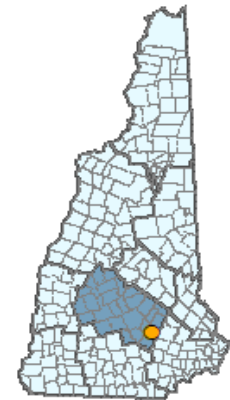


## Allenstown (Merrimack)

Allenstown is a town in southern New Hampshire that contains a large area of Bear Brook State Park. There are 574 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, anemia, cataracts, and hearing impairment. However, they had higher rates of obesity, anxiety disorders, tobacco use disorders, and hypertension. Community resources to support healthy aging include an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,296	1,327,503
Population 60 years or older as % of total population		19.4%	22.7%
Total population 60 years or older		833	301,630
Population 65 years or older as % of total population		13.4%	15.8%
Total population 65 years or older		574	210,385
% 65-74 years		53.1%	58.5%
% 75-84 years		41.3%	28.6%
% 85 years or older		5.6%	12.9%
Gender (65+ population)			
% female		63.9%	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		50.5%	58.5%
% divorced/separated		19.5%	14.0%
% widowed		29.6%	22.9%
% never married		0.3%	4.6%
Education (65+ population)			
% with less than high school education		13.8%	12.3%
% with high school or some college		80.0%	57.1%
% with college degree		6.3%	30.6%
% of 65+ population living alone		31.8%	26.1%
% of 65+ population who speak only English at home		84.5%	91.3%
% of 65+ population who are veterans of military service		22.1%	24.8%
Age-sex adjusted 1-year mortality rate		5.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		8.0%	3.6%
% moved from different county in New Hampshire		8.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese	W	20.0%	16.7%
% 65+ with high cholesterol		74.9%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		31.4%	28.8%
% 65+ with anxiety disorders	W	25.3%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.3%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders	W	13.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	10.2%	12.0%
% 65+ with diabetes		30.5%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.5%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension	W	73.5%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease		34.1%	34.3%
% 65+ with congestive heart failure		17.1%	17.7%
% 65+ with atrial fibrillation		13.8%	14.4%
% 65+ with peripheral vascular disease		13.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		9.6%	9.8%
% 65+ women with endometrial cancer		1.1%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		34.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		20.1%	20.8%
% 65+ with anemia	B	33.4%	37.3%
% 65+ with chronic kidney disease		25.0%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.2%	22.9%
% 65+ with cataract	B	56.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.3%	54.4%
% 65+ with 0 chronic conditions		8.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		8.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty		21.3%	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		17.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		8.2%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		10	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.7	6.3
Emergency room visits/1000 persons 65+ years per year		613	572
Part D monthly prescription fills per person per year	*	52.4	49.1
Home health visits per year	*	3.9	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		276	237
Medicare inpatient hospital readmissions (as % of admissions)		19.9%	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		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.8%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		4.5%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		45.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		84.6%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.7%	5.4%
% 60+ receiving food stamps past year		7.2%	5.7%
% 65+ employed past year		21.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.6%	18.2%
% households with annual income \$20,000-\$49,999		42.6%	36.5%
% households with annual income > \$50,000		33.8%	45.3%
% 60+ own home		73.8%	79.9%
% 60+ have mortgage on home		20.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

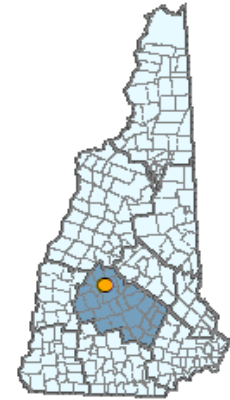
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Andover (Merrimack)

Andover is a town in Merrimack County and home to the Proctor Academy. There are 590 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety, schizophrenia and other psychotic disorders, asthma, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, lung cancer, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, and hearing impairment. Community resources to support healthy aging include 5 home health agencies, 2 assisted living sites, 2 public libraries, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,658	1,327,503
Population 60 years or older as % of total population		30.7%	22.7%
Total population 60 years or older		817	301,630
Population 65 years or older as % of total population		22.2%	15.8%
Total population 65 years or older		590	210,385
% 65-74 years		61.4%	58.5%
% 75-84 years		23.9%	28.6%
% 85 years or older		14.7%	12.9%
Gender (65+ population)			
% female		54.4%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		55.9%	58.5%
% divorced/separated		12.9%	14.0%
% widowed		16.1%	22.9%
% never married		15.1%	4.6%
Education (65+ population)			
% with less than high school education		5.9%	12.3%
% with high school or some college		57.6%	57.1%
% with college degree		36.4%	30.6%
% of 65+ population living alone		24.7%	26.1%
% of 65+ population who speak only English at home		91.4%	91.3%
% of 65+ population who are veterans of military service		23.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.9%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		2.9%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese	B	12.9%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.3%	28.8%
% 65+ with anxiety disorders	B	14.0%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders		12.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.0%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.2%	20.5%
% 65+ with asthma	B	9.6%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack	B	2.9%	4.5%
% 65+ with ischemic heart disease	B	26.7%	34.3%
% 65+ with congestive heart failure	B	14.4%	17.7%
% 65+ with atrial fibrillation	B	10.2%	14.4%
% 65+ with peripheral vascular disease	B	9.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.6%	49.1%
% 65+ with osteoporosis		15.3%	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		10.3%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		33.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.3%	20.8%
% 65+ with anemia	B	29.6%	37.3%
% 65+ with chronic kidney disease	B	13.9%	22.3%
% 65+ with liver diseases	B	3.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	12.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	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		21.8%	22.9%
% 65+ with cataract		56.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	22.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.3%	14.4%
% 65+ with self-reported vision difficulty		1.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		16.6%	6.9%
% 65+ with self-reported ambulatory difficulty		19.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		13.6%	5.6%
% 65+ with self-reported independent living difficulty		16.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	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		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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	437	572
Part D monthly prescription fills per person per year	*	44.1	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	172	237
Medicare inpatient hospital readmissions (as % of admissions)		12.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		50	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.4%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		14.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		51.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		85.3%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		15.8%	5.4%
% 60+ receiving food stamps past year		8.9%	5.7%
% 65+ employed past year		22.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		26.0%	18.2%
% households with annual income \$20,000-\$49,999		39.2%	36.5%
% households with annual income > \$50,000		34.8%	45.3%
% 60+ own home		91.9%	79.9%
% 60+ have mortgage on home		35.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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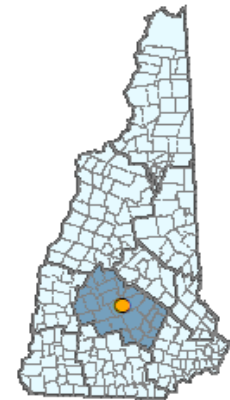
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang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

Update: 05/2019

## Boscawen (Merrimack)

Boscawen is a town located in southern New Hampshire bordering the Merrimack River. There are 799 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of ischemic heart disease, leukemias and lymphomas, and liver diseases. However, they had higher rates of hip fracture, obesity, high cholesterol, depression, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, substance and tobacco use disorders, Alzheimer’s disease or related dementias, stroke, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, traumatic brain injury, glaucoma, cataracts, pressure ulcers, hearing, visual, and mobility impairments. They are more likely to take the health promotion step of having a regular doctor. Community resources to support healthy aging include a nursing home within 5 miles, 5 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,965	1,327,503
Population 60 years or older as % of total population		26.4%	22.7%
Total population 60 years or older		1,048	301,630
Population 65 years or older as % of total population		20.2%	15.8%
Total population 65 years or older		799	210,385
% 65-74 years		41.9%	58.5%
% 75-84 years		30.2%	28.6%
% 85 years or older		27.9%	12.9%
Gender (65+ population)			
% female		63.8%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		45.3%	58.5%
% divorced/separated		15.0%	14.0%
% widowed		34.8%	22.9%
% never married		4.9%	4.6%
Education (65+ population)			
% with less than high school education		10.4%	12.3%
% with high school or some college		71.1%	57.1%
% with college degree		18.5%	30.6%
% of 65+ population living alone		24.1%	26.1%
% of 65+ population who speak only English at home		97.5%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate	W	4.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		7.8%	3.6%
% moved from different county in New Hampshire		1.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		74.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.9%	19.9%
% 60+ getting recommended hours of sleep		67.1%	66.4%
% 60+ injured in a fall within last 12 months		14.0%	10.4%
% 65+ had hip fracture	W	4.5%	3.3%
% 60+ with self-reported fair or poor health status		16.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.8%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		41.4%	40.3%
% 60+ flu shot past year		60.3%	59.3%
% 65+ with pneumonia vaccine		76.9%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		76.1%	79.3%
% 60+ with colorectal cancer screening		77.8%	77.0%
% 60+ with HIV test		11.9%	13.5%
% 60+ current smokers		8.0%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		24.2%	29.0%
% 60+ with annual dental exam		78.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.4%	20.2%
% 60+ self-reported obese		28.9%	27.2%
% 65+ clinically diagnosed obese	W	18.3%	16.7%
% 65+ with high cholesterol	W	74.7%	72.2%
% 60+ excessive drinking		6.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	35.4%	28.8%
% 65+ with anxiety disorders	W	28.8%	21.9%
% 65+ with bipolar disorders	W	5.5%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.5%	4.9%
% 65+ with personality disorders	W	2.7%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.6%	5.5%
% 65+ with tobacco use disorders	W	12.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	17.0%	12.0%
% 65+ with diabetes		29.6%	28.2%
% 65+ with stroke	W	12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.3%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	B	32.7%	34.3%
% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with peripheral vascular disease	W	16.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.0%	49.1%
% 65+ with osteoporosis	W	19.6%	17.4%
% 65+ with leukemias and lymphomas	B	1.5%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	W	11.2%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	39.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	23.5%	20.8%
% 65+ with anemia		36.0%	37.3%
% 65+ with chronic kidney disease	W	25.1%	22.3%
% 65+ with liver diseases	B	5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	W	4.8%	4.0%
% 65+ with epilepsy	W	3.0%	2.1%
% 65+ with traumatic brain injury	W	2.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.6%	22.9%
% 65+ with cataract	W	66.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.3%	54.4%
% 65+ with 0 chronic conditions	W	8.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	14.4%
% 65+ with self-reported vision difficulty		11.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty	W	28.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		9.1%	5.6%
% 65+ with self-reported independent living difficulty		14.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor	B	98.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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		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



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	723	572
Part D monthly prescription fills per person per year	*	56.5	49.1
Home health visits per year	*	5.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	279	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	96	76
# skilled nursing home Medicare beds/1000 persons 65+ years		36	33
% 65+ getting Medicaid long term services and supports	*	8.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		7.1%	2.5%
# of assisted living sites		1	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)		92.0%	93.0%
% 60+ who used Internet in last month		78.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		127	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,212	2,012
% 65+ who own a motor vehicle		94.2%	91.0%
% 60+ who always drive wearing a seatbelt		80.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.9%	5.4%
% 60+ receiving food stamps past year		13.7%	5.7%
% 65+ employed past year		14.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.6%	18.2%
% households with annual income \$20,000-\$49,999		46.6%	36.5%
% households with annual income > \$50,000		36.8%	45.3%
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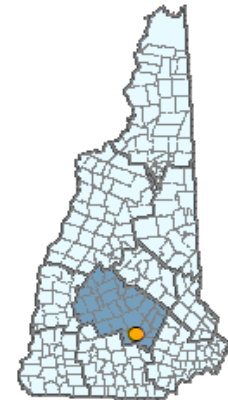
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Update: 05/2019

