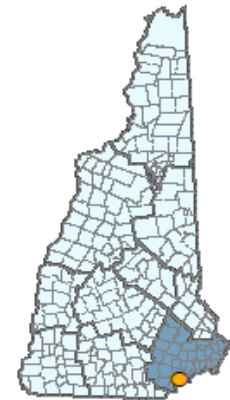


## Atkinson (Rockingham)

Atkinson is a town located in southeastern New Hampshire and home to Atkinson Academy, one of the oldest co-educational schools in the country. There are 1,292 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, depression, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, and fibromyalgia/chronic pain/fatigue. However, they had higher rates of high cholesterol, hypertension, prostate cancer, anemia, traumatic brain injury, cataracts, and hearing impairment. They are more likely to take the health promotion step of having a mammogram within the last 2 years. Community resources to support healthy aging include 9 primary care providers within 5 miles, 8 home health agencies, a senior center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		6,829	1,327,503
Population 60 years or older as % of total population		26.2%	22.7%
Total population 60 years or older		1,791	301,630
Population 65 years or older as % of total population		18.9%	15.8%
Total population 65 years or older		1,292	210,385
% 65-74 years		63.0%	58.5%
% 75-84 years		29.3%	28.6%
% 85 years or older		7.7%	12.9%
Gender (65+ population)			
% female		58.3%	54.7%
Race/Ethnicity (65+ population)			
% White		98.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.6%	0.9%
% Hispanic/Latino		1.6%	0.9%
Marital Status (65+ population)			
% married		68.5%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		15.4%	22.9%
% never married		1.9%	4.6%
Education (65+ population)			
% with less than high school education		7.9%	12.3%
% with high school or some college		57.3%	57.1%
% with college degree		34.8%	30.6%
% of 65+ population living alone		20.7%	26.1%
% of 65+ population who speak only English at home		93.0%	91.3%
% of 65+ population who are veterans of military service		22.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.1%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	W	79.6%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		84.5%	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		9.4%	6.9%
% 65+ with depression	B	24.1%	28.8%
% 65+ with anxiety disorders		20.1%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	8.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes		26.9%	28.2%
% 65+ with stroke		10.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.3%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension	W	75.3%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		36.8%	34.3%
% 65+ with congestive heart failure		18.9%	17.7%
% 65+ with atrial fibrillation		13.3%	14.4%
% 65+ with peripheral vascular disease		14.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.8%	49.1%
% 65+ with osteoporosis		19.0%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		2.5%	1.7%
% 65+ men with prostate cancer	W	15.1%	11.5%
% 65+ with benign prostatic hyperplasia		40.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.8%	20.8%
% 65+ with anemia	W	43.1%	37.3%
% 65+ with chronic kidney disease		23.3%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.7%	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		4.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	W	1.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.2%	22.9%
% 65+ with cataract	W	64.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.6%	54.4%
% 65+ with 0 chronic conditions	W	6.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	8.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.5%	14.4%
% 65+ with self-reported vision difficulty		7.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty	B	2.1%	6.9%
% 65+ with self-reported ambulatory difficulty		13.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty	B	1.0%	5.6%
% 65+ with self-reported independent living difficulty	B	4.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	14.9%	7.9%
% dually eligible for Medicare and Medicaid	*	3.7%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	5.4%
# of primary care providers within 5 miles		9	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		8	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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		512	572
Part D monthly prescription fills per person per year	*	43.9	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		245	237
Medicare inpatient hospital readmissions (as % of admissions)		13.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		66	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	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)		2	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		5.0%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		66.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		15	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		341	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.0%	5.4%
% 60+ receiving food stamps past year		1.0%	5.7%
% 65+ employed past year		36.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.5%	18.2%
% households with annual income \$20,000-\$49,999		36.4%	36.5%
% households with annual income > \$50,000		55.1%	45.3%
% 60+ own home		94.9%	79.9%
% 60+ have mortgage on home		37.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.8%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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.

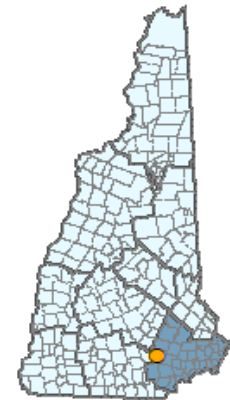
#### Data Sources:

- 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

## Auburn (Rockingham)

Auburn is a town located in Rockingham County which encompasses Massabesic Lake. There are 606 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, depression, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, stroke, chronic obstructive pulmonary disease, ischemic heart disease, peripheral vascular disease, colon cancer, epilepsy, cataracts and mobility impairments. However, they had a higher rate of hypothyroidism. Community resources to support healthy aging include 27 primary care providers and a nursing home within 5 miles, 9 home health agencies, and a public library.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,222	1,327,503
Population 60 years or older as % of total population		18.3%	22.7%
Total population 60 years or older		955	301,630
Population 65 years or older as % of total population		11.6%	15.8%
Total population 65 years or older		606	210,385
% 65-74 years		76.9%	58.5%
% 75-84 years		17.8%	28.6%
% 85 years or older		5.3%	12.9%
Gender (65+ population)			
% female		49.2%	54.7%
Race/Ethnicity (65+ population)			
% White		97.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.3%	0.9%
% Hispanic/Latino		1.8%	0.9%
Marital Status (65+ population)			
% married		72.8%	58.5%
% divorced/separated		5.8%	14.0%
% widowed		18.5%	22.9%
% never married		3.0%	4.6%
Education (65+ population)			
% with less than high school education		9.4%	12.3%
% with high school or some college		67.3%	57.1%
% with college degree		23.3%	30.6%
% of 65+ population living alone		11.2%	26.1%
% of 65+ population who speak only English at home		97.7%	91.3%
% of 65+ population who are veterans of military service		23.1%	24.8%
Age-sex adjusted 1-year mortality rate		5.7%	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		1.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.2%	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)		72	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		14.6%	16.7%
% 65+ with high cholesterol		72.0%	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		7.0%	6.9%
% 65+ with depression	B	24.7%	28.8%
% 65+ with anxiety disorders		21.9%	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)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		3.6%	5.5%
% 65+ with tobacco use disorders		8.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes		27.4%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.9%	20.5%
% 65+ with asthma		11.7%	13.0%
% 65+ with hypertension		68.3%	70.2%
% 65+ ever had a heart attack		3.3%	4.5%
% 65+ with ischemic heart disease	B	28.6%	34.3%
% 65+ with congestive heart failure		14.8%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	11.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.4%	49.1%
% 65+ with osteoporosis		16.6%	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		7.3%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.6%	11.5%
% 65+ with benign prostatic hyperplasia		32.4%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	W	28.4%	20.8%
% 65+ with anemia		36.0%	37.3%
% 65+ with chronic kidney disease		20.3%	22.3%
% 65+ with liver diseases		6.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.0%	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	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		24.6%	22.9%
% 65+ with cataract	B	55.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.2%	54.4%
% 65+ with 0 chronic conditions		12.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	14.4%
% 65+ with self-reported vision difficulty		1.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		2.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	5.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		2.8%	5.6%
% 65+ with self-reported independent living difficulty	B	3.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.5%	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		27	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	6.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	384	572
Part D monthly prescription fills per person per year		45.4	49.1
Home health visits per year	*	1.7	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		205	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	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		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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		3.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		69.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		45	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,139	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		39.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		10.4%	18.2%
% households with annual income \$20,000-\$49,999		31.1%	36.5%
% households with annual income > \$50,000		58.5%	45.3%
% 60+ own home		98.3%	79.9%
% 60+ have mortgage on home		39.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.3%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

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\*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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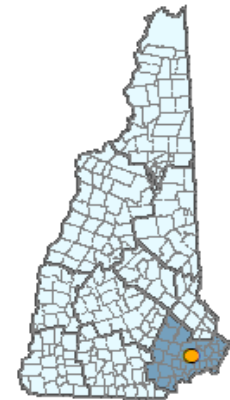
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang 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

## Brentwood (Rockingham)

Brentwood is a town located in southeastern New Hampshire and is home to many of the county's support services. There are 551 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, tobacco use disorders, diabetes, and endometrial cancer. However, they had higher rates of hip fracture, high cholesterol, depression, anxiety/bipolar disorders, schizophrenia, Alzheimer's disease, stroke, COPD, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, breast and prostate cancers, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, migraine, cataracts, pressure ulcers, and hearing impairment. They are more likely to take the health promotion steps of following the CDC guidelines for both muscle-strengthening and aerobic activity, and having an annual dental exam. Community resources to support healthy aging are 13 primary care providers, 2 nursing homes, 10 home health agencies, an assisted living site, a senior center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,686	1,327,503
Population 60 years or older as % of total population		17.9%	22.7%
Total population 60 years or older		839	301,630
Population 65 years or older as % of total population		11.8%	15.8%
Total population 65 years or older		551	210,385
% 65-74 years		50.1%	58.5%
% 75-84 years		29.8%	28.6%
% 85 years or older		20.1%	12.9%
Gender (65+ population)			
% female		58.3%	54.7%
Race/Ethnicity (65+ population)			
% White		99.6%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.3%	58.5%
% divorced/separated		9.3%	14.0%
% widowed		24.9%	22.9%
% never married		6.5%	4.6%
Education (65+ population)			
% with less than high school education		10.5%	12.3%
% with high school or some college		64.2%	57.1%
% with college degree		25.2%	30.6%
% of 65+ population living alone		24.4%	26.1%
% of 65+ population who speak only English at home		94.2%	91.3%
% of 65+ population who are veterans of military service		28.5%	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		5.6%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		1.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	W	4.4%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol	W	74.8%	72.2%
% 60+ excessive drinking		9.5%	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		5.8%	6.9%
% 65+ with depression	W	32.3%	28.8%
% 65+ with anxiety disorders	W	24.6%	21.9%
% 65+ with bipolar disorders	W	4.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	4.9%
% 65+ with personality disorders		1.3%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	8.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	14.8%	12.0%
% 65+ with diabetes	B	26.1%	28.2%
% 65+ with stroke	W	12.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.0%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	72.5%	70.2%
% 65+ ever had a heart attack	W	5.6%	4.5%
% 65+ with ischemic heart disease	W	38.0%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation	W	18.7%	14.4%
% 65+ with peripheral vascular disease	W	18.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.3%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer	W	12.0%	9.8%
% 65+ women with endometrial cancer	B	1.1%	1.7%
% 65+ men with prostate cancer	W	13.6%	11.5%
% 65+ with benign prostatic hyperplasia	W	41.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.0%	20.8%
% 65+ with anemia	W	42.6%	37.3%
% 65+ with chronic kidney disease	W	24.8%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.1%	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	5.2%	4.0%
% 65+ with epilepsy		2.5%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.1%	22.9%
% 65+ with cataract	W	63.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.4%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	19.6%	14.4%
% 65+ with self-reported vision difficulty		1.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		7.4%	6.9%
% 65+ with self-reported ambulatory difficulty		12.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		6.1%	5.6%
% 65+ with self-reported independent living difficulty		17.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid		7.4%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		13	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		574	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		75	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	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		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		0.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
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% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		61.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		56	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		758	2,012
% 65+ who own a motor vehicle		83.6%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.8%	5.4%
% 60+ receiving food stamps past year		3.6%	5.7%
% 65+ employed past year		23.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.1%	18.2%
% households with annual income \$20,000-\$49,999		47.4%	36.5%
% households with annual income > \$50,000		36.5%	45.3%
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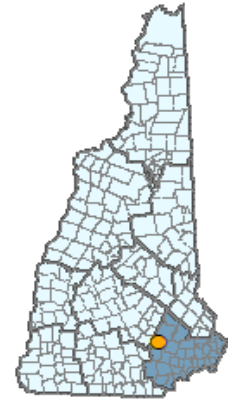
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Update: 05/2019

