Amherst (Hillsborough)

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

Amherst is an urban town in southern New Hampshire that is home to the Ponehmah Bog Wildlife Sanctuary. There are 1,744 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety, schizophrenia and other psychotic disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, endometrial cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and visual and mobility impairments. However, they had a higher rate of cataracts. They are more likely to not smoke and to take the health promotion steps of cholesterol screening and having an annual dental exam. Community resources to support healthy aging include 21 primary care providers and 2 nursing homes within 5 miles, a public library, and access to broadband.
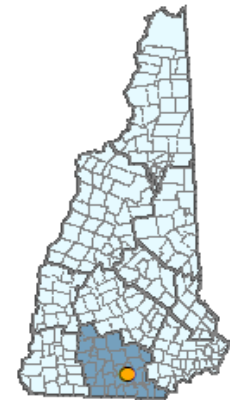
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		11,254	1,327,503
Population 60 years or older as % of total population		21.8%	22.7%
Total population 60 years or older		2,454	301,630
Population 65 years or older as % of total population		15.5%	15.8%
Total population 65 years or older		1,744	210,385
% 65-74 years		64.8%	58.5%
% 75-84 years		27.6%	28.6%
% 85 years or older		7.6%	12.9%
Gender (65+ population)			
% female		54.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		71.3%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		14.3%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		4.3%	12.3%
% with high school or some college		49.5%	57.1%
% with college degree		46.2%	30.6%
% of 65+ population living alone		11.8%	26.1%
% of 65+ population who speak only English at home		95.0%	91.3%
% of 65+ population who are veterans of military service		25.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.5%	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		2.8%	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		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese	B	12.4%	16.7%
% 65+ with high cholesterol	B	67.0%	72.2%
% 60+ excessive drinking		10.9%	9.2%
% 65+ with poor supermarket access		78.1%	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	B	3.4%	6.9%
% 65+ with depression	B	23.8%	28.8%
% 65+ with anxiety disorders	B	17.8%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	4.1%	5.5%
% 65+ with tobacco use disorders	B	6.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.9%	12.0%
% 65+ with diabetes	B	17.6%	28.2%
% 65+ with stroke	B	9.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	13.8%	20.5%
% 65+ with asthma	B	11.0%	13.0%
% 65+ with hypertension	B	61.7%	70.2%
% 65+ ever had a heart attack	B	3.3%	4.5%
% 65+ with ischemic heart disease	B	27.4%	34.3%
% 65+ with congestive heart failure	B	12.6%	17.7%
% 65+ with atrial fibrillation	B	10.5%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.6%	49.1%
% 65+ with osteoporosis		16.0%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.6%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		13.9%	11.5%
% 65+ with benign prostatic hyperplasia		34.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.9%	20.8%
% 65+ with anemia	B	33.9%	37.3%
% 65+ with chronic kidney disease	B	19.6%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.6%	22.9%
% 65+ with cataract	W	65.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	3.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	43.1%	54.4%
% 65+ with 0 chronic conditions		12.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.9%	14.4%
% 65+ with self-reported vision difficulty		9.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		7.4%	6.9%
% 65+ with self-reported ambulatory difficulty		16.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	3.2%
% 65+ with self-reported self-care difficulty		8.1%	5.6%
% 65+ with self-reported independent living difficulty		12.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	7.9%
% dually eligible for Medicare and Medicaid	*	2.6%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		21	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	344	572
Part D monthly prescription fills per person per year	*	40.4	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	177	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	47	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.1%	0.8%
% of grandparents who live with grandchildren		2.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		3.2%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		77.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		65	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,966	2,012
% 65+ who own a motor vehicle		98.8%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.0%	5.4%
% 60+ receiving food stamps past year		1.3%	5.7%
% 65+ employed past year		34.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		2.8%	18.2%
% households with annual income $20,000-$49,999		40.3%	36.5%
% households with annual income > $50,000		56.9%	45.3%
% 60+ own home		93.1%	79.9%
% 60+ have mortgage on home		51.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		30.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Antrim (Hillsborough)

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

Antrim is a town in southern New Hampshire bordering the Hedgehog Mountain Forest. There are 445 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, diabetes, asthma, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, lung and colon cancers, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, and traumatic brain injury. They are less likely to take the health promotion step of getting a mammogram within the last two years. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.
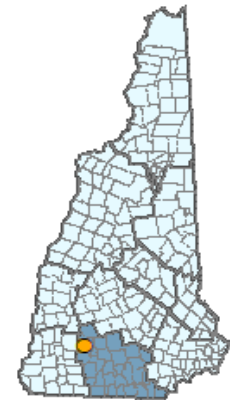
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,650	1,327,503
Population 60 years or older as % of total population		23.5%	22.7%
Total population 60 years or older		624	301,630
Population 65 years or older as % of total population		16.8%	15.8%
Total population 65 years or older		445	210,385
% 65-74 years		51.5%	58.5%
% 75-84 years		39.1%	28.6%
% 85 years or older		9.4%	12.9%
Gender (65+ population)			
% female		50.1%	54.7%
Race/Ethnicity (65+ population)			
% White		91.9%	97.7%
% African American		2.2%	0.5%
% Asian		0.0%	0.9%
% Other		5.8%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.6%	58.5%
% divorced/separated		10.3%	14.0%
% widowed		21.1%	22.9%
% never married		2.9%	4.6%
Education (65+ population)			
% with less than high school education		10.6%	12.3%
% with high school or some college		66.3%	57.1%
% with college degree		23.1%	30.6%
% of 65+ population living alone		17.8%	26.1%
% of 65+ population who speak only English at home		99.1%	91.3%
% of 65+ population who are veterans of military service		34.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		17.6%	16.7%
% 65+ with high cholesterol	B	64.8%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		27.0%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders		12.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.0%	20.5%
% 65+ with asthma	B	10.1%	13.0%
% 65+ with hypertension		66.7%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		32.1%	34.3%
% 65+ with congestive heart failure		14.8%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	40.0%	49.1%
% 65+ with osteoporosis		14.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.0%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		8.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.3%	20.8%
% 65+ with anemia		34.9%	37.3%
% 65+ with chronic kidney disease	B	15.0%	22.3%
% 65+ with liver diseases		6.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.8%	22.9%
% 65+ with cataract		59.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	14.4%
% 65+ with self-reported vision difficulty		4.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.0%	6.9%
% 65+ with self-reported ambulatory difficulty		14.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		3.6%	5.6%
% 65+ with self-reported independent living difficulty		9.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.7%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		529	572
Part D monthly prescription fills per person per year	*	43.0	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		217	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.1%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		26.9%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		57.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		315	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,502	2,012
% 65+ who own a motor vehicle		88.8%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.6%	5.4%
% 60+ receiving food stamps past year		4.9%	5.7%
% 65+ employed past year		12.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.0%	18.2%
% households with annual income $20,000-$49,999		30.5%	36.5%
% households with annual income > $50,000		52.5%	45.3%
% 60+ own home		78.4%	79.9%
% 60+ have mortgage on home		45.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Bedford (Hillsborough)

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

Bedford is an urban town and suburb of Manchester, located in Hillsborough County. There are 3,390 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, obesity, tobacco use disorders, diabetes, and chronic obstructive pulmonary disease. However, they had higher rates of hip fracture, high cholesterol, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke asthma, osteoarthritis/rheumatoid arthritis, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, and glaucoma. Community resources to support healthy aging include a hospital and 3 nursing homes within 5 miles, 10 home health agencies, a memory café, a dementia support group, 3 assisted living sites, and a public library.
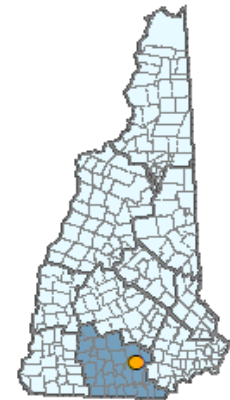
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		21,879	1,327,503
Population 60 years or older as % of total population		23.1%	22.7%
Total population 60 years or older		5,047	301,630
Population 65 years or older as % of total population		15.5%	15.8%
Total population 65 years or older		3,390	210,385
% 65-74 years		52.8%	58.5%
% 75-84 years		27.9%	28.6%
% 85 years or older		19.3%	12.9%
Gender (65+ population)			
% female		57.6%	54.7%
Race/Ethnicity (65+ population)			
% White		96.7%	97.7%
% African American		0.0%	0.5%
% Asian		3.2%	0.9%
% Other		0.1%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		57.1%	58.5%
% divorced/separated		9.0%	14.0%
% widowed		31.5%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		11.0%	12.3%
% with high school or some college		48.2%	57.1%
% with college degree		40.8%	30.6%
% of 65+ population living alone		26.2%	26.1%
% of 65+ population who speak only English at home		89.9%	91.3%
% of 65+ population who are veterans of military service		19.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		0.8%	1.0%
% moved from different state		1.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		58.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.9%	19.9%
% 60+ getting recommended hours of sleep		66.9%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture	W	4.3%	3.3%
% 60+ with self-reported fair or poor health status		14.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.3%	12.5%
% 60+ with physical exam/check-up in past year		88.6%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		55.0%	59.3%
% 65+ with pneumonia vaccine		72.9%	77.8%
% 60+ with cholesterol screening		95.4%	95.3%
% 60+ women with a mammogram within last 2 years		85.5%	79.3%
% 60+ with colorectal cancer screening		78.1%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers		6.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	22.2%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		24.2%	27.2%
% 65+ clinically diagnosed obese	B	14.9%	16.7%
% 65+ with high cholesterol	W	75.6%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		34.0%	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		7.0%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders	W	24.0%	21.9%
% 65+ with bipolar disorders	W	4.4%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	7.6%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders	B	7.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	14.5%	12.0%
% 65+ with diabetes	B	24.9%	28.2%
% 65+ with stroke	W	13.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	18.3%	20.5%
% 65+ with asthma	W	14.7%	13.0%
% 65+ with hypertension		68.3%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		34.6%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		15.9%	14.4%
% 65+ with peripheral vascular disease		15.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.1%	49.1%
% 65+ with osteoporosis	W	21.0%	17.4%
% 65+ with leukemias and lymphomas		2.4%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer	W	14.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	41.2%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	26.2%	20.8%
% 65+ with anemia	W	40.7%	37.3%
% 65+ with chronic kidney disease		22.7%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	27.3%	22.9%
% 65+ with cataract		63.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.9%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		3.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		3.6%	6.9%
% 65+ with self-reported ambulatory difficulty		15.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.9%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		9.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	6.3%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		202	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		3	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		1	12
# of dementia-related support groups		1	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	467	572
Part D monthly prescription fills per person per year		47.8	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		245	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		85	76
# skilled nursing home Medicare beds/1000 persons 65+ years		114	33
% 65+ getting Medicaid long term services and supports	*	5.2%	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)		1	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		2.9%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		68.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		63	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,672	2,012
% 65+ who own a motor vehicle		87.6%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.0%	5.4%
% 60+ receiving food stamps past year		1.9%	5.7%
% 65+ employed past year		23.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.3%	18.2%
% households with annual income $20,000-$49,999		30.7%	36.5%
% households with annual income > $50,000		52.0%	45.3%
% 60+ own home		81.9%	79.9%
% 60+ have mortgage on home		42.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.2%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Bennington (Hillsborough)

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

Bennington is a rural town located in Hillsborough County, named to commemorate the Battle of Bennington in 1777. There are 203 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, diabetes, asthma, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, lung and colon cancers, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, and traumatic brain injury. They are less likely to take the health promotion step of having a mammogram within the last 2 years. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,398	1,327,503
Population 60 years or older as % of total population		22.8%	22.7%
Total population 60 years or older		319	301,630
Population 65 years or older as % of total population		14.5%	15.8%
Total population 65 years or older		203	210,385
% 65-74 years		68.5%	58.5%
% 75-84 years		21.7%	28.6%
% 85 years or older		9.9%	12.9%
Gender (65+ population)			
% female		45.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		1.0%	0.9%
Marital Status (65+ population)			
% married		63.5%	58.5%
% divorced/separated		14.3%	14.0%
% widowed		18.7%	22.9%
% never married		3.4%	4.6%
Education (65+ population)			
% with less than high school education		18.7%	12.3%
% with high school or some college		46.8%	57.1%
% with college degree		34.5%	30.6%
% of 65+ population living alone		16.7%	26.1%
% of 65+ population who speak only English at home		96.6%	91.3%
% of 65+ population who are veterans of military service		24.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	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		2.0%	1.0%
% moved from different state		4.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		17.6%	16.7%
% 65+ with high cholesterol	B	64.8%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		27.0%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders		12.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.0%	20.5%
% 65+ with asthma	B	10.1%	13.0%
% 65+ with hypertension		66.7%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		32.1%	34.3%
% 65+ with congestive heart failure		14.8%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	40.0%	49.1%
% 65+ with osteoporosis		14.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.0%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		8.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.3%	20.8%
% 65+ with anemia		34.9%	37.3%
% 65+ with chronic kidney disease	B	15.0%	22.3%
% 65+ with liver diseases		6.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.8%	22.9%
% 65+ with cataract		59.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	54.4%
% 65+ with 0 chronic conditions	B	14.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	8.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	14.4%
% 65+ with self-reported vision difficulty		1.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		6.4%	6.9%
% 65+ with self-reported ambulatory difficulty		17.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		6.9%	5.6%
% 65+ with self-reported independent living difficulty		10.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.7%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year		529	572
Part D monthly prescription fills per person per year	*	43.0	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		217	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		71	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		21.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		58.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		385	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,451	2,012
% 65+ who own a motor vehicle		97.2%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.5%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		27.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.1%	18.2%
% households with annual income $20,000-$49,999		32.4%	36.5%
% households with annual income > $50,000		56.5%	45.3%
% 60+ own home		93.2%	79.9%
% 60+ have mortgage on home		58.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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.

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

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

Brookline (Hillsborough)

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

Brookline is a town in southern New Hampshire home to the Talbot-Taylor Wildlife Sanctuary. There are 470 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, heart attack, traumatic brain injury, glaucoma, and hearing impairment. They are more likely to take the health promotion steps of not smoking, being screened for high cholesterol, and having an annual dental exam. Community resources to support healthy aging include 4 home health agencies, a public library, and access to broadband.
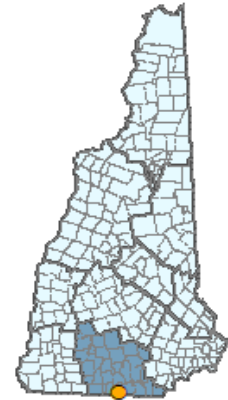
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,148	1,327,503
Population 60 years or older as % of total population		15.4%	22.7%
Total population 60 years or older		794	301,630
Population 65 years or older as % of total population		9.1%	15.8%
Total population 65 years or older		470	210,385
% 65-74 years		70.6%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		5.7%	12.9%
Gender (65+ population)			
% female		66.4%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.0%	0.5%
% Asian		1.3%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.3%	58.5%
% divorced/separated		11.1%	14.0%
% widowed		20.9%	22.9%
% never married		2.8%	4.6%
Education (65+ population)			
% with less than high school education		7.4%	12.3%
% with high school or some college		64.5%	57.1%
% with college degree		28.1%	30.6%
% of 65+ population living alone		11.5%	26.1%
% of 65+ population who speak only English at home		93.0%	91.3%
% of 65+ population who are veterans of military service		16.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.5%	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		1.9%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		3.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		14.2%	16.7%
% 65+ with high cholesterol		70.4%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		27.6%	28.8%
% 65+ with anxiety disorders		19.8%	21.9%
% 65+ with bipolar disorders		3.2%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		7.8%	5.5%
% 65+ with tobacco use disorders		9.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.1%	12.0%
% 65+ with diabetes		28.0%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.2%	20.5%
% 65+ with asthma		13.9%	13.0%
% 65+ with hypertension		66.6%	70.2%
% 65+ ever had a heart attack	B	2.7%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure		17.5%	17.7%
% 65+ with atrial fibrillation		17.2%	14.4%
% 65+ with peripheral vascular disease		12.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		2.0%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.9%	20.8%
% 65+ with anemia		37.0%	37.3%
% 65+ with chronic kidney disease		24.4%	22.3%
% 65+ with liver diseases		4.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.8%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.8%	22.9%
% 65+ with cataract		57.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		50.0%	54.4%
% 65+ with 0 chronic conditions		10.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.5%	14.4%
% 65+ with self-reported vision difficulty		0.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	5.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		3.8%	5.6%
% 65+ with self-reported independent living difficulty		6.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	11.7%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	444	572
Part D monthly prescription fills per person per year	*	41.1	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		239	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		62	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)		1	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		0.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		70.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		77	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		501	2,012
% 65+ who own a motor vehicle		88.8%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.4%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		26.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		7.1%	18.2%
% households with annual income $20,000-$49,999		19.2%	36.5%
% households with annual income > $50,000		73.8%	45.3%
% 60+ own home		97.5%	79.9%
% 60+ have mortgage on home		52.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Deering (Hillsborough)

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

Deering is a rural town in southern New Hampshire and home to the Clark Summit. There are 307 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, and hearing impairment. Community resources to support healthy aging include 2 home health agencies, a nursing home within 5 miles, a public library, and access to broadband.
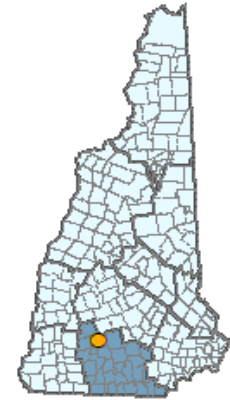
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,924	1,327,503
Population 60 years or older as % of total population		24.2%	22.7%
Total population 60 years or older		465	301,630
Population 65 years or older as % of total population		16.0%	15.8%
Total population 65 years or older		307	210,385
% 65-74 years		72.0%	58.5%
% 75-84 years		18.2%	28.6%
% 85 years or older		9.8%	12.9%
Gender (65+ population)			
% female		36.5%	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		1.3%	0.9%
Marital Status (65+ population)			
% married		64.2%	58.5%
% divorced/separated		13.7%	14.0%
% widowed		14.3%	22.9%
% never married		7.8%	4.6%
Education (65+ population)			
% with less than high school education		23.1%	12.3%
% with high school or some college		49.2%	57.1%
% with college degree		27.7%	30.6%
% of 65+ population living alone		16.8%	26.1%
% of 65+ population who speak only English at home		99.0%	91.3%
% of 65+ population who are veterans of military service		34.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	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		6.2%	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		74.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		66.8%	66.4%
% 60+ injured in a fall within last 12 months		7.1%	10.4%
% 65+ had hip fracture		2.6%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.7%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		35.3%	40.3%
% 60+ flu shot past year		58.9%	59.3%
% 65+ with pneumonia vaccine		73.7%	77.8%
% 60+ with cholesterol screening		92.1%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		78.7%	77.0%
% 60+ with HIV test		17.4%	13.5%
% 60+ current smokers		8.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.0%	29.0%
% 60+ with annual dental exam		77.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.6%	16.7%
% 65+ with high cholesterol	B	66.5%	72.2%
% 60+ excessive drinking		6.5%	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		7.8%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.6%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke	B	8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension	B	65.9%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.3%	34.3%
% 65+ with congestive heart failure	B	14.1%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.6%	49.1%
% 65+ with osteoporosis	B	12.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	B	17.0%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	18.0%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	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		1.6%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract		60.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.4%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	9.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		2.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.9%	6.9%
% 65+ with self-reported ambulatory difficulty		20.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		6.5%	5.6%
% 65+ with self-reported independent living difficulty		12.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.2%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		4.4%	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		1	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	477	572
Part D monthly prescription fills per person per year	*	44.0	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		224	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	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)		1	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		3.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		25.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		52.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		70	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,012	2,012
% 65+ who own a motor vehicle		97.9%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

