# Berlin (Coös)

Berlin is a city in northern New Hampshire located along the Androscoggin River. There are 1,938 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar and personality disorders, breast cancer, benign prostatic hyperplasia, migraine, traumatic brain injury, and visual impairment. However, they had higher rates of high cholesterol, Alzheimer's disease, diabetes, stroke, COPD, hypertension, ischemic heart disease, peripheral vascular disease, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, cataracts, and hearing impairment. They are less likely to take the health promotion steps of doing physical activity within the past month or following the CDC guidelines for both muscle-strengthening and aerobic physical activity, meeting the CDC preventive health screening goals, having an annual dental exam, or wearing a seatbelt while driving. Community resources to support healthy aging include a hospital and 2 nursing homes within 5 miles, 2 home health agencies, 3 community health centers, an adult day health center, a senior center, a university or community college, and a public library.
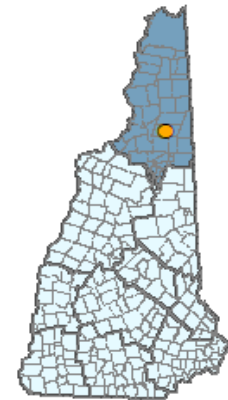
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		10,154	1,327,503
Population 60 years or older as % of total population		25.3%	22.7%
Total population 60 years or older		2,565	301,630
Population 65 years or older as % of total population		19.1%	15.8%
Total population 65 years or older		1,938	210,385
% 65-74 years		41.6%	58.5%
% 75-84 years		35.6%	28.6%
% 85 years or older		22.8%	12.9%
Gender (65+ population)			
% female		58.9%	54.7%
Race/Ethnicity (65+ population)			
% White		97.9%	97.7%
% African American		0.4%	0.5%
% Asian		0.0%	0.9%
% Other		1.8%	0.9%
% Hispanic/Latino		0.5%	0.9%
Marital Status (65+ population)			
% married		47.4%	58.5%
% divorced/separated		9.7%	14.0%
% widowed		34.0%	22.9%
% never married		8.9%	4.6%
Education (65+ population)			
% with less than high school education		20.3%	12.3%
% with high school or some college		72.5%	57.1%
% with college degree		7.2%	30.6%
% of 65+ population living alone		39.4%	26.1%
% of 65+ population who speak only English at home		55.9%	91.3%
% of 65+ population who are veterans of military service		26.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.9%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.9%	3.6%
% moved from different county in New Hampshire		0.6%	1.0%
% moved from different state		0.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese		17.0%	16.7%
% 65+ with high cholesterol	W	77.7%	72.2%
% 60+ excessive drinking		7.2%	9.2%
% 65+ with poor supermarket access		39.5%	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		8.1%	6.9%
% 65+ with depression		30.6%	28.8%
% 65+ with anxiety disorders		21.2%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	14.7%	12.0%
% 65+ with diabetes	W	35.0%	28.2%
% 65+ with stroke	W	14.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.8%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension	W	77.7%	70.2%
% 65+ ever had a heart attack		5.4%	4.5%
% 65+ with ischemic heart disease	W	40.1%	34.3%
% 65+ with congestive heart failure		18.8%	17.7%
% 65+ with atrial fibrillation		15.0%	14.4%
% 65+ with peripheral vascular disease	W	25.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.8%	49.1%
% 65+ with osteoporosis		17.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer	B	7.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.3%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.5%	20.8%
% 65+ with anemia	W	40.4%	37.3%
% 65+ with chronic kidney disease	W	26.4%	22.3%
% 65+ with liver diseases		8.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	24.3%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.9%	22.9%
% 65+ with cataract	W	65.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	61.8%	54.4%
% 65+ with 0 chronic conditions	W	7.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.4%	14.4%
% 65+ with self-reported vision difficulty	B	2.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		5.2%	6.9%
% 65+ with self-reported ambulatory difficulty		20.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		6.9%	5.6%
% 65+ with self-reported independent living difficulty		13.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.2%	7.9%
% dually eligible for Medicare and Medicaid	*	16.9%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	5.4%
# of primary care providers within 5 miles		28	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		2	49
# of community health centers		3	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	*	1.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	781	572
Part D monthly prescription fills per person per year	*	61.4	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year	*	2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	300	237
Medicare inpatient hospital readmissions (as % of admissions)		14.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	126	76
# skilled nursing home Medicare beds/1000 persons 65+ years		90	33
% 65+ getting Medicaid long term services and supports	*	8.9%	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)		3	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		16.9%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		33.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		253	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,749	2,012
% 65+ who own a motor vehicle		86.3%	91.0%
% 60+ who always drive wearing a seatbelt	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		10.4%	5.4%
% 60+ receiving food stamps past year		11.0%	5.7%
% 65+ employed past year		14.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		33.9%	18.2%
% households with annual income $20,000-$49,999		47.9%	36.5%
% households with annual income > $50,000		18.2%	45.3%
% 60+ own home		72.3%	79.9%
% 60+ have mortgage on home		16.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.5%	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	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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

Carroll (Coös)

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

Carroll is a rural town in northern New Hampshire, home to the Mount Washington Hotel near the White Mountains. There are 211 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, congestive heart failure, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, and cataracts. However, they had higher rates of schizophrenia and other psychotic disorders. Community resources to support healthy aging include 2 primary care providers within 5 miles, 2 home health agencies, and a public library.
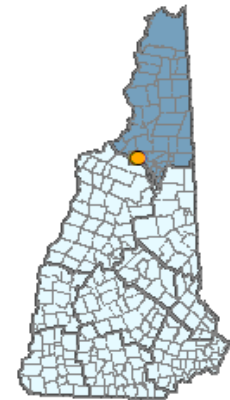
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		897	1,327,503
Population 60 years or older as % of total population		32.2%	22.7%
Total population 60 years or older		289	301,630
Population 65 years or older as % of total population		23.5%	15.8%
Total population 65 years or older		211	210,385
% 65-74 years		79.6%	58.5%
% 75-84 years		19.4%	28.6%
% 85 years or older		0.9%	12.9%
Gender (65+ population)			
% female		47.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		74.9%	58.5%
% divorced/separated		3.3%	14.0%
% widowed		18.0%	22.9%
% never married		3.8%	4.6%
Education (65+ population)			
% with less than high school education		16.6%	12.3%
% with high school or some college		62.6%	57.1%
% with college degree		20.9%	30.6%
% of 65+ population living alone		16.1%	26.1%
% of 65+ population who speak only English at home		92.4%	91.3%
% of 65+ population who are veterans of military service		29.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese	B	12.7%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		7.6%	9.2%
% 65+ with poor supermarket access		5.7%	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		8.0%	6.9%
% 65+ with depression	B	24.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes		27.1%	28.2%
% 65+ with stroke	B	6.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.5%	13.0%
% 65+ with hypertension		66.9%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		31.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		13.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.5%	49.1%
% 65+ with osteoporosis	B	11.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	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		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		31.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.6%	20.8%
% 65+ with anemia	B	29.7%	37.3%
% 65+ with chronic kidney disease	B	16.1%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.0%	22.9%
% 65+ with cataract	B	55.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.0%	14.4%
% 65+ with self-reported vision difficulty		6.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		16.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		10.0%	5.6%
% 65+ with self-reported independent living difficulty		6.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.4%	7.9%
% dually eligible for Medicare and Medicaid		5.7%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		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	*	3.4	6.3
Emergency room visits/1000 persons 65+ years per year		573	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		78	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.9%	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)		3	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		63.2%	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)		70.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		56.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		177	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		5,452	2,012
% 65+ who own a motor vehicle		98.4%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		11	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		5.4%	5.7%
% 65+ employed past year		20.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.0%	18.2%
% households with annual income $20,000-$49,999		38.4%	36.5%
% households with annual income > $50,000		49.6%	45.3%
% 60+ own home		95.6%	79.9%
% 60+ have mortgage on home		31.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		8.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Clarksville (Coös)