## Candia (Rockingham)

Candia is a town located in southeastern New Hampshire and birthplace of poet and journalist Sam Walter Foss. There are 483 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, depression, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, ischemic heart disease, congestive heart failure, osteoporosis, colon cancer, anemia, epilepsy, cataracts, and mobility impairment. Community resources to support healthy aging include 8 home health agencies, a senior center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,914	1,327,503
Population 60 years or older as % of total population		21.3%	22.7%
Total population 60 years or older		835	301,630
Population 65 years or older as % of total population		12.3%	15.8%
Total population 65 years or older		483	210,385
% 65-74 years		62.1%	58.5%
% 75-84 years		29.2%	28.6%
% 85 years or older		8.7%	12.9%
Gender (65+ population)			
% female		46.2%	54.7%
Race/Ethnicity (65+ population)			
% White		95.4%	97.7%
% African American		0.0%	0.5%
% Asian		1.7%	0.9%
% Other		2.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.5%	58.5%
% divorced/separated		8.9%	14.0%
% widowed		21.5%	22.9%
% never married		9.1%	4.6%
Education (65+ population)			
% with less than high school education		16.8%	12.3%
% with high school or some college		53.2%	57.1%
% with college degree		30.0%	30.6%
% of 65+ population living alone		11.6%	26.1%
% of 65+ population who speak only English at home		84.3%	91.3%
% of 65+ population who are veterans of military service		33.1%	24.8%
Age-sex adjusted 1-year mortality rate		2.9%	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		6.0%	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)		72	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		16.2%	16.7%
% 65+ with high cholesterol		71.2%	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		7.0%	6.9%
% 65+ with depression	B	23.9%	28.8%
% 65+ with anxiety disorders		19.1%	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)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		9.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes		26.6%	28.2%
% 65+ with stroke		9.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.5%	20.5%
% 65+ with asthma		12.9%	13.0%
% 65+ with hypertension		67.4%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	B	28.3%	34.3%
% 65+ with congestive heart failure	B	13.6%	17.7%
% 65+ with atrial fibrillation		12.2%	14.4%
% 65+ with peripheral vascular disease		11.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		44.3%	49.1%
% 65+ with osteoporosis	B	13.8%	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		9.0%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		11.1%	11.5%
% 65+ with benign prostatic hyperplasia		32.3%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.9%	20.8%
% 65+ with anemia	B	29.2%	37.3%
% 65+ with chronic kidney disease		20.9%	22.3%
% 65+ with liver diseases		6.0%	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		4.1%	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		20.8%	22.9%
% 65+ with cataract	B	53.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.6%	54.4%
% 65+ with 0 chronic conditions		13.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.8%	14.4%
% 65+ with self-reported vision difficulty		8.3%	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		23.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		12.2%	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		6.7%	7.9%
% dually eligible for Medicare and Medicaid	*	5.1%	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		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		8	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	*	443	572
Part D monthly prescription fills per person per year		45.5	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		230	237
Medicare inpatient hospital readmissions (as % of admissions)		16.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.9%	0.8%
% of grandparents who live with grandchildren		2.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		1.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		65.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		93	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,315	2,012
% 65+ who own a motor vehicle		96.5%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		8.9%	5.4%
% 60+ receiving food stamps past year		7.8%	5.7%
% 65+ employed past year		24.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		13.7%	18.2%
% households with annual income \$20,000-\$49,999		19.0%	36.5%
% households with annual income > \$50,000		67.3%	45.3%
% 60+ own home		98.1%	79.9%
% 60+ have mortgage on home		51.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.7%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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).

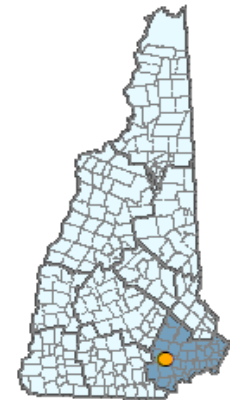
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Chester (Rockingham)

Chester is a town in Rockingham County near Massabesic Lake. There are 595 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, depression, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, stroke, heart attack, congestive heart failure, atrial fibrillation, peripheral vascular disease, endometrial cancer, and anemia. However, they had a higher rate of obesity. They are more likely to take the health promotion step of women having a mammogram within the past two years. Community resources to support healthy aging include 9 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		4,866	1,327,503
Population 60 years or older as % of total population		20.3%	22.7%
Total population 60 years or older		986	301,630
Population 65 years or older as % of total population		12.2%	15.8%
Total population 65 years or older		595	210,385
% 65-74 years		71.8%	58.5%
% 75-84 years		21.3%	28.6%
% 85 years or older		6.9%	12.9%
Gender (65+ population)			
% female		46.6%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		1.2%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.2%	58.5%
% divorced/separated		8.1%	14.0%
% widowed		17.8%	22.9%
% never married		4.9%	4.6%
Education (65+ population)			
% with less than high school education		8.1%	12.3%
% with high school or some college		64.9%	57.1%
% with college degree		27.1%	30.6%
% of 65+ population living alone		12.1%	26.1%
% of 65+ population who speak only English at home		94.3%	91.3%
% of 65+ population who are veterans of military service		24.9%	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		3.0%	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		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.4%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese	W	23.6%	16.7%
% 65+ with high cholesterol		73.9%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		9.4%	6.9%
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% 65+ with anxiety disorders		19.4%	21.9%
% 65+ with bipolar disorders		2.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		3.8%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.2%	12.0%
% 65+ with diabetes		28.1%	28.2%
% 65+ with stroke	B	7.5%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.3%	20.5%
% 65+ with asthma		13.9%	13.0%
% 65+ with hypertension		71.5%	70.2%
% 65+ ever had a heart attack	B	2.7%	4.5%
% 65+ with ischemic heart disease		32.2%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation	B	10.6%	14.4%
% 65+ with peripheral vascular disease	B	9.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.0%	49.1%
% 65+ with osteoporosis		14.4%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		8.9%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		14.7%	11.5%
% 65+ with benign prostatic hyperplasia		36.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.0%	20.8%
% 65+ with anemia	B	31.4%	37.3%
% 65+ with chronic kidney disease		21.0%	22.3%
% 65+ with liver diseases		7.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.2%	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		3.4%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.2%	22.9%
% 65+ with cataract		61.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.7%	54.4%
% 65+ with 0 chronic conditions		8.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.1%	14.4%
% 65+ with self-reported vision difficulty		4.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		19.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		7.9%	5.6%
% 65+ with self-reported independent living difficulty		8.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	3.1%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	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		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	447	572
Part D monthly prescription fills per person per year		46.6	49.1
Home health visits per year		1.7	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		199	237
Medicare inpatient hospital readmissions (as % of admissions)		15.9%	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	*	1.3%	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)		2	N/A
% of grandparents raising grandchildren		1.4%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		2.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		64.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		143	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		849	2,012
% 65+ who own a motor vehicle		99.4%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	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		2.0%	5.4%
% 60+ receiving food stamps past year		6.0%	5.7%
% 65+ employed past year		34.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		4.0%	18.2%
% households with annual income \$20,000-\$49,999		26.3%	36.5%
% households with annual income > \$50,000		69.8%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		57.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

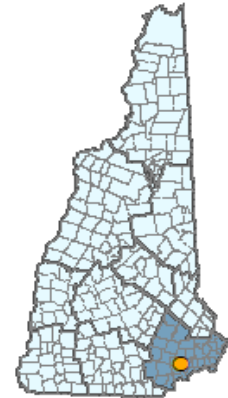
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- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
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- Access to Care: BRFSS (2011-2016), CMS (2015), Medicare.gov (June-July 2018), the 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

## Danville (Rockingham)

Danville is a town in southeastern New Hampshire that is home to the Hawke Meeting House. There are 389 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, endometrial cancer, and cataracts. They are more likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 primary care providers within 5 miles, 9 home health agencies, a senior center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,447	1,327,503
Population 60 years or older as % of total population		14.9%	22.7%
Total population 60 years or older		664	301,630
Population 65 years or older as % of total population		8.7%	15.8%
Total population 65 years or older		389	210,385
% 65-74 years		65.8%	58.5%
% 75-84 years		19.0%	28.6%
% 85 years or older		15.2%	12.9%
Gender (65+ population)			
% female		57.1%	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		62.0%	58.5%
% divorced/separated		15.4%	14.0%
% widowed		22.1%	22.9%
% never married		0.5%	4.6%
Education (65+ population)			
% with less than high school education		8.2%	12.3%
% with high school or some college		70.2%	57.1%
% with college degree		21.6%	30.6%
% of 65+ population living alone		20.2%	26.1%
% of 65+ population who speak only English at home		91.0%	91.3%
% of 65+ population who are veterans of military service		35.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.4%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese		19.9%	16.7%
% 65+ with high cholesterol		74.7%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		89.2%	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		9.4%	6.9%
% 65+ with depression		33.2%	28.8%
% 65+ with anxiety disorders		25.5%	21.9%
% 65+ with bipolar disorders		2.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		11.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.6%	12.0%
% 65+ with diabetes		33.5%	28.2%
% 65+ with stroke		13.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		24.5%	20.5%
% 65+ with asthma		12.1%	13.0%
% 65+ with hypertension		72.7%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		38.3%	34.3%
% 65+ with congestive heart failure		18.7%	17.7%
% 65+ with atrial fibrillation		17.4%	14.4%
% 65+ with peripheral vascular disease		14.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.3%	49.1%
% 65+ with osteoporosis		18.2%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		13.5%	11.5%
% 65+ with benign prostatic hyperplasia		34.3%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		19.1%	20.8%
% 65+ with anemia		40.0%	37.3%
% 65+ with chronic kidney disease		20.4%	22.3%
% 65+ with liver diseases		6.3%	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		3.4%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.4%	22.9%
% 65+ with cataract	B	55.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	61.1%	54.4%
% 65+ with 0 chronic conditions		12.1%	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		14.7%	14.4%
% 65+ with self-reported vision difficulty		11.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		10.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	34.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		3.6%	5.6%
% 65+ with self-reported independent living difficulty		17.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	14.7%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year		670	572
Part D monthly prescription fills per person per year		52.7	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		296	237
Medicare inpatient hospital readmissions (as % of admissions)		19.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	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)		2	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		5.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		56.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		37	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		640	2,012
% 65+ who own a motor vehicle		85.8%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.5%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		28.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.0%	18.2%
% households with annual income \$20,000-\$49,999		48.6%	36.5%
% households with annual income > \$50,000		39.3%	45.3%
% 60+ own home		89.8%	79.9%
% 60+ have mortgage on home		40.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.7%	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	\$25,536	\$25,284	1.01
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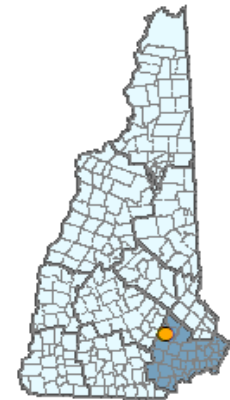
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & 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