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		7.8%	5.7%
% 65+ employed past year		20.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		7.6%	18.2%
% households with annual income $20,000-$49,999		52.4%	36.5%
% households with annual income > $50,000		40.0%	45.3%
% 60+ own home		93.7%	79.9%
% 60+ have mortgage on home		43.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Francestown (Hillsborough)

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

Francestown is a rural town located in southern New Hampshire and is home to Crotched Mountain. There are 253 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, and hypothyroidism. However, they had higher rates of hip fracture, migraines, glaucoma, and cataracts. They are less likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,465	1,327,503
Population 60 years or older as % of total population		26.2%	22.7%
Total population 60 years or older		384	301,630
Population 65 years or older as % of total population		17.3%	15.8%
Total population 65 years or older		253	210,385
% 65-74 years		58.1%	58.5%
% 75-84 years		31.2%	28.6%
% 85 years or older		10.7%	12.9%
Gender (65+ population)			
% female		51.0%	54.7%
Race/Ethnicity (65+ population)			
% White		92.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		7.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.1%	58.5%
% divorced/separated		11.9%	14.0%
% widowed		20.6%	22.9%
% never married		7.5%	4.6%
Education (65+ population)			
% with less than high school education		7.1%	12.3%
% with high school or some college		48.2%	57.1%
% with college degree		44.7%	30.6%
% of 65+ population living alone		22.1%	26.1%
% of 65+ population who speak only English at home		94.1%	91.3%
% of 65+ population who are veterans of military service		23.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		16.2%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.0%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes	B	21.5%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	57.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	B	27.6%	34.3%
% 65+ with congestive heart failure	B	14.7%	17.7%
% 65+ with atrial fibrillation		12.3%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		8.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.4%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		19.2%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.4%	22.9%
% 65+ with cataract	W	67.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.3%	54.4%
% 65+ with 0 chronic conditions		12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.4%	14.4%
% 65+ with self-reported vision difficulty		2.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		3.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	8.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		3.6%	5.6%
% 65+ with self-reported independent living difficulty		5.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		530	572
Part D monthly prescription fills per person per year	*	42.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		200	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		2.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		23.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		75.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.9%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.2%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		35.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		8.8%	18.2%
% households with annual income $20,000-$49,999		32.5%	36.5%
% households with annual income > $50,000		58.8%	45.3%
% 60+ own home		91.5%	79.9%
% 60+ have mortgage on home		44.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.1%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Goffstown (Hillsborough)

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

Goffstown is an urban town in southern New Hampshire that is home to Saint Anselm College and a championship public golf course. There are 2,740 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss and lung cancer. However, they had higher rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer's disease or related dementias, diabetes, asthma, osteoporosis, hypothyroidism, anemia, chronic kidney disease, liver diseases, and glaucoma. Community resources to support healthy aging include 7 primary care providers and 2 nursing homes within 5 miles, 7 home health agencies, 2 assisted living sites, a public library, a YMCA, and access to broadband. Goffstown is a designated Age-Friendly community.
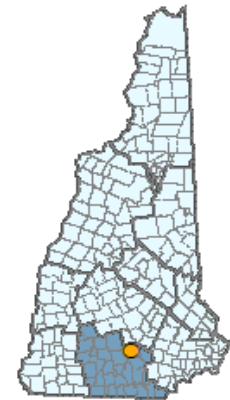
POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		17,888	1,327,503
Population 60 years or older as % of total population		20.7%	22.7%
Total population 60 years or older		3,696	301,630
Population 65 years or older as % of total population		15.3%	15.8%
Total population 65 years or older		2,740	210,385
% 65-74 years		51.1%	58.5%
% 75-84 years		32.3%	28.6%
% 85 years or older		16.6%	12.9%
Gender (65+ population)			
% female		55.4%	54.7%
Race/Ethnicity (65+ population)			
% White		97.6%	97.7%
% African American		0.3%	0.5%
% Asian		0.9%	0.9%
% Other		1.3%	0.9%
% Hispanic/Latino		2.7%	0.9%
Marital Status (65+ population)			
% married		63.8%	58.5%
% divorced/separated		11.4%	14.0%
% widowed		21.5%	22.9%
% never married		3.3%	4.6%
Education (65+ population)			
% with less than high school education		20.9%	12.3%
% with high school or some college		62.8%	57.1%
% with college degree		16.2%	30.6%
% of 65+ population living alone		18.5%	26.1%
% of 65+ population who speak only English at home		79.2%	91.3%
% of 65+ population who are veterans of military service		23.9%	24.8%
Age-sex adjusted 1-year mortality rate		5.0%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.8%	3.6%
% moved from different county in New Hampshire		1.0%	1.0%
% moved from different state		2.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		58.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.9%	19.9%
% 60+ getting recommended hours of sleep		66.9%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		14.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.3%	12.5%
% 60+ with physical exam/check-up in past year		88.6%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		55.0%	59.3%
% 65+ with pneumonia vaccine		72.9%	77.8%
% 60+ with cholesterol screening		95.4%	95.3%
% 60+ women with a mammogram within last 2 years		85.5%	79.3%
% 60+ with colorectal cancer screening		78.1%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers		6.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	22.2%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		24.2%	27.2%
% 65+ clinically diagnosed obese	W	19.3%	16.7%
% 65+ with high cholesterol	W	78.3%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		28.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.0%	6.9%
% 65+ with depression	W	36.0%	28.8%
% 65+ with anxiety disorders	W	27.3%	21.9%
% 65+ with bipolar disorders	W	4.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.3%	4.9%
% 65+ with personality disorders	W	1.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.9%	12.0%
% 65+ with diabetes	W	32.1%	28.2%
% 65+ with stroke		12.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.3%	20.5%
% 65+ with asthma	W	16.2%	13.0%
% 65+ with hypertension		72.6%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		35.4%	34.3%
% 65+ with congestive heart failure		18.2%	17.7%
% 65+ with atrial fibrillation		14.4%	14.4%
% 65+ with peripheral vascular disease		16.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.6%	49.1%
% 65+ with osteoporosis	W	21.4%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer	B	1.0%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		13.1%	11.5%
% 65+ with benign prostatic hyperplasia		34.3%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	26.2%	20.8%
% 65+ with anemia	W	40.7%	37.3%
% 65+ with chronic kidney disease	W	26.4%	22.3%
% 65+ with liver diseases	W	8.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.8%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	29.1%	22.9%
% 65+ with cataract		61.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	61.8%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		9.0%	6.9%
% 65+ with self-reported ambulatory difficulty		23.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty	W	11.7%	5.6%
% 65+ with self-reported independent living difficulty		12.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.9%	7.9%
% dually eligible for Medicare and Medicaid	*	9.7%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	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		2	74
# of home health agencies		7	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	*	7.0	6.3
Emergency room visits/1000 persons 65+ years per year		527	572
Part D monthly prescription fills per person per year	*	54.5	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		250	237
Medicare inpatient hospital readmissions (as % of admissions)		13.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		78	76
# skilled nursing home Medicare beds/1000 persons 65+ years		158	33
% 65+ getting Medicaid long term services and supports	*	7.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		4.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		50.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		104	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,710	2,012
% 65+ who own a motor vehicle		94.8%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.3%	5.4%
% 60+ receiving food stamps past year		7.4%	5.7%
% 65+ employed past year		19.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.6%	18.2%
% households with annual income $20,000-$49,999		42.7%	36.5%
% households with annual income > $50,000		45.7%	45.3%
% 60+ own home		83.5%	79.9%
% 60+ have mortgage on home		42.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.2%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Greenfield (Hillsborough)

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

Greenfield is a town in Hillsborough County and is home to part of the Wapack Trail. There are 298 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, and hypothyroidism. However, they had higher rates of cataracts, glaucoma, migraine, and hip fracture. They are less likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 home health agencies, 2 assisted living sites, a public library, and access to broadband.
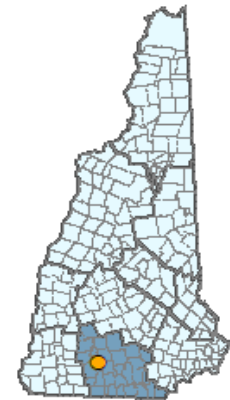
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,648	1,327,503
Population 60 years or older as % of total population		25.1%	22.7%
Total population 60 years or older		413	301,630
Population 65 years or older as % of total population		18.1%	15.8%
Total population 65 years or older		298	210,385
% 65-74 years		55.7%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		14.8%	12.9%
Gender (65+ population)			
% female		51.7%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.7%	0.9%
% Other		3.4%	0.9%
% Hispanic/Latino		1.3%	0.9%
Marital Status (65+ population)			
% married		56.4%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		27.5%	22.9%
% never married		4.4%	4.6%
Education (65+ population)			
% with less than high school education		13.4%	12.3%
% with high school or some college		56.7%	57.1%
% with college degree		29.9%	30.6%
% of 65+ population living alone		18.8%	26.1%
% of 65+ population who speak only English at home		99.0%	91.3%
% of 65+ population who are veterans of military service		30.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.0%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		11.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		16.2%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.0%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes	B	21.5%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	57.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	B	27.6%	34.3%
% 65+ with congestive heart failure	B	14.7%	17.7%
% 65+ with atrial fibrillation		12.3%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		8.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.4%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		19.2%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.4%	22.9%
% 65+ with cataract	W	67.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.3%	54.4%
% 65+ with 0 chronic conditions		12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.4%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		13.1%	6.9%
% 65+ with self-reported ambulatory difficulty		20.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		11.2%	5.6%
% 65+ with self-reported independent living difficulty		12.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		530	572
Part D monthly prescription fills per person per year	*	42.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		200	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		2.6%	0.8%
% of grandparents who live with grandchildren		5.1%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		17.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.1%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.4%	5.4%
% 60+ receiving food stamps past year		1.3%	5.7%
% 65+ employed past year		39.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		22.7%	18.2%
% households with annual income $20,000-$49,999		20.1%	36.5%
% households with annual income > $50,000		57.1%	45.3%
% 60+ own home		78.3%	79.9%
% 60+ have mortgage on home		41.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Greenville (Hillsborough)

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

Greenville is a town located in Hillsborough County that includes part of the Russell-Abbott State Forest. There are 324 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, benign prostatic hyperplasia, traumatic brain injury, glaucoma, cataracts, and hearing impairment. However, they had higher rates of obesity, substance and tobacco use disorders, and chronic obstructive pulmonary disease. They are more likely to take the health promotion steps of having annual dental exams and cholesterol screenings. Community resources to support healthy aging include 3 home health agencies, a public library, and access to broadband.
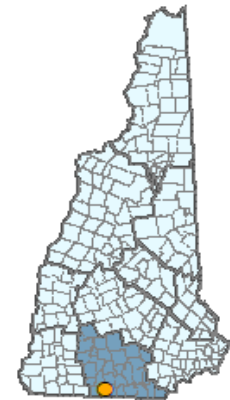
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,078	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		482	301,630
Population 65 years or older as % of total population		15.6%	15.8%
Total population 65 years or older		324	210,385
% 65-74 years		59.6%	58.5%
% 75-84 years		26.5%	28.6%
% 85 years or older		13.9%	12.9%
Gender (65+ population)			
% female		53.7%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		48.8%	58.5%
% divorced/separated		20.1%	14.0%
% widowed		29.0%	22.9%
% never married		2.2%	4.6%
Education (65+ population)			
% with less than high school education		16.0%	12.3%
% with high school or some college		81.2%	57.1%
% with college degree		2.8%	30.6%
% of 65+ population living alone		38.3%	26.1%
% of 65+ population who speak only English at home		92.9%	91.3%
% of 65+ population who are veterans of military service		29.0%	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		2.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese	W	22.1%	16.7%
% 65+ with high cholesterol		68.6%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		28.8%	28.8%
% 65+ with anxiety disorders		20.3%	21.9%
% 65+ with bipolar disorders		3.2%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	10.0%	5.5%
% 65+ with tobacco use disorders	W	16.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		8.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.7%	20.5%
% 65+ with asthma		16.4%	13.0%
% 65+ with hypertension		67.2%	70.2%
% 65+ ever had a heart attack		5.2%	4.5%
% 65+ with ischemic heart disease		32.9%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease		15.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	49.1%
% 65+ with osteoporosis		14.8%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		2.0%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		9.9%	11.5%
% 65+ with benign prostatic hyperplasia	B	25.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.9%	20.8%
% 65+ with anemia		39.9%	37.3%
% 65+ with chronic kidney disease		26.8%	22.3%
% 65+ with liver diseases		9.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.7%	22.9%
% 65+ with cataract	B	53.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.8%	54.4%
% 65+ with 0 chronic conditions		12.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		21.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.5%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		11.4%	6.9%
% 65+ with self-reported ambulatory difficulty		25.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		3.1%	5.6%
% 65+ with self-reported independent living difficulty		18.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		9.2%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		550	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		259	237
Medicare inpatient hospital readmissions (as % of admissions)		18.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		97	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		4.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		40.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		84.1%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		8.6%	5.4%
% 60+ receiving food stamps past year		13.5%	5.7%
% 65+ employed past year		25.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		29.1%	18.2%
% households with annual income $20,000-$49,999		36.4%	36.5%
% households with annual income > $50,000		34.5%	45.3%
% 60+ own home		86.1%	79.9%
% 60+ have mortgage on home		31.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Hancock (Hillsborough)

TUFTS Health Plan FOUNDATION

Hancock is a rural town in southern New Hampshire that is home to the Welch Family Farm Forest. There are 456 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, stroke, asthma, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, lung cancer, colon cancer, hypothyroidism, chronic kidney disease, liver diseases, migraine, epilepsy, and traumatic brain injury. However, they had higher rates of glaucoma and cataracts. They are more likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include a home health agency, a senior center, a public library, and access to broadband.
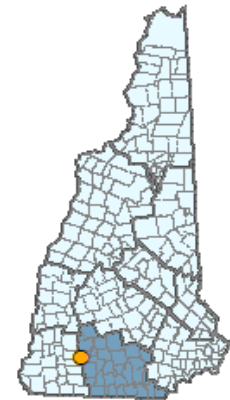
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,829	1,327,503
Population 60 years or older as % of total population		35.6%	22.7%
Total population 60 years or older		652	301,630
Population 65 years or older as % of total population		24.9%	15.8%
Total population 65 years or older		456	210,385
% 65-74 years		58.1%	58.5%
% 75-84 years		29.6%	28.6%
% 85 years or older		12.3%	12.9%
Gender (65+ population)			
% female		54.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.2%	58.5%
% divorced/separated		17.8%	14.0%
% widowed		18.4%	22.9%
% never married		2.6%	4.6%
Education (65+ population)			
% with less than high school education		3.5%	12.3%
% with high school or some college		37.9%	57.1%
% with college degree		58.6%	30.6%
% of 65+ population living alone		28.1%	26.1%
% of 65+ population who speak only English at home		99.3%	91.3%
% of 65+ population who are veterans of military service		25.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	B	11.1%	16.7%
% 65+ with high cholesterol	B	60.7%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		25.4%	28.8%
% 65+ with anxiety disorders		18.5%	21.9%
% 65+ with bipolar disorders	B	1.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	B	4.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		9.4%	12.0%
% 65+ with diabetes	B	15.2%	28.2%
% 65+ with stroke	B	7.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.8%	20.5%
% 65+ with asthma	B	8.1%	13.0%
% 65+ with hypertension	B	50.8%	70.2%
% 65+ ever had a heart attack		3.4%	4.5%
% 65+ with ischemic heart disease	B	22.9%	34.3%
% 65+ with congestive heart failure		15.0%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	7.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.0%	49.1%
% 65+ with osteoporosis		20.9%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.2%	11.5%
% 65+ with benign prostatic hyperplasia		34.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.3%	20.8%
% 65+ with anemia		34.4%	37.3%
% 65+ with chronic kidney disease	B	12.8%	22.3%
% 65+ with liver diseases	B	4.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.0%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	29.9%	22.9%
% 65+ with cataract	W	69.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	36.7%	54.4%
% 65+ with 0 chronic conditions	B	14.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	9.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.4%	14.4%
% 65+ with self-reported vision difficulty		0.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		14.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.5%	3.2%
% 65+ with self-reported self-care difficulty		3.7%	5.6%
% 65+ with self-reported independent living difficulty		10.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	1.7%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		469	572
Part D monthly prescription fills per person per year	*	34.3	49.1
Home health visits per year	*	1.2	2.5
Durable medical equipment claims per year	*	0.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		189	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	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		18.5%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		75.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		61	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		772	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.4%	5.4%
% 60+ receiving food stamps past year		1.1%	5.7%
% 65+ employed past year		50.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		17.1%	18.2%
% households with annual income $20,000-$49,999		24.9%	36.5%
% households with annual income > $50,000		58.0%	45.3%
% 60+ own home		94.1%	79.9%
% 60+ have mortgage on home		36.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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).*

Hillsborough (Hillsborough)

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

Hillsborough is a town in southern New Hampshire that is home to Fox State Forest. There are 802 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, and hearing impairment. Community resources to support healthy aging include 5 primary care providers within 5 miles, a nursing home within 5 miles, a senior center, an assisted living site, 2 home health agencies, and a public library.
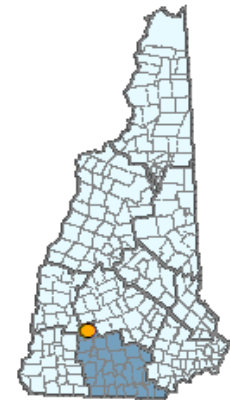
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,971	1,327,503
Population 60 years or older as % of total population		21.1%	22.7%
Total population 60 years or older		1,259	301,630
Population 65 years or older as % of total population		13.4%	15.8%
Total population 65 years or older		802	210,385
% 65-74 years		74.4%	58.5%
% 75-84 years		13.8%	28.6%
% 85 years or older		11.7%	12.9%
Gender (65+ population)			
% female		45.5%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.6%	58.5%
% divorced/separated		14.5%	14.0%
% widowed		18.8%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		22.1%	12.3%
% with high school or some college		54.0%	57.1%
% with college degree		23.9%	30.6%
% of 65+ population living alone		30.0%	26.1%
% of 65+ population who speak only English at home		98.5%	91.3%
% of 65+ population who are veterans of military service		43.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.9%	3.6%
% moved from different county in New Hampshire		4.1%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		66.8%	66.4%
% 60+ injured in a fall within last 12 months		7.1%	10.4%
% 65+ had hip fracture		2.6%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.7%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		35.3%	40.3%
% 60+ flu shot past year		58.9%	59.3%
% 65+ with pneumonia vaccine		73.7%	77.8%
% 60+ with cholesterol screening		92.1%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		78.7%	77.0%
% 60+ with HIV test		17.4%	13.5%
% 60+ current smokers		8.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.0%	29.0%
% 60+ with annual dental exam		77.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.6%	16.7%
% 65+ with high cholesterol	B	66.5%	72.2%
% 60+ excessive drinking		6.5%	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		7.8%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.6%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke	B	8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension	B	65.9%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.3%	34.3%
% 65+ with congestive heart failure	B	14.1%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.6%	49.1%
% 65+ with osteoporosis	B	12.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	B	17.0%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	18.0%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	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		1.6%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract		60.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.4%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	2.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty	B	0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		13.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty	B	0.0%	5.6%
% 65+ with self-reported independent living difficulty	B	0.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.2%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		4.4%	5.4%
# of primary care providers within 5 miles		5	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	477	572
Part D monthly prescription fills per person per year	*	44.0	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		224	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		23	33
% 65+ getting Medicaid long term services and supports		2.9%	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)		1	N/A
% of grandparents raising grandchildren		1.7%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		22.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		51.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		195	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,532	2,012
% 65+ who own a motor vehicle		91.6%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		5	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.7%	5.4%
% 60+ receiving food stamps past year		8.1%	5.7%
% 65+ employed past year		19.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		16.0%	18.2%
% households with annual income $20,000-$49,999		53.9%	36.5%
% households with annual income > $50,000		30.1%	45.3%
% 60+ own home		82.8%	79.9%
% 60+ have mortgage on home		28.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Hollis (Hillsborough)

