older as % of total population		16.2%	15.8%
Total population 65 years or older		1,161	210,385
% 65-74 years		45.9%	58.5%
% 75-84 years		36.5%	28.6%
% 85 years or older		17.6%	12.9%
Gender (65+ population)			
% female		60.0%	54.7%
Race/Ethnicity (65+ population)			
% White		96.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.9%	0.9%
% Other		2.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.7%	58.5%
% divorced/separated		12.6%	14.0%
% widowed		22.7%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		18.8%	12.3%
% with high school or some college		58.7%	57.1%
% with college degree		22.6%	30.6%
% of 65+ population living alone		20.2%	26.1%
% of 65+ population who speak only English at home		98.9%	91.3%
% of 65+ population who are veterans of military service		29.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		1.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese	W	21.3%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders		20.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.6%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders	W	14.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	22.6%	12.0%
% 65+ with diabetes		29.1%	28.2%
% 65+ with stroke	B	9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.5%	20.5%
% 65+ with asthma	B	11.1%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack		5.3%	4.5%
% 65+ with ischemic heart disease		36.1%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	49.1%
% 65+ with osteoporosis	B	15.3%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer	B	9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.4%	20.8%
% 65+ with anemia	W	40.9%	37.3%
% 65+ with chronic kidney disease		23.6%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.8%	22.9%
% 65+ with cataract		61.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.5%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		19.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		7.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty		21.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		12.1%	5.6%
% 65+ with self-reported independent living difficulty		15.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.5%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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		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

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.6	6.3
Emergency room visits/1000 persons 65+ years per year		584	572
Part D monthly prescription fills per person per year		49.2	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		14.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		8.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		49.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.1%	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		10	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.8%	5.4%
% 60+ receiving food stamps past year		6.6%	5.7%
% 65+ employed past year		21.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		21.0%	18.2%
% households with annual income $20,000-$49,999		37.8%	36.5%
% households with annual income > $50,000		41.2%	45.3%
% 60+ own home		85.3%	79.9%
% 60+ have mortgage on home		37.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$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).*

<u>Healthy Aging Data Report Team</u>. 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 Prisad 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
Update: 05/2019

Troy (Cheshire)

Troy is a town located in Cheshire County situated at the base of Mount Monadnock. There are 344 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, lung cancer, colon cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, migraines, epilepsy, and traumatic brain injury. However, they had higher a rate of Alzheimer's disease or related dementias. They are less likely to take the health promotion steps of having annual physical and dental exams. Community resources to support healthy aging include a home health agency and a public library.
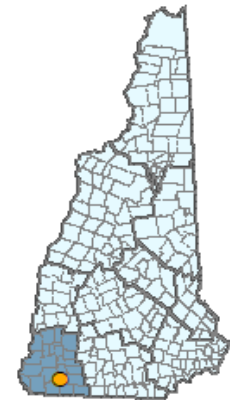
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,188	1,327,503
Population 60 years or older as % of total population		24.3%	22.7%
Total population 60 years or older		532	301,630
Population 65 years or older as % of total population		15.7%	15.8%
Total population 65 years or older		344	210,385
% 65-74 years		59.3%	58.5%
% 75-84 years		22.4%	28.6%
% 85 years or older		18.3%	12.9%
Gender (65+ population)			
% female		52.3%	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		58.7%	58.5%
% divorced/separated		7.3%	14.0%
% widowed		23.8%	22.9%
% never married		10.2%	4.6%
Education (65+ population)			
% with less than high school education		19.2%	12.3%
% with high school or some college		44.8%	57.1%
% with college degree		36.0%	30.6%
% of 65+ population living alone		35.2%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		20.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		18.5%	16.7%
% 65+ with high cholesterol	B	59.5%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression	B	24.3%	28.8%
% 65+ with anxiety disorders	B	15.1%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.2%	12.0%
% 65+ with diabetes	B	23.4%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.4%	20.5%
% 65+ with asthma	B	8.8%	13.0%
% 65+ with hypertension	B	59.5%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease	B	30.2%	34.3%
% 65+ with congestive heart failure		16.6%	17.7%
% 65+ with atrial fibrillation		14.4%	14.4%
% 65+ with peripheral vascular disease		12.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.7%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.7%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.9%	20.8%
% 65+ with anemia		35.8%	37.3%
% 65+ with chronic kidney disease	B	19.3%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.2%	22.9%
% 65+ with cataract		64.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	16.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.8%	14.4%
% 65+ with self-reported vision difficulty		7.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		13.4%	6.9%
% 65+ with self-reported ambulatory difficulty		15.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		5.2%	5.6%
% 65+ with self-reported independent living difficulty		11.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.4%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		516	572
Part D monthly prescription fills per person per year	*	42.9	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	183	237
Medicare inpatient hospital readmissions (as % of admissions)	*	7.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	50	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		0.4%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		43.0%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		47	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		1,122	2,012
% 65+ who own a motor vehicle		89.0%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		12.2%	5.4%
% 60+ receiving food stamps past year		5.7%	5.7%
% 65+ employed past year		19.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		32.5%	18.2%
% households with annual income $20,000-$49,999		21.5%	36.5%
% households with annual income > $50,000		46.1%	45.3%
% 60+ own home		83.2%	79.9%
% 60+ have mortgage on home		31.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$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).*