## Deerfield (Rockingham)

Deerfield is a town located in Rockingham County where the annual Deerfield Fair is held. There are 522 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, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, heart attack, ischemic heart disease, congestive heart failure, osteoporosis, colon cancer, anemia, fibromyalgia/chronic pain/fatigue, epilepsy, cataracts, pressure ulcers, and mobility impairments. Community resources to support healthy aging include 6 home health agencies, an assisted living site, an adult day health center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,382	1,327,503
Population 60 years or older as % of total population		19.0%	22.7%
Total population 60 years or older		831	301,630
Population 65 years or older as % of total population		11.9%	15.8%
Total population 65 years or older		522	210,385
% 65-74 years		65.5%	58.5%
% 75-84 years		23.8%	28.6%
% 85 years or older		10.7%	12.9%
Gender (65+ population)			
% female		54.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.0%	58.5%
% divorced/separated		5.2%	14.0%
% widowed		24.1%	22.9%
% never married		1.7%	4.6%
Education (65+ population)			
% with less than high school education		14.4%	12.3%
% with high school or some college		55.0%	57.1%
% with college degree		30.7%	30.6%
% of 65+ population living alone		12.1%	26.1%
% of 65+ population who speak only English at home		96.0%	91.3%
% of 65+ population who are veterans of military service		28.5%	24.8%
Age-sex adjusted 1-year mortality rate		5.1%	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		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		2.5%	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)		72	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		16.5%	16.7%
% 65+ with high cholesterol		68.8%	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		7.0%	6.9%
% 65+ with depression	B	24.8%	28.8%
% 65+ with anxiety disorders	B	17.7%	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)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		7.4%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.3%	12.0%
% 65+ with diabetes	B	22.8%	28.2%
% 65+ with stroke	B	7.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.2%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension		67.3%	70.2%
% 65+ ever had a heart attack	B	3.0%	4.5%
% 65+ with ischemic heart disease	B	25.8%	34.3%
% 65+ with congestive heart failure	B	14.4%	17.7%
% 65+ with atrial fibrillation		12.0%	14.4%
% 65+ with peripheral vascular disease		11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	49.1%
% 65+ with osteoporosis	B	13.7%	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		13.1%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia		32.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		21.2%	20.8%
% 65+ with anemia	B	28.8%	37.3%
% 65+ with chronic kidney disease		18.8%	22.3%
% 65+ with liver diseases		6.6%	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		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		21.2%	22.9%
% 65+ with cataract	B	52.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.0%	54.4%
% 65+ with 0 chronic conditions		12.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		23.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.4%	14.4%
% 65+ with self-reported vision difficulty		11.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty	B	1.1%	6.9%
% 65+ with self-reported ambulatory difficulty		17.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		1.1%	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		7.9%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	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		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		6	49
# of community health centers		0	22
# of adult day health centers		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		6.0	6.3
Emergency room visits/1000 persons 65+ years per year	*	412	572
Part D monthly prescription fills per person per year		45.8	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		214	237
Medicare inpatient hospital readmissions (as % of admissions)		18.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	30	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)		2	N/A
% of grandparents raising grandchildren		2.3%	0.8%
% of grandparents who live with grandchildren		3.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		11.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		81.9%	77.6%
Voter participation rate in 2018 election (age 18+)		68.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		129	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		996	2,012
% 65+ who own a motor vehicle		97.7%	91.0%
% 60+ who always drive wearing a seatbelt		80.3%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.2%	5.4%
% 60+ receiving food stamps past year		6.2%	5.7%
% 65+ employed past year		27.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		18.5%	18.2%
% households with annual income \$20,000-\$49,999		33.0%	36.5%
% households with annual income > \$50,000		48.5%	45.3%
% 60+ own home		94.6%	79.9%
% 60+ have mortgage on home		42.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		29.4%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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

## Derry (Rockingham)

Derry is an urban town located in southeastern New Hampshire, nicknamed "Spacetown." There are 3,776 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of prostate cancer, benign prostatic hyperplasia, and cataracts. However, they had higher rates of obesity, anxiety disorders, personality disorders, substance and tobacco use disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, congestive heart failure, chronic kidney disease, and glaucoma. They are more likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include 2 senior centers, a hospital within 5 miles, 2 nursing homes within 5 miles, 15 home health agencies, 2 public libraries, an adult day health center, a assisted living site, 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		33,255	1,327,503
Population 60 years or older as % of total population		17.1%	22.7%
Total population 60 years or older		5,680	301,630
Population 65 years or older as % of total population		11.4%	15.8%
Total population 65 years or older		3,776	210,385
% 65-74 years		60.1%	58.5%
% 75-84 years		29.6%	28.6%
% 85 years or older		10.3%	12.9%
Gender (65+ population)			
% female		54.5%	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		0.0%	0.9%
Marital Status (65+ population)			
% married		56.4%	58.5%
% divorced/separated		13.5%	14.0%
% widowed		24.1%	22.9%
% never married		6.0%	4.6%
Education (65+ population)			
% with less than high school education		15.5%	12.3%
% with high school or some college		59.8%	57.1%
% with college degree		24.7%	30.6%
% of 65+ population living alone		26.2%	26.1%
% of 65+ population who speak only English at home		96.4%	91.3%
% of 65+ population who are veterans of military service		22.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	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		2.3%	3.6%
% moved from different county in New Hampshire		1.4%	1.0%
% moved from different state		1.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese	W	20.7%	16.7%
% 65+ with high cholesterol		73.1%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		42.3%	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		9.4%	6.9%
% 65+ with depression		30.1%	28.8%
% 65+ with anxiety disorders	W	24.9%	21.9%
% 65+ with bipolar disorders		3.8%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.7%	4.9%
% 65+ with personality disorders	W	1.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.0%	5.5%
% 65+ with tobacco use disorders	W	13.6%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.8%	12.0%
% 65+ with diabetes	W	33.2%	28.2%
% 65+ with stroke		11.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.2%	20.5%
% 65+ with asthma	W	17.1%	13.0%
% 65+ with hypertension	W	73.3%	70.2%
% 65+ ever had a heart attack		5.3%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure	W	20.0%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease		14.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.1%	49.1%
% 65+ with osteoporosis		16.2%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer	B	9.5%	11.5%
% 65+ with benign prostatic hyperplasia	B	29.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.2%	20.8%
% 65+ with anemia		39.1%	37.3%
% 65+ with chronic kidney disease	W	27.8%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.8%	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		4.2%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	25.6%	22.9%
% 65+ with cataract	B	58.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	57.5%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	10.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty		18.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.3%	5.6%
% 65+ with self-reported independent living difficulty		14.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.8%	7.9%
% dually eligible for Medicare and Medicaid		8.3%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	5.4%
# of primary care providers within 5 miles		95	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		15	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	645	572
Part D monthly prescription fills per person per year	*	52.1	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	279	237
Medicare inpatient hospital readmissions (as % of admissions)	*	20.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		43	33
% 65+ getting Medicaid long term services and supports	*	4.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		2	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		4.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		44.1%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		160	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,906	2,012
% 65+ who own a motor vehicle		88.9%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.2%	5.4%
% 60+ receiving food stamps past year		7.1%	5.7%
% 65+ employed past year		24.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		17.7%	18.2%
% households with annual income \$20,000-\$49,999		43.1%	36.5%
% households with annual income > \$50,000		39.3%	45.3%
% 60+ own home		70.3%	79.9%
% 60+ have mortgage on home		40.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		17.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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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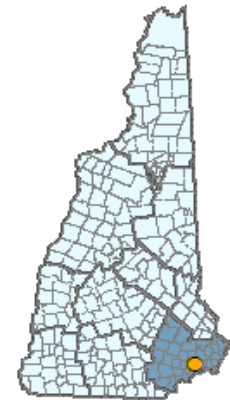
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## East Kingston (Rockingham)

East Kingston is a rural town located in southeastern New Hampshire, adjacent to Powwow Pond. There are 404 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, personality disorders, substance and tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, and osteoporosis. However, they had higher rates of migraine and lung cancer. Community resources to support healthy aging include 8 primary care providers and a nursing home within 5 miles, 9 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		2,406	1,327,503
Population 60 years or older as % of total population		21.4%	22.7%
Total population 60 years or older		515	301,630
Population 65 years or older as % of total population		16.8%	15.8%
Total population 65 years or older		404	210,385
% 65-74 years		76.2%	58.5%
% 75-84 years		20.3%	28.6%
% 85 years or older		3.5%	12.9%
Gender (65+ population)			
% female		56.2%	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		1.7%	0.9%
Marital Status (65+ population)			
% married		70.8%	58.5%
% divorced/separated		4.0%	14.0%
% widowed		17.8%	22.9%
% never married		7.4%	4.6%
Education (65+ population)			
% with less than high school education		9.2%	12.3%
% with high school or some college		63.9%	57.1%
% with college degree		27.0%	30.6%
% of 65+ population living alone		21.8%	26.1%
% of 65+ population who speak only English at home		95.3%	91.3%
% of 65+ population who are veterans of military service		23.5%	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		3.2%	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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		16.8%	16.7%
% 65+ with high cholesterol		76.2%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		24.9%	28.8%
% 65+ with anxiety disorders		21.7%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.2%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.2%	5.5%
% 65+ with tobacco use disorders	B	4.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		29.3%	28.2%
% 65+ with stroke		8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma		13.2%	13.0%
% 65+ with hypertension		73.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		36.0%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation		15.4%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.7%	49.1%
% 65+ with osteoporosis	B	14.2%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		10.8%	9.8%
% 65+ women with endometrial cancer		2.4%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		43.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.8%	20.8%
% 65+ with anemia		37.6%	37.3%
% 65+ with chronic kidney disease		20.2%	22.3%
% 65+ with liver diseases		9.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.6%	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	W	5.0%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.9%	22.9%
% 65+ with cataract		59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.8%	54.4%
% 65+ with 0 chronic conditions		8.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.3%	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		1.5%	6.9%
% 65+ with self-reported ambulatory difficulty		12.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		2.7%	5.6%
% 65+ with self-reported independent living difficulty		8.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.0%	7.9%
% dually eligible for Medicare and Medicaid	*	2.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		8	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	8.3	6.3
Emergency room visits/1000 persons 65+ years per year		562	572
Part D monthly prescription fills per person per year	*	45.5	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		215	237
Medicare inpatient hospital readmissions (as % of admissions)		10.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	35	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.5%	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)		2	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		70.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	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		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.2%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		21.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.7%	18.2%
% households with annual income \$20,000-\$49,999		29.8%	36.5%
% households with annual income > \$50,000		58.5%	45.3%
% 60+ own home		93.0%	79.9%
% 60+ have mortgage on home		46.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		29.1%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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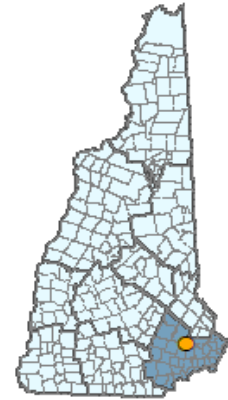
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Update: 05/2019