TUFTS Health Plan FOUNDATION

Hollis is a town in Hillsborough County and is home to the Hollis Village Historic District. There are 1,259 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, obesity, depression, anxiety disorders, schizophrenia and other psychotic disorders, substance use disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, congestive heart failure, peripheral vascular disease, fibromyalgia/chronic pain/fatigue, traumatic brain injury, glaucoma, and pressure ulcers. They are less likely to smoke and more likely to take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 10 home health agencies, an adult day health center, access to broadband, and a public library.
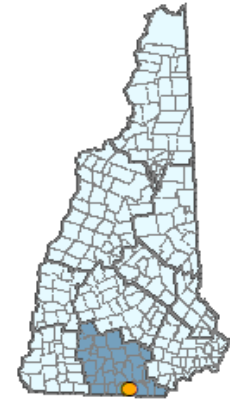
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		7,759	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		1,803	301,630
Population 65 years or older as % of total population		16.2%	15.8%
Total population 65 years or older		1,259	210,385
% 65-74 years		51.9%	58.5%
% 75-84 years		38.1%	28.6%
% 85 years or older		10.0%	12.9%
Gender (65+ population)			
% female		50.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		0.0%	0.5%
% Asian		1.2%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		76.7%	58.5%
% divorced/separated		6.2%	14.0%
% widowed		10.5%	22.9%
% never married		6.6%	4.6%
Education (65+ population)			
% with less than high school education		3.3%	12.3%
% with high school or some college		45.8%	57.1%
% with college degree		50.9%	30.6%
% of 65+ population living alone		19.1%	26.1%
% of 65+ population who speak only English at home		96.8%	91.3%
% of 65+ population who are veterans of military service		24.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		1.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese	B	11.1%	16.7%
% 65+ with high cholesterol		74.1%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression	B	22.7%	28.8%
% 65+ with anxiety disorders	B	18.6%	21.9%
% 65+ with bipolar disorders		3.2%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.4%	5.5%
% 65+ with tobacco use disorders	B	6.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes	B	20.3%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	14.5%	20.5%
% 65+ with asthma		11.3%	13.0%
% 65+ with hypertension	B	64.5%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease		31.6%	34.3%
% 65+ with congestive heart failure	B	14.3%	17.7%
% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with peripheral vascular disease	B	8.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.1%	49.1%
% 65+ with osteoporosis		17.5%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		2.0%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		12.1%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		13.8%	11.5%
% 65+ with benign prostatic hyperplasia		38.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.6%	20.8%
% 65+ with anemia		37.2%	37.3%
% 65+ with chronic kidney disease		21.6%	22.3%
% 65+ with liver diseases		7.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.3%	22.9%
% 65+ with cataract		64.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.3%	54.4%
% 65+ with 0 chronic conditions		9.3%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	7.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.8%	14.4%
% 65+ with self-reported vision difficulty		1.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	4.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		3.3%	5.6%
% 65+ with self-reported independent living difficulty	B	5.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	11.3%	7.9%
% dually eligible for Medicare and Medicaid	*	2.7%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	402	572
Part D monthly prescription fills per person per year	*	39.6	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		199	237
Medicare inpatient hospital readmissions (as % of admissions)		19.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	32	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		5.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		77.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		39	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		603	2,012
% 65+ who own a motor vehicle		95.5%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		36.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		9.5%	18.2%
% households with annual income $20,000-$49,999		32.5%	36.5%
% households with annual income > $50,000		58.0%	45.3%
% 60+ own home		92.2%	79.9%
% 60+ have mortgage on home		43.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		40.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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.

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

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

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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		3.7%	5.7%
% 65+ employed past year		36.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		9.5%	18.2%
% households with annual income $20,000-$49,999		32.5%	36.5%
% households with annual income > $50,000		58.0%	45.3%
% 60+ own home		92.2%	79.9%
% 60+ have mortgage on home		43.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		40.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
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- *Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).*
- *Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).*
- *Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the self-reported disability.*
- *Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the NH Division of Public Health Services (2018), National Adult Day Services Association (2018), memorycaredirectory.com (2018), and the Alzheimer's Association (July 2018).*
- *Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).*
- *Community & Civic Engagement: AARP (2018 update; https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.*
- *Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).*
- *Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).*

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

Hollis (Hillsborough)   PAGE 6

Hudson (Hillsborough)

TUFTS
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F O U N D A T I O N

Hudson is an urban town located in southern New Hampshire and home to Hills Memorial Library, one of the oldest public lending libraries in the state. There are 3,612 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, personality disorders, Alzheimer's disease or related dementias, congestive heart failure, fibromyalgia/chronic pain/fatigue, traumatic brain injury, glaucoma, pressure ulcers, and hearing impairment. However, they had higher rates of obesity, high cholesterol, diabetes, asthma, hypertension, anemia, and chronic kidney disease. They are less likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic physical activity. Community resources to support healthy aging include 209 primary care providers within 5 miles, 3 nursing homes, 2 hospitals, 17 home health agencies, an adult day health center, 2 dementia support groups, a senior center, an assisted living site, a public library, and access to broadband.
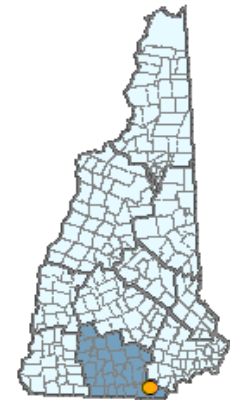
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		24,808	1,327,503
Population 60 years or older as % of total population		20.3%	22.7%
Total population 60 years or older		5,034	301,630
Population 65 years or older as % of total population		14.6%	15.8%
Total population 65 years or older		3,612	210,385
% 65-74 years		59.9%	58.5%
% 75-84 years		31.9%	28.6%
% 85 years or older		8.1%	12.9%
Gender (65+ population)			
% female		50.4%	54.7%
Race/Ethnicity (65+ population)			
% White		93.8%	97.7%
% African American		2.4%	0.5%
% Asian		3.1%	0.9%
% Other		0.8%	0.9%
% Hispanic/Latino		1.1%	0.9%
Marital Status (65+ population)			
% married		63.4%	58.5%
% divorced/separated		9.9%	14.0%
% widowed		23.4%	22.9%
% never married		3.2%	4.6%
Education (65+ population)			
% with less than high school education		18.0%	12.3%
% with high school or some college		59.0%	57.1%
% with college degree		23.0%	30.6%
% of 65+ population living alone		17.1%	26.1%
% of 65+ population who speak only English at home		86.8%	91.3%
% of 65+ population who are veterans of military service		31.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		6.1%	3.6%
% moved from different county in New Hampshire		3.0%	1.0%
% moved from different state		1.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		73.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		51.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		19.6%	19.9%
% 60+ getting recommended hours of sleep		64.5%	66.4%
% 60+ injured in a fall within last 12 months		12.0%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		13.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		88.7%	86.5%
% 60+ met CDC preventive health screening goals		40.5%	40.3%
% 60+ flu shot past year		59.4%	59.3%
% 65+ with pneumonia vaccine		76.3%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years		83.3%	79.3%
% 60+ with colorectal cancer screening		79.8%	77.0%
% 60+ with HIV test		18.5%	13.5%
% 60+ current smokers		5.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		23.9%	29.0%
% 60+ with annual dental exam		76.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	20.2%
% 60+ self-reported obese	W	35.2%	27.2%
% 65+ clinically diagnosed obese		16.1%	16.7%
% 65+ with high cholesterol	W	77.8%	72.2%
% 60+ excessive drinking		8.9%	9.2%
% 65+ with poor supermarket access		40.1%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.4%	6.9%
% 65+ with depression	B	26.3%	28.8%
% 65+ with anxiety disorders		20.7%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		10.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.9%	12.0%
% 65+ with diabetes	W	30.8%	28.2%
% 65+ with stroke		10.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.0%	20.5%
% 65+ with asthma	W	14.5%	13.0%
% 65+ with hypertension	W	74.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure	B	16.0%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease		13.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		18.2%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		10.0%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		11.0%	11.5%
% 65+ with benign prostatic hyperplasia		37.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.1%	20.8%
% 65+ with anemia	W	39.6%	37.3%
% 65+ with chronic kidney disease	W	26.4%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	16.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.6%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.2%	22.9%
% 65+ with cataract		59.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.3%	54.4%
% 65+ with 0 chronic conditions	W	7.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.4%	14.4%
% 65+ with self-reported vision difficulty		7.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		8.5%	6.9%
% 65+ with self-reported ambulatory difficulty		20.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		7.8%	5.6%
% 65+ with self-reported independent living difficulty		9.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	11.7%	7.9%
% dually eligible for Medicare and Medicaid	*	4.7%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost	B	1.8%	5.4%
# of primary care providers within 5 miles		209	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		17	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		2	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.5	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year		50.5	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		250	237
Medicare inpatient hospital readmissions (as % of admissions)		19.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		79	76
# skilled nursing home Medicare beds/1000 persons 65+ years		28	33
% 65+ getting Medicaid long term services and supports	*	2.9%	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)		1	N/A
% of grandparents raising grandchildren		1.7%	0.8%
% of grandparents who live with grandchildren		4.8%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		3.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		85.1%	77.6%
Voter participation rate in 2018 election (age 18+)		49.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		144	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,518	2,012
% 65+ who own a motor vehicle		96.1%	91.0%
% 60+ who always drive wearing a seatbelt		79.9%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.5%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		20.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.6%	18.2%
% households with annual income $20,000-$49,999		31.2%	36.5%
% households with annual income > $50,000		54.1%	45.3%
% 60+ own home		77.8%	79.9%
% 60+ have mortgage on home		34.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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

Litchfield (Hillsborough)

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

Litchfield is a town located in southern New Hampshire that contains the Litchfield State Forest and Roy Memorial Park. There are 1,067 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of personality disorders, traumatic brain injury, and pressure ulcers. However, they had higher rates of chronic kidney disease and high cholesterol. Community resources to support healthy aging include 34 primary care providers within 5 miles, 10 home health agencies, a public library, and access to broadband.
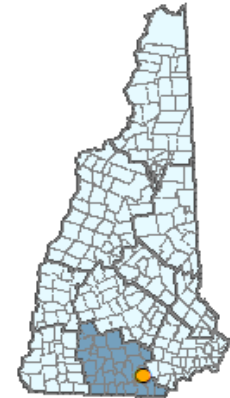
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		8,382	1,327,503
Population 60 years or older as % of total population		17.9%	22.7%
Total population 60 years or older		1,498	301,630
Population 65 years or older as % of total population		12.7%	15.8%
Total population 65 years or older		1,067	210,385
% 65-74 years		84.8%	58.5%
% 75-84 years		13.8%	28.6%
% 85 years or older		1.4%	12.9%
Gender (65+ population)			
% female		57.6%	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		68.1%	58.5%
% divorced/separated		15.6%	14.0%
% widowed		12.0%	22.9%
% never married		4.3%	4.6%
Education (65+ population)			
% with less than high school education		16.7%	12.3%
% with high school or some college		54.2%	57.1%
% with college degree		29.1%	30.6%
% of 65+ population living alone		21.2%	26.1%
% of 65+ population who speak only English at home		85.7%	91.3%
% of 65+ population who are veterans of military service		17.6%	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		2.2%	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		73.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		51.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		19.6%	19.9%
% 60+ getting recommended hours of sleep		64.5%	66.4%
% 60+ injured in a fall within last 12 months		12.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		88.7%	86.5%
% 60+ met CDC preventive health screening goals		40.5%	40.3%
% 60+ flu shot past year		59.4%	59.3%
% 65+ with pneumonia vaccine		76.3%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years		83.3%	79.3%
% 60+ with colorectal cancer screening		79.8%	77.0%
% 60+ with HIV test		18.5%	13.5%
% 60+ current smokers		5.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		23.9%	29.0%
% 60+ with annual dental exam		76.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	20.2%
% 60+ self-reported obese	W	35.2%	27.2%
% 65+ clinically diagnosed obese		18.0%	16.7%
% 65+ with high cholesterol	W	77.2%	72.2%
% 60+ excessive drinking		8.9%	9.2%
% 65+ with poor supermarket access		93.1%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.4%	6.9%
% 65+ with depression		27.9%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders		3.4%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.4%	4.9%
% 65+ with personality disorders	B	0.4%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		8.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.3%	12.0%
% 65+ with diabetes		28.5%	28.2%
% 65+ with stroke		10.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.4%	20.5%
% 65+ with asthma		14.3%	13.0%
% 65+ with hypertension		70.9%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease		33.0%	34.3%
% 65+ with congestive heart failure		17.4%	17.7%
% 65+ with atrial fibrillation		13.6%	14.4%
% 65+ with peripheral vascular disease		16.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.0%	49.1%
% 65+ with osteoporosis		18.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		9.1%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		13.1%	11.5%
% 65+ with benign prostatic hyperplasia		35.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.2%	20.8%
% 65+ with anemia		37.6%	37.3%
% 65+ with chronic kidney disease	W	26.4%	22.3%
% 65+ with liver diseases		7.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.5%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.2%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.9%	54.4%
% 65+ with 0 chronic conditions		9.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	14.4%
% 65+ with self-reported vision difficulty		2.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		5.2%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty	B	0.0%	5.6%
% 65+ with self-reported independent living difficulty	B	4.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.9%	7.9%
% dually eligible for Medicare and Medicaid		6.3%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost	B	1.8%	5.4%
# of primary care providers within 5 miles		34	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		10	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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	445	572
Part D monthly prescription fills per person per year	*	52.3	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		204	237
Medicare inpatient hospital readmissions (as % of admissions)		14.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		64	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.1%	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)		1	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		1.4%	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)		94.0%	93.0%
% 60+ who used Internet in last month		85.1%	77.6%
Voter participation rate in 2018 election (age 18+)		59.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		72	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		692	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		79.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.7%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		32.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.7%	18.2%
% households with annual income $20,000-$49,999		23.7%	36.5%
% households with annual income > $50,000		56.5%	45.3%
% 60+ own home		89.8%	79.9%
% 60+ have mortgage on home		64.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		50.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Lyndeborough (Hillsborough)

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

Lyndeborough is a town in Hillsborough County that includes the Lyndeborough Center Historic District. There are 326 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, endometrial cancer, anemia, and visual and mobility impairments. They are more likely to not smoke and to take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 5 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,738	1,327,503
Population 60 years or older as % of total population		30.1%	22.7%
Total population 60 years or older		523	301,630
Population 65 years or older as % of total population		18.8%	15.8%
Total population 65 years or older		326	210,385
% 65-74 years		66.6%	58.5%
% 75-84 years		30.7%	28.6%
% 85 years or older		2.8%	12.9%
Gender (65+ population)			
% female		50.3%	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		0.9%	0.9%
Marital Status (65+ population)			
% married		80.1%	58.5%
% divorced/separated		6.4%	14.0%
% widowed		8.0%	22.9%
% never married		5.5%	4.6%
Education (65+ population)			
% with less than high school education		10.7%	12.3%
% with high school or some college		59.5%	57.1%
% with college degree		29.8%	30.6%
% of 65+ population living alone		6.1%	26.1%
% of 65+ population who speak only English at home		97.9%	91.3%
% of 65+ population who are veterans of military service		25.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		5.5%	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		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		13.9%	16.7%
% 65+ with high cholesterol		72.3%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		26.1%	28.8%
% 65+ with anxiety disorders	B	16.5%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders		8.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes	B	19.6%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	14.5%	20.5%
% 65+ with asthma		11.7%	13.0%
% 65+ with hypertension	B	63.3%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease	B	27.7%	34.3%
% 65+ with congestive heart failure	B	12.8%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease	B	10.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	49.1%
% 65+ with osteoporosis	B	12.8%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.6%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		11.0%	11.5%
% 65+ with benign prostatic hyperplasia		35.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.2%	20.8%
% 65+ with anemia	B	32.4%	37.3%
% 65+ with chronic kidney disease		21.6%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.2%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.1%	22.9%
% 65+ with cataract		60.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		4.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		4.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	3.2%
% 65+ with self-reported self-care difficulty		1.8%	5.6%
% 65+ with self-reported independent living difficulty		6.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.9%	7.9%
% dually eligible for Medicare and Medicaid	*	2.8%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	407	572
Part D monthly prescription fills per person per year	*	44.3	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	184	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	48	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	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)		1	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		9.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		60.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		59	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		856	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.5%	5.4%
% 60+ receiving food stamps past year		4.3%	5.7%
% 65+ employed past year		28.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		10.5%	18.2%
% households with annual income $20,000-$49,999		32.0%	36.5%
% households with annual income > $50,000		57.6%	45.3%
% 60+ own home		94.8%	79.9%
% 60+ have mortgage on home		50.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Manchester (Hillsborough)

TUFTS Health Plan FOUNDATION

Manchester is a city in Hillsborough County located on the Merrimack River. There are 14,552 residents age 65 or older. Compared to state average rates, older residents had a lower rate of migraine. However, they had higher rates of hip fracture, tooth loss, obesity, high cholesterol, depression, anxiety/bipolar disorders, PTSD, schizophrenia, personality disorders, substance/tobacco use disorders, Alzheimer's disease, diabetes, stroke, COPD, asthma, hypertension, ischemic heart disease, CHF, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, colon and prostate cancers, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia, glaucoma, cataracts, ulcers, and hearing, visual, and mobility impairments. They are less likely to take the health promotion step of eating 5 or more servings of fruit/vegetables per day. Community resources to support healthy aging include 333 primary care providers, 2 hospitals, and 13 nursing homes within 5 miles, 15 home health agencies, 2 community health centers, an adult day center, 2 memory cafes, a senior center, 5 assisted living sites, 8 universities/community colleges, 2 public libraries, a YMCA, and access to broadband.

POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		110,231	1,327,503
Population 60 years or older as % of total population		18.9%	22.7%
Total population 60 years or older		20,804	301,630
Population 65 years or older as % of total population		13.2%	15.8%
Total population 65 years or older		14,552	210,385
% 65-74 years		54.3%	58.5%
% 75-84 years		28.5%	28.6%
% 85 years or older		17.3%	12.9%
Gender (65+ population)			
% female		58.8%	54.7%
Race/Ethnicity (65+ population)			
% White		95.9%	97.7%
% African American		1.2%	0.5%
% Asian		1.8%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		3.8%	0.9%
Marital Status (65+ population)			
% married		45.3%	58.5%
% divorced/separated		17.5%	14.0%
% widowed		28.0%	22.9%
% never married		9.2%	4.6%
Education (65+ population)			
% with less than high school education		20.1%	12.3%
% with high school or some college		56.3%	57.1%
% with college degree		23.6%	30.6%
% of 65+ population living alone		34.2%	26.1%
% of 65+ population who speak only English at home		74.9%	91.3%
% of 65+ population who are veterans of military service		20.5%	24.8%
Age-sex adjusted 1-year mortality rate	W	4.5%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		7.1%	3.6%
% moved from different county in New Hampshire		0.8%	1.0%
% moved from different state		1.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	W	3.8%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	19.6%	16.7%
% 65+ with high cholesterol	W	78.0%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		35.5%	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		7.4%	6.9%
% 65+ with depression	W	33.9%	28.8%
% 65+ with anxiety disorders	W	27.8%	21.9%
% 65+ with bipolar disorders	W	4.9%	3.1%
% 65+ with post-traumatic stress disorder	W	2.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	7.2%	4.9%
% 65+ with personality disorders	W	2.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.3%	5.5%
% 65+ with tobacco use disorders	W	13.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	14.2%	12.0%
% 65+ with diabetes	W	34.3%	28.2%
% 65+ with stroke	W	13.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.6%	20.5%
% 65+ with asthma	W	17.4%	13.0%
% 65+ with hypertension	W	74.6%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	W	38.8%	34.3%
% 65+ with congestive heart failure	W	21.8%	17.7%
% 65+ with atrial fibrillation	W	15.8%	14.4%
% 65+ with peripheral vascular disease	W	18.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.9%	49.1%
% 65+ with osteoporosis	W	22.1%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer	W	2.8%	2.4%
% 65+ women with breast cancer		9.1%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	W	12.7%	11.5%
% 65+ with benign prostatic hyperplasia		38.1%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	26.3%	20.8%
% 65+ with anemia	W	43.7%	37.3%
% 65+ with chronic kidney disease	W	28.0%	22.3%
% 65+ with liver diseases	W	8.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	3.5%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	27.1%	22.9%
% 65+ with cataract	W	63.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	62.6%	54.4%
% 65+ with 0 chronic conditions	W	8.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	15.6%	14.4%
% 65+ with self-reported vision difficulty		7.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.3%	0.9%
% 65+ with self-reported cognition difficulty	W	10.1%	6.9%
% 65+ with self-reported ambulatory difficulty	W	24.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	3.8%	3.2%
% 65+ with self-reported self-care difficulty	W	8.2%	5.6%
% 65+ with self-reported independent living difficulty	W	15.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.4%	7.9%
% dually eligible for Medicare and Medicaid	*	12.7%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		333	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		13	74
# of home health agencies		15	49
# of community health centers		2	22
# of adult day health centers		1	21
# of memory cafes		2	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	*	7.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	613	572
Part D monthly prescription fills per person per year	*	54.3	49.1
Home health visits per year	*	3.3	2.5
Durable medical equipment claims per year	*	2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	307	237
Medicare inpatient hospital readmissions (as % of admissions)		16.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	113	76
# skilled nursing home Medicare beds/1000 persons 65+ years		48	33
% 65+ getting Medicaid long term services and supports	*	5.9%	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)		1	N/A
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		7.5%	16.0%
# of universities and community colleges		8	41
# of public libraries		2	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		81.1%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		8.0%	5.4%
% 60+ receiving food stamps past year		10.9%	5.7%
% 65+ employed past year		22.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		27.1%	18.2%
% households with annual income $20,000-$49,999		37.1%	36.5%
% households with annual income > $50,000		35.9%	45.3%
% 60+ own home		61.6%	79.9%
% 60+ have mortgage on home		30.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		19.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.4%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Mason (Hillsborough)

TUFTS
Health Plan
FOUNDATION

Mason is a town located in Hillsborough County containing part of Russell-Abbott State Forest. There are 209 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, benign prostatic hyperplasia, traumatic brain injury, glaucoma, cataracts, and hearing impairment. However, they had higher rates of obesity, substance and tobacco use disorders, and chronic obstructive pulmonary disease. They are more likely to take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 3 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,420	1,327,503
Population 60 years or older as % of total population		21.5%	22.7%
Total population 60 years or older		306	301,630
Population 65 years or older as % of total population		14.7%	15.8%
Total population 65 years or older		209	210,385
% 65-74 years		72.7%	58.5%
% 75-84 years		19.6%	28.6%
% 85 years or older		7.7%	12.9%
Gender (65+ population)			
% female		43.5%	54.7%
Race/Ethnicity (65+ population)			
% White		98.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		68.4%	58.5%
% divorced/separated		13.4%	14.0%
% widowed		13.9%	22.9%
% never married		4.3%	4.6%
Education (65+ population)			
% with less than high school education		6.7%	12.3%
% with high school or some college		52.6%	57.1%
% with college degree		40.7%	30.6%
% of 65+ population living alone		10.0%	26.1%
% of 65+ population who speak only English at home		95.2%	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		3.8%	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		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese	W	22.1%	16.7%
% 65+ with high cholesterol		68.6%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		28.8%	28.8%
% 65+ with anxiety disorders		20.3%	21.9%
% 65+ with bipolar disorders		3.2%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	10.0%	5.5%
% 65+ with tobacco use disorders	W	16.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		8.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.7%	20.5%
% 65+ with asthma		16.4%	13.0%
% 65+ with hypertension		67.2%	70.2%
% 65+ ever had a heart attack		5.2%	4.5%
% 65+ with ischemic heart disease		32.9%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease		15.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	49.1%
% 65+ with osteoporosis		14.8%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		2.0%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.4%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		9.9%	11.5%
% 65+ with benign prostatic hyperplasia	B	25.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.9%	20.8%
% 65+ with anemia		39.9%	37.3%
% 65+ with chronic kidney disease		26.8%	22.3%
% 65+ with liver diseases		9.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.7%	2.1%
% 65+ with traumatic brain injury	B	0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.7%	22.9%
% 65+ with cataract	B	53.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.8%	54.4%
% 65+ with 0 chronic conditions		12.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	8.5%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		15.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		1.9%	5.6%
% 65+ with self-reported independent living difficulty		4.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		9.2%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		550	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		259	237
Medicare inpatient hospital readmissions (as % of admissions)		18.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		97	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		10.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		62.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.2%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.7%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		34.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		9.4%	18.2%
% households with annual income $20,000-$49,999		38.5%	36.5%
% households with annual income > $50,000		52.1%	45.3%
% 60+ own home		97.0%	79.9%
% 60+ have mortgage on home		36.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		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	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Merrimack (Hillsborough)

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

Merrimack is an urban town located in Hillsborough County and was home to Matthew Thornton, a signer of the Declaration of Independence. There are 3,202 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of personality disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, congestive heart failure, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and hearing impairment. However, they had higher rates of chronic kidney disease and high cholesterol. Community resources to support healthy aging include 23 primary care providers within 5 miles, 12 home health agencies, an assisted living site, a public library, a university of community college, a YMCA, and access to broadband.
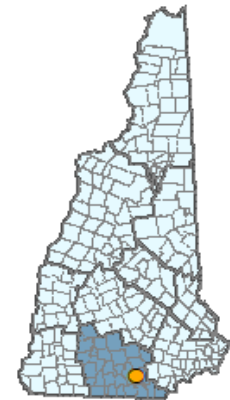
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		25,580	1,327,503
Population 60 years or older as % of total population		19.8%	22.7%
Total population 60 years or older		5,062	301,630
Population 65 years or older as % of total population		12.5%	15.8%
Total population 65 years or older		3,202	210,385
% 65-74 years		67.8%	58.5%
% 75-84 years		24.2%	28.6%
% 85 years or older		8.0%	12.9%
Gender (65+ population)			
% female		54.5%	54.7%
Race/Ethnicity (65+ population)			
% White		98.9%	97.7%
% African American		0.3%	0.5%
% Asian		0.7%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.2%	0.9%
Marital Status (65+ population)			
% married		62.9%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		19.0%	22.9%
% never married		3.9%	4.6%
Education (65+ population)			
% with less than high school education		7.8%	12.3%
% with high school or some college		63.2%	57.1%
% with college degree		29.0%	30.6%
% of 65+ population living alone		21.7%	26.1%
% of 65+ population who speak only English at home		89.4%	91.3%
% of 65+ population who are veterans of military service		29.7%	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		1.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		73.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		51.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		19.6%	19.9%
% 60+ getting recommended hours of sleep		64.5%	66.4%
% 60+ injured in a fall within last 12 months		12.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		88.7%	86.5%
% 60+ met CDC preventive health screening goals		40.5%	40.3%
% 60+ flu shot past year		59.4%	59.3%
% 65+ with pneumonia vaccine		76.3%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years		83.3%	79.3%
% 60+ with colorectal cancer screening		79.8%	77.0%
% 60+ with HIV test		18.5%	13.5%
% 60+ current smokers		5.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		23.9%	29.0%
% 60+ with annual dental exam		76.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	20.2%
% 60+ self-reported obese	W	35.2%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	W	74.5%	72.2%
% 60+ excessive drinking		8.9%	9.2%
% 65+ with poor supermarket access		47.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.4%	6.9%
% 65+ with depression		27.7%	28.8%
% 65+ with anxiety disorders		21.3%	21.9%
% 65+ with bipolar disorders		3.4%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.4%	4.9%
% 65+ with personality disorders	B	0.4%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		9.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes		29.1%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	18.1%	20.5%
% 65+ with asthma		12.5%	13.0%
% 65+ with hypertension		69.1%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease		33.4%	34.3%
% 65+ with congestive heart failure	B	16.1%	17.7%
% 65+ with atrial fibrillation		13.8%	14.4%
% 65+ with peripheral vascular disease		13.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.8%	49.1%
% 65+ with osteoporosis		16.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		11.0%	11.5%
% 65+ with benign prostatic hyperplasia		36.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.0%	20.8%
% 65+ with anemia		37.9%	37.3%
% 65+ with chronic kidney disease	W	24.8%	22.3%
% 65+ with liver diseases		7.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	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	18.9%	22.9%
% 65+ with cataract	B	56.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.2%	54.4%
% 65+ with 0 chronic conditions		10.3%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.7%	14.4%
% 65+ with self-reported vision difficulty		2.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty	B	3.3%	6.9%
% 65+ with self-reported ambulatory difficulty		14.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		3.2%	5.6%
% 65+ with self-reported independent living difficulty		8.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.7%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost	B	1.8%	5.4%
# of primary care providers within 5 miles		23	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		12	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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	459	572
Part D monthly prescription fills per person per year		49.0	49.1
Home health visits per year	*	1.9	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		18.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		66	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.1%	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)		1	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		2.7%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		3.7%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		85.1%	77.6%
Voter participation rate in 2018 election (age 18+)		58.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		22	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		847	2,012
% 65+ who own a motor vehicle		93.0%	91.0%
% 60+ who always drive wearing a seatbelt		79.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.3%	5.4%
% 60+ receiving food stamps past year		2.0%	5.7%
% 65+ employed past year		27.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.0%	18.2%
% households with annual income $20,000-$49,999		33.4%	36.5%
% households with annual income > $50,000		54.6%	45.3%
% 60+ own home		88.9%	79.9%
% 60+ have mortgage on home		46.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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).*

Milford (Hillsborough)

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

Milford is an urban town located along the Souhegan River in Hillsborough County that is known for its Pumpkin Festival traditionally held in October. There are 2,109 residents age 65 or older. Compared to state average rates, older residents had higher rates of bipolar disorders, schizophrenia and other psychotic disorders, high cholesterol, osteoporosis, colon cancer, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, epilepsy, and cataracts. They are more likely to be non-smokers and take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 75 primary care providers and 2 nursing homes within 5 miles, 10 home health agencies, 2 assisted living sites, a public library, and access to broadband.
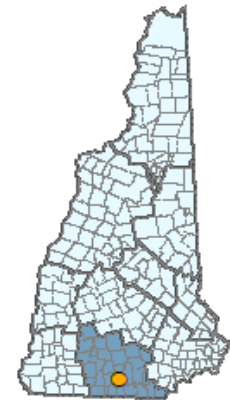
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		15,206	1,327,503
Population 60 years or older as % of total population		19.1%	22.7%
Total population 60 years or older		2,911	301,630
Population 65 years or older as % of total population		13.9%	15.8%
Total population 65 years or older		2,109	210,385
% 65-74 years		62.5%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		8.0%	12.9%
Gender (65+ population)			
% female		61.1%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.7%	0.5%
% Asian		0.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.3%	0.9%
Marital Status (65+ population)			
% married		62.0%	58.5%
% divorced/separated		12.5%	14.0%
% widowed		24.0%	22.9%
% never married		1.5%	4.6%
Education (65+ population)			
% with less than high school education		11.4%	12.3%
% with high school or some college		63.4%	57.1%
% with college degree		25.2%	30.6%
% of 65+ population living alone		29.3%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		19.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	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		7.3%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		6.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		15.8%	16.7%
% 65+ with high cholesterol	W	75.9%	72.2%
% 60+ excessive drinking		10.9%	9.2%
% 65+ with poor supermarket access		80.9%	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	B	3.4%	6.9%
% 65+ with depression		30.3%	28.8%
% 65+ with anxiety disorders		23.8%	21.9%
% 65+ with bipolar disorders	W	4.5%	3.1%
% 65+ with post-traumatic stress disorder		2.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.3%	12.0%
% 65+ with diabetes		26.9%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.2%	20.5%
% 65+ with asthma		14.4%	13.0%
% 65+ with hypertension		71.5%	70.2%
% 65+ ever had a heart attack		3.8%	4.5%
% 65+ with ischemic heart disease		34.7%	34.3%
% 65+ with congestive heart failure		17.0%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.2%	49.1%
% 65+ with osteoporosis	W	19.7%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer	W	3.7%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		13.9%	11.5%
% 65+ with benign prostatic hyperplasia		38.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.6%	20.8%
% 65+ with anemia	W	40.7%	37.3%
% 65+ with chronic kidney disease	W	27.9%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy	W	3.2%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.9%	22.9%
% 65+ with cataract	W	65.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.8%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.7%	14.4%
% 65+ with self-reported vision difficulty		8.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		5.0%	6.9%
% 65+ with self-reported ambulatory difficulty		22.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		4.3%	3.2%
% 65+ with self-reported self-care difficulty		4.2%	5.6%
% 65+ with self-reported independent living difficulty		9.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.9%	7.9%
% dually eligible for Medicare and Medicaid	*	8.8%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		75	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		10	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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		554	572
Part D monthly prescription fills per person per year	*	52.3	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		247	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		58	33
% 65+ getting Medicaid long term services and supports	*	4.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.1%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		4.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		143	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,535	2,012
% 65+ who own a motor vehicle		90.6%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.8%	5.4%
% 60+ receiving food stamps past year		1.0%	5.7%
% 65+ employed past year		25.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		18.6%	18.2%
% households with annual income $20,000-$49,999		44.7%	36.5%
% households with annual income > $50,000		36.7%	45.3%
% 60+ own home		70.9%	79.9%
% 60+ have mortgage on home		34.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
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- *Community & Civic Engagement: AARP (2018 update; https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.*
- *Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016), ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).*
- *Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).*

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

Mont Vernon (Hillsborough)

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

Mont Vernon is a town located in Hillsborough County that hosts the annual "Lamson Farm Day" which celebrates the agricultural history of the town. There are 322 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, endometrial cancer, anemia, and visual and mobility impairments. They are more likely to be non-smokers and take the health promotion steps of having a cholesterol screening or annual dental exam. Community resources to support healthy aging include 7 primary care providers within 5 miles, 5 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,463	1,327,503
Population 60 years or older as % of total population		17.1%	22.7%
Total population 60 years or older		420	301,630
Population 65 years or older as % of total population		13.1%	15.8%
Total population 65 years or older		322	210,385
% 65-74 years		64.0%	58.5%
% 75-84 years		26.1%	28.6%
% 85 years or older		9.9%	12.9%
Gender (65+ population)			
% female		50.3%	54.7%
Race/Ethnicity (65+ population)			
% White		94.4%	97.7%
% African American		0.0%	0.5%
% Asian		2.5%	0.9%
% Other		3.1%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		78.9%	58.5%
% divorced/separated		5.6%	14.0%
% widowed		15.5%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		7.1%	12.3%
% with high school or some college		52.2%	57.1%
% with college degree		40.7%	30.6%
% of 65+ population living alone		8.4%	26.1%
% of 65+ population who speak only English at home		93.2%	91.3%
% of 65+ population who are veterans of military service		23.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.0%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		13.9%	16.7%
% 65+ with high cholesterol		72.3%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		26.1%	28.8%
% 65+ with anxiety disorders	B	16.5%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders		8.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.1%	12.0%
% 65+ with diabetes	B	19.6%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	14.5%	20.5%
% 65+ with asthma		11.7%	13.0%
% 65+ with hypertension	B	63.3%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease	B	27.7%	34.3%
% 65+ with congestive heart failure	B	12.8%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease	B	10.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.0%	49.1%
% 65+ with osteoporosis	B	12.8%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.6%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		11.0%	11.5%
% 65+ with benign prostatic hyperplasia		35.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.2%	20.8%
% 65+ with anemia	B	32.4%	37.3%
% 65+ with chronic kidney disease		21.6%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.2%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.1%	22.9%
% 65+ with cataract		60.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		5.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		1.9%	6.9%
% 65+ with self-reported ambulatory difficulty	B	7.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	3.2%
% 65+ with self-reported self-care difficulty		2.5%	5.6%
% 65+ with self-reported independent living difficulty		9.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.9%	7.9%
% dually eligible for Medicare and Medicaid	*	2.8%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	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		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	407	572
Part D monthly prescription fills per person per year	*	44.3	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	184	237
Medicare inpatient hospital readmissions (as % of admissions)	*	9.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	48	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	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)		1	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		6.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		9.2%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		71.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		96	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		532	2,012
% 65+ who own a motor vehicle		97.2%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		7.5%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		23.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.9%	18.2%
% households with annual income $20,000-$49,999		31.9%	36.5%
% households with annual income > $50,000		53.2%	45.3%
% 60+ own home		98.1%	79.9%
% 60+ have mortgage on home		36.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Nashua (Hillsborough)