Clarksville is a rural town in northern New Hampshire that is home to Crystal Mountain. There are 70 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and hearing impairment. However, they had higher rates of tooth loss and hypertension. They are less likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic physical activity, having an annual dental exam, or wearing a seatbelt while driving. A community resource to support healthy aging is a home health agency.
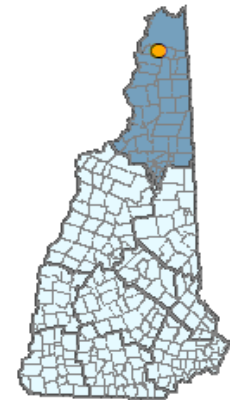
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		284	1,327,503
Population 60 years or older as % of total population		29.9%	22.7%
Total population 60 years or older		85	301,630
Population 65 years or older as % of total population		24.6%	15.8%
Total population 65 years or older		70	210,385
% 65-74 years		80.0%	58.5%
% 75-84 years		12.9%	28.6%
% 85 years or older		7.1%	12.9%
Gender (65+ population)			
% female		51.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.0%	58.5%
% divorced/separated		4.3%	14.0%
% widowed		24.3%	22.9%
% never married		11.4%	4.6%
Education (65+ population)			
% with less than high school education		22.9%	12.3%
% with high school or some college		68.6%	57.1%
% with college degree		8.6%	30.6%
% of 65+ population living alone		14.3%	26.1%
% of 65+ population who speak only English at home		92.9%	91.3%
% of 65+ population who are veterans of military service		14.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	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		1.4%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		18.3%	16.7%
% 65+ with high cholesterol		73.2%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		0.2%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.6%	6.9%
% 65+ with depression	B	23.0%	28.8%
% 65+ with anxiety disorders		19.5%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	5.5%	12.0%
% 65+ with diabetes		29.3%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.7%	20.5%
% 65+ with asthma		11.8%	13.0%
% 65+ with hypertension	W	80.0%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		31.6%	34.3%
% 65+ with congestive heart failure		19.1%	17.7%
% 65+ with atrial fibrillation		14.7%	14.4%
% 65+ with peripheral vascular disease		12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.1%	49.1%
% 65+ with osteoporosis	B	10.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	23.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		22.1%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease		18.9%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.6%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	15.8%	22.9%
% 65+ with cataract	B	49.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		50.6%	54.4%
% 65+ with 0 chronic conditions		9.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.7%	14.4%
% 65+ with self-reported vision difficulty		5.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.6%	6.9%
% 65+ with self-reported ambulatory difficulty		14.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty		7.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.8%	7.9%
% dually eligible for Medicare and Medicaid		8.5%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	3.3	6.3
Emergency room visits/1000 persons 65+ years per year		627	572
Part D monthly prescription fills per person per year		47.0	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		237	237
Medicare inpatient hospital readmissions (as % of admissions)		16.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		92	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	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)		3	N/A
% of grandparents raising grandchildren		3.1%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		68.9%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		52.0%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		83.3%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		7.1%	5.4%
% 60+ receiving food stamps past year		12.1%	5.7%
% 65+ employed past year		12.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.2%	18.2%
% households with annual income $20,000-$49,999		33.3%	36.5%
% households with annual income > $50,000		40.5%	45.3%
% 60+ own home		92.3%	79.9%
% 60+ have mortgage on home		48.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		38.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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.

Colebrook (Coös)

Colebrook is a rural town in northern New Hampshire and home to Beaver Brook Falls Natural Area. There are 449 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, osteoarthritis/rheumatoid arthritis, breast cancer, traumatic brain injury, glaucoma, cataracts, and hearing impairment. However, they had higher rates of tooth loss, tobacco use disorders, chronic obstructive pulmonary disease, hypertension, and congestive heart failure. They are less likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic physical activity, having an annual dental exam, or wearing a seatbelt while driving. Community resources to support healthy aging include 10 primary care providers and a hospital within 5 miles, 2 home health agencies, a community health center, an assisted living site, and a public library.
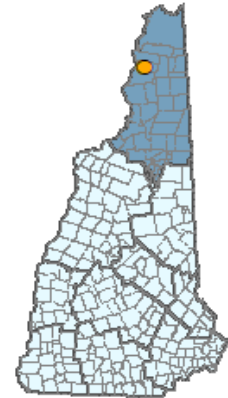
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,225	1,327,503
Population 60 years or older as % of total population		28.3%	22.7%
Total population 60 years or older		629	301,630
Population 65 years or older as % of total population		20.2%	15.8%
Total population 65 years or older		449	210,385
% 65-74 years		70.6%	58.5%
% 75-84 years		19.2%	28.6%
% 85 years or older		10.2%	12.9%
Gender (65+ population)			
% female		48.1%	54.7%
Race/Ethnicity (65+ population)			
% White		94.7%	97.7%
% African American		0.0%	0.5%
% Asian		2.7%	0.9%
% Other		2.7%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.0%	58.5%
% divorced/separated		12.0%	14.0%
% widowed		17.6%	22.9%
% never married		1.3%	4.6%
Education (65+ population)			
% with less than high school education		12.0%	12.3%
% with high school or some college		68.6%	57.1%
% with college degree		19.4%	30.6%
% of 65+ population living alone		26.7%	26.1%
% of 65+ population who speak only English at home		78.6%	91.3%
% of 65+ population who are veterans of military service		27.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		6.7%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol		70.3%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		6.3%	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		7.6%	6.9%
% 65+ with depression		27.8%	28.8%
% 65+ with anxiety disorders		21.3%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	13.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		30.6%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension	W	74.1%	70.2%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure	W	24.5%	17.7%
% 65+ with atrial fibrillation		15.2%	14.4%
% 65+ with peripheral vascular disease		15.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	6.9%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		5.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	16.9%	22.9%
% 65+ with cataract	B	54.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.7%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		19.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	14.4%
% 65+ with self-reported vision difficulty		8.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty	W	14.3%	6.9%
% 65+ with self-reported ambulatory difficulty		15.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		2.4%	5.6%
% 65+ with self-reported independent living difficulty		10.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	0.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.8%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	5.4%
# of primary care providers within 5 miles		10	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	2.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	677	572
Part D monthly prescription fills per person per year		50.8	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		80	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	6.3%	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)		3	N/A
% of grandparents raising grandchildren		2.0%	0.8%
% of grandparents who live with grandchildren		3.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		30.4%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		41.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		180	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,063	2,012
% 65+ who own a motor vehicle		88.2%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		5	151
# of fatal crashes involving adult age 60+/county		11	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		7.9%	5.7%
% 65+ employed past year		41.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.9%	18.2%
% households with annual income $20,000-$49,999		39.1%	36.5%
% households with annual income > $50,000		34.0%	45.3%
% 60+ own home		71.1%	79.9%
% 60+ have mortgage on home		20.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Columbia (Coös)

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

Columbia is a rural town in Coos County located along the Connecticut River. There are 164 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, osteoarthritis/rheumatoid arthritis, breast cancer, benign prostatic hyperplasia, traumatic brain injury, glaucoma, cataracts, and hearing impairment. However, they had higher rates of tooth loss, tobacco use disorders, chronic obstructive pulmonary disease, hypertension, and congestive heart failure. They are less likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic physical activity, or having an annual dental exam. Community resources to support healthy aging include 10 primary care providers within 5 miles, and 2 home health agencies.
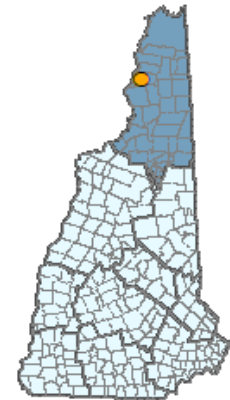
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		702	1,327,503
Population 60 years or older as % of total population		28.6%	22.7%
Total population 60 years or older		201	301,630
Population 65 years or older as % of total population		23.4%	15.8%
Total population 65 years or older		164	210,385
% 65-74 years		67.1%	58.5%
% 75-84 years		30.5%	28.6%
% 85 years or older		2.4%	12.9%
Gender (65+ population)			
% female		53.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		57.3%	58.5%
% divorced/separated		17.1%	14.0%
% widowed		20.1%	22.9%
% never married		5.5%	4.6%
Education (65+ population)			
% with less than high school education		17.1%	12.3%
% with high school or some college		73.2%	57.1%
% with college degree		9.8%	30.6%
% of 65+ population living alone		28.3%	26.1%
% of 65+ population who speak only English at home		95.1%	91.3%
% of 65+ population who are veterans of military service		24.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		1.2%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol		70.3%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		6.3%	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		7.6%	6.9%
% 65+ with depression		27.8%	28.8%
% 65+ with anxiety disorders		21.3%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	13.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		30.6%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension	W	74.1%	70.2%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure	W	24.5%	17.7%
% 65+ with atrial fibrillation		15.2%	14.4%
% 65+ with peripheral vascular disease		15.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	6.9%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		5.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	16.9%	22.9%
% 65+ with cataract	B	54.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.7%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	14.4%
% 65+ with self-reported vision difficulty		5.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		9.8%	6.9%
% 65+ with self-reported ambulatory difficulty	B	10.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty		11.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	0.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.8%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	5.4%
# of primary care providers within 5 miles		10	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	2.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	677	572
Part D monthly prescription fills per person per year		50.8	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		80	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	6.3%	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)		3	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		35.1%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		44.3%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.3%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		7.3%	5.4%
% 60+ receiving food stamps past year		5.6%	5.7%
% 65+ employed past year		25.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		37.6%	18.2%
% households with annual income $20,000-$49,999		25.6%	36.5%
% households with annual income > $50,000		36.8%	45.3%
% 60+ own home		95.6%	79.9%
% 60+ have mortgage on home		19.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		27.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Dalton (Coös)