## Bow (Merrimack)

Bow is a town located along a bend, or "bow" of the Merrimack River in Merrimack County. There are 1,245 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, personality disorders, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, ischemic heart disease, anemia, epilepsy, and mobility impairment. However, they had higher rates of high cholesterol, prostate cancer, benign prostatic hyperplasia, glaucoma, cataracts. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		7,680	1,327,503
Population 60 years or older as % of total population		25.0%	22.7%
Total population 60 years or older		1,921	301,630
Population 65 years or older as % of total population		16.2%	15.8%
Total population 65 years or older		1,245	210,385
% 65-74 years		57.2%	58.5%
% 75-84 years		23.1%	28.6%
% 85 years or older		19.7%	12.9%
Gender (65+ population)			
% female		57.8%	54.7%
Race/Ethnicity (65+ population)			
% White		96.9%	97.7%
% African American		0.0%	0.5%
% Asian		1.7%	0.9%
% Other		1.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.0%	58.5%
% divorced/separated		7.1%	14.0%
% widowed		31.9%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		8.9%	12.3%
% with high school or some college		57.2%	57.1%
% with college degree		33.9%	30.6%
% of 65+ population living alone		25.4%	26.1%
% of 65+ population who speak only English at home		90.7%	91.3%
% of 65+ population who are veterans of military service		17.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.7%	1.0%
% moved from different state		0.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese		15.9%	16.7%
% 65+ with high cholesterol	W	75.2%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		31.5%	28.8%
% 65+ with anxiety disorders		24.4%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders	B	7.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.0%	12.0%
% 65+ with diabetes		26.3%	28.2%
% 65+ with stroke		9.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma		12.2%	13.0%
% 65+ with hypertension		70.4%	70.2%
% 65+ ever had a heart attack	B	2.9%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.6%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease		12.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		52.6%	49.1%
% 65+ with osteoporosis		19.4%	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		11.7%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	W	15.7%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.2%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		22.5%	20.8%
% 65+ with anemia	B	30.8%	37.3%
% 65+ with chronic kidney disease		24.1%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.6%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		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	W	30.0%	22.9%
% 65+ with cataract	W	67.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.3%	54.4%
% 65+ with 0 chronic conditions		8.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	20.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		6.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		10.5%	6.9%
% 65+ with self-reported ambulatory difficulty		16.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	3.2%
% 65+ with self-reported self-care difficulty		6.7%	5.6%
% 65+ with self-reported independent living difficulty		14.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.4%	7.9%
% dually eligible for Medicare and Medicaid	*	4.0%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.5	6.3
Emergency room visits/1000 persons 65+ years per year		603	572
Part D monthly prescription fills per person per year	*	52.1	49.1
Home health visits per year	*	4.0	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		241	237
Medicare inpatient hospital readmissions (as % of admissions)		17.1%	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	*	2.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	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		3.5%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		72.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		61	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		999	2,012
% 65+ who own a motor vehicle		91.7%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.7%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		19.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		15.2%	18.2%
% households with annual income \$20,000-\$49,999		32.3%	36.5%
% households with annual income > \$50,000		52.6%	45.3%
% 60+ own home		87.1%	79.9%
% 60+ have mortgage on home		38.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		11.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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

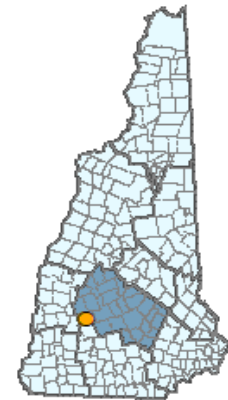
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology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

Update: 05/2019



## Bradford (Merrimack)

Bradford is a rural town located in Merrimack County containing Lake Massasecum. There are 345 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, stroke, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, lung cancer, anemia, chronic kidney disease, liver diseases, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 3 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,633	1,327,503
Population 60 years or older as % of total population		34.4%	22.7%
Total population 60 years or older		562	301,630
Population 65 years or older as % of total population		21.1%	15.8%
Total population 65 years or older		345	210,385
% 65-74 years		67.0%	58.5%
% 75-84 years		23.5%	28.6%
% 85 years or older		9.6%	12.9%
Gender (65+ population)			
% female		52.5%	54.7%
Race/Ethnicity (65+ population)			
% White		98.6%	97.7%
% African American		0.0%	0.5%
% Asian		0.9%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		62.9%	58.5%
% divorced/separated		16.2%	14.0%
% widowed		19.7%	22.9%
% never married		1.2%	4.6%
Education (65+ population)			
% with less than high school education		9.9%	12.3%
% with high school or some college		50.7%	57.1%
% with college degree		39.4%	30.6%
% of 65+ population living alone		27.2%	26.1%
% of 65+ population who speak only English at home		97.1%	91.3%
% of 65+ population who are veterans of military service		27.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.3%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		1.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol		70.1%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		26.6%	28.8%
% 65+ with anxiety disorders	B	18.6%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		10.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes	B	22.6%	28.2%
% 65+ with stroke	B	8.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.0%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	65.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.2%	34.3%
% 65+ with congestive heart failure	B	11.1%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	9.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.4%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		36.9%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		19.3%	20.8%
% 65+ with anemia	B	29.8%	37.3%
% 65+ with chronic kidney disease	B	17.8%	22.3%
% 65+ with liver diseases	B	4.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	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		24.3%	22.9%
% 65+ with cataract		59.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	54.4%
% 65+ with 0 chronic conditions		9.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		20.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.1%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.2%	6.9%
% 65+ with self-reported ambulatory difficulty		12.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		0.9%	5.6%
% 65+ with self-reported independent living difficulty		7.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.8%	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		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		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year	*	43.9	49.1
Home health visits per year		2.9	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		192	237
Medicare inpatient hospital readmissions (as % of admissions)		19.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	45	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		29.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		60.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		602	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		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.1%	5.4%
% 60+ receiving food stamps past year		0.5%	5.7%
% 65+ employed past year		29.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		15.1%	18.2%
% households with annual income \$20,000-\$49,999		39.7%	36.5%
% households with annual income > \$50,000		45.2%	45.3%
% 60+ own home		94.9%	79.9%
% 60+ have mortgage on home		46.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

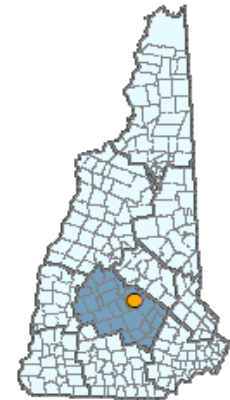
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- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
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- Disability: CMS (2014-2015) for the clinical measures, and ACS (2012-2016) for the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

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

Update: 05/2019

## Canterbury (Merrimack)

Canterbury is a rural town located in Merrimack County bordering the Merrimack River. There are 394 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, personality disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, lung cancer, anemia, and epilepsy. Community resources to support healthy aging include 3 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,203	1,327,503
Population 60 years or older as % of total population		28.0%	22.7%
Total population 60 years or older		616	301,630
Population 65 years or older as % of total population		17.9%	15.8%
Total population 65 years or older		394	210,385
% 65-74 years		73.9%	58.5%
% 75-84 years		15.7%	28.6%
% 85 years or older		10.4%	12.9%
Gender (65+ population)			
% female		55.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.3%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		15.7%	22.9%
% never married		3.3%	4.6%
Education (65+ population)			
% with less than high school education		6.9%	12.3%
% with high school or some college		33.0%	57.1%
% with college degree		60.2%	30.6%
% of 65+ population living alone		18.3%	26.1%
% of 65+ population who speak only English at home		99.7%	91.3%
% of 65+ population who are veterans of military service		16.0%	24.8%
Age-sex adjusted 1-year mortality rate		5.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese		13.2%	16.7%
% 65+ with high cholesterol		70.0%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		26.3%	28.8%
% 65+ with anxiety disorders		21.2%	21.9%
% 65+ with bipolar disorders		3.0%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		8.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.7%	12.0%
% 65+ with diabetes	B	21.1%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	13.9%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	62.9%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease	B	28.9%	34.3%
% 65+ with congestive heart failure	B	12.7%	17.7%
% 65+ with atrial fibrillation		11.4%	14.4%
% 65+ with peripheral vascular disease		13.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.2%	49.1%
% 65+ with osteoporosis		17.0%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.4%	11.5%
% 65+ with benign prostatic hyperplasia		39.3%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		19.7%	20.8%
% 65+ with anemia	B	24.6%	37.3%
% 65+ with chronic kidney disease		18.5%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	B	1.4%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.5%	22.9%
% 65+ with cataract		61.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.4%	54.4%
% 65+ with 0 chronic conditions		10.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.4%	14.4%
% 65+ with self-reported vision difficulty		3.0%	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	9.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		1.8%	5.6%
% 65+ with self-reported independent living difficulty	B	3.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	5.4%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.6	6.3
Emergency room visits/1000 persons 65+ years per year		618	572
Part D monthly prescription fills per person per year		46.3	49.1
Home health visits per year		4.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		271	237
Medicare inpatient hospital readmissions (as % of admissions)		20.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		76	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		15.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		76.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		14	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		838	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.5%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		45.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.5%	18.2%
% households with annual income \$20,000-\$49,999		20.0%	36.5%
% households with annual income > \$50,000		63.5%	45.3%
% 60+ own home		96.9%	79.9%
% 60+ have mortgage on home		48.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
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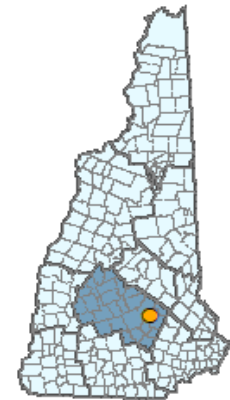
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & 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.
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Update: 05/2019

## Chichester (Merrimack)

Chichester is a rural town in Merrimack County just east of Concord, the state capital. There are 379 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, personality disorders, Alzheimer’s disease or related dementias, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, lung cancer, anemia, liver diseases, epilepsy, and hearing impairment. However, they had higher rates of obesity, tobacco use disorder, diabetes, and hypertension. Community resources to support healthy aging include 3 primary care providers and a nursing home within 5 miles, 2 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,586	1,327,503
Population 60 years or older as % of total population		24.9%	22.7%
Total population 60 years or older		644	301,630
Population 65 years or older as % of total population		14.7%	15.8%
Total population 65 years or older		379	210,385
% 65-74 years		79.2%	58.5%
% 75-84 years		17.7%	28.6%
% 85 years or older		3.2%	12.9%
Gender (65+ population)			
% female		47.2%	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		72.3%	58.5%
% divorced/separated		6.9%	14.0%
% widowed		18.7%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		9.5%	12.3%
% with high school or some college		47.5%	57.1%
% with college degree		43.0%	30.6%
% of 65+ population living alone		17.7%	26.1%
% of 65+ population who speak only English at home		96.6%	91.3%
% of 65+ population who are veterans of military service		36.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese	W	22.3%	16.7%
% 65+ with high cholesterol		72.5%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		28.9%	28.8%
% 65+ with anxiety disorders		25.1%	21.9%
% 65+ with bipolar disorders		3.0%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3%	5.5%
% 65+ with tobacco use disorders	W	13.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.6%	12.0%
% 65+ with diabetes	W	33.4%	28.2%
% 65+ with stroke		10.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.2%	20.5%
% 65+ with asthma		15.2%	13.0%
% 65+ with hypertension	W	74.3%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		36.2%	34.3%
% 65+ with congestive heart failure		16.5%	17.7%
% 65+ with atrial fibrillation		12.5%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.6%	49.1%
% 65+ with osteoporosis		16.6%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		9.0%	11.5%
% 65+ with benign prostatic hyperplasia		33.9%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	30.9%	37.3%
% 65+ with chronic kidney disease		23.7%	22.3%
% 65+ with liver diseases	B	4.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	B	1.4%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.9%	22.9%
% 65+ with cataract		59.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.8%	54.4%
% 65+ with 0 chronic conditions		9.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	4.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.7%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		2.1%	6.9%
% 65+ with self-reported ambulatory difficulty	B	4.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		3.4%	5.6%
% 65+ with self-reported independent living difficulty	B	3.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		8.7%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.2	6.3
Emergency room visits/1000 persons 65+ years per year		577	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year	*	3.8	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		248	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		8.5%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		60.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.8%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.2%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		29.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.9%	18.2%
% households with annual income \$20,000-\$49,999		33.2%	36.5%
% households with annual income > \$50,000		56.9%	45.3%
% 60+ own home		96.6%	79.9%
% 60+ have mortgage on home		36.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