TUFTS Health Plan FOUNDATION

Nashua is a city in southern New Hampshire containing Mine Falls Park that was twice named "Best Place to Live in America" by Money magazine. There are 12,125 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of glaucoma and hearing impairment. However, they had higher rates of depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, substance and tobacco use disorders, high cholesterol, diabetes, stroke, hypertension, ischemic heart disease, congestive heart failure, atrial fibrillation, osteoporosis, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, and visual and mobility impairments. Community resources to support healthy aging include 214 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 18 home health agencies, a community health center, 3 adult day health centers, 2 dementia support groups, a senior center, 4 assisted living sites, 4 universities or community colleges, a public library, a YMCA, and access to broadband.
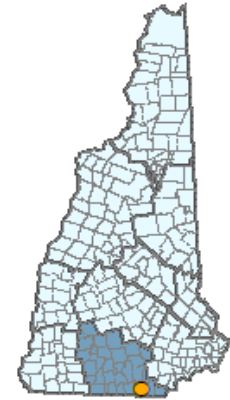
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		87,279	1,327,503
Population 60 years or older as % of total population		19.9%	22.7%
Total population 60 years or older		17,359	301,630
Population 65 years or older as % of total population		13.9%	15.8%
Total population 65 years or older		12,125	210,385
% 65-74 years		54.0%	58.5%
% 75-84 years		32.0%	28.6%
% 85 years or older		14.0%	12.9%
Gender (65+ population)			
% female		57.2%	54.7%
Race/Ethnicity (65+ population)			
% White		92.7%	97.7%
% African American		2.3%	0.5%
% Asian		3.2%	0.9%
% Other		1.7%	0.9%
% Hispanic/Latino		2.8%	0.9%
Marital Status (65+ population)			
% married		54.0%	58.5%
% divorced/separated		14.4%	14.0%
% widowed		26.1%	22.9%
% never married		5.5%	4.6%
Education (65+ population)			
% with less than high school education		16.6%	12.3%
% with high school or some college		55.3%	57.1%
% with college degree		28.0%	30.6%
% of 65+ population living alone		29.5%	26.1%
% of 65+ population who speak only English at home		81.7%	91.3%
% of 65+ population who are veterans of military service		24.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	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		3.8%	3.6%
% moved from different county in New Hampshire		0.4%	1.0%
% moved from different state		1.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.5%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese		17.5%	16.7%
% 65+ with high cholesterol	W	76.7%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		42.4%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.2%	6.9%
% 65+ with depression	W	31.1%	28.8%
% 65+ with anxiety disorders	W	24.3%	21.9%
% 65+ with bipolar disorders	W	4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	5.7%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	6.3%	5.5%
% 65+ with tobacco use disorders	W	12.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.0%	12.0%
% 65+ with diabetes	W	31.3%	28.2%
% 65+ with stroke	W	12.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.3%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension	W	73.8%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease	W	37.1%	34.3%
% 65+ with congestive heart failure	W	19.4%	17.7%
% 65+ with atrial fibrillation	W	15.7%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	49.1%
% 65+ with osteoporosis	W	22.3%	17.4%
% 65+ with leukemias and lymphomas		2.3%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		10.1%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	W	12.9%	11.5%
% 65+ with benign prostatic hyperplasia	W	38.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	22.3%	20.8%
% 65+ with anemia	W	44.3%	37.3%
% 65+ with chronic kidney disease	W	28.9%	22.3%
% 65+ with liver diseases	W	8.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	20.2%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	4.7%	4.0%
% 65+ with epilepsy	W	2.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	21.6%	22.9%
% 65+ with cataract		62.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.6%	54.4%
% 65+ with 0 chronic conditions	W	8.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	13.1%	14.4%
% 65+ with self-reported vision difficulty		6.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.2%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty		20.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		7.3%	5.6%
% 65+ with self-reported independent living difficulty	W	14.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.6%	7.9%
% dually eligible for Medicare and Medicaid	*	8.3%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		214	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		18	49
# of community health centers		1	22
# of adult day health centers		3	21
# of memory cafes		0	12
# of dementia-related support groups		2	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	657	572
Part D monthly prescription fills per person per year	*	51.4	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	265	237
Medicare inpatient hospital readmissions (as % of admissions)		16.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		77	76
# skilled nursing home Medicare beds/1000 persons 65+ years		30	33
% 65+ getting Medicaid long term services and supports		3.6%	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)		1	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		4	134
% of vacant homes in community		5.1%	16.0%
# of universities and community colleges		4	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		85.7%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		7.9%	5.4%
% 60+ receiving food stamps past year		8.2%	5.7%
% 65+ employed past year		22.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		20.4%	18.2%
% households with annual income $20,000-$49,999		36.8%	36.5%
% households with annual income > $50,000		42.8%	45.3%
% 60+ own home		72.1%	79.9%
% 60+ have mortgage on home		33.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

New Boston (Hillsborough)

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

New Boston is a town in southern New Hampshire and is home to the annual Hillsborough County Agricultural Fair. There are 518 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, obesity, high cholesterol, tobacco use disorders, Alzheimer's disease and related dementias, chronic obstructive pulmonary disease, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, and chronic kidney disease. However, they had higher rates of bipolar disorders, schizophrenia and other psychotic disorders, and personality disorders. Community resources to support healthy aging include 2 primary care providers within 5 miles, 6 home health agencies, 2 assisted living sites, a senior center, a public library, and access to broadband.
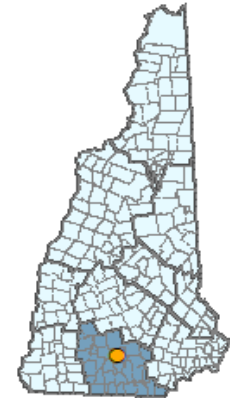
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,462	1,327,503
Population 60 years or older as % of total population		16.3%	22.7%
Total population 60 years or older		889	301,630
Population 65 years or older as % of total population		9.5%	15.8%
Total population 65 years or older		518	210,385
% 65-74 years		74.7%	58.5%
% 75-84 years		12.7%	28.6%
% 85 years or older		12.5%	12.9%
Gender (65+ population)			
% female		53.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		1.5%	0.9%
Marital Status (65+ population)			
% married		52.5%	58.5%
% divorced/separated		14.5%	14.0%
% widowed		27.4%	22.9%
% never married		5.6%	4.6%
Education (65+ population)			
% with less than high school education		4.2%	12.3%
% with high school or some college		56.6%	57.1%
% with college degree		39.2%	30.6%
% of 65+ population living alone		13.2%	26.1%
% of 65+ population who speak only English at home		91.1%	91.3%
% of 65+ population who are veterans of military service		22.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		7.5%	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		72.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.3%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		58.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.9%	19.9%
% 60+ getting recommended hours of sleep		66.9%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		14.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		14.3%	12.5%
% 60+ with physical exam/check-up in past year		88.6%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		55.0%	59.3%
% 65+ with pneumonia vaccine		72.9%	77.8%
% 60+ with cholesterol screening		95.4%	95.3%
% 60+ women with a mammogram within last 2 years		85.5%	79.3%
% 60+ with colorectal cancer screening		78.1%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers		6.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	22.2%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		24.1%	20.2%
% 60+ self-reported obese		24.2%	27.2%
% 65+ clinically diagnosed obese	B	12.9%	16.7%
% 65+ with high cholesterol	B	67.1%	72.2%
% 60+ excessive drinking		9.4%	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		7.0%	6.9%
% 65+ with depression		26.6%	28.8%
% 65+ with anxiety disorders		18.7%	21.9%
% 65+ with bipolar disorders	W	4.6%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.3%	4.9%
% 65+ with personality disorders	W	1.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		3.9%	5.5%
% 65+ with tobacco use disorders	B	6.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes		24.7%	28.2%
% 65+ with stroke		9.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	13.3%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension	B	62.5%	70.2%
% 65+ ever had a heart attack	B	2.2%	4.5%
% 65+ with ischemic heart disease	B	25.5%	34.3%
% 65+ with congestive heart failure	B	12.6%	17.7%
% 65+ with atrial fibrillation	B	10.2%	14.4%
% 65+ with peripheral vascular disease		12.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.3%	49.1%
% 65+ with osteoporosis	B	13.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer	B	1.0%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		17.4%	20.8%
% 65+ with anemia	B	32.7%	37.3%
% 65+ with chronic kidney disease	B	17.9%	22.3%
% 65+ with liver diseases		5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.1%	22.9%
% 65+ with cataract		57.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.5%	54.4%
% 65+ with 0 chronic conditions	B	14.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	4.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		5.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	4.0%	7.5%
% 60+ with a regular doctor		96.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	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		6	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	252	572
Part D monthly prescription fills per person per year	*	41.9	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	182	237
Medicare inpatient hospital readmissions (as % of admissions)		11.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	33	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	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)		1	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		2.7%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		2.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		69.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		49	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		783	2,012
% 65+ who own a motor vehicle		88.5%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.2%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		34.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		5.9%	18.2%
% households with annual income $20,000-$49,999		22.1%	36.5%
% households with annual income > $50,000		71.9%	45.3%
% 60+ own home		93.8%	79.9%
% 60+ have mortgage on home		41.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		11.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

New Ipswich (Hillsborough)

New Ipswich is a town located in southern New Hampshire and was the first town in the state to be declared a Purple Heart Community. There are 550 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, high cholesterol, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, stroke, heart attack, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, prostate cancer, anemia, traumatic brain injury, and hearing impairment. However, they had a higher rate of glaucoma. They are less likely to take the health promotion step of getting a regular mammogram. Community resources to support healthy aging include 2 primary care providers within 5 miles, a home health agency, an assisted living site, a public library, and access to broadband.
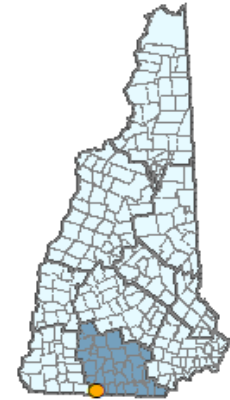
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,155	1,327,503
Population 60 years or older as % of total population		19.5%	22.7%
Total population 60 years or older		1,006	301,630
Population 65 years or older as % of total population		10.7%	15.8%
Total population 65 years or older		550	210,385
% 65-74 years		70.2%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		6.2%	12.9%
Gender (65+ population)			
% female		44.9%	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		57.6%	58.5%
% divorced/separated		18.4%	14.0%
% widowed		17.3%	22.9%
% never married		6.7%	4.6%
Education (65+ population)			
% with less than high school education		12.2%	12.3%
% with high school or some college		46.4%	57.1%
% with college degree		41.5%	30.6%
% of 65+ population living alone		25.3%	26.1%
% of 65+ population who speak only English at home		85.1%	91.3%
% of 65+ population who are veterans of military service		26.4%	24.8%
Age-sex adjusted 1-year mortality rate		5.0%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	B	2.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		19.9%	16.7%
% 65+ with high cholesterol	B	65.8%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	B	22.1%	28.8%
% 65+ with anxiety disorders	B	15.6%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.2%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		10.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.6%	12.0%
% 65+ with diabetes		27.1%	28.2%
% 65+ with stroke	B	6.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.4%	20.5%
% 65+ with asthma		11.2%	13.0%
% 65+ with hypertension		66.2%	70.2%
% 65+ ever had a heart attack	B	2.7%	4.5%
% 65+ with ischemic heart disease		30.7%	34.3%
% 65+ with congestive heart failure		14.7%	17.7%
% 65+ with atrial fibrillation		11.7%	14.4%
% 65+ with peripheral vascular disease	B	9.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	13.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	6.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	6.6%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		17.5%	20.8%
% 65+ with anemia	B	31.7%	37.3%
% 65+ with chronic kidney disease		20.1%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.8%	22.9%
% 65+ with cataract		58.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.4%	54.4%
% 65+ with 0 chronic conditions		13.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		6.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	7.9%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		8.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		8.2%	5.6%
% 65+ with self-reported independent living difficulty		8.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	5.3%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	426	572
Part D monthly prescription fills per person per year	*	39.8	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	164	237
Medicare inpatient hospital readmissions (as % of admissions)		20.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	33	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		12.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		59.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		97	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		843	2,012
% 65+ who own a motor vehicle		94.5%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		7.5%	5.4%
% 60+ receiving food stamps past year		5.8%	5.7%
% 65+ employed past year		31.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		27.1%	18.2%
% households with annual income $20,000-$49,999		21.6%	36.5%
% households with annual income > $50,000		51.2%	45.3%
% 60+ own home		91.0%	79.9%
% 60+ have mortgage on home		44.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.7%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Pelham (Hillsborough)

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

Pelham is an urban town in Hillsborough County and is home to Muldoon Park and an 18-hole disc golf course. There are 1,741 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, fibromyalgia/chronic pain/fatigue, glaucoma, and pressure ulcers. However, they had higher rates of obesity, high cholesterol, diabetes, hypertension, lung cancer, anemia, and chronic kidney disease. Community resources to support healthy aging include 6 primary care providers within 5 miles, 12 home health agencies, a senior center, a public library, and access to broadband.
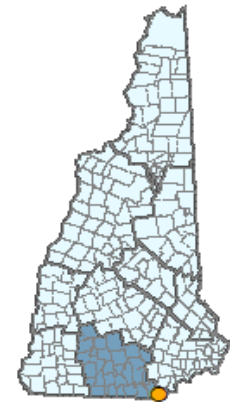
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		13,189	1,327,503
Population 60 years or older as % of total population		19.0%	22.7%
Total population 60 years or older		2,500	301,630
Population 65 years or older as % of total population		13.2%	15.8%
Total population 65 years or older		1,741	210,385
% 65-74 years		56.0%	58.5%
% 75-84 years		36.5%	28.6%
% 85 years or older		7.5%	12.9%
Gender (65+ population)			
% female		57.2%	54.7%
Race/Ethnicity (65+ population)			
% White		97.2%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.8%	0.9%
% Hispanic/Latino		3.6%	0.9%
Marital Status (65+ population)			
% married		60.3%	58.5%
% divorced/separated		12.4%	14.0%
% widowed		25.9%	22.9%
% never married		1.4%	4.6%
Education (65+ population)			
% with less than high school education		15.5%	12.3%
% with high school or some college		68.4%	57.1%
% with college degree		16.1%	30.6%
% of 65+ population living alone		18.4%	26.1%
% of 65+ population who speak only English at home		85.8%	91.3%
% of 65+ population who are veterans of military service		23.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.6%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		2.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		73.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		51.4%	58.6%
% 60+ met CDC guidelines for both types of physical activities		19.6%	19.9%
% 60+ getting recommended hours of sleep		64.5%	66.4%
% 60+ injured in a fall within last 12 months		12.0%	10.4%
% 65+ had hip fracture		2.5%	3.3%
% 60+ with self-reported fair or poor health status		13.5%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		88.7%	86.5%
% 60+ met CDC preventive health screening goals		40.5%	40.3%
% 60+ flu shot past year		59.4%	59.3%
% 65+ with pneumonia vaccine		76.3%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years		83.3%	79.3%
% 60+ with colorectal cancer screening		79.8%	77.0%
% 60+ with HIV test		18.5%	13.5%
% 60+ current smokers		5.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		23.9%	29.0%
% 60+ with annual dental exam		76.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.6%	20.2%
% 60+ self-reported obese	W	35.2%	27.2%
% 65+ clinically diagnosed obese	W	20.0%	16.7%
% 65+ with high cholesterol	W	77.1%	72.2%
% 60+ excessive drinking		8.9%	9.2%
% 65+ with poor supermarket access		20.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.4%	6.9%
% 65+ with depression		27.1%	28.8%
% 65+ with anxiety disorders		22.5%	21.9%
% 65+ with bipolar disorders		2.6%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		1.3%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		11.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.2%	12.0%
% 65+ with diabetes	W	32.7%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.9%	20.5%
% 65+ with asthma		12.5%	13.0%
% 65+ with hypertension	W	76.8%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease		35.2%	34.3%
% 65+ with congestive heart failure		17.3%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease		14.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.6%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		10.2%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.4%	20.8%
% 65+ with anemia	W	40.9%	37.3%
% 65+ with chronic kidney disease	W	26.9%	22.3%
% 65+ with liver diseases		7.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.7%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.7%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.5%	22.9%
% 65+ with cataract		59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.0%	54.4%
% 65+ with 0 chronic conditions	W	7.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.6%	14.4%
% 65+ with self-reported vision difficulty		4.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		4.9%	6.9%
% 65+ with self-reported ambulatory difficulty		17.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.9%	3.2%
% 65+ with self-reported self-care difficulty		5.5%	5.6%
% 65+ with self-reported independent living difficulty		12.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	3.4%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost	B	1.8%	5.4%
# of primary care providers within 5 miles		6	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		12	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	*	7.7	6.3
Emergency room visits/1000 persons 65+ years per year	*	478	572
Part D monthly prescription fills per person per year		48.0	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		256	237
Medicare inpatient hospital readmissions (as % of admissions)		15.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	56	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		4.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		85.1%	77.6%
Voter participation rate in 2018 election (age 18+)		56.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		99	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,113	2,012
% 65+ who own a motor vehicle		94.0%	91.0%
% 60+ who always drive wearing a seatbelt		79.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.9%	5.4%
% 60+ receiving food stamps past year		3.0%	5.7%
% 65+ employed past year		21.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		10.4%	18.2%
% households with annual income $20,000-$49,999		41.5%	36.5%
% households with annual income > $50,000		48.0%	45.3%
% 60+ own home		85.6%	79.9%
% 60+ have mortgage on home		46.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Peterborough (Hillsborough)

Peterborough is a town in southern New Hampshire that is home to the MacDowell Colony, an artists' colony and creative retreat. There are 1,617 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, and chronic kidney disease. However, they had higher rates of hip fracture, Alzheimer's disease or related dementias, atrial fibrillation, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, migraine, glaucoma, cataracts, pressure ulcers, and hearing impairment. They are less likely to take the health promotion step of getting a regular mammogram. Community resources to support healthy aging include 20 primary care providers, a hospital, and a nursing home within 5 miles, 2 home health agencies, a memory cafe, 3 assisted living sites, a senior center, a public library, and access to broadband.
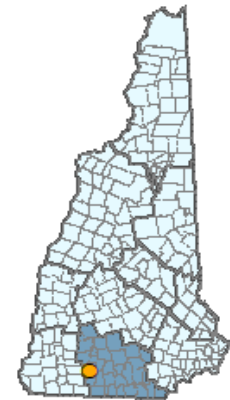
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		6,451	1,327,503
Population 60 years or older as % of total population		33.8%	22.7%
Total population 60 years or older		2,180	301,630
Population 65 years or older as % of total population		25.1%	15.8%
Total population 65 years or older		1,617	210,385
% 65-74 years		52.3%	58.5%
% 75-84 years		25.7%	28.6%
% 85 years or older		22.0%	12.9%
Gender (65+ population)			
% female		55.7%	54.7%
Race/Ethnicity (65+ population)			
% White		97.5%	97.7%
% African American		0.0%	0.5%
% Asian		2.2%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		54.2%	58.5%
% divorced/separated		12.1%	14.0%
% widowed		26.6%	22.9%
% never married		7.2%	4.6%
Education (65+ population)			
% with less than high school education		6.1%	12.3%
% with high school or some college		44.7%	57.1%
% with college degree		49.2%	30.6%
% of 65+ population living alone		35.0%	26.1%
% of 65+ population who speak only English at home		95.5%	91.3%
% of 65+ population who are veterans of military service		22.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		12.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.6%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		46.4%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		28.7%	28.8%
% 65+ with anxiety disorders		20.5%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	4.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.1%	12.0%
% 65+ with diabetes	B	18.6%	28.2%
% 65+ with stroke		11.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.3%	20.5%
% 65+ with asthma		11.4%	13.0%
% 65+ with hypertension	B	62.8%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		32.3%	34.3%
% 65+ with congestive heart failure		18.7%	17.7%
% 65+ with atrial fibrillation	W	17.1%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.1%	49.1%
% 65+ with osteoporosis	W	24.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		9.6%	11.5%
% 65+ with benign prostatic hyperplasia		40.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.4%	20.8%
% 65+ with anemia	W	42.8%	37.3%
% 65+ with chronic kidney disease	B	16.2%	22.3%
% 65+ with liver diseases		5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	35.1%	22.9%
% 65+ with cataract	W	73.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.0%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.0%	14.4%
% 65+ with self-reported vision difficulty		3.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		15.8%	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		6.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	6.1%	7.9%
% dually eligible for Medicare and Medicaid	*	4.6%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		20	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		1	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		575	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	179	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		62	33
% 65+ getting Medicaid long term services and supports		2.8%	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)		1	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		9.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		63.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		109	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,243	2,012
% 65+ who own a motor vehicle		85.0%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.6%	5.4%
% 60+ receiving food stamps past year		2.5%	5.7%
% 65+ employed past year		22.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.5%	18.2%
% households with annual income $20,000-$49,999		26.6%	36.5%
% households with annual income > $50,000		53.9%	45.3%
% 60+ own home		59.2%	79.9%
% 60+ have mortgage on home		24.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		17.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		9.2%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Sharon (Hillsborough)