Dalton is a rural town in Coös County that is home to Forest Lake State Park. There are 247 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis, lung cancer, and breast cancer. However, they had higher rates of depression, schizophrenia and other psychotic disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, ischemic heart disease, congestive heart failure, and peripheral vascular disease. Community resources to support healthy aging include 2 home health agencies and 2 primary care providers within 5 miles and a public library.
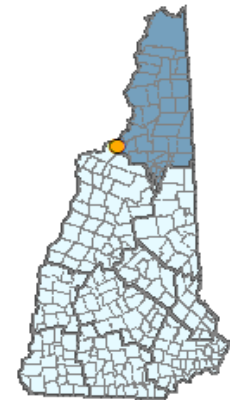
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		959	1,327,503
Population 60 years or older as % of total population		34.8%	22.7%
Total population 60 years or older		334	301,630
Population 65 years or older as % of total population		25.8%	15.8%
Total population 65 years or older		247	210,385
% 65-74 years		75.7%	58.5%
% 75-84 years		18.2%	28.6%
% 85 years or older		6.1%	12.9%
Gender (65+ population)			
% female		49.0%	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		68.0%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		13.8%	22.9%
% never married		4.0%	4.6%
Education (65+ population)			
% with less than high school education		21.5%	12.3%
% with high school or some college		58.7%	57.1%
% with college degree		19.8%	30.6%
% of 65+ population living alone		15.8%	26.1%
% of 65+ population who speak only English at home		95.1%	91.3%
% of 65+ population who are veterans of military service		25.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	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		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		16.1%	16.7%
% 65+ with high cholesterol		72.3%	72.2%
% 60+ excessive drinking		7.6%	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		8.0%	6.9%
% 65+ with depression	W	33.2%	28.8%
% 65+ with anxiety disorders		22.1%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	8.3%	5.5%
% 65+ with tobacco use disorders	W	14.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.6%	12.0%
% 65+ with diabetes	W	33.1%	28.2%
% 65+ with stroke		12.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.6%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		71.3%	70.2%
% 65+ ever had a heart attack		6.1%	4.5%
% 65+ with ischemic heart disease	W	38.5%	34.3%
% 65+ with congestive heart failure	W	23.4%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	W	20.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.0%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	B	7.0%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia		32.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		22.8%	20.8%
% 65+ with anemia		38.9%	37.3%
% 65+ with chronic kidney disease		22.8%	22.3%
% 65+ with liver diseases		8.0%	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		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.0%	22.9%
% 65+ with cataract		61.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		9.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.0%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.2%	14.4%
% 65+ with self-reported vision difficulty		7.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.9%	6.9%
% 65+ with self-reported ambulatory difficulty		22.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		10.5%	5.6%
% 65+ with self-reported independent living difficulty		15.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.1%	7.9%
% dually eligible for Medicare and Medicaid	*	21.8%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		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	*	3.1	6.3
Emergency room visits/1000 persons 65+ years per year		677	572
Part D monthly prescription fills per person per year	*	58.0	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		225	237
Medicare inpatient hospital readmissions (as % of admissions)	*	8.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		101	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	12.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		3	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		3.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		25.6%	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)		70.0%	93.0%
% 60+ who used Internet in last month		72.9%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		107	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		965	2,012
% 65+ who own a motor vehicle		97.7%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		16.5%	5.7%
% 65+ employed past year		19.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		7.6%	18.2%
% households with annual income $20,000-$49,999		50.0%	36.5%
% households with annual income > $50,000		42.4%	45.3%
% 60+ own home		87.6%	79.9%
% 60+ have mortgage on home		22.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		9.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Dummer (Coös)

Dummer is a rural town in Coös County that is home to the Pontook Reservoir. There are 80 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, bipolar disorders, personality disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, hypertension, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and visual impairment. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for both aerobic and muscle-strengthening physical activities, meeting the CDC guidelines for preventative health screening goals, and having an annual dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
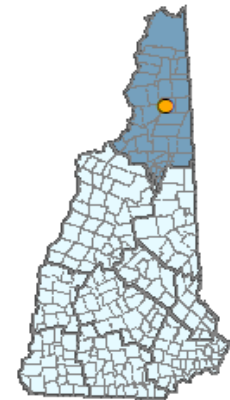
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		247	1,327,503
Population 60 years or older as % of total population		40.5%	22.7%
Total population 60 years or older		100	301,630
Population 65 years or older as % of total population		32.4%	15.8%
Total population 65 years or older		80	210,385
% 65-74 years		71.3%	58.5%
% 75-84 years		23.8%	28.6%
% 85 years or older		5.0%	12.9%
Gender (65+ population)			
% female		40.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	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		75.0%	58.5%
% divorced/separated		6.3%	14.0%
% widowed		12.5%	22.9%
% never married		6.3%	4.6%
Education (65+ population)			
% with less than high school education		15.0%	12.3%
% with high school or some college		77.5%	57.1%
% with college degree		7.5%	30.6%
% of 65+ population living alone		22.5%	26.1%
% of 65+ population who speak only English at home		72.5%	91.3%
% of 65+ population who are veterans of military service		43.8%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.3%	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	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese	B	10.4%	16.7%
% 65+ with high cholesterol		70.1%	72.2%
% 60+ excessive drinking		7.2%	9.2%
% 65+ with poor supermarket access		45.5%	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		8.1%	6.9%
% 65+ with depression	B	18.3%	28.8%
% 65+ with anxiety disorders	B	12.5%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		25.7%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.7%	20.5%
% 65+ with asthma	B	9.4%	13.0%
% 65+ with hypertension	B	65.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		32.2%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation		12.4%	14.4%
% 65+ with peripheral vascular disease		13.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	41.5%	49.1%
% 65+ with osteoporosis	B	11.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.1%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		19.7%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	15.5%	22.3%
% 65+ with liver diseases		5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.7%	22.9%
% 65+ with cataract	B	54.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	44.2%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	14.4%
% 65+ with self-reported vision difficulty		1.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		1.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	7.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		2.5%	5.6%
% 65+ with self-reported independent living difficulty		2.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.5%	7.9%
% dually eligible for Medicare and Medicaid		6.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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	*	2.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	459	572
Part D monthly prescription fills per person per year		47.6	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	142	237
Medicare inpatient hospital readmissions (as % of admissions)		11.5%	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		2.5%	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)		3	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		59.2%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		95.8%	91.0%
% 60+ who always drive wearing a seatbelt	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		3.8%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		28.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.6%	18.2%
% households with annual income $20,000-$49,999		60.4%	36.5%
% households with annual income > $50,000		25.0%	45.3%
% 60+ own home		92.2%	79.9%
% 60+ have mortgage on home		32.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		6.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Errol (Coös)

Errol is a rural town in Coös County that includes half of Umbagog Lake. There are 93 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, personality disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, hypertension, asthma, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and visual impairment. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic and muscle-strengthening physical activities, meeting the CDC guidelines for preventative health screening goals, having an annual dental exam, and always wearing a seatbelt while driving. 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		269	1,327,503
Population 60 years or older as % of total population		48.0%	22.7%
Total population 60 years or older		129	301,630
Population 65 years or older as % of total population		34.6%	15.8%
Total population 65 years or older		93	210,385
% 65-74 years		67.7%	58.5%
% 75-84 years		31.2%	28.6%
% 85 years or older		1.1%	12.9%
Gender (65+ population)			
% female		34.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.1%	58.5%
% divorced/separated		20.4%	14.0%
% widowed		14.0%	22.9%
% never married		6.5%	4.6%
Education (65+ population)			
% with less than high school education		17.2%	12.3%
% with high school or some college		60.2%	57.1%
% with college degree		22.6%	30.6%
% of 65+ population living alone		30.1%	26.1%
% of 65+ population who speak only English at home		79.6%	91.3%
% of 65+ population who are veterans of military service		40.9%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.3%	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	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese	B	10.4%	16.7%
% 65+ with high cholesterol		70.1%	72.2%
% 60+ excessive drinking		7.2%	9.2%
% 65+ with poor supermarket access		45.5%	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		8.1%	6.9%
% 65+ with depression	B	18.3%	28.8%
% 65+ with anxiety disorders	B	12.5%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		25.7%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.7%	20.5%
% 65+ with asthma	B	9.4%	13.0%
% 65+ with hypertension	B	65.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		32.2%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation		12.4%	14.4%
% 65+ with peripheral vascular disease		13.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	41.5%	49.1%
% 65+ with osteoporosis	B	11.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.1%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		19.7%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	15.5%	22.3%
% 65+ with liver diseases		5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.7%	22.9%
% 65+ with cataract	B	54.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	44.2%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		2.2%	6.9%
% 65+ with self-reported ambulatory difficulty		19.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		2.2%	5.6%
% 65+ with self-reported independent living difficulty		8.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.5%	7.9%
% dually eligible for Medicare and Medicaid		6.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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