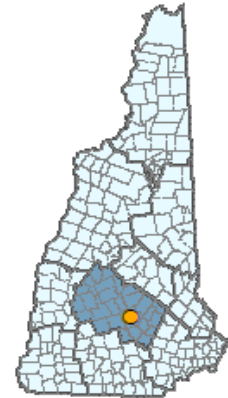
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Concord (Merrimack)

Concord is the capital city of New Hampshire, located in Merrimack County and home to the gold-domed State House. There are 6,387 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of ischemic heart disease, leukemias and lymphomas, liver diseases. However, they had higher rates of hip fracture, obesity, high cholesterol, depression, anxiety/bipolar/personality disorders, schizophrenia, substance/tobacco use disorders, Alzheimer’s disease, stroke, peripheral vascular disease, arthritis, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia, migraine, epilepsy, traumatic brain injury, glaucoma, cataracts, ulcers, hearing/visual/mobility impairments. They are more likely to take the health promotion step of having a regular doctor. Community resources to support healthy aging include 3 senior centers, 163 primary care providers, a hospital, and 4 nursing homes within 5 miles, 8 home health agencies, a memory cafe, a dementia support group, 3 assisted living sites, 3 universities or community colleges, 2 public libraries, a YMCA, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		42,634	1,327,503
Population 60 years or older as % of total population		21.0%	22.7%
Total population 60 years or older		8,970	301,630
Population 65 years or older as % of total population		15.0%	15.8%
Total population 65 years or older		6,387	210,385
% 65-74 years		51.2%	58.5%
% 75-84 years		26.9%	28.6%
% 85 years or older		21.9%	12.9%
Gender (65+ population)			
% female		59.7%	54.7%
Race/Ethnicity (65+ population)			
% White		97.1%	97.7%
% African American		0.4%	0.5%
% Asian		0.9%	0.9%
% Other		1.7%	0.9%
% Hispanic/Latino		0.5%	0.9%
Marital Status (65+ population)			
% married		43.0%	58.5%
% divorced/separated		21.4%	14.0%
% widowed		28.0%	22.9%
% never married		7.6%	4.6%
Education (65+ population)			
% with less than high school education		10.0%	12.3%
% with high school or some college		57.5%	57.1%
% with college degree		32.5%	30.6%
% of 65+ population living alone		38.5%	26.1%
% of 65+ population who speak only English at home		96.4%	91.3%
% of 65+ population who are veterans of military service		25.9%	24.8%
Age-sex adjusted 1-year mortality rate	W	4.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.7%	3.6%
% moved from different county in New Hampshire		0.3%	1.0%
% moved from different state		2.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		74.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.9%	19.9%
% 60+ getting recommended hours of sleep		67.1%	66.4%
% 60+ injured in a fall within last 12 months		14.0%	10.4%
% 65+ had hip fracture	W	4.5%	3.3%
% 60+ with self-reported fair or poor health status		16.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.8%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		41.4%	40.3%
% 60+ flu shot past year		60.3%	59.3%
% 65+ with pneumonia vaccine		76.9%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		76.1%	79.3%
% 60+ with colorectal cancer screening		77.8%	77.0%
% 60+ with HIV test		11.9%	13.5%
% 60+ current smokers		8.0%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		24.2%	29.0%
% 60+ with annual dental exam		78.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.4%	20.2%
% 60+ self-reported obese		28.9%	27.2%
% 65+ clinically diagnosed obese	W	18.3%	16.7%
% 65+ with high cholesterol	W	74.7%	72.2%
% 60+ excessive drinking		6.6%	9.2%
% 65+ with poor supermarket access		36.4%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	35.4%	28.8%
% 65+ with anxiety disorders	W	28.8%	21.9%
% 65+ with bipolar disorders	W	5.5%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.5%	4.9%
% 65+ with personality disorders	W	2.7%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.6%	5.5%
% 65+ with tobacco use disorders	W	12.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	17.0%	12.0%
% 65+ with diabetes		29.6%	28.2%
% 65+ with stroke	W	12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.3%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	B	32.7%	34.3%
% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with peripheral vascular disease	W	16.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.0%	49.1%
% 65+ with osteoporosis	W	19.6%	17.4%
% 65+ with leukemias and lymphomas	B	1.5%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	W	11.2%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	39.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	23.5%	20.8%
% 65+ with anemia		36.0%	37.3%
% 65+ with chronic kidney disease	W	25.1%	22.3%
% 65+ with liver diseases	B	5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	W	4.8%	4.0%
% 65+ with epilepsy	W	3.0%	2.1%
% 65+ with traumatic brain injury	W	2.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.6%	22.9%
% 65+ with cataract	W	66.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.3%	54.4%
% 65+ with 0 chronic conditions	W	8.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	14.4%
% 65+ with self-reported vision difficulty		5.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	0.9%
% 65+ with self-reported cognition difficulty	W	12.0%	6.9%
% 65+ with self-reported ambulatory difficulty		21.8%	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	17.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor	B	98.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		163	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		4	74
# of home health agencies		8	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	723	572
Part D monthly prescription fills per person per year	*	56.5	49.1
Home health visits per year	*	5.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	279	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	96	76
# skilled nursing home Medicare beds/1000 persons 65+ years		51	33
% 65+ getting Medicaid long term services and supports	*	8.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		3	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		2.5%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		7.3%	16.0%
# of universities and community colleges		3	41
# of public libraries		2	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		92.0%	93.0%
% 60+ who used Internet in last month		78.7%	77.6%
Voter participation rate in 2018 election (age 18+)		52.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		228	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		2,255	2,012
% 65+ who own a motor vehicle		86.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.4%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.2%	5.4%
% 60+ receiving food stamps past year		7.8%	5.7%
% 65+ employed past year		20.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		18.6%	18.2%
% households with annual income \$20,000-\$49,999		42.5%	36.5%
% households with annual income > \$50,000		38.9%	45.3%
% 60+ own home		59.3%	79.9%
% 60+ have mortgage on home		26.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		22.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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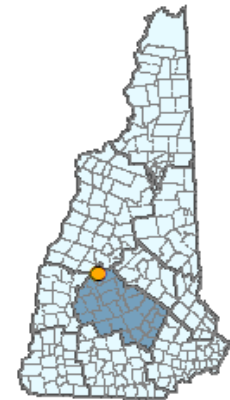
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology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

Update: 05/2019



## Danbury (Merrimack)

Danbury is a rural town in central New Hampshire and home to the Danbury Bog Wildlife Management Area. There are 155 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 disorders, bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, glaucoma, cataracts, and hearing and mobility impairments. They are less likely to take the health promotion steps of having a colorectal cancer screening and always wearing a seatbelt while driving. Community resources to support healthy aging include 3 home health agencies, a public library, and having access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,294	1,327,503
Population 60 years or older as % of total population		21.2%	22.7%
Total population 60 years or older		274	301,630
Population 65 years or older as % of total population		12.0%	15.8%
Total population 65 years or older		155	210,385
% 65-74 years		56.8%	58.5%
% 75-84 years		27.1%	28.6%
% 85 years or older		16.1%	12.9%
Gender (65+ population)			
% female		47.7%	54.7%
Race/Ethnicity (65+ population)			
% White		96.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		44.5%	58.5%
% divorced/separated		16.1%	14.0%
% widowed		29.7%	22.9%
% never married		9.7%	4.6%
Education (65+ population)			
% with less than high school education		5.2%	12.3%
% with high school or some college		60.6%	57.1%
% with college degree		34.2%	30.6%
% of 65+ population living alone		41.3%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		32.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	11.0%	16.7%
% 65+ with high cholesterol	B	67.4%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	25.1%	28.8%
% 65+ with anxiety disorders	B	17.7%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	B	7.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.2%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.9%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	64.6%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease	B	30.4%	34.3%
% 65+ with congestive heart failure	B	13.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.0%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	31.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.0%	20.8%
% 65+ with anemia	B	29.6%	37.3%
% 65+ with chronic kidney disease	B	14.3%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.9%	22.9%
% 65+ with cataract	B	53.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.1%	54.4%
% 65+ with 0 chronic conditions	B	16.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		11.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty	W	34.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		14.8%	5.6%
% 65+ with self-reported independent living difficulty		23.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	473	572
Part D monthly prescription fills per person per year	*	45.0	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	191	237
Medicare inpatient hospital readmissions (as % of admissions)		13.4%	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		2.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		1.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		22.7%	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)		92.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		49.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		90.4%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.9%	5.4%
% 60+ receiving food stamps past year		3.1%	5.7%
% 65+ employed past year		24.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		33.7%	18.2%
% households with annual income \$20,000-\$49,999		27.9%	36.5%
% households with annual income > \$50,000		38.5%	45.3%
% 60+ own home		93.7%	79.9%
% 60+ have mortgage on home		34.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
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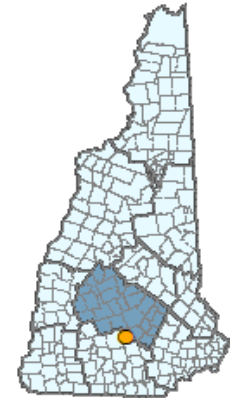
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Update: 05/2019

## Dunbarton (Merrimack)

Dunbarton is a town located in southern New Hampshire named after Dunbartonshire in Scotland and is the hometown of Archibald Stark, a prominent settler of the town. There are 336 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, hearing and mobility impairments. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,805	1,327,503
Population 60 years or older as % of total population		20.1%	22.7%
Total population 60 years or older		563	301,630
Population 65 years or older as % of total population		12.0%	15.8%
Total population 65 years or older		336	210,385
% 65-74 years		75.9%	58.5%
% 75-84 years		17.6%	28.6%
% 85 years or older		6.5%	12.9%
Gender (65+ population)			
% female		47.6%	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		64.6%	58.5%
% divorced/separated		10.1%	14.0%
% widowed		15.2%	22.9%
% never married		10.1%	4.6%
Education (65+ population)			
% with less than high school education		8.9%	12.3%
% with high school or some college		63.7%	57.1%
% with college degree		27.4%	30.6%
% of 65+ population living alone		18.2%	26.1%
% of 65+ population who speak only English at home		95.8%	91.3%
% of 65+ population who are veterans of military service		29.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		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%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		10.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 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%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.3%	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%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.3%	14.4%
% 65+ with self-reported vision difficulty		3.9%	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		14.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	3.2%
% 65+ with self-reported self-care difficulty		3.0%	5.6%
% 65+ with self-reported independent living difficulty		6.0%	11.3%
<b>ACCESS TO CARE</b>			
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		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		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%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		7.0%	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)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		67.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		83	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,168	2,012
% 65+ who own a motor vehicle		97.0%	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		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		2.5%	5.7%
% 65+ employed past year		32.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		0.0%	18.2%
% households with annual income \$20,000-\$49,999		49.5%	36.5%
% households with annual income > \$50,000		50.5%	45.3%
% 60+ own home		94.9%	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)		21.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

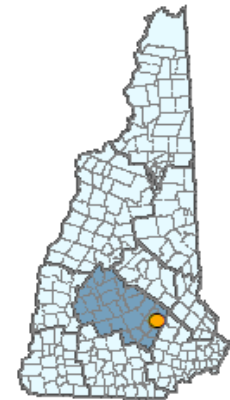
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Epsom (Merrimack)