TUFTS
Health Plan
FOUNDATION

Sharon is a rural town in Hillsborough County that is home to the Sharon Arts Center, a part of the New Hampshire Institute of Art. There are 107 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, and chronic kidney disease. However, they had higher rates of hip fracture, Alzheimer's disease or related dementias, atrial fibrillation, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, migraine and other chronic headache, glaucoma, cataracts, pressure ulcers, and hearing impairment. They are less likely to take the health promotion step of getting a mammogram within the last 2 years. Community resources to support healthy aging include 2 home health agencies, and access to broadband.
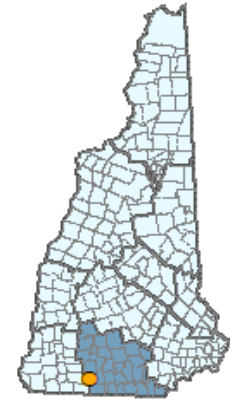
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		328	1,327,503
Population 60 years or older as % of total population		41.5%	22.7%
Total population 60 years or older		136	301,630
Population 65 years or older as % of total population		32.6%	15.8%
Total population 65 years or older		107	210,385
% 65-74 years		62.6%	58.5%
% 75-84 years		29.0%	28.6%
% 85 years or older		8.4%	12.9%
Gender (65+ population)			
% female		45.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		72.9%	58.5%
% divorced/separated		5.6%	14.0%
% widowed		13.1%	22.9%
% never married		8.4%	4.6%
Education (65+ population)			
% with less than high school education		3.7%	12.3%
% with high school or some college		25.2%	57.1%
% with college degree		71.0%	30.6%
% of 65+ population living alone		15.0%	26.1%
% of 65+ population who speak only English at home		96.3%	91.3%
% of 65+ population who are veterans of military service		18.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese	B	12.8%	16.7%
% 65+ with high cholesterol	B	67.6%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		28.7%	28.8%
% 65+ with anxiety disorders		20.5%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders	B	4.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.1%	12.0%
% 65+ with diabetes	B	18.6%	28.2%
% 65+ with stroke		11.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.3%	20.5%
% 65+ with asthma		11.4%	13.0%
% 65+ with hypertension	B	62.8%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		32.3%	34.3%
% 65+ with congestive heart failure		18.7%	17.7%
% 65+ with atrial fibrillation	W	17.1%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.1%	49.1%
% 65+ with osteoporosis	W	24.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		9.6%	11.5%
% 65+ with benign prostatic hyperplasia		40.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.4%	20.8%
% 65+ with anemia	W	42.8%	37.3%
% 65+ with chronic kidney disease	B	16.2%	22.3%
% 65+ with liver diseases		5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	35.1%	22.9%
% 65+ with cataract	W	73.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.0%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		8.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	20.0%	14.4%
% 65+ with self-reported vision difficulty		4.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.5%	6.9%
% 65+ with self-reported ambulatory difficulty		8.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		4.7%	5.6%
% 65+ with self-reported independent living difficulty		10.3%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	6.1%	7.9%
% dually eligible for Medicare and Medicaid	*	4.6%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		575	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year	*	1.6	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	179	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	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		14.6%	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)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		78.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		95.7%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		33.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		13.0%	18.2%
% households with annual income $20,000-$49,999		30.4%	36.5%
% households with annual income > $50,000		56.5%	45.3%
% 60+ own home		92.8%	79.9%
% 60+ have mortgage on home		47.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Temple (Hillsborough)

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

Temple is a town in Hillsborough County that is home to Temple Mountain State Reservation. There are 312 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, and hypothyroidism. However, they had higher rates of hip fracture, migraines, glaucoma, and cataracts. They are less likely to take the health promotion step of having a mammogram within the last 2 years. Community resources to support healthy aging include 2 home health agencies, 5 assisted living sites, a public library, and access to broadband.
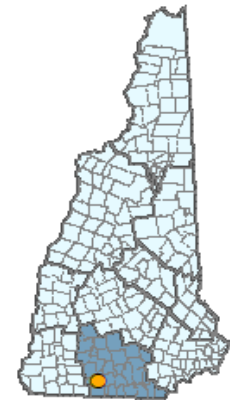
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,509	1,327,503
Population 60 years or older as % of total population		28.8%	22.7%
Total population 60 years or older		434	301,630
Population 65 years or older as % of total population		20.7%	15.8%
Total population 65 years or older		312	210,385
% 65-74 years		71.2%	58.5%
% 75-84 years		17.6%	28.6%
% 85 years or older		11.2%	12.9%
Gender (65+ population)			
% female		46.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.3%	58.5%
% divorced/separated		16.3%	14.0%
% widowed		13.5%	22.9%
% never married		11.9%	4.6%
Education (65+ population)			
% with less than high school education		4.5%	12.3%
% with high school or some college		58.0%	57.1%
% with college degree		37.5%	30.6%
% of 65+ population living alone		15.9%	26.1%
% of 65+ population who speak only English at home		98.4%	91.3%
% of 65+ population who are veterans of military service		26.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.6%	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		78.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		67.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.4%	19.9%
% 60+ getting recommended hours of sleep		63.9%	66.4%
% 60+ injured in a fall within last 12 months		10.7%	10.4%
% 65+ had hip fracture	W	4.2%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.3%	86.5%
% 60+ met CDC preventive health screening goals		39.4%	40.3%
% 60+ flu shot past year		55.8%	59.3%
% 65+ with pneumonia vaccine		73.5%	77.8%
% 60+ with cholesterol screening		95.6%	95.3%
% 60+ women with a mammogram within last 2 years	W	67.9%	79.3%
% 60+ with colorectal cancer screening		73.9%	77.0%
% 60+ with HIV test		11.8%	13.5%
% 60+ current smokers		8.1%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.7%	29.0%
% 60+ with annual dental exam		74.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.3%	20.2%
% 60+ self-reported obese		24.9%	27.2%
% 65+ clinically diagnosed obese		16.2%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		5.3%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.0%	28.8%
% 65+ with anxiety disorders	B	16.9%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.0%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes	B	21.5%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	57.7%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	B	27.6%	34.3%
% 65+ with congestive heart failure	B	14.7%	17.7%
% 65+ with atrial fibrillation		12.3%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.3%	1.7%
% 65+ men with prostate cancer		8.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.4%	20.8%
% 65+ with anemia		34.7%	37.3%
% 65+ with chronic kidney disease		19.2%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.4%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.4%	22.9%
% 65+ with cataract	W	67.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.3%	54.4%
% 65+ with 0 chronic conditions		12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	4.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.4%	14.4%
% 65+ with self-reported vision difficulty		1.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		5.1%	6.9%
% 65+ with self-reported ambulatory difficulty		14.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		7.4%	5.6%
% 65+ with self-reported independent living difficulty		7.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		5.1%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		530	572
Part D monthly prescription fills per person per year	*	42.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		200	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		5.3%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		16.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		81.8%	77.6%
Voter participation rate in 2018 election (age 18+)		61.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.3%	91.0%
% 60+ who always drive wearing a seatbelt		78.8%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		9.6%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		39.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		10.0%	18.2%
% households with annual income $20,000-$49,999		42.2%	36.5%
% households with annual income > $50,000		47.8%	45.3%
% 60+ own home		95.9%	79.9%
% 60+ have mortgage on home		49.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		39.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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.

Weare (Hillsborough)

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

Weare is an urban town in Hillsborough County that is home to Weare Town Forest and Clough State Park. There are 583 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, schizophrenia and other psychotic disorders, personality disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, epilepsy, cataracts, and hearing and mobility impairments. Community resources to support healthy aging include 5 home health agencies, a public library, and access to broadband.
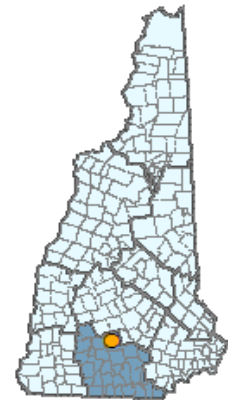
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		8,892	1,327,503
Population 60 years or older as % of total population		11.5%	22.7%
Total population 60 years or older		1,022	301,630
Population 65 years or older as % of total population		6.6%	15.8%
Total population 65 years or older		583	210,385
% 65-74 years		68.8%	58.5%
% 75-84 years		24.2%	28.6%
% 85 years or older		7.0%	12.9%
Gender (65+ population)			
% female		40.1%	54.7%
Race/Ethnicity (65+ population)			
% White		97.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		50.8%	58.5%
% divorced/separated		4.8%	14.0%
% widowed		37.2%	22.9%
% never married		7.2%	4.6%
Education (65+ population)			
% with less than high school education		15.1%	12.3%
% with high school or some college		53.9%	57.1%
% with college degree		31.0%	30.6%
% of 65+ population living alone		27.4%	26.1%
% of 65+ population who speak only English at home		95.0%	91.3%
% of 65+ population who are veterans of military service		38.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		66.8%	66.4%
% 60+ injured in a fall within last 12 months		7.1%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.7%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		35.3%	40.3%
% 60+ flu shot past year		58.9%	59.3%
% 65+ with pneumonia vaccine		73.7%	77.8%
% 60+ with cholesterol screening		92.1%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		78.7%	77.0%
% 60+ with HIV test		17.4%	13.5%
% 60+ current smokers		8.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.0%	29.0%
% 60+ with annual dental exam		77.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese	B	14.0%	16.7%
% 65+ with high cholesterol		71.3%	72.2%
% 60+ excessive drinking		6.5%	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		7.8%	6.9%
% 65+ with depression	B	24.6%	28.8%
% 65+ with anxiety disorders		19.9%	21.9%
% 65+ with bipolar disorders		2.5%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders	B	0.5%	1.1%
# opioid deaths (all ages) (county)		491	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	8.7%	12.0%
% 65+ with diabetes	B	24.2%	28.2%
% 65+ with stroke	B	6.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.4%	20.5%
% 65+ with asthma	B	9.9%	13.0%
% 65+ with hypertension	B	63.7%	70.2%
% 65+ ever had a heart attack	B	2.6%	4.5%
% 65+ with ischemic heart disease	B	27.4%	34.3%
% 65+ with congestive heart failure	B	11.5%	17.7%
% 65+ with atrial fibrillation		12.6%	14.4%
% 65+ with peripheral vascular disease	B	10.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.8%	49.1%
% 65+ with osteoporosis	B	14.2%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.6%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.9%	20.8%
% 65+ with anemia	B	27.3%	37.3%
% 65+ with chronic kidney disease	B	18.6%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.3%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.2%	22.9%
% 65+ with cataract	B	54.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.2%	54.4%
% 65+ with 0 chronic conditions	B	12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.3%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		8.9%	6.9%
% 65+ with self-reported ambulatory difficulty		10.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	3.2%
% 65+ with self-reported self-care difficulty		2.9%	5.6%
% 65+ with self-reported independent living difficulty	B	2.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		4.4%	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		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.0	6.3
Emergency room visits/1000 persons 65+ years per year	*	425	572
Part D monthly prescription fills per person per year	*	44.0	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		221	237
Medicare inpatient hospital readmissions (as % of admissions)		19.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		16.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		55.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		105	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		572	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		5.9%	5.7%
% 65+ employed past year		22.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		21.6%	18.2%
% households with annual income $20,000-$49,999		54.3%	36.5%
% households with annual income > $50,000		24.1%	45.3%
% 60+ own home		82.0%	79.9%
% 60+ have mortgage on home		31.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Wilton (Hillsborough)

TUFTS
Health Plan
FOUNDATION

Wilton is a town located in Hillsborough County and is home to the notable children's theatre, Andy's Summer Playhouse. There are 609 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of schizophrenia and other psychotic disorders, diabetes, osteoporosis, endometrial cancer, hypothyroidism, pressure ulcers, and visual and mobility impairments. However, they had higher rates of cataracts. They are more likely to not smoke and take the health promotion steps of having a cholesterol screening and annual dental exam. Community resources to support healthy aging include 52 primary care providers and a nursing home within 5 miles, 5 home health agencies, an assisted living site, a public library, and access to broadband.
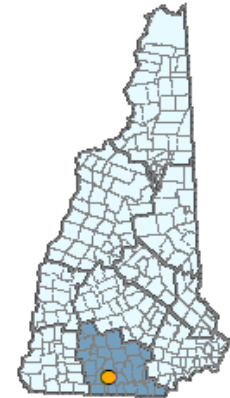
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,677	1,327,503
Population 60 years or older as % of total population		23.1%	22.7%
Total population 60 years or older		849	301,630
Population 65 years or older as % of total population		16.6%	15.8%
Total population 65 years or older		609	210,385
% 65-74 years		59.6%	58.5%
% 75-84 years		29.2%	28.6%
% 85 years or older		11.2%	12.9%
Gender (65+ population)			
% female		50.7%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		79.1%	58.5%
% divorced/separated		3.8%	14.0%
% widowed		10.8%	22.9%
% never married		6.2%	4.6%
Education (65+ population)			
% with less than high school education		9.2%	12.3%
% with high school or some college		42.5%	57.1%
% with college degree		48.3%	30.6%
% of 65+ population living alone		17.5%	26.1%
% of 65+ population who speak only English at home		88.8%	91.3%
% of 65+ population who are veterans of military service		28.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.4%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		70.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		30.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.3%	19.9%
% 60+ getting recommended hours of sleep		70.4%	66.4%
% 60+ injured in a fall within last 12 months		10.0%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.6%	12.5%
% 60+ with physical exam/check-up in past year		84.2%	86.5%
% 60+ met CDC preventive health screening goals		45.2%	40.3%
% 60+ flu shot past year		60.7%	59.3%
% 65+ with pneumonia vaccine		84.2%	77.8%
% 60+ with cholesterol screening	B	98.2%	95.3%
% 60+ women with a mammogram within last 2 years		79.9%	79.3%
% 60+ with colorectal cancer screening		74.1%	77.0%
% 60+ with HIV test		11.4%	13.5%
% 60+ current smokers	B	2.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.4%	29.0%
% 60+ with annual dental exam	B	84.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.3%	20.2%
% 60+ self-reported obese		23.9%	27.2%
% 65+ clinically diagnosed obese		14.7%	16.7%
% 65+ with high cholesterol		70.0%	72.2%
% 60+ excessive drinking		10.9%	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	B	3.4%	6.9%
% 65+ with depression		25.4%	28.8%
% 65+ with anxiety disorders		20.8%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.3%	5.5%
% 65+ with tobacco use disorders		8.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.1%	12.0%
% 65+ with diabetes	B	20.7%	28.2%
% 65+ with stroke		10.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		11.8%	13.0%
% 65+ with hypertension		67.8%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease		32.5%	34.3%
% 65+ with congestive heart failure		16.0%	17.7%
% 65+ with atrial fibrillation		14.2%	14.4%
% 65+ with peripheral vascular disease		13.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	49.1%
% 65+ with osteoporosis	B	14.2%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.1%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		14.0%	11.5%
% 65+ with benign prostatic hyperplasia		39.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.1%	20.8%
% 65+ with anemia		34.6%	37.3%
% 65+ with chronic kidney disease		23.9%	22.3%
% 65+ with liver diseases		6.1%	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		3.4%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.1%	22.9%
% 65+ with cataract	W	66.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.8%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.8%	14.4%
% 65+ with self-reported vision difficulty		8.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.5%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty		11.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.4%	3.2%
% 65+ with self-reported self-care difficulty	B	0.3%	5.6%
% 65+ with self-reported independent living difficulty		8.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		6.3%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		52	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	402	572
Part D monthly prescription fills per person per year		46.7	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	185	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		60	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		12.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		83.8%	77.6%
Voter participation rate in 2018 election (age 18+)		62.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		91	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		1,688	2,012
% 65+ who own a motor vehicle		96.7%	91.0%
% 60+ who always drive wearing a seatbelt		79.8%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.4%	5.4%
% 60+ receiving food stamps past year		1.8%	5.7%
% 65+ employed past year		26.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		16.5%	18.2%
% households with annual income $20,000-$49,999		25.3%	36.5%
% households with annual income > $50,000		58.1%	45.3%
% 60+ own home		83.3%	79.9%
% 60+ have mortgage on home		39.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		27.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Windsor (Hillsborough)

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

Windsor is a rural town located in Hillsborough County that is home to the Wediko Children's Services Summer Program. There are 50 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, and hearing impairments. Community resources to support healthy aging include 5 primary care providers within 5 miles, 2 home health agencies, and access to broadband.
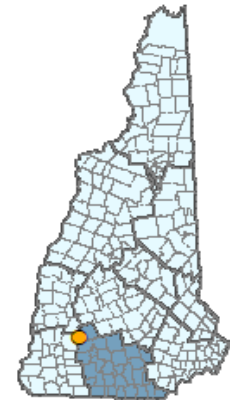
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		287	1,327,503
Population 60 years or older as % of total population		27.5%	22.7%
Total population 60 years or older		79	301,630
Population 65 years or older as % of total population		17.4%	15.8%
Total population 65 years or older		50	210,385
% 65-74 years		94.0%	58.5%
% 75-84 years		6.0%	28.6%
% 85 years or older		0.0%	12.9%
Gender (65+ population)			
% female		38.0%	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		52.0%	58.5%
% divorced/separated		48.0%	14.0%
% widowed		0.0%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		0.0%	12.3%
% with high school or some college		62.0%	57.1%
% with college degree		38.0%	30.6%
% of 65+ population living alone		14.0%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		22.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	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		14.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		66.8%	66.4%
% 60+ injured in a fall within last 12 months		7.1%	10.4%
% 65+ had hip fracture		2.6%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.7%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		35.3%	40.3%
% 60+ flu shot past year		58.9%	59.3%
% 65+ with pneumonia vaccine		73.7%	77.8%
% 60+ with cholesterol screening		92.1%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		78.7%	77.0%
% 60+ with HIV test		17.4%	13.5%
% 60+ current smokers		8.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.0%	29.0%
% 60+ with annual dental exam		77.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.6%	16.7%
% 65+ with high cholesterol	B	66.5%	72.2%
% 60+ excessive drinking		6.5%	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		7.8%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.6%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke	B	8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension	B	65.9%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.3%	34.3%
% 65+ with congestive heart failure	B	14.1%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.6%	49.1%
% 65+ with osteoporosis	B	12.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	B	17.0%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	18.0%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	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		1.6%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract		60.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.4%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		0.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		0.0%	6.9%
% 65+ with self-reported ambulatory difficulty		6.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		0.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.2%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		4.4%	5.4%
# of primary care providers within 5 miles		5	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	477	572
Part D monthly prescription fills per person per year	*	44.0	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		224	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	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)		1	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		38.7%	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)		94.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		39.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		52.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		2.9%	18.2%
% households with annual income $20,000-$49,999		37.1%	36.5%
% households with annual income > $50,000		60.0%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		68.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		2.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Central Manchester (Hillsborough)