	BETER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	2.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	459	572
Part D monthly prescription fills per person per year		47.6	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	142	237
Medicare inpatient hospital readmissions (as % of admissions)		11.5%	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		2.5%	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)		3	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		65.2%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		77.6%	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)		31	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	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		11.8%	5.4%
% 60+ receiving food stamps past year		6.4%	5.7%
% 65+ employed past year		30.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.8%	18.2%
% households with annual income $20,000-$49,999		42.9%	36.5%
% households with annual income > $50,000		30.4%	45.3%
% 60+ own home		90.8%	79.9%
% 60+ have mortgage on home		33.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Gorham (Coös)

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

Gorham is a rural town in northern New Hampshire adjacent to the Presidential Mountain Range. There are 548 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, personality disorders, substance use disorders, Alzheimer's disease or related dementias, osteoporosis, benign prostatic hyperplasia, hypothyroidism, liver diseases, migraine, traumatic brain injury, and visual impairment. However, they had higher rates of tooth loss, chronic obstructive pulmonary disease, and heart attack. Relative to the state, they are less likely to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for both aerobic and muscle-strengthening physical activities, meeting the CDC preventable health screening goals, having an annual dental exam, and always wearing a seatbelt when driving. Community resources to support healthy aging include 7 primary care providers within 5 miles, a community health center, 4 home health agencies, and a public library.
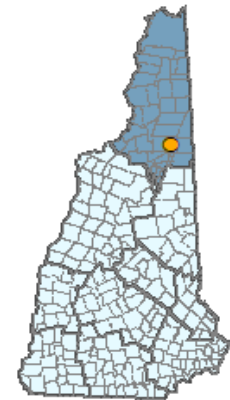
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,699	1,327,503
Population 60 years or older as % of total population		29.6%	22.7%
Total population 60 years or older		798	301,630
Population 65 years or older as % of total population		20.3%	15.8%
Total population 65 years or older		548	210,385
% 65-74 years		45.8%	58.5%
% 75-84 years		38.0%	28.6%
% 85 years or older		16.2%	12.9%
Gender (65+ population)			
% female		55.3%	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		1.5%	0.9%
Marital Status (65+ population)			
% married		59.1%	58.5%
% divorced/separated		8.8%	14.0%
% widowed		29.4%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		15.9%	12.3%
% with high school or some college		69.7%	57.1%
% with college degree		14.4%	30.6%
% of 65+ population living alone		36.9%	26.1%
% of 65+ population who speak only English at home		79.7%	91.3%
% of 65+ population who are veterans of military service		17.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.9%	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	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese		18.8%	16.7%
% 65+ with high cholesterol		73.0%	72.2%
% 60+ excessive drinking		7.2%	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		8.1%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.7%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.1%	5.5%
% 65+ with tobacco use disorders		11.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.8%	12.0%
% 65+ with diabetes		28.1%	28.2%
% 65+ with stroke		10.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.9%	20.5%
% 65+ with asthma		13.7%	13.0%
% 65+ with hypertension		70.5%	70.2%
% 65+ ever had a heart attack	W	6.9%	4.5%
% 65+ with ischemic heart disease		37.2%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		16.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	49.1%
% 65+ with osteoporosis	B	12.0%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		8.1%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.5%	20.8%
% 65+ with anemia		34.0%	37.3%
% 65+ with chronic kidney disease		21.2%	22.3%
% 65+ with liver diseases	B	4.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.7%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.4%	22.9%
% 65+ with cataract		58.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.0%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	14.4%
% 65+ with self-reported vision difficulty		7.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty	W	31.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		8.4%	5.6%
% 65+ with self-reported independent living difficulty		16.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.3%	7.9%
% dually eligible for Medicare and Medicaid		8.8%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	5.4%
# of primary care providers within 5 miles		7	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		1	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	*	1.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	721	572
Part D monthly prescription fills per person per year		48.1	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		281	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		110	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.2%	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)		3	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		1.6%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		52.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		166	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,464	2,012
% 65+ who own a motor vehicle		77.1%	91.0%
% 60+ who always drive wearing a seatbelt	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		11	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		8.8%	5.7%
% 65+ employed past year		25.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		37.9%	18.2%
% households with annual income $20,000-$49,999		46.7%	36.5%
% households with annual income > $50,000		15.5%	45.3%
% 60+ own home		72.5%	79.9%
% 60+ have mortgage on home		16.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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

Jefferson (Coös)

Jefferson is a rural town located in Coös County and home to Santa's Village and Fort Jefferson Fun Park theme parks. There are 183 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, congestive heart failure, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, and cataracts. However, they had higher rates of tooth loss, schizophrenia and other psychotic disorders. Relative to the state, they are less likely to take the health promotion steps of following the CDC guidelines for both aerobic and muscle-strengthening activity or having an annual dental exam. Community resources to support healthy aging include a home health agency and a public library.
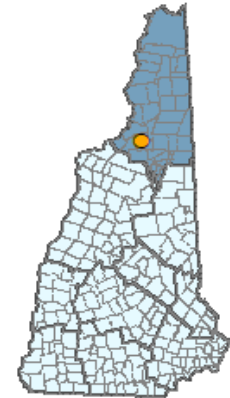
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		978	1,327,503
Population 60 years or older as % of total population		32.0%	22.7%
Total population 60 years or older		313	301,630
Population 65 years or older as % of total population		18.7%	15.8%
Total population 65 years or older		183	210,385
% 65-74 years		73.2%	58.5%
% 75-84 years		21.9%	28.6%
% 85 years or older		4.9%	12.9%
Gender (65+ population)			
% female		57.9%	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		0.0%	0.9%
Marital Status (65+ population)			
% married		55.7%	58.5%
% divorced/separated		6.6%	14.0%
% widowed		26.2%	22.9%
% never married		11.5%	4.6%
Education (65+ population)			
% with less than high school education		11.5%	12.3%
% with high school or some college		57.9%	57.1%
% with college degree		30.6%	30.6%
% of 65+ population living alone		37.7%	26.1%
% of 65+ population who speak only English at home		98.9%	91.3%
% of 65+ population who are veterans of military service		19.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		0.0%	3.6%
% moved from different county in New Hampshire		3.8%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese	B	12.7%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		5.7%	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		7.6%	6.9%
% 65+ with depression	B	24.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes		27.1%	28.2%
% 65+ with stroke	B	6.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.5%	13.0%
% 65+ with hypertension		66.9%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		31.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		13.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.5%	49.1%
% 65+ with osteoporosis	B	11.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	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		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		31.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.6%	20.8%
% 65+ with anemia	B	29.7%	37.3%
% 65+ with chronic kidney disease	B	16.1%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.0%	22.9%
% 65+ with cataract	B	55.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		4.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.0%	14.4%
% 65+ with self-reported vision difficulty		1.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		3.8%	6.9%
% 65+ with self-reported ambulatory difficulty		20.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		4.9%	5.6%
% 65+ with self-reported independent living difficulty		11.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.4%	7.9%
% dually eligible for Medicare and Medicaid		5.7%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	3.4	6.3
Emergency room visits/1000 persons 65+ years per year		573	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		78	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.9%	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)		3	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		32.9%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		60.1%	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)		31	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	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		11	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		7.1%	5.4%
% 60+ receiving food stamps past year		3.6%	5.7%
% 65+ employed past year		27.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		28.2%	18.2%
% households with annual income $20,000-$49,999		28.2%	36.5%
% households with annual income > $50,000		43.5%	45.3%
% 60+ own home		88.4%	79.9%
% 60+ have mortgage on home		48.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.6%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Lancaster (Coös)