Epsom is a town in southeastern New Hampshire containing part of Hart Town Forest. There are 825 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of peripheral vascular disease, osteoporosis, and anemia. However, they had higher rates of anxiety disorders and tobacco use disorders. Community resources to support healthy aging include 3 primary care providers and a nursing home within 5 miles, 4 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,649	1,327,503
Population 60 years or older as % of total population		25.4%	22.7%
Total population 60 years or older		1,180	301,630
Population 65 years or older as % of total population		17.7%	15.8%
Total population 65 years or older		825	210,385
% 65-74 years		64.0%	58.5%
% 75-84 years		22.8%	28.6%
% 85 years or older		13.2%	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		58.1%	58.5%
% divorced/separated		13.8%	14.0%
% widowed		23.4%	22.9%
% never married		4.7%	4.6%
Education (65+ population)			
% with less than high school education		10.7%	12.3%
% with high school or some college		70.8%	57.1%
% with college degree		18.5%	30.6%
% of 65+ population living alone		17.7%	26.1%
% of 65+ population who speak only English at home		96.7%	91.3%
% of 65+ population who are veterans of military service		26.7%	24.8%
Age-sex adjusted 1-year mortality rate		5.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.5%	3.6%
% moved from different county in New Hampshire		3.6%	1.0%
% moved from different state		3.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol		73.7%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		30.6%	28.8%
% 65+ with anxiety disorders	W	26.3%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.3%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders	W	14.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.9%	12.0%
% 65+ with diabetes		28.9%	28.2%
% 65+ with stroke		10.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.9%	20.5%
% 65+ with asthma		13.2%	13.0%
% 65+ with hypertension		70.7%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		33.0%	34.3%
% 65+ with congestive heart failure		15.0%	17.7%
% 65+ with atrial fibrillation		12.1%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.0%	49.1%
% 65+ with osteoporosis	B	14.0%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		7.4%	9.8%
% 65+ women with endometrial cancer		1.1%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		37.2%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		22.5%	20.8%
% 65+ with anemia	B	30.6%	37.3%
% 65+ with chronic kidney disease		19.7%	22.3%
% 65+ with liver diseases		5.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract		58.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.5%	54.4%
% 65+ with 0 chronic conditions		9.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.5%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty	B	1.3%	6.9%
% 65+ with self-reported ambulatory difficulty		20.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		8.5%	5.6%
% 65+ with self-reported independent living difficulty		7.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid	*	10.4%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.0	6.3
Emergency room visits/1000 persons 65+ years per year		562	572
Part D monthly prescription fills per person per year	*	53.6	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		105	76
# skilled nursing home Medicare beds/1000 persons 65+ years		115	33
% 65+ getting Medicaid long term services and supports		4.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		8.0%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		54.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		108	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,212	2,012
% 65+ who own a motor vehicle		87.5%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.9%	5.4%
% 60+ receiving food stamps past year		4.4%	5.7%
% 65+ employed past year		28.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.2%	18.2%
% households with annual income \$20,000-\$49,999		52.6%	36.5%
% households with annual income > \$50,000		27.2%	45.3%
% 60+ own home		85.5%	79.9%
% 60+ have mortgage on home		33.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

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

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

Update: 05/2019

## Franklin (Merrimack)

Franklin is a city in Merrimack County and home to the Sulphite Railroad Bridge. There are 1,275 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, glaucoma, and cataracts. However, they had higher rates of diabetes, stroke, chronic obstructive pulmonary disease, ischemic heart disease, and peripheral vascular disease. They are less likely to take the health promotion steps of having a colorectal cancer screening and always wearing a seatbelt when driving. Community resources to support healthy aging include 10 primary care providers, a hospital, and a nursing home within 5 miles, a community health center, 4 home health agencies, 2 assisted living sites, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		8,440	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		1,956	301,630
Population 65 years or older as % of total population		15.1%	15.8%
Total population 65 years or older		1,275	210,385
% 65-74 years		55.5%	58.5%
% 75-84 years		24.6%	28.6%
% 85 years or older		19.8%	12.9%
Gender (65+ population)			
% female		58.5%	54.7%
Race/Ethnicity (65+ population)			
% White		99.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		3.2%	0.9%
Marital Status (65+ population)			
% married		47.8%	58.5%
% divorced/separated		16.2%	14.0%
% widowed		27.6%	22.9%
% never married		8.3%	4.6%
Education (65+ population)			
% with less than high school education		10.0%	12.3%
% with high school or some college		74.0%	57.1%
% with college degree		16.1%	30.6%
% of 65+ population living alone		30.9%	26.1%
% of 65+ population who speak only English at home		96.0%	91.3%
% of 65+ population who are veterans of military service		30.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.9%	3.6%
% moved from different county in New Hampshire		4.7%	1.0%
% moved from different state		0.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese		15.2%	16.7%
% 65+ with high cholesterol		73.5%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		36.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression		31.1%	28.8%
% 65+ with anxiety disorders		22.2%	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		5.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.5%	5.5%
% 65+ with tobacco use disorders		11.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.2%	12.0%
% 65+ with diabetes	W	33.9%	28.2%
% 65+ with stroke	W	14.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	20.5%
% 65+ with asthma		13.7%	13.0%
% 65+ with hypertension		71.8%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	W	37.8%	34.3%
% 65+ with congestive heart failure		20.0%	17.7%
% 65+ with atrial fibrillation		14.2%	14.4%
% 65+ with peripheral vascular disease	W	17.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.2%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.5%	9.8%
% 65+ women with endometrial cancer		2.1%	1.7%
% 65+ men with prostate cancer		10.0%	11.5%
% 65+ with benign prostatic hyperplasia	B	31.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	14.9%	20.8%
% 65+ with anemia		38.4%	37.3%
% 65+ with chronic kidney disease	B	19.6%	22.3%
% 65+ with liver diseases		6.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		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	18.6%	22.9%
% 65+ with cataract	B	53.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.7%	54.4%
% 65+ with 0 chronic conditions		10.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.6%	14.4%
% 65+ with self-reported vision difficulty		6.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		8.3%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		4.0%	5.6%
% 65+ with self-reported independent living difficulty		13.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.7%	7.9%
% dually eligible for Medicare and Medicaid	*	13.6%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		10	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.0	6.3
Emergency room visits/1000 persons 65+ years per year	*	696	572
Part D monthly prescription fills per person per year	*	54.8	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		16.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	107	76
# skilled nursing home Medicare beds/1000 persons 65+ years		58	33
% 65+ getting Medicaid long term services and supports	*	5.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		15.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		42.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		79.5%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		8.0%	5.4%
% 60+ receiving food stamps past year		9.0%	5.7%
% 65+ employed past year		24.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		28.1%	18.2%
% households with annual income \$20,000-\$49,999		46.8%	36.5%
% households with annual income > \$50,000		25.1%	45.3%
% 60+ own home		70.4%	79.9%
% 60+ have mortgage on home		30.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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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).
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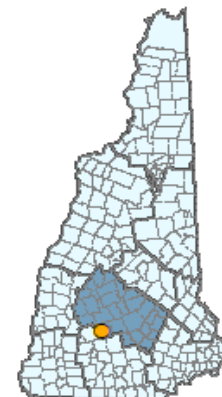
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019



## Henniker (Merrimack)

Henniker is a town located in Merrimack County intersected by the Contoocook River. There are 476 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, 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 mobility impairments. Community resources to support healthy aging include a home health agency and 3 primary care providers within 5 miles, a senior center, a public library, access to broadband, and lifelong learning opportunities.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,891	1,327,503
Population 60 years or older as % of total population		15.8%	22.7%
Total population 60 years or older		773	301,630
Population 65 years or older as % of total population		9.7%	15.8%
Total population 65 years or older		476	210,385
% 65-74 years		57.6%	58.5%
% 75-84 years		26.3%	28.6%
% 85 years or older		16.2%	12.9%
Gender (65+ population)			
% female		51.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		73.9%	58.5%
% divorced/separated		7.1%	14.0%
% widowed		16.4%	22.9%
% never married		2.5%	4.6%
Education (65+ population)			
% with less than high school education		16.2%	12.3%
% with high school or some college		55.7%	57.1%
% with college degree		28.2%	30.6%
% of 65+ population living alone		23.3%	26.1%
% of 65+ population who speak only English at home		82.8%	91.3%
% of 65+ population who are veterans of military service		22.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.5%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.5%	3.6%
% moved from different county in New Hampshire		4.0%	1.0%
% moved from different state		1.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		15.7%	16.7%
% 65+ with high cholesterol	B	64.5%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.4%	28.8%
% 65+ with anxiety disorders	B	17.4%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		9.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	6.2%	12.0%
% 65+ with diabetes	B	21.4%	28.2%
% 65+ with stroke		8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.5%	20.5%
% 65+ with asthma	B	9.3%	13.0%
% 65+ with hypertension	B	59.2%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease	B	26.9%	34.3%
% 65+ with congestive heart failure	B	10.8%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	39.9%	49.1%
% 65+ with osteoporosis	B	13.5%	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		10.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	26.6%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.3%	20.8%
% 65+ with anemia	B	28.4%	37.3%
% 65+ with chronic kidney disease	B	17.3%	22.3%
% 65+ with liver diseases	B	3.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		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		25.3%	22.9%
% 65+ with cataract	B	55.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	42.7%	54.4%
% 65+ with 0 chronic conditions	B	14.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.9%	14.4%
% 65+ with self-reported vision difficulty		4.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	6.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		5.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.7%	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		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		523	572
Part D monthly prescription fills per person per year		45.1	49.1
Home health visits per year		3.0	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	167	237
Medicare inpatient hospital readmissions (as % of admissions)		27.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	34	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		16.9%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		54.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		124	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		843	2,012
% 65+ who own a motor vehicle		87.8%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.4%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		30.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		17.3%	18.2%
% households with annual income \$20,000-\$49,999		31.0%	36.5%
% households with annual income > \$50,000		51.7%	45.3%
% 60+ own home		83.8%	79.9%
% 60+ have mortgage on home		40.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		2.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

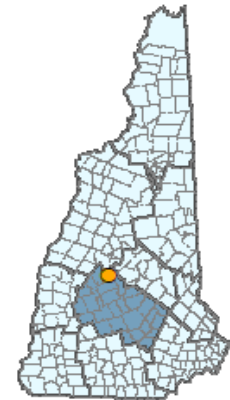
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Hill (Merrimack)

Hill is a rural town located in Merrimack County and home to William Thomas State Forest. 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 obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, glaucoma, cataracts, and hearing and visual impairments. They are less likely to take the health promotion step of having colorectal cancer screening. Community resources to support healthy aging includes a public library, access to broadband, and 4 home health agencies.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,022	1,327,503
Population 60 years or older as % of total population		29.5%	22.7%
Total population 60 years or older		301	301,630
Population 65 years or older as % of total population		19.9%	15.8%
Total population 65 years or older		203	210,385
% 65-74 years		69.5%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		6.9%	12.9%
Gender (65+ population)			
% female		56.7%	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		71.4%	58.5%
% divorced/separated		8.9%	14.0%
% widowed		11.8%	22.9%
% never married		7.9%	4.6%
Education (65+ population)			
% with less than high school education		5.9%	12.3%
% with high school or some college		63.5%	57.1%
% with college degree		30.5%	30.6%
% of 65+ population living alone		16.7%	26.1%
% of 65+ population who speak only English at home		98.5%	91.3%
% of 65+ population who are veterans of military service		33.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		4.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	11.0%	16.7%
% 65+ with high cholesterol	B	67.4%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	25.1%	28.8%
% 65+ with anxiety disorders	B	17.7%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	B	7.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.2%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.9%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	64.6%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease	B	30.4%	34.3%
% 65+ with congestive heart failure	B	13.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.0%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	31.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.0%	20.8%
% 65+ with anemia	B	29.6%	37.3%
% 65+ with chronic kidney disease	B	14.3%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.9%	22.9%
% 65+ with cataract	B	53.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.1%	54.4%
% 65+ with 0 chronic conditions	B	16.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		1.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		3.0%	6.9%
% 65+ with self-reported ambulatory difficulty		20.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		1.5%	5.6%
% 65+ with self-reported independent living difficulty		6.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	473	572
Part D monthly prescription fills per person per year	*	45.0	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	191	237
Medicare inpatient hospital readmissions (as % of admissions)		13.4%	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		2.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.1%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		19.7%	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)		92.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		50.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.7%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.5%	5.4%
% 60+ receiving food stamps past year		4.5%	5.7%
% 65+ employed past year		19.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		2.5%	18.2%
% households with annual income \$20,000-\$49,999		39.2%	36.5%
% households with annual income > \$50,000		58.3%	45.3%
% 60+ own home		96.0%	79.9%
% 60+ have mortgage on home		60.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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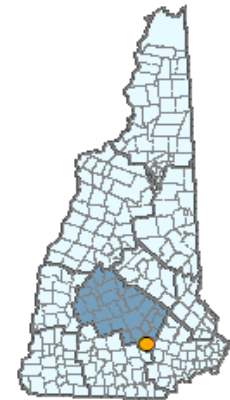
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang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