## Epping (Rockingham)

Epping is a town in Rockingham County and home to the historical Camp Hedding. There are 1,113 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, Alzheimer’s disease or related dementias, stroke, benign prostatic hyperplasia, glaucoma, cataracts, and hearing impairment. However, they had a higher rate of tobacco use disorders. Community resources to support healthy aging include 9 primary care providers and a nursing home within 5 miles, 7 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		6,735	1,327,503
Population 60 years or older as % of total population		22.9%	22.7%
Total population 60 years or older		1,544	301,630
Population 65 years or older as % of total population		16.5%	15.8%
Total population 65 years or older		1,113	210,385
% 65-74 years		73.7%	58.5%
% 75-84 years		18.3%	28.6%
% 85 years or older		8.0%	12.9%
Gender (65+ population)			
% female		60.1%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		4.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.9%	58.5%
% divorced/separated		4.8%	14.0%
% widowed		25.3%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		20.8%	12.3%
% with high school or some college		60.2%	57.1%
% with college degree		19.0%	30.6%
% of 65+ population living alone		21.7%	26.1%
% of 65+ population who speak only English at home		91.0%	91.3%
% of 65+ population who are veterans of military service		16.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		9.3%	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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		17.1%	16.7%
% 65+ with high cholesterol		70.7%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		27.8%	28.8%
% 65+ with anxiety disorders		23.7%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.8%	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	8.8%	12.0%
% 65+ with diabetes		28.6%	28.2%
% 65+ with stroke	B	8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.5%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		69.4%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		35.3%	34.3%
% 65+ with congestive heart failure		15.4%	17.7%
% 65+ with atrial fibrillation		14.2%	14.4%
% 65+ with peripheral vascular disease		14.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.3%	49.1%
% 65+ with osteoporosis		17.1%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.3%	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		9.1%	11.5%
% 65+ with benign prostatic hyperplasia	B	27.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		34.5%	37.3%
% 65+ with chronic kidney disease		24.6%	22.3%
% 65+ with liver diseases		7.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.6%	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		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.1%	22.9%
% 65+ with cataract	B	49.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.2%	54.4%
% 65+ with 0 chronic conditions		11.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		18.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		5.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	2.6%	6.9%
% 65+ with self-reported ambulatory difficulty		23.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		7.0%	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		8.6%	7.9%
% dually eligible for Medicare and Medicaid		6.3%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		9	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		7	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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		557	572
Part D monthly prescription fills per person per year		51.3	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		218	237
Medicare inpatient hospital readmissions (as % of admissions)		14.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		65	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)		2	N/A
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		10.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		60.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		163	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,849	2,012
% 65+ who own a motor vehicle		91.9%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		3.6%	5.7%
% 65+ employed past year		22.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.3%	18.2%
% households with annual income \$20,000-\$49,999		44.1%	36.5%
% households with annual income > \$50,000		36.6%	45.3%
% 60+ own home		86.3%	79.9%
% 60+ have mortgage on home		44.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		31.0%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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

## Exeter (Rockingham)

Exeter is an urban town located in Rockingham County and home to Phillips Exeter Academy. There are 2,979 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, tobacco use disorders, diabetes, and endometrial cancer. However, they had higher rates of hip fracture, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia, Alzheimer's disease, stroke, COPD, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, migraine, cataracts, pressure ulcers, and hearing impairment. They are more likely to take the health promotion steps of meeting the CDC guidelines for muscle-strengthening physical and aerobic activities and having an annual dental exam. Community resources to support healthy aging include a senior center, memory cafe, 73 primary care providers, a hospital, 2 nursing homes, a dementia support group, 10 home health agencies, 2 assisted living sites, a public library, 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		14,562	1,327,503
Population 60 years or older as % of total population		26.7%	22.7%
Total population 60 years or older		3,895	301,630
Population 65 years or older as % of total population		20.5%	15.8%
Total population 65 years or older		2,979	210,385
% 65-74 years		49.1%	58.5%
% 75-84 years		34.3%	28.6%
% 85 years or older		16.6%	12.9%
Gender (65+ population)			
% female		59.5%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.3%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		49.1%	58.5%
% divorced/separated		17.7%	14.0%
% widowed		27.5%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		12.1%	12.3%
% with high school or some college		50.6%	57.1%
% with college degree		37.4%	30.6%
% of 65+ population living alone		37.5%	26.1%
% of 65+ population who speak only English at home		94.6%	91.3%
% of 65+ population who are veterans of military service		28.1%	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		7.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	W	4.4%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol	W	74.8%	72.2%
% 60+ excessive drinking		9.5%	9.2%
% 65+ with poor supermarket access		71.4%	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		5.8%	6.9%
% 65+ with depression	W	32.3%	28.8%
% 65+ with anxiety disorders	W	24.6%	21.9%
% 65+ with bipolar disorders	W	4.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	4.9%
% 65+ with personality disorders		1.3%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	8.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	14.8%	12.0%
% 65+ with diabetes	B	26.1%	28.2%
% 65+ with stroke	W	12.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.0%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	72.5%	70.2%
% 65+ ever had a heart attack	W	5.6%	4.5%
% 65+ with ischemic heart disease	W	38.0%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation	W	18.7%	14.4%
% 65+ with peripheral vascular disease	W	18.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.3%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer	W	12.0%	9.8%
% 65+ women with endometrial cancer	B	1.1%	1.7%
% 65+ men with prostate cancer	W	13.6%	11.5%
% 65+ with benign prostatic hyperplasia	W	41.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.0%	20.8%
% 65+ with anemia	W	42.6%	37.3%
% 65+ with chronic kidney disease	W	24.8%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.1%	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	5.2%	4.0%
% 65+ with epilepsy		2.5%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.1%	22.9%
% 65+ with cataract	W	63.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.4%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	19.6%	14.4%
% 65+ with self-reported vision difficulty		6.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		5.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	25.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		6.6%	5.6%
% 65+ with self-reported independent living difficulty		13.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid		7.4%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		73	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		574	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		75	76
# skilled nursing home Medicare beds/1000 persons 65+ years		91	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		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.9%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		2.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		68.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		126	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		748	2,012
% 65+ who own a motor vehicle		88.8%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.1%	5.4%
% 60+ receiving food stamps past year		2.3%	5.7%
% 65+ employed past year		20.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.3%	18.2%
% households with annual income \$20,000-\$49,999		30.6%	36.5%
% households with annual income > \$50,000		50.1%	45.3%
% 60+ own home		71.7%	79.9%
% 60+ have mortgage on home		26.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

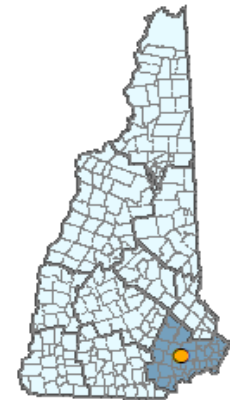
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- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

*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

## Fremont (Rockingham)

Fremont is a town located in Rockingham County and is crossed by the Rockingham Recreation Trail. There are 701 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, osteoporosis, and cataracts. However, they had higher rates of obesity, high cholesterol, and hypertension. Community resources to support healthy aging include 6 primary care providers within 5 miles, 7 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		4,505	1,327,503
Population 60 years or older as % of total population		22.2%	22.7%
Total population 60 years or older		999	301,630
Population 65 years or older as % of total population		15.6%	15.8%
Total population 65 years or older		701	210,385
% 65-74 years		57.9%	58.5%
% 75-84 years		31.8%	28.6%
% 85 years or older		10.3%	12.9%
Gender (65+ population)			
% female		61.3%	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		72.2%	58.5%
% divorced/separated		4.4%	14.0%
% widowed		21.4%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		14.3%	12.3%
% with high school or some college		65.3%	57.1%
% with college degree		20.4%	30.6%
% of 65+ population living alone		7.9%	26.1%
% of 65+ population who speak only English at home		93.6%	91.3%
% of 65+ population who are veterans of military service		20.8%	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		8.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		6.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese	W	20.9%	16.7%
% 65+ with high cholesterol	W	76.6%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		32.7%	28.8%
% 65+ with anxiety disorders		25.4%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.3%	5.5%
% 65+ with tobacco use disorders		9.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.4%	12.0%
% 65+ with diabetes		31.0%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		21.1%	20.5%
% 65+ with asthma		12.0%	13.0%
% 65+ with hypertension	W	76.7%	70.2%
% 65+ ever had a heart attack		5.7%	4.5%
% 65+ with ischemic heart disease		38.5%	34.3%
% 65+ with congestive heart failure		17.1%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		16.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.4%	49.1%
% 65+ with osteoporosis	B	13.8%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		8.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		35.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.1%	20.8%
% 65+ with anemia		36.9%	37.3%
% 65+ with chronic kidney disease		25.7%	22.3%
% 65+ with liver diseases		8.7%	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		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.8%	22.9%
% 65+ with cataract	B	55.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.6%	54.4%
% 65+ with 0 chronic conditions		8.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.0%	14.4%
% 65+ with self-reported vision difficulty		5.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		2.9%	6.9%
% 65+ with self-reported ambulatory difficulty		16.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty	B	0.0%	5.6%
% 65+ with self-reported independent living difficulty		15.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.7%	7.9%
% dually eligible for Medicare and Medicaid	*	3.9%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		6	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		7	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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		553	572
Part D monthly prescription fills per person per year		52.3	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		262	237
Medicare inpatient hospital readmissions (as % of admissions)		20.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		64	76
# skilled nursing home Medicare beds/1000 persons 65+ years		75	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.3%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		0.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		57.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		60	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		677	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.1%	5.4%
% 60+ receiving food stamps past year		1.7%	5.7%
% 65+ employed past year		25.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.1%	18.2%
% households with annual income \$20,000-\$49,999		37.5%	36.5%
% households with annual income > \$50,000		50.4%	45.3%
% 60+ own home		86.6%	79.9%
% 60+ have mortgage on home		38.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.0%	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	\$25,536	\$25,284	1.01
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
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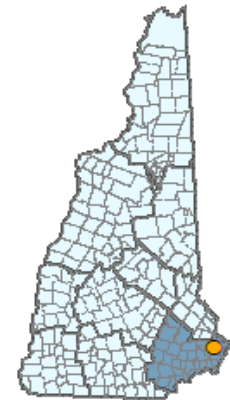
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, Shuangshuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Greenland (Rockingham)