Lancaster is a rural town located in Coös County that is known for its boutique-lined Main Street. There are 659 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis and lung cancer. However, they had higher rates of tooth loss, depression, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, hypertension, heart attack, ischemic heart disease, and peripheral vascular disease. Relative to the state, they are less likely to take the health promotion steps of meeting the CDC guidelines for both aerobic and muscle-strengthening physical activities or having annual dental exams. Community resources to support healthy aging include 4 primary care providers within 5 miles, a hospital, a nursing home within 5 miles, 2 home health agencies, an assisted living site, and a public library.
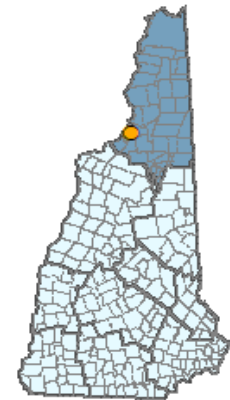
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,381	1,327,503
Population 60 years or older as % of total population		28.2%	22.7%
Total population 60 years or older		952	301,630
Population 65 years or older as % of total population		19.5%	15.8%
Total population 65 years or older		659	210,385
% 65-74 years		57.5%	58.5%
% 75-84 years		27.9%	28.6%
% 85 years or older		14.6%	12.9%
Gender (65+ population)			
% female		59.2%	54.7%
Race/Ethnicity (65+ population)			
% White		99.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		48.1%	58.5%
% divorced/separated		12.9%	14.0%
% widowed		35.4%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		10.9%	12.3%
% with high school or some college		65.6%	57.1%
% with college degree		23.5%	30.6%
% of 65+ population living alone		29.8%	26.1%
% of 65+ population who speak only English at home		92.6%	91.3%
% of 65+ population who are veterans of military service		17.5%	24.8%
Age-sex adjusted 1-year mortality rate		5.5%	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		1.8%	3.6%
% moved from different county in New Hampshire		0.9%	1.0%
% moved from different state		0.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol		75.8%	72.2%
% 60+ excessive drinking		11.4%	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		7.6%	6.9%
% 65+ with depression	W	35.9%	28.8%
% 65+ with anxiety disorders		24.1%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.5%	12.0%
% 65+ with diabetes	W	35.6%	28.2%
% 65+ with stroke		12.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.3%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension	W	74.0%	70.2%
% 65+ ever had a heart attack	W	8.3%	4.5%
% 65+ with ischemic heart disease	W	40.6%	34.3%
% 65+ with congestive heart failure		20.2%	17.7%
% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with peripheral vascular disease	W	22.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.5%	49.1%
% 65+ with osteoporosis		19.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		7.7%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		10.0%	11.5%
% 65+ with benign prostatic hyperplasia		34.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.8%	20.8%
% 65+ with anemia		39.0%	37.3%
% 65+ with chronic kidney disease		25.1%	22.3%
% 65+ with liver diseases		7.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.7%	22.9%
% 65+ with cataract		60.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.0%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	7.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		8.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		12.1%	6.9%
% 65+ with self-reported ambulatory difficulty		18.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		3.0%	5.6%
% 65+ with self-reported independent living difficulty		8.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.2%	7.9%
% dually eligible for Medicare and Medicaid	*	17.2%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	5.4%
# of primary care providers within 5 miles		4	2,961
# of hospitals within 5 miles		1	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	*	2.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	759	572
Part D monthly prescription fills per person per year	*	57.5	49.1
Home health visits per year		3.4	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		278	237
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	181	76
# skilled nursing home Medicare beds/1000 persons 65+ years		116	33
% 65+ getting Medicaid long term services and supports	*	8.7%	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)		3	N/A
% of grandparents raising grandchildren		2.4%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		12.6%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		45.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		118	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,877	2,012
% 65+ who own a motor vehicle		85.4%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		11	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		5.8%	5.4%
% 60+ receiving food stamps past year		6.3%	5.7%
% 65+ employed past year		29.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		20.7%	18.2%
% households with annual income $20,000-$49,999		36.4%	36.5%
% households with annual income > $50,000		42.8%	45.3%
% 60+ own home		86.3%	79.9%
% 60+ have mortgage on home		20.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Milan (Coös)

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

Milan is a rural town in Coös County that is home to Milan Hill State Park. There are 216 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, personality disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, hypertension, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and visual impairment. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of always wearing a seatbelt when driving, engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic and muscle-strengthening physical activities (relative to the state estimate), meeting the CDC preventive health screening goals, or having an annual dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
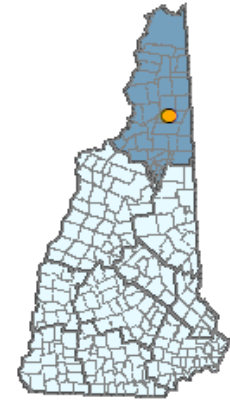
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,396	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		324	301,630
Population 65 years or older as % of total population		15.5%	15.8%
Total population 65 years or older		216	210,385
% 65-74 years		72.2%	58.5%
% 75-84 years		21.3%	28.6%
% 85 years or older		6.5%	12.9%
Gender (65+ population)			
% female		42.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.0%	58.5%
% divorced/separated		6.9%	14.0%
% widowed		21.3%	22.9%
% never married		2.8%	4.6%
Education (65+ population)			
% with less than high school education		15.7%	12.3%
% with high school or some college		54.6%	57.1%
% with college degree		29.6%	30.6%
% of 65+ population living alone		18.5%	26.1%
% of 65+ population who speak only English at home		69.4%	91.3%
% of 65+ population who are veterans of military service		32.9%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.3%	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		1.9%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		2.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese	B	10.4%	16.7%
% 65+ with high cholesterol		70.1%	72.2%
% 60+ excessive drinking		7.2%	9.2%
% 65+ with poor supermarket access		45.5%	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		8.1%	6.9%
% 65+ with depression	B	18.3%	28.8%
% 65+ with anxiety disorders	B	12.5%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		25.7%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.7%	20.5%
% 65+ with asthma	B	9.4%	13.0%
% 65+ with hypertension	B	65.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		32.2%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation		12.4%	14.4%
% 65+ with peripheral vascular disease		13.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	41.5%	49.1%
% 65+ with osteoporosis	B	11.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.1%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		19.7%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	15.5%	22.3%
% 65+ with liver diseases		5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.8%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.7%	22.9%
% 65+ with cataract	B	54.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	44.2%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	25.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		1.4%	6.9%
% 65+ with self-reported ambulatory difficulty		22.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		1.9%	5.6%
% 65+ with self-reported independent living difficulty		8.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.5%	7.9%
% dually eligible for Medicare and Medicaid		6.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	2.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	459	572
Part D monthly prescription fills per person per year		47.6	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	142	237
Medicare inpatient hospital readmissions (as % of admissions)		11.5%	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		2.5%	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)		3	N/A
% of grandparents raising grandchildren		1.8%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		30.2%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		48.7%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.9%	91.0%
% 60+ who always drive wearing a seatbelt	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		11	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		5.1%	5.4%
% 60+ receiving food stamps past year		5.7%	5.7%
% 65+ employed past year		14.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		20.9%	18.2%
% households with annual income $20,000-$49,999		40.0%	36.5%
% households with annual income > $50,000		39.1%	45.3%
% 60+ own home		85.9%	79.9%
% 60+ have mortgage on home		26.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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).*

Northumberland (Coös)

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

Northumberland is a town located in northern New Hampshire and is home to the Groveton Covered Bridge. There are 451 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, benign prostatic hyperplasia, hypothyroidism, and traumatic brain injury. However, they had higher rates of tooth loss, high cholesterol, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, heart attack, ischemic heart disease, peripheral vascular disease, and chronic kidney disease. They are less likely to take the health promotion steps of meeting the CDC guidelines for muscle-strengthening and aerobic physical activities, have an annual dental exam or always wearing a seatbelt while driving. Community resources to support healthy aging include a home health agency, and a public library.
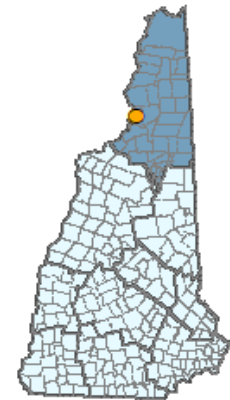
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,243	1,327,503
Population 60 years or older as % of total population		29.3%	22.7%
Total population 60 years or older		657	301,630
Population 65 years or older as % of total population		20.1%	15.8%
Total population 65 years or older		451	210,385
% 65-74 years		60.3%	58.5%
% 75-84 years		25.9%	28.6%
% 85 years or older		13.7%	12.9%
Gender (65+ population)			
% female		51.9%	54.7%
Race/Ethnicity (65+ population)			
% White		98.0%	97.7%
% African American		0.9%	0.5%
% Asian		0.0%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		40.8%	58.5%
% divorced/separated		18.8%	14.0%
% widowed		34.4%	22.9%
% never married		6.0%	4.6%
Education (65+ population)			
% with less than high school education		22.8%	12.3%
% with high school or some college		73.8%	57.1%
% with college degree		3.3%	30.6%
% of 65+ population living alone		37.6%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		28.6%	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		4.7%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		18.3%	16.7%
% 65+ with high cholesterol	W	77.6%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		5.9%	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		7.6%	6.9%
% 65+ with depression		30.2%	28.8%
% 65+ with anxiety disorders		22.4%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	W	14.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes	W	38.6%	28.2%
% 65+ with stroke		10.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.4%	20.5%
% 65+ with asthma		14.2%	13.0%
% 65+ with hypertension	W	76.5%	70.2%
% 65+ ever had a heart attack	W	7.7%	4.5%
% 65+ with ischemic heart disease	W	40.6%	34.3%
% 65+ with congestive heart failure		21.4%	17.7%
% 65+ with atrial fibrillation		14.7%	14.4%
% 65+ with peripheral vascular disease	W	18.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.8%	49.1%
% 65+ with osteoporosis		15.4%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.9%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.1%	20.8%
% 65+ with anemia		37.8%	37.3%
% 65+ with chronic kidney disease	W	27.8%	22.3%
% 65+ with liver diseases		5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.3%	22.9%
% 65+ with cataract		60.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.9%	54.4%
% 65+ with 0 chronic conditions		8.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	25.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.6%	14.4%
% 65+ with self-reported vision difficulty		10.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		12.6%	6.9%
% 65+ with self-reported ambulatory difficulty	W	30.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		5.5%	5.6%
% 65+ with self-reported independent living difficulty		15.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.3%	7.9%
% dually eligible for Medicare and Medicaid	*	12.1%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	2.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	928	572
Part D monthly prescription fills per person per year		54.3	49.1
Home health visits per year		3.5	2.5
Durable medical equipment claims per year	*	3.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	348	237
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	174	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		4.2%	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)		3	N/A
% of grandparents raising grandchildren		4.9%	0.8%
% of grandparents who live with grandchildren		5.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		18.1%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		39.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		393	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,633	2,012
% 65+ who own a motor vehicle		83.1%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		5.8%	5.4%
% 60+ receiving food stamps past year		7.8%	5.7%
% 65+ employed past year		22.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		35.1%	18.2%
% households with annual income $20,000-$49,999		46.7%	36.5%
% households with annual income > $50,000		18.2%	45.3%
% 60+ own home		68.4%	79.9%
% 60+ have mortgage on home		17.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		6.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Pittsburg (Coös)