Update: 05/2019

## Hooksett (Merrimack)

Hooksett is an urban town in Merrimack County and the first community in the state to be recognized as a Preserve America community. There are 2,001 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, tooth loss, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, congestive heart failure, colon cancer, epilepsy, and mobility impairments. However, they had higher rates of hypertension, high cholesterol, osteoarthritis/rheumatoid arthritis, hypothyroidism, and glaucoma. Community resources to support healthy aging include 40 primary care providers within 5 miles, 7 home health agencies, an adult day health center, access to broadband, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		13,954	1,327,503
Population 60 years or older as % of total population		20.9%	22.7%
Total population 60 years or older		2,918	301,630
Population 65 years or older as % of total population		14.3%	15.8%
Total population 65 years or older		2,001	210,385
% 65-74 years		62.2%	58.5%
% 75-84 years		28.1%	28.6%
% 85 years or older		9.7%	12.9%
Gender (65+ population)			
% female		57.3%	54.7%
Race/Ethnicity (65+ population)			
% White		96.4%	97.7%
% African American		0.0%	0.5%
% Asian		2.6%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.2%	58.5%
% divorced/separated		10.6%	14.0%
% widowed		26.4%	22.9%
% never married		4.7%	4.6%
Education (65+ population)			
% with less than high school education		17.6%	12.3%
% with high school or some college		58.2%	57.1%
% with college degree		24.2%	30.6%
% of 65+ population living alone		24.0%	26.1%
% of 65+ population who speak only English at home		87.1%	91.3%
% of 65+ population who are veterans of military service		22.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.0%	3.6%
% moved from different county in New Hampshire		4.1%	1.0%
% moved from different state		0.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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	B	2.4%	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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 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		17.4%	16.7%
% 65+ with high cholesterol	W	78.1%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		27.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.0%	6.9%
% 65+ with depression		29.2%	28.8%
% 65+ with anxiety disorders		24.1%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.9%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders		9.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.9%	12.0%
% 65+ with diabetes		29.7%	28.2%
% 65+ with stroke		11.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.2%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension	W	73.9%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease		33.0%	34.3%
% 65+ with congestive heart failure	B	15.4%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		13.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.6%	49.1%
% 65+ with osteoporosis		18.6%	17.4%
% 65+ with leukemias and lymphomas		2.1%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer	B	1.8%	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		11.8%	11.5%
% 65+ with benign prostatic hyperplasia		38.2%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	25.3%	20.8%
% 65+ with anemia		36.9%	37.3%
% 65+ with chronic kidney disease		23.7%	22.3%
% 65+ with liver diseases		8.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy	B	1.1%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.3%	22.9%
% 65+ with cataract		60.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.0%	54.4%
% 65+ with 0 chronic conditions	W	8.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		18.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.6%	14.4%
% 65+ with self-reported vision difficulty		5.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		11.9%	6.9%
% 65+ with self-reported ambulatory difficulty		23.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty	W	10.7%	5.6%
% 65+ with self-reported independent living difficulty		12.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.6%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	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		40	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		7	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year	*	485	572
Part D monthly prescription fills per person per year	*	51.7	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		241	237
Medicare inpatient hospital readmissions (as % of admissions)		19.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		69	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.4%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		2.0%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		53.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		148	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		2,709	2,012
% 65+ who own a motor vehicle		93.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
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% households with annual income < \$20,000		16.7%	18.2%
% households with annual income \$20,000-\$49,999		38.1%	36.5%
% households with annual income > \$50,000		45.3%	45.3%
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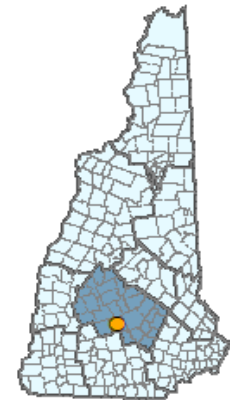
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Update: 05/2019

## Hopkinton (Merrimack)

Hopkinton is a town located in southern New Hampshire and home to the Contocook Railroad Bridge. There are 1,040 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, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, anemia, liver diseases, epilepsy, and mobility impairments. However, they had a higher rate of cataracts. Community resources to support healthy aging include 4 primary care providers within 5 miles, a home health agency, access to broadband, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,601	1,327,503
Population 60 years or older as % of total population		22.9%	22.7%
Total population 60 years or older		1,282	301,630
Population 65 years or older as % of total population		18.6%	15.8%
Total population 65 years or older		1,040	210,385
% 65-74 years		67.4%	58.5%
% 75-84 years		24.8%	28.6%
% 85 years or older		7.8%	12.9%
Gender (65+ population)			
% female		48.8%	54.7%
Race/Ethnicity (65+ population)			
% White		99.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.3%	58.5%
% divorced/separated		16.8%	14.0%
% widowed		16.7%	22.9%
% never married		2.1%	4.6%
Education (65+ population)			
% with less than high school education		2.5%	12.3%
% with high school or some college		38.4%	57.1%
% with college degree		59.1%	30.6%
% of 65+ population living alone		15.6%	26.1%
% of 65+ population who speak only English at home		98.3%	91.3%
% of 65+ population who are veterans of military service		24.0%	24.8%
Age-sex adjusted 1-year mortality rate		5.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.8%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.1%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		14.2%	16.7%
% 65+ with high cholesterol	B	68.9%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		29.2%	28.8%
% 65+ with anxiety disorders		19.6%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	7.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	21.2%	28.2%
% 65+ with stroke		9.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.3%	20.5%
% 65+ with asthma		13.0%	13.0%
% 65+ with hypertension	B	63.5%	70.2%
% 65+ ever had a heart attack		3.3%	4.5%
% 65+ with ischemic heart disease	B	29.4%	34.3%
% 65+ with congestive heart failure	B	13.8%	17.7%
% 65+ with atrial fibrillation		15.1%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	49.1%
% 65+ with osteoporosis		15.2%	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		7.8%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		39.8%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		21.5%	20.8%
% 65+ with anemia	B	27.6%	37.3%
% 65+ with chronic kidney disease		20.7%	22.3%
% 65+ with liver diseases	B	4.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.3%	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		25.6%	22.9%
% 65+ with cataract	W	64.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.6%	54.4%
% 65+ with 0 chronic conditions		9.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		5.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.1%	6.9%
% 65+ with self-reported ambulatory difficulty		19.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.5%	3.2%
% 65+ with self-reported self-care difficulty		4.6%	5.6%
% 65+ with self-reported independent living difficulty		9.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid	*	3.0%	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		4	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		1	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.6	6.3
Emergency room visits/1000 persons 65+ years per year		555	572
Part D monthly prescription fills per person per year	*	45.7	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		206	237
Medicare inpatient hospital readmissions (as % of admissions)		16.9%	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	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		10.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		76.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		143	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		714	2,012
% 65+ who own a motor vehicle		98.3%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.6%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		30.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		6.6%	18.2%
% households with annual income \$20,000-\$49,999		27.3%	36.5%
% households with annual income > \$50,000		66.1%	45.3%
% 60+ own home		93.0%	79.9%
% 60+ have mortgage on home		37.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		27.9%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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

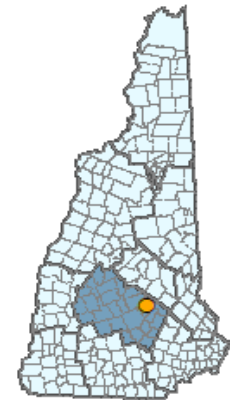
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology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

Update: 05/2019



## Loudon (Merrimack)

Loudon is a town located in Merrimack County that contains the New Hampshire Motor Speedway. There are 847 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 personality disorders, schizophrenia and other psychotic disorders, substance use disorders, Alzheimer’s disease or related dementias, stroke, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, epilepsy, cataracts, and hearing impairment. Community resources to support healthy aging include 2 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,368	1,327,503
Population 60 years or older as % of total population		22.0%	22.7%
Total population 60 years or older		1,182	301,630
Population 65 years or older as % of total population		15.8%	15.8%
Total population 65 years or older		847	210,385
% 65-74 years		61.5%	58.5%
% 75-84 years		34.6%	28.6%
% 85 years or older		3.9%	12.9%
Gender (65+ population)			
% female		48.5%	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		65.4%	58.5%
% divorced/separated		12.4%	14.0%
% widowed		22.2%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		5.4%	12.3%
% with high school or some college		80.8%	57.1%
% with college degree		13.8%	30.6%
% of 65+ population living alone		22.8%	26.1%
% of 65+ population who speak only English at home		99.2%	91.3%
% of 65+ population who are veterans of military service		38.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		6.0%	3.6%
% moved from different county in New Hampshire		3.2%	1.0%
% moved from different state		2.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol	B	68.2%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		25.7%	28.8%
% 65+ with anxiety disorders	B	18.6%	21.9%
% 65+ with bipolar disorders		3.0%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.9%	5.5%
% 65+ with tobacco use disorders		11.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.8%	12.0%
% 65+ with diabetes		27.2%	28.2%
% 65+ with stroke	B	7.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.7%	20.5%
% 65+ with asthma		13.0%	13.0%
% 65+ with hypertension		66.7%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease	B	28.0%	34.3%
% 65+ with congestive heart failure	B	12.0%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	10.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.4%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		9.2%	11.5%
% 65+ with benign prostatic hyperplasia	B	31.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		19.0%	20.8%
% 65+ with anemia	B	25.5%	37.3%
% 65+ with chronic kidney disease	B	18.9%	22.3%
% 65+ with liver diseases		5.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	B	1.4%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.6%	22.9%
% 65+ with cataract	B	53.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	54.4%
% 65+ with 0 chronic conditions		12.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.8%	14.4%
% 65+ with self-reported vision difficulty		1.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty	W	19.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	40.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		4.4%	5.6%
% 65+ with self-reported independent living difficulty		12.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.6%	7.9%
% dually eligible for Medicare and Medicaid		5.9%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.3	6.3
Emergency room visits/1000 persons 65+ years per year		576	572
Part D monthly prescription fills per person per year		50.9	49.1
Home health visits per year		3.4	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		239	237
Medicare inpatient hospital readmissions (as % of admissions)		18.7%	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		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		5.8%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		62.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		62	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,700	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.4%	5.4%
% 60+ receiving food stamps past year		2.9%	5.7%
% 65+ employed past year		29.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.9%	18.2%
% households with annual income \$20,000-\$49,999		34.3%	36.5%
% households with annual income > \$50,000		55.8%	45.3%
% 60+ own home		91.7%	79.9%
% 60+ have mortgage on home		37.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		32.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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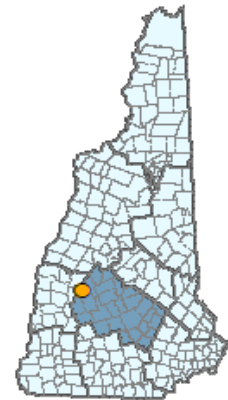
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang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