Greenland is a town located in Rockingham County bordering the Great Bay. There are 704 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of post-traumatic stress disorder, personality disorders, schizophrenia and other psychotic disorders, diabetes, stroke, asthma, chronic obstructive pulmonary disease, heart attack, peripheral vascular disease, benign prostatic hyperplasia, liver diseases, epilepsy, cataracts, and pressure ulcers. However, they had higher rates of excessive drinking. Relative to the state, they are more likely to take the health promotion steps of meeting CDC guidelines for both aerobic and muscle-strengthening physical activities and undergoing colorectal cancer screening. Community resources to support healthy aging include 8 home health agencies, 2 nursing homes, and a hospital within 5 miles, 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		3,783	1,327,503
Population 60 years or older as % of total population		24.2%	22.7%
Total population 60 years or older		917	301,630
Population 65 years or older as % of total population		18.6%	15.8%
Total population 65 years or older		704	210,385
% 65-74 years		53.1%	58.5%
% 75-84 years		31.7%	28.6%
% 85 years or older		15.2%	12.9%
Gender (65+ population)			
% female		53.3%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.9%	58.5%
% divorced/separated		15.6%	14.0%
% widowed		13.8%	22.9%
% never married		5.7%	4.6%
Education (65+ population)			
% with less than high school education		2.7%	12.3%
% with high school or some college		50.6%	57.1%
% with college degree		46.7%	30.6%
% of 65+ population living alone		13.9%	26.1%
% of 65+ population who speak only English at home		95.5%	91.3%
% of 65+ population who are veterans of military service		26.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.1%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese		14.8%	16.7%
% 65+ with high cholesterol		69.8%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		77.9%	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		6.4%	6.9%
% 65+ with depression		25.5%	28.8%
% 65+ with anxiety disorders		19.5%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders		8.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		27.4%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	8.9%	13.0%
% 65+ with hypertension		67.5%	70.2%
% 65+ ever had a heart attack	B	2.7%	4.5%
% 65+ with ischemic heart disease		35.4%	34.3%
% 65+ with congestive heart failure		14.7%	17.7%
% 65+ with atrial fibrillation		13.1%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.2%	49.1%
% 65+ with osteoporosis		15.1%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		1.9%	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		12.7%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.2%	20.8%
% 65+ with anemia		36.4%	37.3%
% 65+ with chronic kidney disease		19.3%	22.3%
% 65+ with liver diseases	B	4.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.0%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.0%	22.9%
% 65+ with cataract	B	55.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	54.4%
% 65+ with 0 chronic conditions		13.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.5%	14.4%
% 65+ with self-reported vision difficulty		2.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty	B	1.3%	6.9%
% 65+ with self-reported ambulatory difficulty	B	8.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		5.5%	5.6%
% 65+ with self-reported independent living difficulty		7.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid	*	2.6%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		78	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		8	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	*	7.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	399	572
Part D monthly prescription fills per person per year	*	44.5	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		15.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.9%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		7.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		80.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		67	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		810	2,012
% 65+ who own a motor vehicle		93.5%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		2.6%	5.7%
% 65+ employed past year		30.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		10.9%	18.2%
% households with annual income \$20,000-\$49,999		22.0%	36.5%
% households with annual income > \$50,000		67.2%	45.3%
% 60+ own home		97.0%	79.9%
% 60+ have mortgage on home		42.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.7%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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.

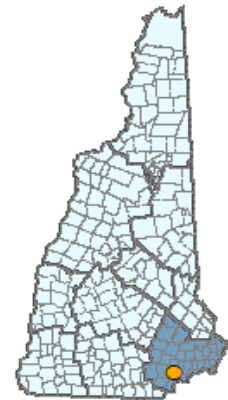
#### Data Sources:

- 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

## Hampstead (Rockingham)

Hampstead is an urban town in Rockingham County that is home to part of the Rockingham Recreational Trail. There are 1,337 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, substance use disorders, Alzheimer's disease or related dementias, and endometrial cancer. However, they had higher rates of obesity, high cholesterol, hypertension, ischemic heart disease, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, anemia, chronic kidney disease, and glaucoma. They are more likely to take the health promotion step of having a regular mammogram. Community resources to support healthy aging include a public library, 12 home health agencies, an adult day health center, 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		8,553	1,327,503
Population 60 years or older as % of total population		24.3%	22.7%
Total population 60 years or older		2,077	301,630
Population 65 years or older as % of total population		15.6%	15.8%
Total population 65 years or older		1,337	210,385
% 65-74 years		62.9%	58.5%
% 75-84 years		28.0%	28.6%
% 85 years or older		9.1%	12.9%
Gender (65+ population)			
% female		54.9%	54.7%
Race/Ethnicity (65+ population)			
% White		98.1%	97.7%
% African American		0.5%	0.5%
% Asian		0.0%	0.9%
% Other		1.3%	0.9%
% Hispanic/Latino		0.7%	0.9%
Marital Status (65+ population)			
% married		61.7%	58.5%
% divorced/separated		9.2%	14.0%
% widowed		26.0%	22.9%
% never married		3.1%	4.6%
Education (65+ population)			
% with less than high school education		9.1%	12.3%
% with high school or some college		64.3%	57.1%
% with college degree		26.6%	30.6%
% of 65+ population living alone		26.2%	26.1%
% of 65+ population who speak only English at home		93.4%	91.3%
% of 65+ population who are veterans of military service		23.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.3%	3.6%
% moved from different county in New Hampshire		0.7%	1.0%
% moved from different state		3.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.4%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese	W	22.2%	16.7%
% 65+ with high cholesterol	W	81.2%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		73.2%	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		9.4%	6.9%
% 65+ with depression		27.3%	28.8%
% 65+ with anxiety disorders		22.7%	21.9%
% 65+ with bipolar disorders		2.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	4.0%	5.5%
% 65+ with tobacco use disorders		9.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes		30.3%	28.2%
% 65+ with stroke		11.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.7%	20.5%
% 65+ with asthma		15.0%	13.0%
% 65+ with hypertension	W	78.2%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease	W	38.7%	34.3%
% 65+ with congestive heart failure		19.8%	17.7%
% 65+ with atrial fibrillation		15.2%	14.4%
% 65+ with peripheral vascular disease		15.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	54.3%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		8.6%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		12.9%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.5%	20.8%
% 65+ with anemia	W	42.2%	37.3%
% 65+ with chronic kidney disease	W	25.2%	22.3%
% 65+ with liver diseases		8.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.0%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.4%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.1%	22.9%
% 65+ with cataract		63.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.0%	54.4%
% 65+ with 0 chronic conditions	W	6.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.5%	14.4%
% 65+ with self-reported vision difficulty		5.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty	B	2.4%	6.9%
% 65+ with self-reported ambulatory difficulty	B	13.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty	B	2.2%	5.6%
% 65+ with self-reported independent living difficulty		7.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.2%	7.9%
% dually eligible for Medicare and Medicaid	*	3.8%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	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		12	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	8.8	6.3
Emergency room visits/1000 persons 65+ years per year		553	572
Part D monthly prescription fills per person per year		49.6	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		269	237
Medicare inpatient hospital readmissions (as % of admissions)		19.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		5.5%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		61.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		62	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		707	2,012
% 65+ who own a motor vehicle		97.1%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.7%	5.4%
% 60+ receiving food stamps past year		2.1%	5.7%
% 65+ employed past year		30.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.2%	18.2%
% households with annual income \$20,000-\$49,999		33.0%	36.5%
% households with annual income > \$50,000		46.8%	45.3%
% 60+ own home		90.3%	79.9%
% 60+ have mortgage on home		50.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		29.3%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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.

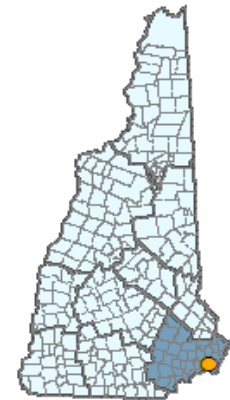
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic 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

# Hampton Falls (Rockingham)

Hampton Falls is a rural town in Rockingham County and home to one of the oldest working apple orchards in the country. There are 360 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, tobacco use disorders, diabetes, asthma, peripheral vascular disease, and glaucoma. Community resources to support healthy aging include 6 home health agencies, a nursing home within 5 miles, 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		2,377	1,327,503
Population 60 years or older as % of total population		23.9%	22.7%
Total population 60 years or older		568	301,630
Population 65 years or older as % of total population		15.1%	15.8%
Total population 65 years or older		360	210,385
% 65-74 years		71.7%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		4.7%	12.9%
Gender (65+ population)			
% female		42.2%	54.7%
Race/Ethnicity (65+ population)			
% White		96.9%	97.7%
% African American		0.0%	0.5%
% Asian		3.1%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.1%	58.5%
% divorced/separated		13.3%	14.0%
% widowed		20.3%	22.9%
% never married		5.3%	4.6%
Education (65+ population)			
% with less than high school education		1.4%	12.3%
% with high school or some college		43.6%	57.1%
% with college degree		55.0%	30.6%
% of 65+ population living alone		27.2%	26.1%
% of 65+ population who speak only English at home		95.8%	91.3%
% of 65+ population who are veterans of military service		25.6%	24.8%
Age-sex adjusted 1-year mortality rate		2.9%	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		3.6%	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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese	B	11.6%	16.7%
% 65+ with high cholesterol		70.2%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression	B	22.7%	28.8%
% 65+ with anxiety disorders	B	16.5%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	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		12.1%	12.0%
% 65+ with diabetes	B	22.5%	28.2%
% 65+ with stroke		12.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.1%	20.5%
% 65+ with asthma	B	7.7%	13.0%
% 65+ with hypertension		70.7%	70.2%
% 65+ ever had a heart attack		5.0%	4.5%
% 65+ with ischemic heart disease		35.1%	34.3%
% 65+ with congestive heart failure		19.1%	17.7%
% 65+ with atrial fibrillation		16.7%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.5%	49.1%
% 65+ with osteoporosis		18.3%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		12.7%	11.5%
% 65+ with benign prostatic hyperplasia		44.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.0%	20.8%
% 65+ with anemia		38.8%	37.3%
% 65+ with chronic kidney disease		19.3%	22.3%
% 65+ with liver diseases		8.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		15.2%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.2%	22.9%
% 65+ with cataract		61.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		49.4%	54.4%
% 65+ with 0 chronic conditions		8.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.3%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		2.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		2.2%	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	*	4.2%	7.9%
% dually eligible for Medicare and Medicaid	*	4.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		13	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		6	49
# of community health centers		0	22
# of adult day health centers		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	*	7.3	6.3
Emergency room visits/1000 persons 65+ years per year		535	572
Part D monthly prescription fills per person per year	*	41.9	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		259	237
Medicare inpatient hospital readmissions (as % of admissions)		20.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	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)		2	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.9%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		3.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		70.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		159	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,143	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		2.8%	5.7%
% 65+ employed past year		52.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.6%	18.2%
% households with annual income \$20,000-\$49,999		21.5%	36.5%
% households with annual income > \$50,000		65.9%	45.3%
% 60+ own home		90.9%	79.9%
% 60+ have mortgage on home		47.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.1%	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	\$25,536	\$25,284	1.01
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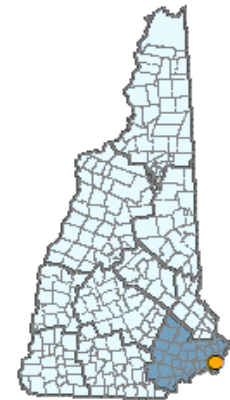
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Update: 05/2019