Update: 05/2019

Walpole (Cheshire)

Walpole is a town located in Cheshire County and is home to the Stephen Rowe Bradley House and Drewsville Mansion. There are 684 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, post-traumatic stress disorder, schizophrenia and other psychotic disorders, substance use disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, colon cancer, hypothyroidism, fibromyalgia/chronic pain/fatigue, glaucoma, and pressure ulcers. However, they had higher rates of Alzheimer's disease or related dementias, breast cancer, and cataracts. They are less likely to take the health promotion steps of having annual physical or dental exams. Community resources to support healthy aging include 15 primary care providers within 5 miles, 2 home health agencies, and 2 public libraries.
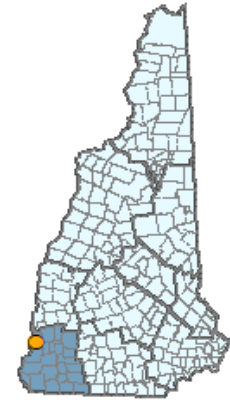
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,747	1,327,503
Population 60 years or older as % of total population		25.1%	22.7%
Total population 60 years or older		941	301,630
Population 65 years or older as % of total population		18.3%	15.8%
Total population 65 years or older		684	210,385
% 65-74 years		47.2%	58.5%
% 75-84 years		33.0%	28.6%
% 85 years or older		19.7%	12.9%
Gender (65+ population)			
% female		42.1%	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		53.2%	58.5%
% divorced/separated		20.9%	14.0%
% widowed		21.1%	22.9%
% never married		4.8%	4.6%
Education (65+ population)			
% with less than high school education		6.3%	12.3%
% with high school or some college		58.9%	57.1%
% with college degree		34.8%	30.6%
% of 65+ population living alone		28.2%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		38.0%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.8%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		4.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese	B	13.6%	16.7%
% 65+ with high cholesterol	B	62.9%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		26.2%	28.8%
% 65+ with anxiety disorders	B	16.1%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.8%	5.5%
% 65+ with tobacco use disorders		8.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	20.1%	12.0%
% 65+ with diabetes	B	22.7%	28.2%
% 65+ with stroke		10.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.1%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.2%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease	B	29.0%	34.3%
% 65+ with congestive heart failure		17.2%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.4%	49.1%
% 65+ with osteoporosis	B	13.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer	W	13.7%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		8.3%	11.5%
% 65+ with benign prostatic hyperplasia		39.3%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.1%	20.8%
% 65+ with anemia		36.5%	37.3%
% 65+ with chronic kidney disease		19.2%	22.3%
% 65+ with liver diseases		5.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.8%	22.9%
% 65+ with cataract	W	65.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.3%	54.4%
% 65+ with 0 chronic conditions	B	13.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		23.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	14.4%
% 65+ with self-reported vision difficulty		11.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.2%	6.9%
% 65+ with self-reported ambulatory difficulty		25.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		6.1%	5.6%
% 65+ with self-reported independent living difficulty		9.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.2%	7.9%
% dually eligible for Medicare and Medicaid	*	4.9%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	5.4%
# of primary care providers within 5 miles		15	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	463	572
Part D monthly prescription fills per person per year	*	43.4	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	159	237
Medicare inpatient hospital readmissions (as % of admissions)		13.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	46	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		7.8%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		59.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.3%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.1%	5.4%
% 60+ receiving food stamps past year		4.3%	5.7%
% 65+ employed past year		23.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.9%	18.2%
% households with annual income $20,000-$49,999		42.4%	36.5%
% households with annual income > $50,000		42.7%	45.3%
% 60+ own home		88.2%	79.9%
% 60+ have mortgage on home		30.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		30.5%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Westmoreland (Cheshire)