Update: 05/2019

## New London (Merrimack)

New London is a town located in Merrimack County and is home to Colby-Sawyer College. There are 1,532 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, asthma, congestive heart failure, lung cancer, chronic kidney disease, and fibromyalgia/chronic pain/fatigue, and mobility impairments. However, they had higher rates of osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, prostate cancer, benign prostatic hyperplasia, hypothyroidism, glaucoma, and cataracts. Community resources to support healthy aging include 21 primary care providers and a hospital within 5 miles, 2 home health agencies, a senior center, an adult day center, an assisted living site, a university or community college, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,594	1,327,503
Population 60 years or older as % of total population		36.7%	22.7%
Total population 60 years or older		1,688	301,630
Population 65 years or older as % of total population		33.3%	15.8%
Total population 65 years or older		1,532	210,385
% 65-74 years		40.0%	58.5%
% 75-84 years		33.6%	28.6%
% 85 years or older		26.4%	12.9%
Gender (65+ population)			
% female		56.1%	54.7%
Race/Ethnicity (65+ population)			
% White		99.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		58.9%	58.5%
% divorced/separated		12.8%	14.0%
% widowed		25.7%	22.9%
% never married		2.6%	4.6%
Education (65+ population)			
% with less than high school education		4.0%	12.3%
% with high school or some college		33.4%	57.1%
% with college degree		62.7%	30.6%
% of 65+ population living alone		33.3%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		27.3%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		5.1%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		4.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese	B	8.2%	16.7%
% 65+ with high cholesterol		72.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	25.5%	28.8%
% 65+ with anxiety disorders	B	17.9%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders	B	4.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.8%	12.0%
% 65+ with diabetes	B	16.4%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.7%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension		68.8%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease		34.0%	34.3%
% 65+ with congestive heart failure	B	13.3%	17.7%
% 65+ with atrial fibrillation		16.5%	14.4%
% 65+ with peripheral vascular disease		13.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	59.0%	49.1%
% 65+ with osteoporosis	W	21.7%	17.4%
% 65+ with leukemias and lymphomas	W	4.6%	2.0%
% 65+ with lung cancer	B	0.9%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		12.0%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer	W	17.3%	11.5%
% 65+ with benign prostatic hyperplasia	W	56.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	24.5%	20.8%
% 65+ with anemia		40.2%	37.3%
% 65+ with chronic kidney disease	B	14.6%	22.3%
% 65+ with liver diseases		6.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.9%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	27.4%	22.9%
% 65+ with cataract	W	76.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		52.5%	54.4%
% 65+ with 0 chronic conditions	W	6.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.0%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		6.6%	6.9%
% 65+ with self-reported ambulatory difficulty		12.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.1%	3.2%
% 65+ with self-reported self-care difficulty		4.4%	5.6%
% 65+ with self-reported independent living difficulty		9.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.3%	7.9%
% dually eligible for Medicare and Medicaid	*	2.8%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		21	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		577	572
Part D monthly prescription fills per person per year	*	40.7	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		14.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		85	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		1.1%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		25.4%	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)		92.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		64.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		28	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		626	2,012
% 65+ who own a motor vehicle		87.4%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.9%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		25.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.2%	18.2%
% households with annual income \$20,000-\$49,999		30.9%	36.5%
% households with annual income > \$50,000		57.9%	45.3%
% 60+ own home		79.7%	79.9%
% 60+ have mortgage on home		24.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%
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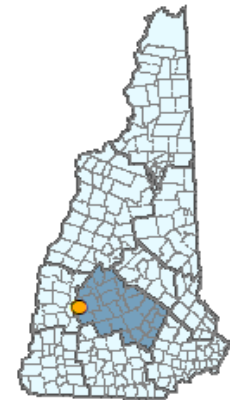
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Update: 05/2019

## Newbury (Merrimack)

Newbury is a town in Merrimack County and home to part of Lake Sunapee. There are 476 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, pressure ulcers, and visual impairment. Community resources to support healthy aging include 5 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,885	1,327,503
Population 60 years or older as % of total population		33.3%	22.7%
Total population 60 years or older		628	301,630
Population 65 years or older as % of total population		25.3%	15.8%
Total population 65 years or older		476	210,385
% 65-74 years		77.9%	58.5%
% 75-84 years		19.7%	28.6%
% 85 years or older		2.3%	12.9%
Gender (65+ population)			
% female		47.3%	54.7%
Race/Ethnicity (65+ population)			
% White		99.2%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.8%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		78.4%	58.5%
% divorced/separated		6.9%	14.0%
% widowed		12.4%	22.9%
% never married		2.3%	4.6%
Education (65+ population)			
% with less than high school education		1.1%	12.3%
% with high school or some college		45.0%	57.1%
% with college degree		54.0%	30.6%
% of 65+ population living alone		14.7%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		21.0%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		14.4%	16.7%
% 65+ with high cholesterol	B	65.1%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	23.5%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		8.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	6.5%	12.0%
% 65+ with diabetes	B	20.3%	28.2%
% 65+ with stroke	B	7.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.9%	20.5%
% 65+ with asthma	B	8.7%	13.0%
% 65+ with hypertension		66.2%	70.2%
% 65+ ever had a heart attack		3.9%	4.5%
% 65+ with ischemic heart disease	B	29.4%	34.3%
% 65+ with congestive heart failure	B	13.4%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	10.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.9%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		12.2%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.4%	11.5%
% 65+ with benign prostatic hyperplasia		42.1%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.9%	20.8%
% 65+ with anemia	B	29.8%	37.3%
% 65+ with chronic kidney disease	B	16.2%	22.3%
% 65+ with liver diseases	B	4.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		5.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.5%	22.9%
% 65+ with cataract		59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	54.4%
% 65+ with 0 chronic conditions		12.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		7.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		4.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	1.1%	6.9%
% 65+ with self-reported ambulatory difficulty	B	8.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		3.2%	5.6%
% 65+ with self-reported independent living difficulty	B	4.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	3.8%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	449	572
Part D monthly prescription fills per person per year	*	40.5	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		201	237
Medicare inpatient hospital readmissions (as % of admissions)		11.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		50.4%	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)		92.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		75.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		46	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		626	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.1%	5.4%
% 60+ receiving food stamps past year		4.5%	5.7%
% 65+ employed past year		34.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		5.7%	18.2%
% households with annual income \$20,000-\$49,999		30.5%	36.5%
% households with annual income > \$50,000		63.8%	45.3%
% 60+ own home		94.2%	79.9%
% 60+ have mortgage on home		43.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		11.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

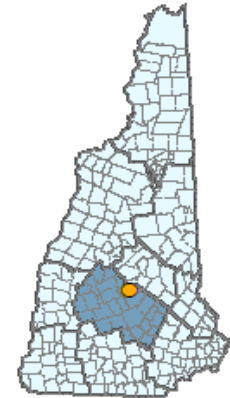
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Northfield (Merrimack)

Northfield is a town located in Merrimack County that is home to the Tilton Memorial Arch. There are 582 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis, osteoporosis, hypothyroidism, glaucoma, and cataracts. However, they had higher rates of depression, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, and peripheral vascular disease. They are less likely to take the health promotion steps of getting screened for colorectal cancer and always wearing a seatbelt while driving. Community resources to support healthy aging include 10 primary care providers, a hospital, and a nursing home within 5 miles, 4 home health agencies, 2 assisted living sites, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,821	1,327,503
Population 60 years or older as % of total population		19.8%	22.7%
Total population 60 years or older		953	301,630
Population 65 years or older as % of total population		12.1%	15.8%
Total population 65 years or older		582	210,385
% 65-74 years		63.7%	58.5%
% 75-84 years		25.6%	28.6%
% 85 years or older		10.7%	12.9%
Gender (65+ population)			
% female		47.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.8%	58.5%
% divorced/separated		20.6%	14.0%
% widowed		13.2%	22.9%
% never married		1.4%	4.6%
Education (65+ population)			
% with less than high school education		24.2%	12.3%
% with high school or some college		54.3%	57.1%
% with college degree		21.5%	30.6%
% of 65+ population living alone		9.6%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		28.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese		14.8%	16.7%
% 65+ with high cholesterol		74.0%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	31.8%	28.8%
% 65+ with anxiety disorders		20.6%	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		5.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.8%	5.5%
% 65+ with tobacco use disorders	W	13.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.4%	12.0%
% 65+ with diabetes	W	32.7%	28.2%
% 65+ with stroke		12.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.5%	20.5%
% 65+ with asthma		12.8%	13.0%
% 65+ with hypertension	W	74.2%	70.2%
% 65+ ever had a heart attack		5.6%	4.5%
% 65+ with ischemic heart disease	W	39.4%	34.3%
% 65+ with congestive heart failure	W	22.0%	17.7%
% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with peripheral vascular disease	W	18.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.2%	49.1%
% 65+ with osteoporosis	B	12.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		2.1%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia		34.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia		37.8%	37.3%
% 65+ with chronic kidney disease		21.5%	22.3%
% 65+ with liver diseases		8.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		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	19.3%	22.9%
% 65+ with cataract	B	54.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.3%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	14.4%
% 65+ with self-reported vision difficulty		7.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.4%	6.9%
% 65+ with self-reported ambulatory difficulty		18.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		7.2%	5.6%
% 65+ with self-reported independent living difficulty		7.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.3%	7.9%
% dually eligible for Medicare and Medicaid	*	9.4%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		10	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		606	572
Part D monthly prescription fills per person per year		49.9	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		243	237
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	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		3.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		2	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)		92.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		46.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		236	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		2,535	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.2%	5.4%
% 60+ receiving food stamps past year		6.7%	5.7%
% 65+ employed past year		21.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.9%	18.2%
% households with annual income \$20,000-\$49,999		54.9%	36.5%
% households with annual income > \$50,000		32.3%	45.3%
% 60+ own home		84.2%	79.9%
% 60+ have mortgage on home		41.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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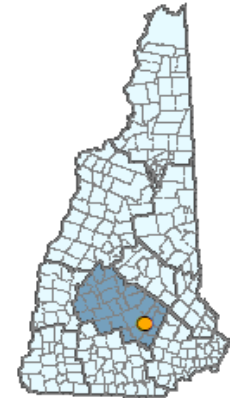
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology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

Update: 05/2019



## Pembroke (Merrimack)

Pembroke is an urban town located in Merrimack County adjacent to Concord and Bear Brook State Park. There are 943 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, anemia, cataracts, and hearing impairment. However, they had higher rates of obesity, anxiety disorders, tobacco use disorders, and hypertension. Community resources to support healthy aging include 20 primary care providers within 5 miles, 4 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		7,116	1,327,503
Population 60 years or older as % of total population		20.7%	22.7%
Total population 60 years or older		1,471	301,630
Population 65 years or older as % of total population		13.3%	15.8%
Total population 65 years or older		943	210,385
% 65-74 years		58.0%	58.5%
% 75-84 years		26.4%	28.6%
% 85 years or older		15.6%	12.9%
Gender (65+ population)			
% female		54.8%	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		2.2%	0.9%
Marital Status (65+ population)			
% married		50.7%	58.5%
% divorced/separated		15.5%	14.0%
% widowed		32.1%	22.9%
% never married		1.7%	4.6%
Education (65+ population)			
% with less than high school education		13.5%	12.3%
% with high school or some college		63.6%	57.1%
% with college degree		22.9%	30.6%
% of 65+ population living alone		20.9%	26.1%
% of 65+ population who speak only English at home		89.6%	91.3%
% of 65+ population who are veterans of military service		22.0%	24.8%
Age-sex adjusted 1-year mortality rate		5.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		6.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese	W	20.0%	16.7%
% 65+ with high cholesterol		74.9%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		31.4%	28.8%
% 65+ with anxiety disorders	W	25.3%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.3%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders	W	13.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	10.2%	12.0%
% 65+ with diabetes		30.5%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.5%	20.5%
% 65+ with asthma		14.1%	13.0%
% 65+ with hypertension	W	73.5%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease		34.1%	34.3%
% 65+ with congestive heart failure		17.1%	17.7%
% 65+ with atrial fibrillation		13.8%	14.4%
% 65+ with peripheral vascular disease		13.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		9.6%	9.8%
% 65+ women with endometrial cancer		1.1%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		34.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		20.1%	20.8%
% 65+ with anemia	B	33.4%	37.3%
% 65+ with chronic kidney disease		25.0%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.1%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		25.2%	22.9%
% 65+ with cataract	B	56.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.3%	54.4%
% 65+ with 0 chronic conditions		8.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		8.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.2%	6.9%
% 65+ with self-reported ambulatory difficulty		17.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.7%	5.6%
% 65+ with self-reported independent living difficulty		15.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		8.2%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of primary care providers within 5 miles		20	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.7	6.3
Emergency room visits/1000 persons 65+ years per year		613	572
Part D monthly prescription fills per person per year	*	52.4	49.1
Home health visits per year	*	3.9	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		276	237
Medicare inpatient hospital readmissions (as % of admissions)		19.9%	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		2.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		9.8%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		53.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		197	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,265	2,012
% 65+ who own a motor vehicle		96.5%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.9%	5.4%
% 60+ receiving food stamps past year		8.5%	5.7%
% 65+ employed past year		21.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		13.7%	18.2%
% households with annual income \$20,000-\$49,999		37.2%	36.5%
% households with annual income > \$50,000		49.1%	45.3%
% 60+ own home		74.7%	79.9%
% 60+ have mortgage on home		34.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.4%	21.2%
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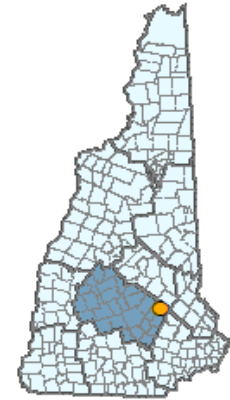
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Update: 05/2019