## Hampton (Rockingham)

Hampton is a seaside town in Rockingham County that is home to Hampton Beach, a popular summer tourist destination. There are 3,448 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, Alzheimer’s disease or related dementias, diabetes, asthma, and glaucoma. However, they had higher rates of liver diseases, high cholesterol, and cataracts. Relative to the state, they are more likely to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for both aerobic and muscle-strengthening physical activity, and having annual dental exams. Community resources to support healthy aging include 10 home health agencies, a nursing home within 5 miles, an assisted living site, an adult day health center, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		15,216	1,327,503
Population 60 years or older as % of total population		31.9%	22.7%
Total population 60 years or older		4,850	301,630
Population 65 years or older as % of total population		22.7%	15.8%
Total population 65 years or older		3,448	210,385
% 65-74 years		62.7%	58.5%
% 75-84 years		27.5%	28.6%
% 85 years or older		9.7%	12.9%
Gender (65+ population)			
% female		52.6%	54.7%
Race/Ethnicity (65+ population)			
% White		97.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.9%	0.9%
% Other		1.8%	0.9%
% Hispanic/Latino		0.2%	0.9%
Marital Status (65+ population)			
% married		63.9%	58.5%
% divorced/separated		11.8%	14.0%
% widowed		20.7%	22.9%
% never married		3.5%	4.6%
Education (65+ population)			
% with less than high school education		3.3%	12.3%
% with high school or some college		54.2%	57.1%
% with college degree		42.5%	30.6%
% of 65+ population living alone		26.9%	26.1%
% of 65+ population who speak only English at home		94.7%	91.3%
% of 65+ population who are veterans of military service		23.1%	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		1.8%	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	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture		3.4%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese	B	14.4%	16.7%
% 65+ with high cholesterol	W	74.7%	72.2%
% 60+ excessive drinking		9.5%	9.2%
% 65+ with poor supermarket access		49.0%	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		5.8%	6.9%
% 65+ with depression	B	26.7%	28.8%
% 65+ with anxiety disorders		22.7%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.5%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders		10.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.9%	12.0%
% 65+ with diabetes	B	26.2%	28.2%
% 65+ with stroke		10.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.6%	20.5%
% 65+ with asthma	B	10.6%	13.0%
% 65+ with hypertension		70.4%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease		36.3%	34.3%
% 65+ with congestive heart failure		17.2%	17.7%
% 65+ with atrial fibrillation		15.3%	14.4%
% 65+ with peripheral vascular disease		15.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.9%	49.1%
% 65+ with osteoporosis		17.3%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		10.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		12.8%	11.5%
% 65+ with benign prostatic hyperplasia		37.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.5%	20.8%
% 65+ with anemia		38.9%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases	W	8.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.8%	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		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.7%	22.9%
% 65+ with cataract	W	63.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.9%	54.4%
% 65+ with 0 chronic conditions		9.6%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.2%	14.4%
% 65+ with self-reported vision difficulty		4.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		4.1%	6.9%
% 65+ with self-reported ambulatory difficulty	B	14.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty	B	1.4%	5.6%
% 65+ with self-reported independent living difficulty		7.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid	*	5.1%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		12	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		568	572
Part D monthly prescription fills per person per year	*	45.0	49.1
Home health visits per year		3.1	2.5
Durable medical equipment claims per year	*	1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		243	237
Medicare inpatient hospital readmissions (as % of admissions)		14.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		32	33
% 65+ getting Medicaid long term services and supports	*	2.4%	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)		2	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		27.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		67.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		143	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,820	2,012
% 65+ who own a motor vehicle		95.9%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		5	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.3%	5.4%
% 60+ receiving food stamps past year		5.6%	5.7%
% 65+ employed past year		26.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		14.3%	18.2%
% households with annual income \$20,000-\$49,999		29.1%	36.5%
% households with annual income > \$50,000		56.6%	45.3%
% 60+ own home		81.0%	79.9%
% 60+ have mortgage on home		35.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.3%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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).

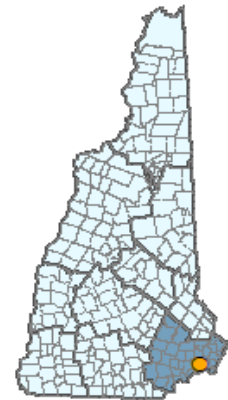
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Kensington (Rockingham)

Kensington is a rural town located in southeastern New Hampshire that borders Burrows-Brookside Sanctuary in the south. There are 329 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, tobacco use disorders, diabetes, and endometrial cancer. However, they had higher rates of hip fracture, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia, Alzheimer’s disease, stroke, COPD, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, arthritis, osteoporosis, breast and prostate cancers, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, migraine, cataracts, ulcers, and hearing impairment. They are more likely to take the health promotion steps of following the CDC guidelines for both aerobic and muscle-strengthening physical activities, and having an annual dental exam. Community resources to support healthy aging include 69 primary care providers, a hospital, 2 nursing homes within 5 miles, 10 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		2,157	1,327,503
Population 60 years or older as % of total population		26.1%	22.7%
Total population 60 years or older		564	301,630
Population 65 years or older as % of total population		15.3%	15.8%
Total population 65 years or older		329	210,385
% 65-74 years		75.4%	58.5%
% 75-84 years		12.5%	28.6%
% 85 years or older		12.2%	12.9%
Gender (65+ population)			
% female		52.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		1.5%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.9%	58.5%
% divorced/separated		8.5%	14.0%
% widowed		18.8%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		4.9%	12.3%
% with high school or some college		62.3%	57.1%
% with college degree		32.8%	30.6%
% of 65+ population living alone		12.5%	26.1%
% of 65+ population who speak only English at home		87.5%	91.3%
% of 65+ population who are veterans of military service		19.5%	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		2.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	W	4.4%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese		15.3%	16.7%
% 65+ with high cholesterol	W	74.8%	72.2%
% 60+ excessive drinking		9.5%	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		5.8%	6.9%
% 65+ with depression	W	32.3%	28.8%
% 65+ with anxiety disorders	W	24.6%	21.9%
% 65+ with bipolar disorders	W	4.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.1%	4.9%
% 65+ with personality disorders		1.3%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	8.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	14.8%	12.0%
% 65+ with diabetes	B	26.1%	28.2%
% 65+ with stroke	W	12.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.0%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	72.5%	70.2%
% 65+ ever had a heart attack	W	5.6%	4.5%
% 65+ with ischemic heart disease	W	38.0%	34.3%
% 65+ with congestive heart failure	W	20.9%	17.7%
% 65+ with atrial fibrillation	W	18.7%	14.4%
% 65+ with peripheral vascular disease	W	18.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.3%	49.1%
% 65+ with osteoporosis	W	21.9%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer		2.5%	2.4%
% 65+ women with breast cancer	W	12.0%	9.8%
% 65+ women with endometrial cancer	B	1.1%	1.7%
% 65+ men with prostate cancer	W	13.6%	11.5%
% 65+ with benign prostatic hyperplasia	W	41.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.0%	20.8%
% 65+ with anemia	W	42.6%	37.3%
% 65+ with chronic kidney disease	W	24.8%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.1%	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	5.2%	4.0%
% 65+ with epilepsy		2.5%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.1%	22.9%
% 65+ with cataract	W	63.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.4%	54.4%
% 65+ with 0 chronic conditions	W	8.5%	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	19.6%	14.4%
% 65+ with self-reported vision difficulty		5.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		4.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	8.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.5%	3.2%
% 65+ with self-reported self-care difficulty		2.4%	5.6%
% 65+ with self-reported independent living difficulty		9.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.0%	7.9%
% dually eligible for Medicare and Medicaid		7.4%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		69	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		574	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		75	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	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)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.8%	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)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		73.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		654	2,012
% 65+ who own a motor vehicle		96.2%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		4.2%	5.7%
% 65+ employed past year		42.9%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.5%	18.2%
% households with annual income \$20,000-\$49,999		24.7%	36.5%
% households with annual income > \$50,000		65.8%	45.3%
% 60+ own home		96.1%	79.9%
% 60+ have mortgage on home		59.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		1.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.5%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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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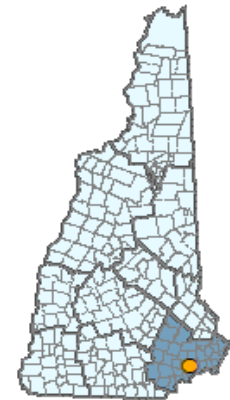
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & 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