Westmoreland is a rural town located in Cheshire County and historically an agricultural community. There are 381 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, high cholesterol, bipolar disorders, post-traumatic disorder, schizophrenia and other psychotic disorders, tobacco use disorders, and colon cancer. However, they had higher rates of Alzheimer's disease or related dementias, hypothyroidism, and cataracts. They are less likely to take the health promotion steps of having an annual physical or dental exams. Community resources to support healthy aging include a nursing home within 5 miles, 3 home health agencies, an assisted living site, and a public library.
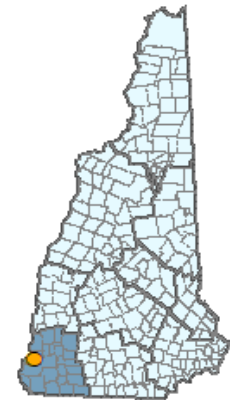
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,912	1,327,503
Population 60 years or older as % of total population		28.4%	22.7%
Total population 60 years or older		543	301,630
Population 65 years or older as % of total population		19.9%	15.8%
Total population 65 years or older		381	210,385
% 65-74 years		57.0%	58.5%
% 75-84 years		26.0%	28.6%
% 85 years or older		17.1%	12.9%
Gender (65+ population)			
% female		51.7%	54.7%
Race/Ethnicity (65+ population)			
% White		96.3%	97.7%
% African American		0.0%	0.5%
% Asian		1.8%	0.9%
% Other		1.8%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		54.9%	58.5%
% divorced/separated		13.4%	14.0%
% widowed		22.8%	22.9%
% never married		8.9%	4.6%
Education (65+ population)			
% with less than high school education		6.3%	12.3%
% with high school or some college		54.3%	57.1%
% with college degree		39.4%	30.6%
% of 65+ population living alone		12.2%	26.1%
% of 65+ population who speak only English at home		96.9%	91.3%
% of 65+ population who are veterans of military service		28.1%	24.8%
Age-sex adjusted 1-year mortality rate		6.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		7.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese		19.4%	16.7%
% 65+ with high cholesterol	B	65.1%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		33.1%	28.8%
% 65+ with anxiety disorders		21.2%	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	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders	B	6.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	33.5%	12.0%
% 65+ with diabetes		25.3%	28.2%
% 65+ with stroke		12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.6%	20.5%
% 65+ with asthma		10.3%	13.0%
% 65+ with hypertension		67.3%	70.2%
% 65+ ever had a heart attack		5.6%	4.5%
% 65+ with ischemic heart disease		35.5%	34.3%
% 65+ with congestive heart failure		22.4%	17.7%
% 65+ with atrial fibrillation		17.2%	14.4%
% 65+ with peripheral vascular disease		18.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	49.1%
% 65+ with osteoporosis		19.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.4%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia		39.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	28.1%	20.8%
% 65+ with anemia		42.7%	37.3%
% 65+ with chronic kidney disease		25.9%	22.3%
% 65+ with liver diseases		8.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.5%	22.9%
% 65+ with cataract	W	67.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		10.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.9%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.2%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	W	11.8%	6.9%
% 65+ with self-reported ambulatory difficulty		17.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		9.2%	5.6%
% 65+ with self-reported independent living difficulty		14.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		6.7%	7.9%
% dually eligible for Medicare and Medicaid	*	18.1%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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		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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		519	572
Part D monthly prescription fills per person per year	*	55.6	49.1
Home health visits per year	*	1.4	2.5
Durable medical equipment claims per year	*	1.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	170	237
Medicare inpatient hospital readmissions (as % of admissions)		8.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		86	76
# skilled nursing home Medicare beds/1000 persons 65+ years		371	33
% 65+ getting Medicaid long term services and supports	*	17.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		2.7%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		11.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		56.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.6%	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		10	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.5%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		18.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		6.4%	18.2%
% households with annual income $20,000-$49,999		19.1%	36.5%
% households with annual income > $50,000		74.5%	45.3%
% 60+ own home		92.8%	79.9%
% 60+ have mortgage on home		38.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99

Winchester (Cheshire)