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

Pittsburg is a rural town located in Coös County and the largest town by area in the state. There are 264 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and hearing impairment. However, they had higher rates of tooth loss and hypertension. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic physical activity, have an annual dental exam, or always wear a seatbelt while driving. Community resources to support healthy aging include a home health agency and a public library.
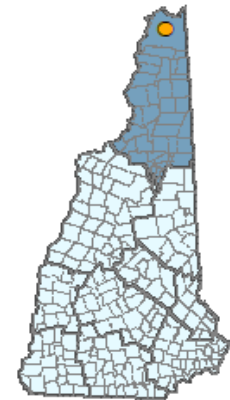
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		832	1,327,503
Population 60 years or older as % of total population		45.3%	22.7%
Total population 60 years or older		377	301,630
Population 65 years or older as % of total population		31.7%	15.8%
Total population 65 years or older		264	210,385
% 65-74 years		72.7%	58.5%
% 75-84 years		19.7%	28.6%
% 85 years or older		7.6%	12.9%
Gender (65+ population)			
% female		44.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		70.8%	58.5%
% divorced/separated		9.1%	14.0%
% widowed		14.4%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		17.8%	12.3%
% with high school or some college		70.5%	57.1%
% with college degree		11.7%	30.6%
% of 65+ population living alone		23.5%	26.1%
% of 65+ population who speak only English at home		84.5%	91.3%
% of 65+ population who are veterans of military service		25.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	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		1.5%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		18.3%	16.7%
% 65+ with high cholesterol		73.2%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		0.2%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.6%	6.9%
% 65+ with depression	B	23.0%	28.8%
% 65+ with anxiety disorders		19.5%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	5.5%	12.0%
% 65+ with diabetes		29.3%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.7%	20.5%
% 65+ with asthma		11.8%	13.0%
% 65+ with hypertension	W	80.0%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		31.6%	34.3%
% 65+ with congestive heart failure		19.1%	17.7%
% 65+ with atrial fibrillation		14.7%	14.4%
% 65+ with peripheral vascular disease		12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.1%	49.1%
% 65+ with osteoporosis	B	10.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	23.8%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		22.1%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease		18.9%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.6%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	15.8%	22.9%
% 65+ with cataract	B	49.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		50.6%	54.4%
% 65+ with 0 chronic conditions		9.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.7%	14.4%
% 65+ with self-reported vision difficulty		14.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		3.4%	6.9%
% 65+ with self-reported ambulatory difficulty	B	10.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		4.5%	5.6%
% 65+ with self-reported independent living difficulty		5.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.8%	7.9%
% dually eligible for Medicare and Medicaid		8.5%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	3.3	6.3
Emergency room visits/1000 persons 65+ years per year		627	572
Part D monthly prescription fills per person per year		47.0	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		237	237
Medicare inpatient hospital readmissions (as % of admissions)		16.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		92	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	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)		3	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		76.5%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		52.4%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		92.0%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		9.5%	5.4%
% 60+ receiving food stamps past year		5.0%	5.7%
% 65+ employed past year		22.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		28.8%	18.2%
% households with annual income $20,000-$49,999		42.3%	36.5%
% households with annual income > $50,000		28.8%	45.3%
% 60+ own home		84.7%	79.9%
% 60+ have mortgage on home		34.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		11.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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.

Randolph (Coös)

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

Randolph is a rural town in Coös County situated within the White Mountain National Forest. There are 143 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, congestive heart failure, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, and cataracts. However, they had higher rates of tooth loss, and schizophrenia and other psychotic disorders. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic physical activities, getting an annual dental exam and always wearing a seatbelt while driving. Community resources to support healthy aging include a home health agency, and a public library.
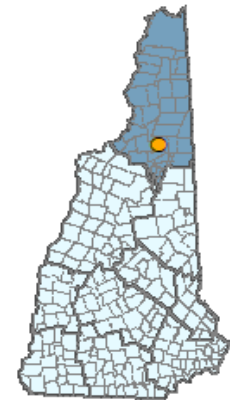
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		401	1,327,503
Population 60 years or older as % of total population		47.4%	22.7%
Total population 60 years or older		190	301,630
Population 65 years or older as % of total population		35.7%	15.8%
Total population 65 years or older		143	210,385
% 65-74 years		65.0%	58.5%
% 75-84 years		30.8%	28.6%
% 85 years or older		4.2%	12.9%
Gender (65+ population)			
% female		42.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.6%	97.7%
% African American		0.0%	0.5%
% Asian		1.4%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.9%	58.5%
% divorced/separated		6.3%	14.0%
% widowed		14.7%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		3.5%	12.3%
% with high school or some college		33.6%	57.1%
% with college degree		62.9%	30.6%
% of 65+ population living alone		19.6%	26.1%
% of 65+ population who speak only English at home		92.3%	91.3%
% of 65+ population who are veterans of military service		34.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese	B	12.7%	16.7%
% 65+ with high cholesterol		69.4%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		5.7%	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		7.6%	6.9%
% 65+ with depression	B	24.1%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes		27.1%	28.2%
% 65+ with stroke	B	6.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.0%	20.5%
% 65+ with asthma		10.5%	13.0%
% 65+ with hypertension		66.9%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		31.4%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		13.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.5%	49.1%
% 65+ with osteoporosis	B	11.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	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		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		31.5%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	16.6%	20.8%
% 65+ with anemia	B	29.7%	37.3%
% 65+ with chronic kidney disease	B	16.1%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.0%	22.9%
% 65+ with cataract	B	55.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.1%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.0%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		4.9%	6.9%
% 65+ with self-reported ambulatory difficulty		14.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		1.4%	5.6%
% 65+ with self-reported independent living difficulty		8.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.4%	7.9%
% dually eligible for Medicare and Medicaid		5.7%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	3.4	6.3
Emergency room visits/1000 persons 65+ years per year		573	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		210	237
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		78	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.9%	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)		3	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		43.1%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		60.1%	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)		31	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	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		0.7%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		33.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		9.3%	18.2%
% households with annual income $20,000-$49,999		33.7%	36.5%
% households with annual income > $50,000		57.0%	45.3%
% 60+ own home		91.7%	79.9%
% 60+ have mortgage on home		24.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		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	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Shelburne (Coös)