# Kingston (Rockingham)

Kingston is a town located in southeastern New Hampshire and hosts the annual Kingston Days celebration. There are 998 residents age 65 or older. Compared to state average rates, older residents had lower rates of bipolar disorders, personality disorders, and cataracts. However, they had higher rates of lung cancer and migraines. Community resources to support healthy aging include 8 primary care providers within 5 miles, 9 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		6,099	1,327,503
Population 60 years or older as % of total population		24.3%	22.7%
Total population 60 years or older		1,481	301,630
Population 65 years or older as % of total population		16.4%	15.8%
Total population 65 years or older		998	210,385
% 65-74 years		68.0%	58.5%
% 75-84 years		23.7%	28.6%
% 85 years or older		8.2%	12.9%
Gender (65+ population)			
% female		44.5%	54.7%
Race/Ethnicity (65+ population)			
% White		95.0%	97.7%
% African American		0.0%	0.5%
% Asian		5.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		55.1%	58.5%
% divorced/separated		10.8%	14.0%
% widowed		21.5%	22.9%
% never married		12.5%	4.6%
Education (65+ population)			
% with less than high school education		7.6%	12.3%
% with high school or some college		70.1%	57.1%
% with college degree		22.2%	30.6%
% of 65+ population living alone		19.2%	26.1%
% of 65+ population who speak only English at home		92.2%	91.3%
% of 65+ population who are veterans of military service		27.8%	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		1.5%	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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol		74.5%	72.2%
% 60+ excessive drinking		7.1%	9.2%
% 65+ with poor supermarket access		100.0%	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		10.1%	6.9%
% 65+ with depression		28.1%	28.8%
% 65+ with anxiety disorders		21.0%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.2%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders		12.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.0%	12.0%
% 65+ with diabetes		29.0%	28.2%
% 65+ with stroke		11.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.9%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension		71.7%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		34.3%	34.3%
% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with atrial fibrillation		15.9%	14.4%
% 65+ with peripheral vascular disease		16.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.8%	49.1%
% 65+ with osteoporosis		16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		9.0%	9.8%
% 65+ women with endometrial cancer		2.4%	1.7%
% 65+ men with prostate cancer		9.9%	11.5%
% 65+ with benign prostatic hyperplasia		38.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.2%	20.8%
% 65+ with anemia		37.6%	37.3%
% 65+ with chronic kidney disease		23.7%	22.3%
% 65+ with liver diseases		7.8%	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	W	5.0%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.3%	22.9%
% 65+ with cataract	B	53.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.6%	54.4%
% 65+ with 0 chronic conditions	W	7.5%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.1%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		3.4%	6.9%
% 65+ with self-reported ambulatory difficulty		18.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.6%	5.6%
% 65+ with self-reported independent living difficulty		8.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.3%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		8	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	7.6	6.3
Emergency room visits/1000 persons 65+ years per year		609	572
Part D monthly prescription fills per person per year	*	45.0	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		276	237
Medicare inpatient hospital readmissions (as % of admissions)		21.6%	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	*	1.3%	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)		2	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		8.2%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	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		87	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		787	2,012
% 65+ who own a motor vehicle		95.9%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		10.8%	5.4%
% 60+ receiving food stamps past year		3.9%	5.7%
% 65+ employed past year		28.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.8%	18.2%
% households with annual income \$20,000-\$49,999		34.6%	36.5%
% households with annual income > \$50,000		44.6%	45.3%
% 60+ own home		92.2%	79.9%
% 60+ have mortgage on home		33.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.8%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
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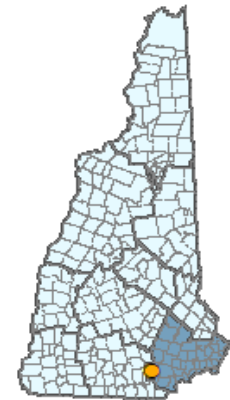
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Update: 05/2019

## Londonderry (Rockingham)

Londonderry is an urban town located in Rockingham County that is home to the headquarters of Stonyfield Farm. There are 2,987 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, substance and tobacco use disorders, Alzheimer’s disease, stroke, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, breast cancer, anemia, fibromyalgia, epilepsy, cataracts, and pressure ulcers. However, they had higher rates of obesity and high cholesterol. They are more likely to have a regular doctor and to take the health promotion steps of having regular mammograms and an annual dental exam. Community resources to support healthy aging include 101 primary care providers, a hospital, and 2 nursing homes within 5 miles, 16 home health agencies, a dementia support group, a senior center, a public library, a YMCA, and access to broadband. Londonderry is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		24,844	1,327,503
Population 60 years or older as % of total population		19.0%	22.7%
Total population 60 years or older		4,731	301,630
Population 65 years or older as % of total population		12.0%	15.8%
Total population 65 years or older		2,987	210,385
% 65-74 years		72.9%	58.5%
% 75-84 years		19.8%	28.6%
% 85 years or older		7.3%	12.9%
Gender (65+ population)			
% female		53.7%	54.7%
Race/Ethnicity (65+ population)			
% White		97.4%	97.7%
% African American		0.9%	0.5%
% Asian		0.4%	0.9%
% Other		1.2%	0.9%
% Hispanic/Latino		2.7%	0.9%
Marital Status (65+ population)			
% married		66.9%	58.5%
% divorced/separated		12.1%	14.0%
% widowed		19.2%	22.9%
% never married		1.8%	4.6%
Education (65+ population)			
% with less than high school education		12.7%	12.3%
% with high school or some college		54.3%	57.1%
% with college degree		33.0%	30.6%
% of 65+ population living alone		16.5%	26.1%
% of 65+ population who speak only English at home		90.6%	91.3%
% of 65+ population who are veterans of military service		19.2%	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		1.8%	1.0%
% moved from different state		2.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		75.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.5%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.5%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.5%	12.5%
% 60+ with physical exam/check-up in past year		90.4%	86.5%
% 60+ met CDC preventive health screening goals		46.3%	40.3%
% 60+ flu shot past year		56.8%	59.3%
% 65+ with pneumonia vaccine		74.7%	77.8%
% 60+ with cholesterol screening		97.6%	95.3%
% 60+ women with a mammogram within last 2 years	B	93.4%	79.3%
% 60+ with colorectal cancer screening		81.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		7.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		25.4%	29.0%
% 60+ with annual dental exam	B	82.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	20.2%
% 60+ self-reported obese		32.0%	27.2%
% 65+ clinically diagnosed obese	W	19.0%	16.7%
% 65+ with high cholesterol	W	75.6%	72.2%
% 60+ excessive drinking		11.2%	9.2%
% 65+ with poor supermarket access		61.9%	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		5.3%	6.9%
% 65+ with depression		27.0%	28.8%
% 65+ with anxiety disorders		21.7%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	4.4%	5.5%
% 65+ with tobacco use disorders	B	8.7%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.1%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke	B	8.8%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.4%	20.5%
% 65+ with asthma		14.3%	13.0%
% 65+ with hypertension		71.4%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease	B	30.2%	34.3%
% 65+ with congestive heart failure	B	16.0%	17.7%
% 65+ with atrial fibrillation	B	12.6%	14.4%
% 65+ with peripheral vascular disease	B	13.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.2%	49.1%
% 65+ with osteoporosis	B	15.1%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer	B	7.9%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		13.1%	11.5%
% 65+ with benign prostatic hyperplasia		33.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.7%	20.8%
% 65+ with anemia	B	34.3%	37.3%
% 65+ with chronic kidney disease		23.7%	22.3%
% 65+ with liver diseases		6.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	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		4.0%	4.0%
% 65+ with epilepsy	B	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		22.2%	22.9%
% 65+ with cataract	B	57.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.6%	54.4%
% 65+ with 0 chronic conditions		8.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	9.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.0%	14.4%
% 65+ with self-reported vision difficulty	B	2.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	4.0%	6.9%
% 65+ with self-reported ambulatory difficulty	B	11.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty	B	3.3%	5.6%
% 65+ with self-reported independent living difficulty	B	6.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.7%	7.9%
% dually eligible for Medicare and Medicaid	*	4.1%	7.5%
% 60+ with a regular doctor	B	99.2%	95.8%
% 60+ who did not see doctor when needed due to cost		11.0%	5.4%
# of primary care providers within 5 miles		101	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		16	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		1	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	459	572
Part D monthly prescription fills per person per year		47.7	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		229	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	58	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		3.8%	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		1	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		56.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		107	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,188	2,012
% 65+ who own a motor vehicle		98.0%	91.0%
% 60+ who always drive wearing a seatbelt		78.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		3.5%	5.7%
% 65+ employed past year		31.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		13.3%	18.2%
% households with annual income \$20,000-\$49,999		25.5%	36.5%
% households with annual income > \$50,000		61.1%	45.3%
% 60+ own home		92.1%	79.9%
% 60+ have mortgage on home		50.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.3%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

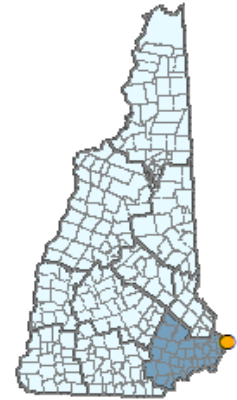
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral 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

## New Castle (Rockingham)

New Castle is a town in eastern New Hampshire and the only town in the state situated entirely on islands. There are 364 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, asthma, congestive heart failure, peripheral vascular disease, chronic kidney disease, and epilepsy. However, they had higher rates of excessive drinking. They are more likely to take the health promotion steps of meeting the CDC guidelines for muscle-strengthening and aerobic physical activity (relative to the state estimate) and getting screened for colorectal cancer. Community resources to support healthy aging include 65 primary care providers, a hospital, and 3 nursing homes within 5 miles, 8 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		935	1,327,503
Population 60 years or older as % of total population		48.7%	22.7%
Total population 60 years or older		455	301,630
Population 65 years or older as % of total population		38.9%	15.8%
Total population 65 years or older		364	210,385
% 65-74 years		53.3%	58.5%
% 75-84 years		23.6%	28.6%
% 85 years or older		23.1%	12.9%
Gender (65+ population)			
% female		55.8%	54.7%
Race/Ethnicity (65+ population)			
% White		97.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.8%	0.9%
% Other		1.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		73.1%	58.5%
% divorced/separated		5.8%	14.0%
% widowed		18.4%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		0.0%	12.3%
% with high school or some college		36.8%	57.1%
% with college degree		63.2%	30.6%
% of 65+ population living alone		19.0%	26.1%
% of 65+ population who speak only English at home		96.2%	91.3%
% of 65+ population who are veterans of military service		31.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.7%	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		3.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese	B	11.4%	16.7%
% 65+ with high cholesterol		76.6%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		37.7%	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		6.4%	6.9%
% 65+ with depression		24.2%	28.8%
% 65+ with anxiety disorders	B	17.1%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.8%	5.5%
% 65+ with tobacco use disorders	B	6.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.4%	12.0%
% 65+ with diabetes	B	19.4%	28.2%
% 65+ with stroke		10.7%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	14.5%	20.5%
% 65+ with asthma	B	7.3%	13.0%
% 65+ with hypertension		67.8%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease		35.6%	34.3%
% 65+ with congestive heart failure	B	13.0%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.8%	49.1%
% 65+ with osteoporosis		21.0%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		1.9%	2.4%
% 65+ women with breast cancer		12.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		16.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		23.6%	20.8%
% 65+ with anemia		37.7%	37.3%
% 65+ with chronic kidney disease	B	14.7%	22.3%
% 65+ with liver diseases		6.3%	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		4.0%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract		66.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		10.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		49.0%	54.4%
% 65+ with 0 chronic conditions		8.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.4%	14.4%
% 65+ with self-reported vision difficulty		6.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		6.9%	6.9%
% 65+ with self-reported ambulatory difficulty		14.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		7.4%	5.6%
% 65+ with self-reported independent living difficulty		4.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.5%	7.9%
% dually eligible for Medicare and Medicaid	*	1.4%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		65	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		3	74
# of home health agencies		8	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	*	8.6	6.3
Emergency room visits/1000 persons 65+ years per year		466	572
Part D monthly prescription fills per person per year	*	41.2	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year	*	1.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		196	237
Medicare inpatient hospital readmissions (as % of admissions)		8.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		0.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		87.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		94.4%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		26.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		2.3%	18.2%
% households with annual income \$20,000-\$49,999		18.5%	36.5%
% households with annual income > \$50,000		79.2%	45.3%
% 60+ own home		90.0%	79.9%
% 60+ have mortgage on home		40.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.8%	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	\$25,536	\$25,284	1.01
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Couple, renter, good health	\$38,268	\$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).
- 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).
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- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
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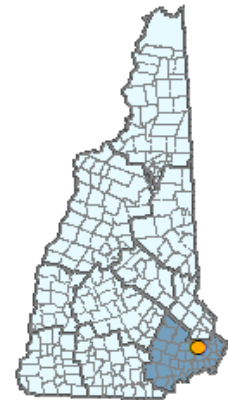
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Newfields (Rockingham)