## Pittsfield (Merrimack)

Pittsfield is a town located in Merrimack County that claimed the Guinness World Record for the most number of people wearing Groucho Marx glasses at the same time. 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 schizophrenia and other psychotic disorders, personality disorders, Alzheimer’s disease or related dementias, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, lung cancer, anemia, liver diseases, epilepsy, and hearing impairment. However, they had higher rates of obesity, tobacco use disorders, diabetes, and hypertension. Community resources to support healthy aging include 2 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,097	1,327,503
Population 60 years or older as % of total population		18.2%	22.7%
Total population 60 years or older		746	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		518	210,385
% 65-74 years		62.7%	58.5%
% 75-84 years		22.8%	28.6%
% 85 years or older		14.5%	12.9%
Gender (65+ population)			
% female		52.5%	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		46.3%	58.5%
% divorced/separated		21.0%	14.0%
% widowed		20.8%	22.9%
% never married		11.8%	4.6%
Education (65+ population)			
% with less than high school education		10.0%	12.3%
% with high school or some college		51.2%	57.1%
% with college degree		38.8%	30.6%
% of 65+ population living alone		23.9%	26.1%
% of 65+ population who speak only English at home		94.2%	91.3%
% of 65+ population who are veterans of military service		29.0%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		5.4%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		24.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		67.2%	66.4%
% 60+ injured in a fall within last 12 months		7.6%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		14.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.8%	12.5%
% 60+ with physical exam/check-up in past year		82.3%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		54.2%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		76.9%	79.3%
% 60+ with colorectal cancer screening		82.2%	77.0%
% 60+ with HIV test		10.1%	13.5%
% 60+ current smokers		7.6%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.6%	29.0%
% 60+ with annual dental exam		78.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.5%	20.2%
% 60+ self-reported obese		32.4%	27.2%
% 65+ clinically diagnosed obese	W	22.3%	16.7%
% 65+ with high cholesterol		72.5%	72.2%
% 60+ excessive drinking		9.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression		28.9%	28.8%
% 65+ with anxiety disorders		25.1%	21.9%
% 65+ with bipolar disorders		3.0%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.3%	5.5%
% 65+ with tobacco use disorders	W	13.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.6%	12.0%
% 65+ with diabetes	W	33.4%	28.2%
% 65+ with stroke		10.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.2%	20.5%
% 65+ with asthma		15.2%	13.0%
% 65+ with hypertension	W	74.3%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		36.2%	34.3%
% 65+ with congestive heart failure		16.5%	17.7%
% 65+ with atrial fibrillation		12.5%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.6%	49.1%
% 65+ with osteoporosis		16.6%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		9.0%	11.5%
% 65+ with benign prostatic hyperplasia		33.9%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.7%	20.8%
% 65+ with anemia	B	30.9%	37.3%
% 65+ with chronic kidney disease		23.7%	22.3%
% 65+ with liver diseases	B	4.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	B	1.4%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.9%	22.9%
% 65+ with cataract		59.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.8%	54.4%
% 65+ with 0 chronic conditions		9.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.7%	14.4%
% 65+ with self-reported vision difficulty		17.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		5.8%	6.9%
% 65+ with self-reported ambulatory difficulty		24.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		11.8%	5.6%
% 65+ with self-reported independent living difficulty		15.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.3%	7.9%
% dually eligible for Medicare and Medicaid		8.7%	7.5%
% 60+ with a regular doctor		96.9%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.2	6.3
Emergency room visits/1000 persons 65+ years per year		577	572
Part D monthly prescription fills per person per year		49.3	49.1
Home health visits per year	*	3.8	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		248	237
Medicare inpatient hospital readmissions (as % of admissions)		12.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	49	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		2.8%	0.8%
% of grandparents who live with grandchildren		5.9%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		5.1%	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)		92.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		44.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		246	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,449	2,012
% 65+ who own a motor vehicle		84.1%	91.0%
% 60+ who always drive wearing a seatbelt		73.9%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.8%	5.4%
% 60+ receiving food stamps past year		10.9%	5.7%
% 65+ employed past year		25.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		25.1%	18.2%
% households with annual income \$20,000-\$49,999		32.2%	36.5%
% households with annual income > \$50,000		42.7%	45.3%
% 60+ own home		73.8%	79.9%
% 60+ have mortgage on home		38.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		14.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

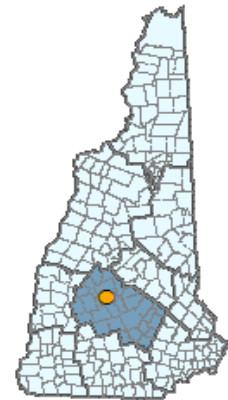
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral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

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

Update: 05/2019

## Salisbury (Merrimack)

Salisbury is a rural town located in Merrimack County that contains part of Mt Kearsarge State Forest Park. There are 210 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety disorders, schizophrenia and other psychotic disorders, asthma, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, lung cancer, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, and hearing impairment. Community resources to support healthy aging include a nursing home within 5 miles, 4 home health agencies, a public library and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,299	1,327,503
Population 60 years or older as % of total population		25.7%	22.7%
Total population 60 years or older		334	301,630
Population 65 years or older as % of total population		16.2%	15.8%
Total population 65 years or older		210	210,385
% 65-74 years		58.1%	58.5%
% 75-84 years		28.6%	28.6%
% 85 years or older		13.3%	12.9%
Gender (65+ population)			
% female		51.4%	54.7%
Race/Ethnicity (65+ population)			
% White		95.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		4.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		71.9%	58.5%
% divorced/separated		13.3%	14.0%
% widowed		14.8%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		6.7%	12.3%
% with high school or some college		70.5%	57.1%
% with college degree		22.9%	30.6%
% of 65+ population living alone		26.7%	26.1%
% of 65+ population who speak only English at home		95.2%	91.3%
% of 65+ population who are veterans of military service		30.0%	24.8%
Age-sex adjusted 1-year mortality rate		4.9%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese	B	12.9%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression	B	23.3%	28.8%
% 65+ with anxiety disorders	B	14.0%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders		12.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.0%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.2%	20.5%
% 65+ with asthma	B	9.6%	13.0%
% 65+ with hypertension		67.7%	70.2%
% 65+ ever had a heart attack	B	2.9%	4.5%
% 65+ with ischemic heart disease	B	26.7%	34.3%
% 65+ with congestive heart failure	B	14.4%	17.7%
% 65+ with atrial fibrillation	B	10.2%	14.4%
% 65+ with peripheral vascular disease	B	9.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.6%	49.1%
% 65+ with osteoporosis		15.3%	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		10.3%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		33.6%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.3%	20.8%
% 65+ with anemia	B	29.6%	37.3%
% 65+ with chronic kidney disease	B	13.9%	22.3%
% 65+ with liver diseases	B	3.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	12.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	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		21.8%	22.9%
% 65+ with cataract		56.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		7.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.3%	14.4%
% 65+ with self-reported vision difficulty		1.4%	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		18.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		1.4%	5.6%
% 65+ with self-reported independent living difficulty		5.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	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		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		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	437	572
Part D monthly prescription fills per person per year	*	44.1	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	172	237
Medicare inpatient hospital readmissions (as % of admissions)		12.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		50	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.6%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.7%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		10.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		61.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	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		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		3.3%	5.7%
% 65+ employed past year		30.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.7%	18.2%
% households with annual income \$20,000-\$49,999		47.8%	36.5%
% households with annual income > \$50,000		43.5%	45.3%
% 60+ own home		98.1%	79.9%
% 60+ have mortgage on home		56.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

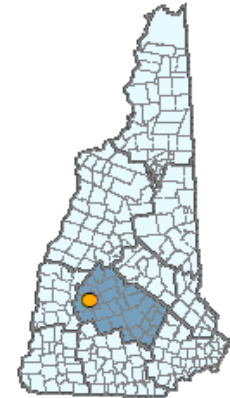
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & 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.
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)

Update: 05/2019

## Sutton (Merrimack)

Sutton is a town located in Merrimack County and is home to Wadleigh State Park and part of Black Mountain Forest. There are 422 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, pressure ulcers, and visual impairment. Community resources to support healthy aging include a public library and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,958	1,327,503
Population 60 years or older as % of total population		26.6%	22.7%
Total population 60 years or older		520	301,630
Population 65 years or older as % of total population		21.6%	15.8%
Total population 65 years or older		422	210,385
% 65-74 years		61.8%	58.5%
% 75-84 years		35.1%	28.6%
% 85 years or older		3.1%	12.9%
Gender (65+ population)			
% female		47.9%	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		77.7%	58.5%
% divorced/separated		5.5%	14.0%
% widowed		12.8%	22.9%
% never married		4.0%	4.6%
Education (65+ population)			
% with less than high school education		5.2%	12.3%
% with high school or some college		29.6%	57.1%
% with college degree		65.2%	30.6%
% of 65+ population living alone		12.6%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		28.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		14.4%	16.7%
% 65+ with high cholesterol	B	65.1%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.1%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	23.5%	28.8%
% 65+ with anxiety disorders	B	16.7%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		8.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	6.5%	12.0%
% 65+ with diabetes	B	20.3%	28.2%
% 65+ with stroke	B	7.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.9%	20.5%
% 65+ with asthma	B	8.7%	13.0%
% 65+ with hypertension		66.2%	70.2%
% 65+ ever had a heart attack		3.9%	4.5%
% 65+ with ischemic heart disease	B	29.4%	34.3%
% 65+ with congestive heart failure	B	13.4%	17.7%
% 65+ with atrial fibrillation		13.7%	14.4%
% 65+ with peripheral vascular disease	B	10.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.9%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		12.2%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.4%	11.5%
% 65+ with benign prostatic hyperplasia		42.1%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		18.9%	20.8%
% 65+ with anemia	B	29.8%	37.3%
% 65+ with chronic kidney disease	B	16.2%	22.3%
% 65+ with liver diseases	B	4.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		5.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.5%	22.9%
% 65+ with cataract		59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	54.4%
% 65+ with 0 chronic conditions		12.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.0%	14.4%
% 65+ with self-reported vision difficulty		2.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	4.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		0.9%	5.6%
% 65+ with self-reported independent living difficulty	B	0.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	3.8%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		0	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	449	572
Part D monthly prescription fills per person per year	*	40.5	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		201	237
Medicare inpatient hospital readmissions (as % of admissions)		11.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		51	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		68.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.6%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.2%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		34.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		1.7%	18.2%
% households with annual income \$20,000-\$49,999		33.9%	36.5%
% households with annual income > \$50,000		64.4%	45.3%
% 60+ own home		97.5%	79.9%
% 60+ have mortgage on home		35.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.7%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