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

This central neighborhood in Manchester partially contains the zip codes 03101, 03102, 03103, and 03104 and is home to Veteran's Memorial Park. There are 1,734 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of benign prostatic hyperplasia and cataracts. However, they had higher rates of hip fracture, tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, PTSD, schizophrenia, personality disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, COPD, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, colon cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia, epilepsy, pressure ulcers, and visual/mobility impairments. They are less likely to take the health promotion step of eating 5 or more servings of fruits or vegetables per day. Community resources to support healthy aging include 306 primary care providers, 2 hospitals, 29 nursing homes, 10 home health agencies, a community health center, a senior center, 3 universities or community colleges, a public library, a YMCA, and broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		10,788	1,327,503
Population 60 years or older as % of total population		22.8%	22.7%
Total population 60 years or older		2,464	301,630
Population 65 years or older as % of total population		16.1%	15.8%
Total population 65 years or older		1,734	210,385
% 65-74 years		50.8%	58.5%
% 75-84 years		30.1%	28.6%
% 85 years or older		19.1%	12.9%
Gender (65+ population)			
% female		63.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.9%	0.9%
% Hispanic/Latino		3.6%	0.9%
Marital Status (65+ population)			
% married		52.0%	58.5%
% divorced/separated		14.8%	14.0%
% widowed		27.6%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		14.1%	12.3%
% with high school or some college		67.3%	57.1%
% with college degree		18.6%	30.6%
% of 65+ population living alone		43.6%	26.1%
% of 65+ population who speak only English at home		79.0%	91.3%
% of 65+ population who are veterans of military service		19.6%	24.8%
Age-sex adjusted 1-year mortality rate	W	6.0%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.1%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	W	4.4%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	22.0%	16.7%
% 65+ with high cholesterol	W	75.2%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		27.9%	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		7.4%	6.9%
% 65+ with depression	W	40.6%	28.8%
% 65+ with anxiety disorders	W	32.4%	21.9%
% 65+ with bipolar disorders	W	8.0%	3.1%
% 65+ with post-traumatic stress disorder	W	4.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	11.4%	4.9%
% 65+ with personality disorders	W	3.6%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	11.0%	5.5%
% 65+ with tobacco use disorders	W	21.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	17.3%	12.0%
% 65+ with diabetes	W	38.7%	28.2%
% 65+ with stroke	W	13.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	33.2%	20.5%
% 65+ with asthma	W	20.4%	13.0%
% 65+ with hypertension	W	75.3%	70.2%
% 65+ ever had a heart attack	W	5.6%	4.5%
% 65+ with ischemic heart disease	W	43.3%	34.3%
% 65+ with congestive heart failure	W	25.7%	17.7%
% 65+ with atrial fibrillation	W	16.7%	14.4%
% 65+ with peripheral vascular disease	W	20.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.9%	49.1%
% 65+ with osteoporosis	W	21.4%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.4%	2.4%
% 65+ women with breast cancer		8.0%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.6%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.1%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	23.8%	20.8%
% 65+ with anemia	W	45.8%	37.3%
% 65+ with chronic kidney disease	W	32.4%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	23.6%	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	W	3.5%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract	B	57.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	10.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	65.8%	54.4%
% 65+ with 0 chronic conditions		9.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.6%	14.4%
% 65+ with self-reported vision difficulty		6.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	0.9%
% 65+ with self-reported cognition difficulty		10.0%	6.9%
% 65+ with self-reported ambulatory difficulty		26.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	5.1%	3.2%
% 65+ with self-reported self-care difficulty		10.7%	5.6%
% 65+ with self-reported independent living difficulty	W	17.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid	*	29.4%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		306	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		29	74
# of home health agencies		10	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		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	812	572
Part D monthly prescription fills per person per year	*	59.7	49.1
Home health visits per year	*	4.2	2.5
Durable medical equipment claims per year	*	2.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	389	237
Medicare inpatient hospital readmissions (as % of admissions)	*	20.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	171	76
# skilled nursing home Medicare beds/1000 persons 65+ years		121	33
% 65+ getting Medicaid long term services and supports	*	12.1%	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)		1	N/A
% of grandparents raising grandchildren		2.2%	0.8%
% of grandparents who live with grandchildren		4.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.0%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		67.8%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		13.7%	5.4%
% 60+ receiving food stamps past year		22.6%	5.7%
% 65+ employed past year		18.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		39.2%	18.2%
% households with annual income $20,000-$49,999		41.7%	36.5%
% households with annual income > $50,000		19.1%	45.3%
% 60+ own home		31.6%	79.9%
% 60+ have mortgage on home		13.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		25.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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

Manchester: West (Hillsborough)

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

This western neighborhood of Manchester contains the zip code 03102 and is home to Black Brook Park. There are 3,012 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia, substance and tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, COPD, asthma, hypertension, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, leukemias and lymphomas, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, glaucoma, cataracts, pressure ulcers, and hearing and visual impairments. They are less likely to take the health promotion step of eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 301 primary care providers, 2 hospitals, and 12 nursing homes within 5 miles, 13 home health agencies, a memory café, 3 universities or community colleges, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		29,867	1,327,503
Population 60 years or older as % of total population		14.6%	22.7%
Total population 60 years or older		4,363	301,630
Population 65 years or older as % of total population		10.1%	15.8%
Total population 65 years or older		3,012	210,385
% 65-74 years		55.9%	58.5%
% 75-84 years		26.4%	28.6%
% 85 years or older		17.7%	12.9%
Gender (65+ population)			
% female		56.9%	54.7%
Race/Ethnicity (65+ population)			
% White		94.3%	97.7%
% African American		1.5%	0.5%
% Asian		1.5%	0.9%
% Other		2.6%	0.9%
% Hispanic/Latino		7.6%	0.9%
Marital Status (65+ population)			
% married		30.3%	58.5%
% divorced/separated		27.3%	14.0%
% widowed		29.8%	22.9%
% never married		12.6%	4.6%
Education (65+ population)			
% with less than high school education		34.1%	12.3%
% with high school or some college		48.8%	57.1%
% with college degree		17.1%	30.6%
% of 65+ population living alone		35.9%	26.1%
% of 65+ population who speak only English at home		65.9%	91.3%
% of 65+ population who are veterans of military service		20.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		9.5%	3.6%
% moved from different county in New Hampshire		1.5%	1.0%
% moved from different state		1.2%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture		3.7%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	19.1%	16.7%
% 65+ with high cholesterol	W	79.7%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		58.9%	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		7.4%	6.9%
% 65+ with depression	W	35.0%	28.8%
% 65+ with anxiety disorders	W	29.4%	21.9%
% 65+ with bipolar disorders	W	4.6%	3.1%
% 65+ with post-traumatic stress disorder		1.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	7.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	6.9%	5.5%
% 65+ with tobacco use disorders	W	12.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	14.3%	12.0%
% 65+ with diabetes	W	33.9%	28.2%
% 65+ with stroke	W	14.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.9%	20.5%
% 65+ with asthma	W	18.7%	13.0%
% 65+ with hypertension	W	76.6%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	W	41.1%	34.3%
% 65+ with congestive heart failure	W	23.7%	17.7%
% 65+ with atrial fibrillation	W	16.3%	14.4%
% 65+ with peripheral vascular disease	W	19.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	56.4%	49.1%
% 65+ with osteoporosis	W	22.8%	17.4%
% 65+ with leukemias and lymphomas	W	2.9%	2.0%
% 65+ with lung cancer		2.0%	1.6%
% 65+ with colon cancer		3.1%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	W	14.4%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.0%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	27.3%	20.8%
% 65+ with anemia	W	45.4%	37.3%
% 65+ with chronic kidney disease	W	29.3%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	23.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.7%	4.0%
% 65+ with epilepsy		2.7%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	27.1%	22.9%
% 65+ with cataract	W	67.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	65.3%	54.4%
% 65+ with 0 chronic conditions	W	7.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		19.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.6%	14.4%
% 65+ with self-reported vision difficulty		6.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	0.9%
% 65+ with self-reported cognition difficulty		9.4%	6.9%
% 65+ with self-reported ambulatory difficulty	W	24.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		8.0%	5.6%
% 65+ with self-reported independent living difficulty		12.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.2%	7.9%
% dually eligible for Medicare and Medicaid	*	9.9%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		301	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		12	74
# of home health agencies		13	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		1	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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	668	572
Part D monthly prescription fills per person per year	*	53.7	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	336	237
Medicare inpatient hospital readmissions (as % of admissions)		16.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	118	76
# skilled nursing home Medicare beds/1000 persons 65+ years		18	33
% 65+ getting Medicaid long term services and supports	*	5.1%	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)		1	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.7%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		83.3%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		10.8%	5.4%
% 60+ receiving food stamps past year		6.7%	5.7%
% 65+ employed past year		26.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		28.8%	18.2%
% households with annual income $20,000-$49,999		34.6%	36.5%
% households with annual income > $50,000		36.5%	45.3%
% 60+ own home		50.5%	79.9%
% 60+ have mortgage on home		25.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		32.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Manchester: South (Hillsborough)

TUFTS
Health Plan
FOUNDATION

This southern neighborhood of Manchester contains the zip code 03103 and is home to the Manchester-Boston Regional Airport. There are 2,547 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, personality disorders, substance and tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure atrial fibrillation, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, hypothyroidism, anemia, chronic kidney disease, livers diseases, fibromyalgia/chronic pain/fatigue, and glaucoma. They are less likely to take the health promotion step of eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 329 primary care providers, 2 hospitals, and 11 nursing homes within 5 miles, 18 home health agencies, an adult day health center, and access to broadband.
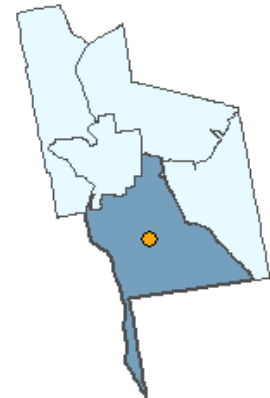
POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		20,296	1,327,503
Population 60 years or older as % of total population		20.5%	22.7%
Total population 60 years or older		4,151	301,630
Population 65 years or older as % of total population		12.5%	15.8%
Total population 65 years or older		2,547	210,385
% 65-74 years		62.2%	58.5%
% 75-84 years		23.1%	28.6%
% 85 years or older		14.6%	12.9%
Gender (65+ population)			
% female		55.3%	54.7%
Race/Ethnicity (65+ population)			
% White		98.9%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		1.8%	0.9%
Marital Status (65+ population)			
% married		60.1%	58.5%
% divorced/separated		10.9%	14.0%
% widowed		21.7%	22.9%
% never married		7.3%	4.6%
Education (65+ population)			
% with less than high school education		9.1%	12.3%
% with high school or some college		53.4%	57.1%
% with college degree		37.5%	30.6%
% of 65+ population living alone		36.4%	26.1%
% of 65+ population who speak only English at home		85.1%	91.3%
% of 65+ population who are veterans of military service		20.9%	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		4.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	20.2%	16.7%
% 65+ with high cholesterol	W	79.3%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		12.8%	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		7.4%	6.9%
% 65+ with depression	W	32.8%	28.8%
% 65+ with anxiety disorders	W	26.7%	21.9%
% 65+ with bipolar disorders	W	4.0%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.8%	4.9%
% 65+ with personality disorders	W	1.9%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.1%	5.5%
% 65+ with tobacco use disorders	W	12.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.9%	12.0%
% 65+ with diabetes	W	35.6%	28.2%
% 65+ with stroke	W	13.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	20.5%
% 65+ with asthma	W	17.8%	13.0%
% 65+ with hypertension	W	76.4%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	W	38.3%	34.3%
% 65+ with congestive heart failure	W	21.8%	17.7%
% 65+ with atrial fibrillation	W	15.9%	14.4%
% 65+ with peripheral vascular disease	W	18.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.8%	49.1%
% 65+ with osteoporosis	W	22.7%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.9%	2.4%
% 65+ women with breast cancer		9.3%	9.8%
% 65+ women with endometrial cancer		2.1%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia		38.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	25.6%	20.8%
% 65+ with anemia	W	43.4%	37.3%
% 65+ with chronic kidney disease	W	27.8%	22.3%
% 65+ with liver diseases	W	9.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.0%	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		2.1%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.7%	22.9%
% 65+ with cataract		62.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	63.8%	54.4%
% 65+ with 0 chronic conditions	W	7.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.4%	14.4%
% 65+ with self-reported vision difficulty		9.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		10.4%	6.9%
% 65+ with self-reported ambulatory difficulty		23.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		7.0%	5.6%
% 65+ with self-reported independent living difficulty		15.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	11.5%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		329	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		11	74
# of home health agencies		18	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.3	6.3
Emergency room visits/1000 persons 65+ years per year		586	572
Part D monthly prescription fills per person per year	*	54.7	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year	*	2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	287	237
Medicare inpatient hospital readmissions (as % of admissions)		16.1%	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	*	5.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		3.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		77.9%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.9%	5.4%
% 60+ receiving food stamps past year		11.6%	5.7%
% 65+ employed past year		19.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.9%	18.2%
% households with annual income $20,000-$49,999		37.0%	36.5%
% households with annual income > $50,000		36.1%	45.3%
% 60+ own home		68.1%	79.9%
% 60+ have mortgage on home		37.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.6%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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

Manchester: North (Hillsborough)

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

This northern neighborhood of Manchester contains the zip code 03104 and is home to Derryfield Park. There are 4,093 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of heart attack and lung cancer. However, they had higher rates of high cholesterol, personality disorders, osteoarthritis/rheumatoid arthritis, osteoporosis, prostate cancer, hypothyroidism, anemia, and glaucoma. They are less likely to take the health promotion step of eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 300 primary care providers, 2 hospitals, and 11 nursing homes within 5 miles, 10 home health agencies, a community health center, a memory café, 5 assisted living sites, 2 universities or community colleges, and access to broadband.
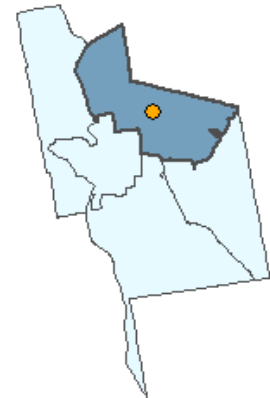
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		28,097	1,327,503
Population 60 years or older as % of total population		20.4%	22.7%
Total population 60 years or older		5,722	301,630
Population 65 years or older as % of total population		14.6%	15.8%
Total population 65 years or older		4,093	210,385
% 65-74 years		53.1%	58.5%
% 75-84 years		28.8%	28.6%
% 85 years or older		18.1%	12.9%
Gender (65+ population)			
% female		57.0%	54.7%
Race/Ethnicity (65+ population)			
% White		93.3%	97.7%
% African American		2.1%	0.5%
% Asian		2.1%	0.9%
% Other		2.6%	0.9%
% Hispanic/Latino		3.0%	0.9%
Marital Status (65+ population)			
% married		45.9%	58.5%
% divorced/separated		17.2%	14.0%
% widowed		29.0%	22.9%
% never married		7.8%	4.6%
Education (65+ population)			
% with less than high school education		22.1%	12.3%
% with high school or some college		57.2%	57.1%
% with college degree		20.7%	30.6%
% of 65+ population living alone		25.8%	26.1%
% of 65+ population who speak only English at home		72.3%	91.3%
% of 65+ population who are veterans of military service		22.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		7.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese		16.5%	16.7%
% 65+ with high cholesterol	W	75.6%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		72.9%	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		7.4%	6.9%
% 65+ with depression		29.6%	28.8%
% 65+ with anxiety disorders		23.6%	21.9%
% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with post-traumatic stress disorder		2.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.6%	4.9%
% 65+ with personality disorders	W	2.1%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.2%	5.5%
% 65+ with tobacco use disorders		9.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.6%	12.0%
% 65+ with diabetes		29.3%	28.2%
% 65+ with stroke		12.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.3%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension		69.0%	70.2%
% 65+ ever had a heart attack	B	3.6%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		17.3%	17.7%
% 65+ with atrial fibrillation		15.1%	14.4%
% 65+ with peripheral vascular disease		14.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.9%	49.1%
% 65+ with osteoporosis	W	20.0%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	B	1.0%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		2.2%	1.7%
% 65+ men with prostate cancer	W	14.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.9%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	27.5%	20.8%
% 65+ with anemia	W	40.0%	37.3%
% 65+ with chronic kidney disease		23.8%	22.3%
% 65+ with liver diseases		7.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.2%	22.9%
% 65+ with cataract		62.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.1%	54.4%
% 65+ with 0 chronic conditions		9.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.9%	14.4%
% 65+ with self-reported vision difficulty		4.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.3%	0.9%
% 65+ with self-reported cognition difficulty		7.1%	6.9%
% 65+ with self-reported ambulatory difficulty		19.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		6.4%	5.6%
% 65+ with self-reported independent living difficulty		12.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.4%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		300	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		11	74
# of home health agencies		10	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		1	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	*	7.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	484	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		255	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		85	76
# skilled nursing home Medicare beds/1000 persons 65+ years		105	33
% 65+ getting Medicaid long term services and supports	*	2.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.4%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		4.4%	16.0%
# of universities and community colleges		2	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		94.8%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.8%	5.4%
% 60+ receiving food stamps past year		3.6%	5.7%
% 65+ employed past year		30.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.1%	18.2%
% households with annual income $20,000-$49,999		35.2%	36.5%
% households with annual income > $50,000		53.7%	45.3%
% 60+ own home		81.8%	79.9%
% 60+ have mortgage on home		39.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.2%	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	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

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.

Manchester: East (Hillsborough)

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

This eastern neighborhood of Manchester contains the zip code 03109 and is home to part of Massabesic Lake. There are 2,923 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of migraine. However, they had higher rates of tooth loss, obesity, high cholesterol, depression, anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, diabetes, stroke, asthma, hypertension, osteoarthritis/rheumatoid arthritis, osteoporosis, hypothyroidism, anemia, chronic kidney disease, glaucoma, and visual impairments. They are less likely to take the health promotion step of eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 220 primary care providers, a hospital, and 7 nursing homes within 5 miles, 10 home health agencies, and access to broadband.
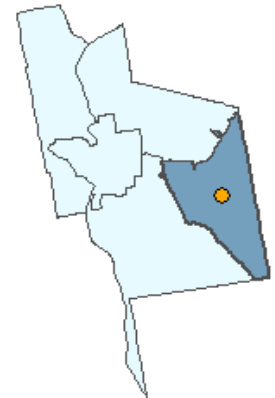
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		17,921	1,327,503
Population 60 years or older as % of total population		21.1%	22.7%
Total population 60 years or older		3,784	301,630
Population 65 years or older as % of total population		16.3%	15.8%
Total population 65 years or older		2,923	210,385
% 65-74 years		49.0%	58.5%
% 75-84 years		34.0%	28.6%
% 85 years or older		16.9%	12.9%
Gender (65+ population)			
% female		62.9%	54.7%
Race/Ethnicity (65+ population)			
% White		98.0%	97.7%
% African American		0.8%	0.5%
% Asian		0.8%	0.9%
% Other		0.4%	0.9%
% Hispanic/Latino		2.0%	0.9%
Marital Status (65+ population)			
% married		43.7%	58.5%
% divorced/separated		15.2%	14.0%
% widowed		29.6%	22.9%
% never married		11.6%	4.6%
Education (65+ population)			
% with less than high school education		16.0%	12.3%
% with high school or some college		57.5%	57.1%
% with college degree		26.5%	30.6%
% of 65+ population living alone		24.2%	26.1%
% of 65+ population who speak only English at home		77.5%	91.3%
% of 65+ population who are veterans of military service		18.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		8.1%	3.6%
% moved from different county in New Hampshire		1.8%	1.0%
% moved from different state		0.7%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.0%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		22.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.5%	19.9%
% 60+ getting recommended hours of sleep		64.0%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture		4.3%	3.3%
% 60+ with self-reported fair or poor health status		21.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		15.0%	12.5%
% 60+ with physical exam/check-up in past year		90.7%	86.5%
% 60+ met CDC preventive health screening goals		34.9%	40.3%
% 60+ flu shot past year		61.0%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		95.5%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		72.5%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		9.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.8%	29.0%
% 60+ with annual dental exam		72.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		30.7%	27.2%
% 65+ clinically diagnosed obese	W	20.4%	16.7%
% 65+ with high cholesterol	W	79.5%	72.2%
% 60+ excessive drinking		8.3%	9.2%
% 65+ with poor supermarket access		8.9%	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		7.4%	6.9%
% 65+ with depression	W	31.6%	28.8%
% 65+ with anxiety disorders	W	26.1%	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	6.3%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.3%	5.5%
% 65+ with tobacco use disorders		9.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	15.1%	12.0%
% 65+ with diabetes	W	34.0%	28.2%
% 65+ with stroke	W	12.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.3%	20.5%
% 65+ with asthma	W	15.2%	13.0%
% 65+ with hypertension	W	74.8%	70.2%
% 65+ ever had a heart attack		5.1%	4.5%
% 65+ with ischemic heart disease		37.0%	34.3%
% 65+ with congestive heart failure		19.3%	17.7%
% 65+ with atrial fibrillation		14.7%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	54.6%	49.1%
% 65+ with osteoporosis	W	23.7%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.2%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	27.5%	20.8%
% 65+ with anemia	W	43.9%	37.3%
% 65+ with chronic kidney disease	W	26.0%	22.3%
% 65+ with liver diseases		8.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.3%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	B	2.6%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	29.1%	22.9%
% 65+ with cataract		63.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	62.2%	54.4%
% 65+ with 0 chronic conditions	W	7.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.5%	14.4%
% 65+ with self-reported vision difficulty		2.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.1%	0.9%
% 65+ with self-reported cognition difficulty		10.4%	6.9%
% 65+ with self-reported ambulatory difficulty		16.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		6.1%	5.6%
% 65+ with self-reported independent living difficulty		9.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.6%	7.9%
% dually eligible for Medicare and Medicaid	*	10.9%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		7.1%	5.4%
# of primary care providers within 5 miles		220	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		7	74
# of home health agencies		10	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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	506	572
Part D monthly prescription fills per person per year	*	54.4	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		270	237
Medicare inpatient hospital readmissions (as % of admissions)		14.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	116	76
# skilled nursing home Medicare beds/1000 persons 65+ years		22	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)		1	N/A
% of grandparents raising grandchildren		0.1%	0.8%
% of grandparents who live with grandchildren		2.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.0%	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)		94.0%	93.0%
% 60+ who used Internet in last month		63.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		655	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		3,701	2,012
% 65+ who own a motor vehicle		89.9%	91.0%
% 60+ who always drive wearing a seatbelt		77.1%	77.1%
# of fatal crashes involving adult age 60+/town		9	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.0%	5.4%
% 60+ receiving food stamps past year		5.0%	5.7%
% 65+ employed past year		21.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		27.6%	18.2%
% households with annual income $20,000-$49,999		35.8%	36.5%
% households with annual income > $50,000		36.6%	45.3%
% 60+ own home		86.8%	79.9%
% 60+ have mortgage on home		37.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.0%	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	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Nashua: Zip 03060 (Hillsborough)