Shelburne is a rural town in Coös County located in the White Mountains. There are 104 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, personality disorders, substance use disorders, Alzheimer's disease or related dementias, osteoporosis, benign prostatic hyperplasia, hypothyroidism liver diseases migraine and other chronic headache, traumatic brain injury, and visual impairment. However, they had higher rates of tooth loss, chronic obstructive pulmonary disease, and heart attack. They are less likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activity, meeting CDC preventive health screening goals, getting an annual dental exam and always wearing a seatbelt while driving. Community resources to support healthy aging include 4 home health agencies, and a public library.
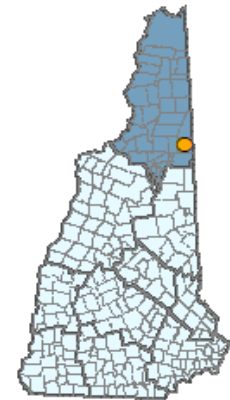
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		391	1,327,503
Population 60 years or older as % of total population		41.4%	22.7%
Total population 60 years or older		162	301,630
Population 65 years or older as % of total population		26.6%	15.8%
Total population 65 years or older		104	210,385
% 65-74 years		51.9%	58.5%
% 75-84 years		28.8%	28.6%
% 85 years or older		19.2%	12.9%
Gender (65+ population)			
% female		41.3%	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		62.5%	58.5%
% divorced/separated		10.6%	14.0%
% widowed		21.2%	22.9%
% never married		5.8%	4.6%
Education (65+ population)			
% with less than high school education		9.6%	12.3%
% with high school or some college		55.8%	57.1%
% with college degree		34.6%	30.6%
% of 65+ population living alone		31.7%	26.1%
% of 65+ population who speak only English at home		96.2%	91.3%
% of 65+ population who are veterans of military service		34.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.9%	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		1.0%	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	W	64.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.2%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	12.7%	19.9%
% 60+ getting recommended hours of sleep		64.2%	66.4%
% 60+ injured in a fall within last 12 months		11.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		24.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.2%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals	W	26.9%	40.3%
% 60+ flu shot past year		63.0%	59.3%
% 65+ with pneumonia vaccine		80.2%	77.8%
% 60+ with cholesterol screening		92.3%	95.3%
% 60+ women with a mammogram within last 2 years		75.9%	79.3%
% 60+ with colorectal cancer screening		69.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		11.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	43.3%	29.0%
% 60+ with annual dental exam	W	60.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		13.9%	20.2%
% 60+ self-reported obese		26.2%	27.2%
% 65+ clinically diagnosed obese		18.8%	16.7%
% 65+ with high cholesterol		73.0%	72.2%
% 60+ excessive drinking		7.2%	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		8.1%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.7%	21.9%
% 65+ with bipolar disorders	B	1.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.1%	5.5%
% 65+ with tobacco use disorders		11.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.8%	12.0%
% 65+ with diabetes		28.1%	28.2%
% 65+ with stroke		10.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.9%	20.5%
% 65+ with asthma		13.7%	13.0%
% 65+ with hypertension		70.5%	70.2%
% 65+ ever had a heart attack	W	6.9%	4.5%
% 65+ with ischemic heart disease		37.2%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		16.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	49.1%
% 65+ with osteoporosis	B	12.0%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		8.1%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.5%	20.8%
% 65+ with anemia		34.0%	37.3%
% 65+ with chronic kidney disease		21.2%	22.3%
% 65+ with liver diseases	B	4.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.7%	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		2.5%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.4%	22.9%
% 65+ with cataract		58.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.0%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		21.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.1%	14.4%
% 65+ with self-reported vision difficulty		1.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.4%	0.9%
% 65+ with self-reported cognition difficulty		5.8%	6.9%
% 65+ with self-reported ambulatory difficulty		20.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		4.8%	5.6%
% 65+ with self-reported independent living difficulty		15.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.3%	7.9%
% dually eligible for Medicare and Medicaid		8.8%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		8.2%	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		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	*	1.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	721	572
Part D monthly prescription fills per person per year		48.1	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		281	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		110	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.2%	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)		3	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.9%	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)		70.0%	93.0%
% 60+ who used Internet in last month		61.3%	77.6%
Voter participation rate in 2018 election (age 18+)		67.1%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.5%	91.0%
% 60+ who always drive wearing a seatbelt	W	60.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		2.9%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		26.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		13.2%	18.2%
% households with annual income $20,000-$49,999		35.3%	36.5%
% households with annual income > $50,000		51.5%	45.3%
% 60+ own home		99.0%	79.9%
% 60+ have mortgage on home		28.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Stark (Coös)

TUFTS
Health Plan
FOUNDATION

Stark is a rural town located in Coös County and centered in the Nash Stream Forest. There are 151 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, benign prostatic hyperplasia, hypothyroidism, and traumatic brain injury. However, they had higher rates of tooth loss, high cholesterol, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, heart attack, ischemic heart disease, peripheral vascular disease, and chronic kidney disease. They are less likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activities, getting an annual dental exam and always wearing a seatbelt while driving. A community resource to support healthy aging includes a home health agency.
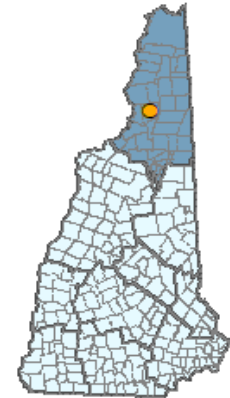
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		539	1,327,503
Population 60 years or older as % of total population		38.2%	22.7%
Total population 60 years or older		206	301,630
Population 65 years or older as % of total population		28.0%	15.8%
Total population 65 years or older		151	210,385
% 65-74 years		50.3%	58.5%
% 75-84 years		45.7%	28.6%
% 85 years or older		4.0%	12.9%
Gender (65+ population)			
% female		43.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.3%	58.5%
% divorced/separated		23.8%	14.0%
% widowed		14.6%	22.9%
% never married		3.3%	4.6%
Education (65+ population)			
% with less than high school education		19.9%	12.3%
% with high school or some college		70.2%	57.1%
% with college degree		9.9%	30.6%
% of 65+ population living alone		19.9%	26.1%
% of 65+ population who speak only English at home		92.7%	91.3%
% of 65+ population who are veterans of military service		32.5%	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		4.6%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		18.3%	16.7%
% 65+ with high cholesterol	W	77.6%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		5.9%	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		7.6%	6.9%
% 65+ with depression		30.2%	28.8%
% 65+ with anxiety disorders		22.4%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	W	14.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes	W	38.6%	28.2%
% 65+ with stroke		10.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.4%	20.5%
% 65+ with asthma		14.2%	13.0%
% 65+ with hypertension	W	76.5%	70.2%
% 65+ ever had a heart attack	W	7.7%	4.5%
% 65+ with ischemic heart disease	W	40.6%	34.3%
% 65+ with congestive heart failure		21.4%	17.7%
% 65+ with atrial fibrillation		14.7%	14.4%
% 65+ with peripheral vascular disease	W	18.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.8%	49.1%
% 65+ with osteoporosis		15.4%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.9%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.1%	20.8%
% 65+ with anemia		37.8%	37.3%
% 65+ with chronic kidney disease	W	27.8%	22.3%
% 65+ with liver diseases		5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.3%	22.9%
% 65+ with cataract		60.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.9%	54.4%
% 65+ with 0 chronic conditions		8.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	29.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.6%	14.4%
% 65+ with self-reported vision difficulty		11.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		7.9%	6.9%
% 65+ with self-reported ambulatory difficulty		28.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		11.9%	5.6%
% 65+ with self-reported independent living difficulty		5.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.3%	7.9%
% dually eligible for Medicare and Medicaid	*	12.1%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	2.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	928	572
Part D monthly prescription fills per person per year		54.3	49.1
Home health visits per year		3.5	2.5
Durable medical equipment claims per year	*	3.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	348	237
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	174	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		4.2%	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)		3	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		3.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		51.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		49.5%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		95.5%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		8.6%	5.4%
% 60+ receiving food stamps past year		17.7%	5.7%
% 65+ employed past year		22.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.0%	18.2%
% households with annual income $20,000-$49,999		67.0%	36.5%
% households with annual income > $50,000		15.9%	45.3%
% 60+ own home		93.9%	79.9%
% 60+ have mortgage on home		37.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.2%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Stewartstown (Coös)

Stewartstown is a rural town in northern New Hampshire situated between Beaver Brook Falls Wayside and Washburn Family Forest. There are 334 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, osteoarthritis/rheumatoid arthritis, breast cancer, benign prostatic hyperplasia, traumatic brain injury, glaucoma, cataracts, and hearing impairments. However, they had higher rates of tooth loss, tobacco use disorders, chronic obstructive pulmonary disease, hypertension, and congestive heart failure. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic physical activity, having an annual dental exam, or wearing a seatbelt while driving. Community resources to support healthy aging include 8 primary care providers and a nursing home within 5 miles, 2 home health agencies, and a public library.
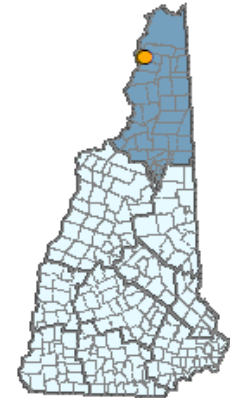
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		854	1,327,503
Population 60 years or older as % of total population		43.6%	22.7%
Total population 60 years or older		372	301,630
Population 65 years or older as % of total population		39.1%	15.8%
Total population 65 years or older		334	210,385
% 65-74 years		55.1%	58.5%
% 75-84 years		23.7%	28.6%
% 85 years or older		21.3%	12.9%
Gender (65+ population)			
% female		54.8%	54.7%
Race/Ethnicity (65+ population)			
% White		97.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.3%	58.5%
% divorced/separated		8.4%	14.0%
% widowed		24.3%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		29.0%	12.3%
% with high school or some college		57.8%	57.1%
% with college degree		13.2%	30.6%
% of 65+ population living alone		16.0%	26.1%
% of 65+ population who speak only English at home		70.1%	91.3%
% of 65+ population who are veterans of military service		24.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		10.2%	3.6%
% moved from different county in New Hampshire		3.9%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol		70.3%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		0.2%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.6%	6.9%
% 65+ with depression		27.8%	28.8%
% 65+ with anxiety disorders		21.3%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	13.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		30.6%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension	W	74.1%	70.2%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure	W	24.5%	17.7%
% 65+ with atrial fibrillation		15.2%	14.4%
% 65+ with peripheral vascular disease		15.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	6.9%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		5.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	16.9%	22.9%
% 65+ with cataract	B	54.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.7%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	23.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	14.4%
% 65+ with self-reported vision difficulty		1.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		5.4%	6.9%
% 65+ with self-reported ambulatory difficulty		14.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.6%	5.6%
% 65+ with self-reported independent living difficulty		10.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	0.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.8%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	5.4%
# of primary care providers within 5 miles		8	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	*	2.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	677	572
Part D monthly prescription fills per person per year		50.8	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		80	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	6.3%	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)		3	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		60.9%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		34.0%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.4%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		1.7%	5.7%
% 65+ employed past year		25.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		15.6%	18.2%
% households with annual income $20,000-$49,999		37.5%	36.5%
% households with annual income > $50,000		46.9%	45.3%
% 60+ own home		93.2%	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)		12.5%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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).*