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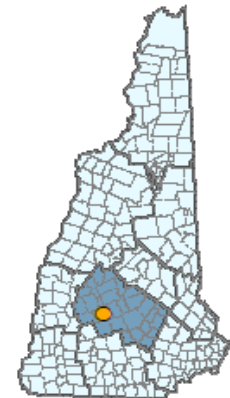
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Update: 05/2019



## Warner (Merrimack)

Warner is a town in Merrimack County that is home to Mount Kearsarge State Forest. There are 499 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, stroke, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, lung cancer, anemia, chronic kidney disease, liver diseases, pressure ulcers, and hearing impairments. Community resources to support healthy aging include 4 primary care providers within 5 miles, 3 home health agencies, a memory café, an assisted living site, a university or community college, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,857	1,327,503
Population 60 years or older as % of total population		27.7%	22.7%
Total population 60 years or older		792	301,630
Population 65 years or older as % of total population		17.5%	15.8%
Total population 65 years or older		499	210,385
% 65-74 years		66.3%	58.5%
% 75-84 years		26.3%	28.6%
% 85 years or older		7.4%	12.9%
Gender (65+ population)			
% female		49.1%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.7%	58.5%
% divorced/separated		18.8%	14.0%
% widowed		16.4%	22.9%
% never married		4.0%	4.6%
Education (65+ population)			
% with less than high school education		10.0%	12.3%
% with high school or some college		50.7%	57.1%
% with college degree		39.3%	30.6%
% of 65+ population living alone		15.5%	26.1%
% of 65+ population who speak only English at home		99.0%	91.3%
% of 65+ population who are veterans of military service		20.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.2%	3.6%
% moved from different county in New Hampshire		2.2%	1.0%
% moved from different state		0.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 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%
<b>Oral Health</b>			
% 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)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol		70.1%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		26.6%	28.8%
% 65+ with anxiety disorders	B	18.6%	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)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		10.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes	B	22.6%	28.2%
% 65+ with stroke	B	8.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.0%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	65.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.2%	34.3%
% 65+ with congestive heart failure	B	11.1%	17.7%
% 65+ with atrial fibrillation		12.9%	14.4%
% 65+ with peripheral vascular disease	B	9.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.4%	49.1%
% 65+ with osteoporosis		15.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		36.9%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		19.3%	20.8%
% 65+ with anemia	B	29.8%	37.3%
% 65+ with chronic kidney disease	B	17.8%	22.3%
% 65+ with liver diseases	B	4.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.7%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.6%	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		24.3%	22.9%
% 65+ with cataract		59.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.2%	54.4%
% 65+ with 0 chronic conditions		9.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	22.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.1%	14.4%
% 65+ with self-reported vision difficulty		10.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		9.8%	6.9%
% 65+ with self-reported ambulatory difficulty		17.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		10.0%	5.6%
% 65+ with self-reported independent living difficulty		12.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.8%	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		4.4%	5.4%
# of primary care providers within 5 miles		4	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		1	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year		522	572
Part D monthly prescription fills per person per year	*	43.9	49.1
Home health visits per year		2.9	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		192	237
Medicare inpatient hospital readmissions (as % of admissions)		19.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	45	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		3.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		20.9%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		92.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		65.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		105	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		817	2,012
% 65+ who own a motor vehicle		98.9%	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		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.2%	5.4%
% 60+ receiving food stamps past year		7.1%	5.7%
% 65+ employed past year		31.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		14.8%	18.2%
% households with annual income \$20,000-\$49,999		24.0%	36.5%
% households with annual income > \$50,000		61.3%	45.3%
% 60+ own home		73.4%	79.9%
% 60+ have mortgage on home		36.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

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

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

Update: 05/2019

## Webster (Merrimack)

Webster is a rural town located in Merrimack County and adjacent to Mount Kearsarge State Forest Park. There are 311 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of ischemic heart disease, leukemias and lymphomas, and liver diseases. However, they had higher rates of hip fracture, obesity, high cholesterol, depression, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, substance and tobacco use disorders, Alzheimer’s disease or related dementias, stroke, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, traumatic brain injury, glaucoma, cataracts, pressure ulcers, and hearing, visual, and mobility impairments. Residents are also more likely to have a regular doctor. Community resources to support healthy aging include 5 home health agencies, an assisted living site, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,899	1,327,503
Population 60 years or older as % of total population		25.9%	22.7%
Total population 60 years or older		492	301,630
Population 65 years or older as % of total population		16.4%	15.8%
Total population 65 years or older		311	210,385
% 65-74 years		68.2%	58.5%
% 75-84 years		20.6%	28.6%
% 85 years or older		11.3%	12.9%
Gender (65+ population)			
% female		55.9%	54.7%
Race/Ethnicity (65+ population)			
% White		99.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		49.8%	58.5%
% divorced/separated		17.7%	14.0%
% widowed		25.4%	22.9%
% never married		7.1%	4.6%
Education (65+ population)			
% with less than high school education		7.7%	12.3%
% with high school or some college		61.7%	57.1%
% with college degree		30.5%	30.6%
% of 65+ population living alone		32.1%	26.1%
% of 65+ population who speak only English at home		98.7%	91.3%
% of 65+ population who are veterans of military service		22.2%	24.8%
Age-sex adjusted 1-year mortality rate	W	4.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		74.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.9%	19.9%
% 60+ getting recommended hours of sleep		67.1%	66.4%
% 60+ injured in a fall within last 12 months		14.0%	10.4%
% 65+ had hip fracture	W	4.5%	3.3%
% 60+ with self-reported fair or poor health status		16.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.8%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		41.4%	40.3%
% 60+ flu shot past year		60.3%	59.3%
% 65+ with pneumonia vaccine		76.9%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		76.1%	79.3%
% 60+ with colorectal cancer screening		77.8%	77.0%
% 60+ with HIV test		11.9%	13.5%
% 60+ current smokers		8.0%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		24.2%	29.0%
% 60+ with annual dental exam		78.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		19.4%	20.2%
% 60+ self-reported obese		28.9%	27.2%
% 65+ clinically diagnosed obese	W	18.3%	16.7%
% 65+ with high cholesterol	W	74.7%	72.2%
% 60+ excessive drinking		6.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	35.4%	28.8%
% 65+ with anxiety disorders	W	28.8%	21.9%
% 65+ with bipolar disorders	W	5.5%	3.1%
% 65+ with post-traumatic stress disorder	W	2.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.5%	4.9%
% 65+ with personality disorders	W	2.7%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.6%	5.5%
% 65+ with tobacco use disorders	W	12.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	17.0%	12.0%
% 65+ with diabetes		29.6%	28.2%
% 65+ with stroke	W	12.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.3%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	B	32.7%	34.3%
% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with peripheral vascular disease	W	16.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.0%	49.1%
% 65+ with osteoporosis	W	19.6%	17.4%
% 65+ with leukemias and lymphomas	B	1.5%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	W	11.2%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	39.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	23.5%	20.8%
% 65+ with anemia		36.0%	37.3%
% 65+ with chronic kidney disease	W	25.1%	22.3%
% 65+ with liver diseases	B	5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	W	4.8%	4.0%
% 65+ with epilepsy	W	3.0%	2.1%
% 65+ with traumatic brain injury	W	2.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	28.6%	22.9%
% 65+ with cataract	W	66.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.3%	54.4%
% 65+ with 0 chronic conditions	W	8.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	W	19.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	14.4%
% 65+ with self-reported vision difficulty		3.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	0.9%
% 65+ with self-reported cognition difficulty		3.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	5.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
% 65+ with self-reported self-care difficulty		1.0%	5.6%
% 65+ with self-reported independent living difficulty		5.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor	B	98.4%	95.8%
% 60+ who did not see doctor when needed due to cost		4.1%	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		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	723	572
Part D monthly prescription fills per person per year	*	56.5	49.1
Home health visits per year	*	5.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	279	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	96	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	8.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		15.5%	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)		92.0%	93.0%
% 60+ who used Internet in last month		78.7%	77.6%
Voter participation rate in 2018 election (age 18+)		57.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		17	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,286	2,012
% 65+ who own a motor vehicle		91.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.4%	5.4%
% 60+ receiving food stamps past year		3.1%	5.7%
% 65+ employed past year		32.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		21.2%	18.2%
% households with annual income \$20,000-\$49,999		31.6%	36.5%
% households with annual income > \$50,000		47.2%	45.3%
% 60+ own home		89.3%	79.9%
% 60+ have mortgage on home		38.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

#### TECHNICAL NOTES

\*See our technical report (online at <https://healthyagingdatareports.org/>) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are not due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an \*. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

#### Data Sources:

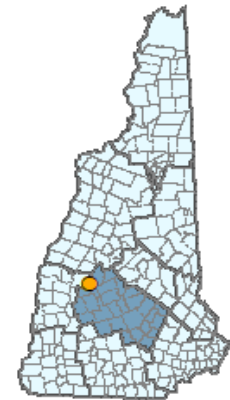
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang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

Update: 05/2019

## Wilmot (Merrimack)

Wilmot is a town in Merrimack County and home to Winslow State Park. There are 347 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, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, asthma, hypertension, congestive heart failure, lung cancer, chronic kidney disease, liver diseases, and hearing and mobility impairments. However, they had higher rates of leukemias and lymphomas and benign prostatic hyperplasia. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,510	1,327,503
Population 60 years or older as % of total population		30.5%	22.7%
Total population 60 years or older		460	301,630
Population 65 years or older as % of total population		23.0%	15.8%
Total population 65 years or older		347	210,385
% 65-74 years		51.6%	58.5%
% 75-84 years		47.0%	28.6%
% 85 years or older		1.4%	12.9%
Gender (65+ population)			
% female		55.6%	54.7%
Race/Ethnicity (65+ population)			
% White		99.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.2%	58.5%
% divorced/separated		19.9%	14.0%
% widowed		19.9%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		2.9%	12.3%
% with high school or some college		46.7%	57.1%
% with college degree		50.4%	30.6%
% of 65+ population living alone		23.3%	26.1%
% of 65+ population who speak only English at home		98.3%	91.3%
% of 65+ population who are veterans of military service		29.4%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		4.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		16.5%	16.7%
% 65+ with high cholesterol		69.8%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression		25.6%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		118	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.1%	5.5%
% 65+ with tobacco use disorders	B	6.7%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.5%	12.0%
% 65+ with diabetes	B	19.4%	28.2%
% 65+ with stroke		9.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.9%	20.5%
% 65+ with asthma	B	10.1%	13.0%
% 65+ with hypertension	B	62.8%	70.2%
% 65+ ever had a heart attack		5.9%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		13.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas	W	4.6%	2.0%
% 65+ with lung cancer	B	0.9%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		7.5%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		11.8%	11.5%
% 65+ with benign prostatic hyperplasia	W	47.9%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		17.8%	20.8%
% 65+ with anemia		33.6%	37.3%
% 65+ with chronic kidney disease	B	16.6%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.9%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.1%	22.9%
% 65+ with cataract		65.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.2%	54.4%
% 65+ with 0 chronic conditions		11.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	8.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.1%	14.4%
% 65+ with self-reported vision difficulty		3.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		0.9%	6.9%
% 65+ with self-reported ambulatory difficulty		20.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.1%	3.2%
% 65+ with self-reported self-care difficulty		7.2%	5.6%
% 65+ with self-reported independent living difficulty		6.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.5%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		467	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		186	237
Medicare inpatient hospital readmissions (as % of admissions)		14.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		69	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.2%	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)		92.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		61.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		98.1%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.5%	5.4%
% 60+ receiving food stamps past year		2.6%	5.7%
% 65+ employed past year		23.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.6%	18.2%
% households with annual income \$20,000-\$49,999		40.9%	36.5%
% households with annual income > \$50,000		49.5%	45.3%
% 60+ own home		87.5%	79.9%
% 60+ have mortgage on home		45.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

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