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

This southeastern neighborhood of Nashua contains the zip code 03060 and is home to Fields Grove Park. There are 3,715 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, substance and tobacco use disorders, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, osteoarthritis/rheumatoid arthritis, hypothyroidism, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, epilepsy, cataracts, and visual and mobility impairments. Community resources to support healthy aging include 201 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 17 home health agencies, a community health center, 2 dementia support groups, a senior center, an assisted living site, a university or community college, a public library, and access to broadband.
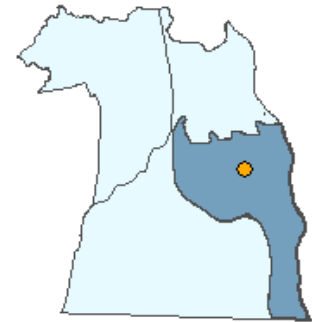
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		29,512	1,327,503
Population 60 years or older as % of total population		17.5%	22.7%
Total population 60 years or older		5,179	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		3,715	210,385
% 65-74 years		48.2%	58.5%
% 75-84 years		34.4%	28.6%
% 85 years or older		17.4%	12.9%
Gender (65+ population)			
% female		59.0%	54.7%
Race/Ethnicity (65+ population)			
% White		88.7%	97.7%
% African American		5.0%	0.5%
% Asian		1.9%	0.9%
% Other		4.3%	0.9%
% Hispanic/Latino		6.7%	0.9%
Marital Status (65+ population)			
% married		44.1%	58.5%
% divorced/separated		16.0%	14.0%
% widowed		31.9%	22.9%
% never married		8.0%	4.6%
Education (65+ population)			
% with less than high school education		23.2%	12.3%
% with high school or some college		57.3%	57.1%
% with college degree		19.5%	30.6%
% of 65+ population living alone		40.7%	26.1%
% of 65+ population who speak only English at home		74.7%	91.3%
% of 65+ population who are veterans of military service		20.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.4%	3.6%
% moved from different county in New Hampshire		0.1%	1.0%
% moved from different state		0.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese	W	19.4%	16.7%
% 65+ with high cholesterol	W	77.7%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		9.2%	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		9.2%	6.9%
% 65+ with depression	W	34.6%	28.8%
% 65+ with anxiety disorders	W	26.6%	21.9%
% 65+ with bipolar disorders	W	4.8%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	7.0%	5.5%
% 65+ with tobacco use disorders	W	15.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.8%	12.0%
% 65+ with diabetes	W	34.9%	28.2%
% 65+ with stroke	W	13.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.1%	20.5%
% 65+ with asthma	W	14.7%	13.0%
% 65+ with hypertension	W	77.4%	70.2%
% 65+ ever had a heart attack	W	6.0%	4.5%
% 65+ with ischemic heart disease	W	38.9%	34.3%
% 65+ with congestive heart failure	W	21.7%	17.7%
% 65+ with atrial fibrillation	W	16.7%	14.4%
% 65+ with peripheral vascular disease	W	16.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	22.5%	17.4%
% 65+ with leukemias and lymphomas		2.3%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.6%	2.4%
% 65+ women with breast cancer		9.4%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia		39.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.8%	20.8%
% 65+ with anemia	W	47.6%	37.3%
% 65+ with chronic kidney disease	W	31.3%	22.3%
% 65+ with liver diseases	W	8.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.8%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.7%	4.0%
% 65+ with epilepsy	W	2.9%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.3%	22.9%
% 65+ with cataract	W	63.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	64.1%	54.4%
% 65+ with 0 chronic conditions	W	7.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	18.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		9.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.4%	0.9%
% 65+ with self-reported cognition difficulty		9.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.6%	3.2%
% 65+ with self-reported self-care difficulty		6.7%	5.6%
% 65+ with self-reported independent living difficulty	W	17.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.3%	7.9%
% dually eligible for Medicare and Medicaid	*	12.7%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		201	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		17	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		2	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	739	572
Part D monthly prescription fills per person per year	*	54.2	49.1
Home health visits per year	*	3.1	2.5
Durable medical equipment claims per year	*	2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	292	237
Medicare inpatient hospital readmissions (as % of admissions)		15.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		87	76
# skilled nursing home Medicare beds/1000 persons 65+ years		26	33
% 65+ getting Medicaid long term services and supports		4.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		8.2%	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)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		77.6%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		14.0%	5.4%
% 60+ receiving food stamps past year		17.1%	5.7%
% 65+ employed past year		18.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		30.0%	18.2%
% households with annual income $20,000-$49,999		41.3%	36.5%
% households with annual income > $50,000		28.8%	45.3%
% 60+ own home		51.2%	79.9%
% 60+ have mortgage on home		23.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		21.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Nashua: Zip 03062 (Hillsborough)

TUFTS
Health Plan
FOUNDATION

This southwestern neighborhood of Nashua contains the zip code 03062 and is home to Lovewell's Pond Area. There are 4,555 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of traumatic brain injury. However, they had higher rates of high cholesterol, diabetes, stroke, hypertension, ischemic heart disease, congestive heart failure, osteoporosis, colon cancer, prostate cancer, anemia, chronic kidney disease, liver diseases, migraine, and mobility impairments. Community resources to support healthy aging include 178 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 15 home health agencies, 3 assisted living sites, a YMCA, an adult day health center, and access to broadband.
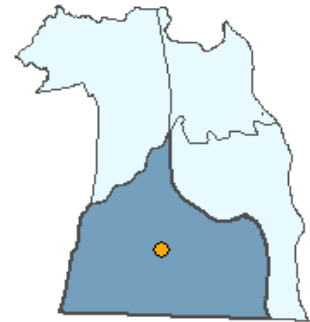
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		27,331	1,327,503
Population 60 years or older as % of total population		23.6%	22.7%
Total population 60 years or older		6,463	301,630
Population 65 years or older as % of total population		16.7%	15.8%
Total population 65 years or older		4,555	210,385
% 65-74 years		56.1%	58.5%
% 75-84 years		29.0%	28.6%
% 85 years or older		15.0%	12.9%
Gender (65+ population)			
% female		55.7%	54.7%
Race/Ethnicity (65+ population)			
% White		91.7%	97.7%
% African American		2.0%	0.5%
% Asian		5.8%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		1.3%	0.9%
Marital Status (65+ population)			
% married		58.2%	58.5%
% divorced/separated		12.6%	14.0%
% widowed		24.6%	22.9%
% never married		4.6%	4.6%
Education (65+ population)			
% with less than high school education		16.0%	12.3%
% with high school or some college		55.5%	57.1%
% with college degree		28.5%	30.6%
% of 65+ population living alone		24.1%	26.1%
% of 65+ population who speak only English at home		81.3%	91.3%
% of 65+ population who are veterans of military service		27.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		5.7%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		2.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese		16.8%	16.7%
% 65+ with high cholesterol	W	77.3%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		89.5%	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		9.2%	6.9%
% 65+ with depression		30.4%	28.8%
% 65+ with anxiety disorders		23.4%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.3%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.0%	12.0%
% 65+ with diabetes	W	30.6%	28.2%
% 65+ with stroke	W	12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.3%	20.5%
% 65+ with asthma		12.9%	13.0%
% 65+ with hypertension	W	73.5%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	W	38.3%	34.3%
% 65+ with congestive heart failure	W	19.8%	17.7%
% 65+ with atrial fibrillation		15.8%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.4%	49.1%
% 65+ with osteoporosis	W	22.5%	17.4%
% 65+ with leukemias and lymphomas		2.4%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.1%	2.4%
% 65+ women with breast cancer		10.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	W	14.4%	11.5%
% 65+ with benign prostatic hyperplasia		39.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.9%	20.8%
% 65+ with anemia	W	44.1%	37.3%
% 65+ with chronic kidney disease	W	28.3%	22.3%
% 65+ with liver diseases	W	8.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.5%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache	W	5.0%	4.0%
% 65+ with epilepsy		2.7%	2.1%
% 65+ with traumatic brain injury	B	0.7%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.8%	22.9%
% 65+ with cataract		62.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.5%	54.4%
% 65+ with 0 chronic conditions	W	8.0%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.6%	14.4%
% 65+ with self-reported vision difficulty		5.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	0.9%
% 65+ with self-reported cognition difficulty		7.7%	6.9%
% 65+ with self-reported ambulatory difficulty		17.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.5%	3.2%
% 65+ with self-reported self-care difficulty		9.0%	5.6%
% 65+ with self-reported independent living difficulty	W	15.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	11.9%	7.9%
% dually eligible for Medicare and Medicaid	*	5.2%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		178	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		15	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	628	572
Part D monthly prescription fills per person per year	*	51.2	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	272	237
Medicare inpatient hospital readmissions (as % of admissions)	*	19.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		74	76
# skilled nursing home Medicare beds/1000 persons 65+ years		63	33
% 65+ getting Medicaid long term services and supports	*	2.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		2.9%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		2.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		88.8%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.5%	5.4%
% 60+ receiving food stamps past year		3.9%	5.7%
% 65+ employed past year		23.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.9%	18.2%
% households with annual income $20,000-$49,999		31.9%	36.5%
% households with annual income > $50,000		53.2%	45.3%
% 60+ own home		82.5%	79.9%
% 60+ have mortgage on home		37.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.9%	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	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

Nashua: Zip 03063 (Hillsborough)

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

This northwestern neighborhood of Nashua contains the zip code 03063 and is home to the Nashua Airport. There are 2,215 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, traumatic brain injury, and hearing impairments. However, they had higher rates of high cholesterol, osteoporosis, anemia, chronic kidney disease, and liver diseases. Community resources to support healthy aging include 198 primary care providers, 2 hospitals, and 2 nursing homes within 5 miles, 13 home health agencies, an adult day health center, 3 universities or community colleges, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		16,273	1,327,503
Population 60 years or older as % of total population		19.9%	22.7%
Total population 60 years or older		3,240	301,630
Population 65 years or older as % of total population		13.6%	15.8%
Total population 65 years or older		2,215	210,385
% 65-74 years		55.3%	58.5%
% 75-84 years		36.7%	28.6%
% 85 years or older		8.1%	12.9%
Gender (65+ population)			
% female		58.1%	54.7%
Race/Ethnicity (65+ population)			
% White		96.9%	97.7%
% African American		0.0%	0.5%
% Asian		2.7%	0.9%
% Other		0.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		56.1%	58.5%
% divorced/separated		13.5%	14.0%
% widowed		26.3%	22.9%
% never married		4.2%	4.6%
Education (65+ population)			
% with less than high school education		8.2%	12.3%
% with high school or some college		54.7%	57.1%
% with college degree		37.2%	30.6%
% of 65+ population living alone		27.2%	26.1%
% of 65+ population who speak only English at home		88.3%	91.3%
% of 65+ population who are veterans of military service		25.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.0%	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		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese		17.2%	16.7%
% 65+ with high cholesterol	W	76.1%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		22.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.2%	6.9%
% 65+ with depression		29.1%	28.8%
% 65+ with anxiety disorders		21.6%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		9.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes		29.0%	28.2%
% 65+ with stroke		10.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.1%	20.5%
% 65+ with asthma		12.9%	13.0%
% 65+ with hypertension		70.7%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure		16.7%	17.7%
% 65+ with atrial fibrillation		15.8%	14.4%
% 65+ with peripheral vascular disease		14.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.5%	49.1%
% 65+ with osteoporosis	W	22.7%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		2.5%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		38.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.7%	20.8%
% 65+ with anemia	W	42.3%	37.3%
% 65+ with chronic kidney disease	W	26.4%	22.3%
% 65+ with liver diseases	W	8.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.6%	4.0%
% 65+ with epilepsy		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.0%	22.9%
% 65+ with cataract		61.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.8%	54.4%
% 65+ with 0 chronic conditions		9.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		8.0%	6.9%
% 65+ with self-reported ambulatory difficulty		19.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		4.7%	5.6%
% 65+ with self-reported independent living difficulty		10.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	14.0%	7.9%
% dually eligible for Medicare and Medicaid	*	6.4%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		198	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		2	74
# of home health agencies		13	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.6	6.3
Emergency room visits/1000 persons 65+ years per year		601	572
Part D monthly prescription fills per person per year		49.4	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		238	237
Medicare inpatient hospital readmissions (as % of admissions)		14.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		74	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)		1	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.2%	16.0%
# of universities and community colleges		3	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		87.2%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		9.1%	5.4%
% 60+ receiving food stamps past year		2.7%	5.7%
% 65+ employed past year		22.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.5%	18.2%
% households with annual income $20,000-$49,999		38.1%	36.5%
% households with annual income > $50,000		42.5%	45.3%
% 60+ own home		80.1%	79.9%
% 60+ have mortgage on home		38.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		10.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03

TECHNICAL NOTES

Nashua: Zip 03064 (Hillsborough)

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

This northeastern neighborhood of Nashua contains the zip code 03064 and is home to Greeley Park. There are 1,640 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, substance use disorders, osteoporosis, anemia, chronic kidney disease, epilepsy, and visual impairments. Community resources to support healthy aging include 196 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 12 home health agencies, an adult day health center, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		14,163	1,327,503
Population 60 years or older as % of total population		17.5%	22.7%
Total population 60 years or older		2,477	301,630
Population 65 years or older as % of total population		11.6%	15.8%
Total population 65 years or older		1,640	210,385
% 65-74 years		60.1%	58.5%
% 75-84 years		28.3%	28.6%
% 85 years or older		11.6%	12.9%
Gender (65+ population)			
% female		56.0%	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		2.0%	0.9%
Marital Status (65+ population)			
% married		62.1%	58.5%
% divorced/separated		17.1%	14.0%
% widowed		16.7%	22.9%
% never married		4.1%	4.6%
Education (65+ population)			
% with less than high school education		14.8%	12.3%
% with high school or some college		51.5%	57.1%
% with college degree		33.7%	30.6%
% of 65+ population living alone		22.4%	26.1%
% of 65+ population who speak only English at home		90.1%	91.3%
% of 65+ population who are veterans of military service		23.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		72.6%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.4%	19.9%
% 60+ getting recommended hours of sleep		62.1%	66.4%
% 60+ injured in a fall within last 12 months		12.5%	10.4%
% 65+ had hip fracture		3.9%	3.3%
% 60+ with self-reported fair or poor health status		20.9%	16.5%
% 60+ with 15+ physically unhealthy days last month	W	19.7%	12.5%
% 60+ with physical exam/check-up in past year		89.0%	86.5%
% 60+ met CDC preventive health screening goals		44.4%	40.3%
% 60+ flu shot past year		59.8%	59.3%
% 65+ with pneumonia vaccine		81.5%	77.8%
% 60+ with cholesterol screening		93.8%	95.3%
% 60+ women with a mammogram within last 2 years		77.9%	79.3%
% 60+ with colorectal cancer screening		75.8%	77.0%
% 60+ with HIV test		13.6%	13.5%
% 60+ current smokers		11.6%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		28.4%	29.0%
% 60+ with annual dental exam		70.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		77	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 60+ self-reported obese		26.0%	27.2%
% 65+ clinically diagnosed obese		16.0%	16.7%
% 65+ with high cholesterol		74.4%	72.2%
% 60+ excessive drinking		7.4%	9.2%
% 65+ with poor supermarket access		35.3%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		9.2%	6.9%
% 65+ with depression		28.8%	28.8%
% 65+ with anxiety disorders	W	24.7%	21.9%
% 65+ with bipolar disorders	W	6.2%	3.1%
% 65+ with post-traumatic stress disorder		2.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.3%	4.9%
% 65+ with personality disorders	W	2.1%	1.1%
# opioid deaths (all ages) (county)		491	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	8.1%	5.5%
% 65+ with tobacco use disorders		12.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		13.6%	12.0%
% 65+ with diabetes		28.8%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.8%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		71.4%	70.2%
% 65+ ever had a heart attack		5.5%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure		17.9%	17.7%
% 65+ with atrial fibrillation		13.3%	14.4%
% 65+ with peripheral vascular disease		14.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.1%	49.1%
% 65+ with osteoporosis	W	21.1%	17.4%
% 65+ with leukemias and lymphomas		2.7%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		10.9%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.5%	11.5%
% 65+ with benign prostatic hyperplasia		36.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.4%	20.8%
% 65+ with anemia	W	41.3%	37.3%
% 65+ with chronic kidney disease	W	28.7%	22.3%
% 65+ with liver diseases		6.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.5%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	W	3.8%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.5%	22.9%
% 65+ with cataract		61.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.7%	54.4%
% 65+ with 0 chronic conditions		9.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	8.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	14.4%
% 65+ with self-reported vision difficulty		4.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	0.9%
% 65+ with self-reported cognition difficulty		6.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		4.0%	3.2%
% 65+ with self-reported self-care difficulty		5.3%	5.6%
% 65+ with self-reported independent living difficulty		9.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.9%	7.9%
% dually eligible for Medicare and Medicaid	*	9.4%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		196	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		12	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	6.9	6.3
Emergency room visits/1000 persons 65+ years per year		637	572
Part D monthly prescription fills per person per year		48.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		236	237
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.5%	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)		1	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		2.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		5.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		95.5%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.0%	5.4%
% 60+ receiving food stamps past year		6.2%	5.7%
% 65+ employed past year		30.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.6%	18.2%
% households with annual income $20,000-$49,999		36.5%	36.5%
% households with annual income > $50,000		50.9%	45.3%
% 60+ own home		81.7%	79.9%
% 60+ have mortgage on home		37.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.4%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$26,196	$25,284	1.04
Single, renter, good health	$27,264	$26,400	1.03
Couple, homeowner without mortgage, good health	$38,160	$37,128	1.03
Couple, renter, good health	$39,228	$38,244	1.03