Stratford (Coös)

TUFTS
Health Plan
FOUNDATION

Stratford is a rural town in Coös County located along the Connecticut River. There are 156 residents age 65+ residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, osteoarthritis/rheumatoid arthritis, breast cancer, benign prostatic hypertension, traumatic brain injury, glaucoma, cataracts, and hearing impairments. However, they had higher rates of tooth loss, tobacco use disorders, chronic obstructive pulmonary disease, hypertension, and congestive heart failure. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic activity, having an annual dental exam, or wearing a seatbelt while driving. Community resources to support healthy aging include 2 home health agencies and a public library.
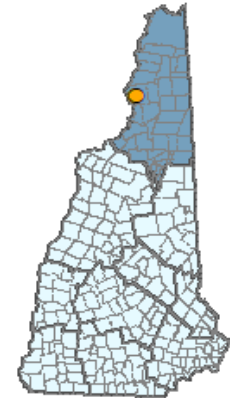
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		604	1,327,503
Population 60 years or older as % of total population		35.9%	22.7%
Total population 60 years or older		217	301,630
Population 65 years or older as % of total population		25.8%	15.8%
Total population 65 years or older		156	210,385
% 65-74 years		58.3%	58.5%
% 75-84 years		25.6%	28.6%
% 85 years or older		16.0%	12.9%
Gender (65+ population)			
% female		46.8%	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		41.0%	58.5%
% divorced/separated		15.4%	14.0%
% widowed		34.6%	22.9%
% never married		9.0%	4.6%
Education (65+ population)			
% with less than high school education		30.8%	12.3%
% with high school or some college		64.1%	57.1%
% with college degree		5.1%	30.6%
% of 65+ population living alone		42.3%	26.1%
% of 65+ population who speak only English at home		84.6%	91.3%
% of 65+ population who are veterans of military service		23.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.6%	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		1.9%	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		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol		70.3%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		5.9%	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		7.6%	6.9%
% 65+ with depression		27.8%	28.8%
% 65+ with anxiety disorders		21.3%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder		2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders	W	13.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		30.6%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension	W	74.1%	70.2%
% 65+ ever had a heart attack		5.8%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure	W	24.5%	17.7%
% 65+ with atrial fibrillation		15.2%	14.4%
% 65+ with peripheral vascular disease		15.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.0%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	6.9%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		5.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	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		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	16.9%	22.9%
% 65+ with cataract	B	54.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.7%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	24.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		7.7%	6.9%
% 65+ with self-reported ambulatory difficulty		19.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		7.7%	5.6%
% 65+ with self-reported independent living difficulty		14.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	0.9%	7.9%
% dually eligible for Medicare and Medicaid	*	14.8%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	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	*	2.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	677	572
Part D monthly prescription fills per person per year		50.8	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		80	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	6.3%	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)		3	N/A
% of grandparents raising grandchildren		3.3%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		49.2%	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)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		43.1%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		79.8%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		11	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		19.9%	5.4%
% 60+ receiving food stamps past year		20.6%	5.7%
% 65+ employed past year		10.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		35.3%	18.2%
% households with annual income $20,000-$49,999		52.1%	36.5%
% households with annual income > $50,000		12.6%	45.3%
% 60+ own home		80.8%	79.9%
% 60+ have mortgage on home		18.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.6%	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	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

Whitefield (Coös)

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

Whitefield is a town located in Coös County and home to the Mount Washington Regional Airport. There are 439 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis, lung cancer, and breast cancer. However, they had higher rates of depression, schizophrenia and other psychotic disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, ischemic heart disease, congestive heart failure, and peripheral vascular disease. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, 2 home health agencies, a community health center, an assisted living site, and a public library.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,067	1,327,503
Population 60 years or older as % of total population		30.4%	22.7%
Total population 60 years or older		629	301,630
Population 65 years or older as % of total population		21.2%	15.8%
Total population 65 years or older		439	210,385
% 65-74 years		54.2%	58.5%
% 75-84 years		33.3%	28.6%
% 85 years or older		12.5%	12.9%
Gender (65+ population)			
% female		45.8%	54.7%
Race/Ethnicity (65+ population)			
% White		96.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.6%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.3%	58.5%
% divorced/separated		22.8%	14.0%
% widowed		17.8%	22.9%
% never married		1.1%	4.6%
Education (65+ population)			
% with less than high school education		24.6%	12.3%
% with high school or some college		56.0%	57.1%
% with college degree		19.4%	30.6%
% of 65+ population living alone		38.5%	26.1%
% of 65+ population who speak only English at home		97.7%	91.3%
% of 65+ population who are veterans of military service		31.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	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		5.2%	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		73.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.3%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		16.6%	12.5%
% 60+ with physical exam/check-up in past year		83.2%	86.5%
% 60+ met CDC preventive health screening goals		38.2%	40.3%
% 60+ flu shot past year		52.1%	59.3%
% 65+ with pneumonia vaccine		74.9%	77.8%
% 60+ with cholesterol screening		92.9%	95.3%
% 60+ women with a mammogram within last 2 years		77.0%	79.3%
% 60+ with colorectal cancer screening		80.9%	77.0%
% 60+ with HIV test		16.2%	13.5%
% 60+ current smokers		10.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		33.6%	29.0%
% 60+ with annual dental exam		69.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		15.2%	20.2%
% 60+ self-reported obese		27.6%	27.2%
% 65+ clinically diagnosed obese		16.1%	16.7%
% 65+ with high cholesterol		72.3%	72.2%
% 60+ excessive drinking		7.6%	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		8.0%	6.9%
% 65+ with depression	W	33.2%	28.8%
% 65+ with anxiety disorders		22.1%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with personality disorders		1.8%	1.1%
# opioid deaths (all ages) (county)		37	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	8.3%	5.5%
% 65+ with tobacco use disorders	W	14.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.6%	12.0%
% 65+ with diabetes	W	33.1%	28.2%
% 65+ with stroke		12.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.6%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		71.3%	70.2%
% 65+ ever had a heart attack		6.1%	4.5%
% 65+ with ischemic heart disease	W	38.5%	34.3%
% 65+ with congestive heart failure	W	23.4%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	W	20.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.0%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	0.8%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	B	7.0%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia		32.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		22.8%	20.8%
% 65+ with anemia		38.9%	37.3%
% 65+ with chronic kidney disease		22.8%	22.3%
% 65+ with liver diseases		8.0%	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		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.0%	22.9%
% 65+ with cataract		61.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		9.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.0%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		21.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.2%	14.4%
% 65+ with self-reported vision difficulty		10.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		9.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	30.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		12.2%	5.6%
% 65+ with self-reported independent living difficulty		14.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.1%	7.9%
% dually eligible for Medicare and Medicaid	*	21.8%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		9.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		2	49
# of community health centers		1	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	*	3.1	6.3
Emergency room visits/1000 persons 65+ years per year		677	572
Part D monthly prescription fills per person per year	*	58.0	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		225	237
Medicare inpatient hospital readmissions (as % of admissions)	*	8.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		101	76
# skilled nursing home Medicare beds/1000 persons 65+ years		72	33
% 65+ getting Medicaid long term services and supports	*	12.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		3	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		26.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
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Voter participation rate in 2018 election (age 18+)		53.8%	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)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		76.3%	91.0%
% 60+ who always drive wearing a seatbelt		73.0%	77.1%
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% households with annual income $20,000-$49,999		29.6%	36.5%
% households with annual income > $50,000		42.5%	45.3%
% 60+ own home		71.0%	79.9%
% 60+ have mortgage on home		27.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.5%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$23,496	$25,284	0.93
Single, renter, good health	$23,100	$26,400	0.88
Couple, homeowner without mortgage, good health	$35,436	$37,128	0.95
Couple, renter, good health	$35,040	$38,244	0.92

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.