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

Winchester is a town in Cheshire County that is home to Pisgah State Park. There are 698 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, stroke, asthma, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, fibromyalgia/chronic pain/fatigue, traumatic brain injury, and glaucoma. However, they had higher rates of obesity, Alzheimer's disease or related dementias, congestive heart failure, and anemia. They are less likely to take the health promotion steps of having annual physical or dental exams. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, 2 home health agencies, and 2 public libraries.
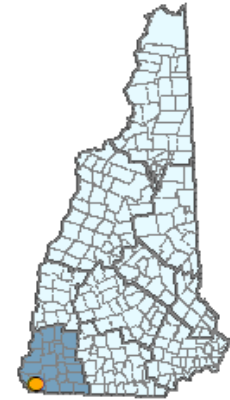
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,245	1,327,503
Population 60 years or older as % of total population		25.6%	22.7%
Total population 60 years or older		1,087	301,630
Population 65 years or older as % of total population		16.4%	15.8%
Total population 65 years or older		698	210,385
% 65-74 years		61.0%	58.5%
% 75-84 years		26.6%	28.6%
% 85 years or older		12.3%	12.9%
Gender (65+ population)			
% female		58.0%	54.7%
Race/Ethnicity (65+ population)			
% White		96.6%	97.7%
% African American		0.0%	0.5%
% Asian		3.4%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		52.7%	58.5%
% divorced/separated		15.8%	14.0%
% widowed		24.8%	22.9%
% never married		6.7%	4.6%
Education (65+ population)			
% with less than high school education		23.6%	12.3%
% with high school or some college		66.0%	57.1%
% with college degree		10.3%	30.6%
% of 65+ population living alone		30.7%	26.1%
% of 65+ population who speak only English at home		95.6%	91.3%
% of 65+ population who are veterans of military service		28.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.6%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		62.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.0%	19.9%
% 60+ getting recommended hours of sleep		65.4%	66.4%
% 60+ injured in a fall within last 12 months		8.0%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.1%	12.5%
% 60+ with physical exam/check-up in past year	W	79.2%	86.5%
% 60+ met CDC preventive health screening goals		39.6%	40.3%
% 60+ flu shot past year		58.1%	59.3%
% 65+ with pneumonia vaccine		74.2%	77.8%
% 60+ with cholesterol screening		95.0%	95.3%
% 60+ women with a mammogram within last 2 years		75.0%	79.3%
% 60+ with colorectal cancer screening		71.4%	77.0%
% 60+ with HIV test		16.7%	13.5%
% 60+ current smokers		7.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		29.6%	29.0%
% 60+ with annual dental exam	W	66.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		63	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.2%	20.2%
% 60+ self-reported obese		31.4%	27.2%
% 65+ clinically diagnosed obese	W	21.3%	16.7%
% 65+ with high cholesterol	B	66.6%	72.2%
% 60+ excessive drinking		10.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.9%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders		20.9%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.6%	4.9%
% 65+ with personality disorders		0.6%	1.1%
# opioid deaths (all ages) (county)		48	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders	W	14.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	22.6%	12.0%
% 65+ with diabetes		29.1%	28.2%
% 65+ with stroke	B	9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.5%	20.5%
% 65+ with asthma	B	11.1%	13.0%
% 65+ with hypertension		69.9%	70.2%
% 65+ ever had a heart attack		5.3%	4.5%
% 65+ with ischemic heart disease		36.1%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	49.1%
% 65+ with osteoporosis	B	15.3%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer	B	9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.4%	20.8%
% 65+ with anemia	W	40.9%	37.3%
% 65+ with chronic kidney disease		23.6%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.8%	22.9%
% 65+ with cataract		61.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.5%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		9.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.3%	6.9%
% 65+ with self-reported ambulatory difficulty	W	27.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		10.1%	5.6%
% 65+ with self-reported independent living difficulty	B	5.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.5%	7.5%
% 60+ with a regular doctor		94.6%	95.8%
% 60+ who did not see doctor when needed due to cost		3.3%	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		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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.6	6.3
Emergency room visits/1000 persons 65+ years per year		584	572
Part D monthly prescription fills per person per year		49.2	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		14.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		33	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		13.7%	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)		68.0%	93.0%
% 60+ who used Internet in last month		77.1%	77.6%
Voter participation rate in 2018 election (age 18+)		41.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		195	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		33	586
Property crime rate /100,000 persons		1,918	2,012
% 65+ who own a motor vehicle		90.2%	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		10	151

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		9.3%	5.4%
% 60+ receiving food stamps past year		2.6%	5.7%
% 65+ employed past year		23.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		22.9%	18.2%
% households with annual income $20,000-$49,999		53.6%	36.5%
% households with annual income > $50,000		23.6%	45.3%
% 60+ own home		90.1%	79.9%
% 60+ have mortgage on home		48.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		44.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,752	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,692	$38,244	0.99