Newfields is a town in Rockingham County that is home to the historic Newfields Country Store. There are 187 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, obesity, high cholesterol, depression, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, cataracts, and pressure ulcers. They are more likely to take the health promotion steps of engaging in any physical activity within the past month, following the CDC guidelines for muscle-strengthening and aerobic physical activities (relative to the state estimate), and having an annual dental exam. Community resources to support healthy aging include 18 primary care providers within 5 miles, 7 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		1,526	1,327,503
Population 60 years or older as % of total population		17.4%	22.7%
Total population 60 years or older		265	301,630
Population 65 years or older as % of total population		12.3%	15.8%
Total population 65 years or older		187	210,385
% 65-74 years		52.9%	58.5%
% 75-84 years		38.0%	28.6%
% 85 years or older		9.1%	12.9%
Gender (65+ population)			
% female		50.3%	54.7%
Race/Ethnicity (65+ population)			
% White		97.9%	97.7%
% African American		1.1%	0.5%
% Asian		0.0%	0.9%
% Other		1.1%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		75.4%	58.5%
% divorced/separated		3.2%	14.0%
% widowed		21.4%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		5.9%	12.3%
% with high school or some college		54.0%	57.1%
% with college degree		40.1%	30.6%
% of 65+ population living alone		8.0%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		25.1%	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		12.8%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese	B	13.8%	16.7%
% 65+ with high cholesterol	B	68.7%	72.2%
% 60+ excessive drinking		9.5%	9.2%
% 65+ with poor supermarket access		55.1%	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		5.8%	6.9%
% 65+ with depression	B	22.3%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders	B	1.9%	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		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	22.2%	28.2%
% 65+ with stroke	B	8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.9%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	66.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease	B	30.9%	34.3%
% 65+ with congestive heart failure	B	11.6%	17.7%
% 65+ with atrial fibrillation		13.8%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.9%	49.1%
% 65+ with osteoporosis		15.7%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		11.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.8%	20.8%
% 65+ with anemia	B	31.8%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.9%	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		3.9%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.5%	22.9%
% 65+ with cataract	B	55.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.3%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		20.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.1%	14.4%
% 65+ with self-reported vision difficulty		8.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		9.6%	6.9%
% 65+ with self-reported ambulatory difficulty		23.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		4.3%	5.6%
% 65+ with self-reported independent living difficulty		18.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	2.4%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		18	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		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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year		507	572
Part D monthly prescription fills per person per year	*	42.8	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		216	237
Medicare inpatient hospital readmissions (as % of admissions)		17.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.2%	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)		2	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		1.5%	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)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		92.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		20	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,158	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.3%	5.4%
% 60+ receiving food stamps past year		1.2%	5.7%
% 65+ employed past year		23.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.4%	18.2%
% households with annual income \$20,000-\$49,999		21.1%	36.5%
% households with annual income > \$50,000		70.5%	45.3%
% 60+ own home		96.5%	79.9%
% 60+ have mortgage on home		34.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	21.2%
<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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

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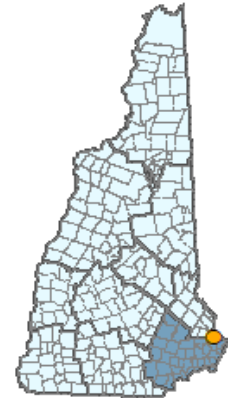
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Update: 05/2019

## Newington (Rockingham)

Newington is a rural town in southeastern New Hampshire and is home to the state's National Guard. There are 174 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, stroke, chronic obstructive pulmonary disease, asthma, heart attack, peripheral vascular disease, benign prostatic hyperplasia, liver diseases, epilepsy, cataracts, and pressure ulcers. However, they had a higher rate of excessive drinking. They are more likely to take the health promotion steps of meeting the CDC guidelines for muscle-strengthening and aerobic physical activity (relative to the state estimate) and getting screened for colorectal cancer. Community resources to support healthy aging include 78 primary care providers, a hospital and a nursing home within 5 miles, 11 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		839	1,327,503
Population 60 years or older as % of total population		33.4%	22.7%
Total population 60 years or older		280	301,630
Population 65 years or older as % of total population		20.7%	15.8%
Total population 65 years or older		174	210,385
% 65-74 years		66.1%	58.5%
% 75-84 years		32.8%	28.6%
% 85 years or older		1.1%	12.9%
Gender (65+ population)			
% female		55.7%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		0.0%	0.5%
% Asian		2.3%	0.9%
% Other		1.7%	0.9%
% Hispanic/Latino		4.0%	0.9%
Marital Status (65+ population)			
% married		54.0%	58.5%
% divorced/separated		8.0%	14.0%
% widowed		30.5%	22.9%
% never married		7.5%	4.6%
Education (65+ population)			
% with less than high school education		15.5%	12.3%
% with high school or some college		54.0%	57.1%
% with college degree		30.5%	30.6%
% of 65+ population living alone		15.0%	26.1%
% of 65+ population who speak only English at home		95.4%	91.3%
% of 65+ population who are veterans of military service		15.5%	24.8%
Age-sex adjusted 1-year mortality rate		4.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		1.7%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese		14.8%	16.7%
% 65+ with high cholesterol		69.8%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		77.9%	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		6.4%	6.9%
% 65+ with depression		25.5%	28.8%
% 65+ with anxiety disorders		19.5%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders		8.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		27.4%	28.2%
% 65+ with stroke	B	7.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	8.9%	13.0%
% 65+ with hypertension		67.5%	70.2%
% 65+ ever had a heart attack	B	2.7%	4.5%
% 65+ with ischemic heart disease		35.4%	34.3%
% 65+ with congestive heart failure		14.7%	17.7%
% 65+ with atrial fibrillation		13.1%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.2%	49.1%
% 65+ with osteoporosis		15.1%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		1.9%	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		12.7%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.2%	20.8%
% 65+ with anemia		36.4%	37.3%
% 65+ with chronic kidney disease		19.3%	22.3%
% 65+ with liver diseases	B	4.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		20.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.0%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.0%	22.9%
% 65+ with cataract	B	55.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	54.4%
% 65+ with 0 chronic conditions		13.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.5%	14.4%
% 65+ with self-reported vision difficulty		1.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		10.9%	6.9%
% 65+ with self-reported ambulatory difficulty	B	13.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		5.7%	5.6%
% 65+ with self-reported independent living difficulty		25.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid	*	2.6%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		78	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		11	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	*	7.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	399	572
Part D monthly prescription fills per person per year	*	44.5	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		15.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		57	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.9%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		5.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		70.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		482	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		27,969	2,012
% 65+ who own a motor vehicle		92.7%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		10.3%	5.4%
% 60+ receiving food stamps past year		1.1%	5.7%
% 65+ employed past year		27.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.5%	18.2%
% households with annual income \$20,000-\$49,999		27.1%	36.5%
% households with annual income > \$50,000		61.5%	45.3%
% 60+ own home		91.9%	79.9%
% 60+ have mortgage on home		37.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.7%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

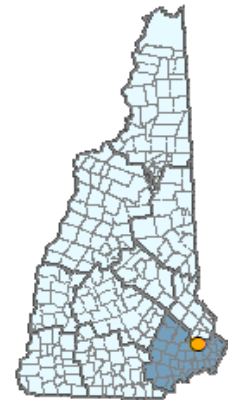
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral 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

## Newmarket (Rockingham)

Newmarket is a town located in Rockingham County and is home to the Stone Church, a regionally famous music venue. There are 1,122 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, bipolar disorders, schizophrenia and other psychotic disorders, osteoporosis, hypothyroidism, anemia, and cataracts. Community resources to support healthy aging include 23 primary care providers within 5 miles, 8 home health agencies, a community health center, a senior center, 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		8,928	1,327,503
Population 60 years or older as % of total population		17.1%	22.7%
Total population 60 years or older		1,528	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		1,122	210,385
% 65-74 years		60.2%	58.5%
% 75-84 years		22.3%	28.6%
% 85 years or older		17.6%	12.9%
Gender (65+ population)			
% female		49.3%	54.7%
Race/Ethnicity (65+ population)			
% White		94.8%	97.7%
% African American		1.5%	0.5%
% Asian		3.7%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		39.5%	58.5%
% divorced/separated		23.0%	14.0%
% widowed		35.1%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		13.4%	12.3%
% with high school or some college		55.3%	57.1%
% with college degree		31.4%	30.6%
% of 65+ population living alone		41.2%	26.1%
% of 65+ population who speak only English at home		87.5%	91.3%
% of 65+ population who are veterans of military service		26.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		4.4%	3.6%
% moved from different county in New Hampshire		0.6%	1.0%
% moved from different state		0.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		16.4%	16.7%
% 65+ with high cholesterol		69.9%	72.2%
% 60+ excessive drinking		7.1%	9.2%
% 65+ with poor supermarket access		55.1%	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		10.1%	6.9%
% 65+ with depression		29.4%	28.8%
% 65+ with anxiety disorders		22.7%	21.9%
% 65+ with bipolar disorders	B	1.9%	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		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.7%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	12.0%
% 65+ with diabetes		26.3%	28.2%
% 65+ with stroke		9.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.8%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension		68.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		33.9%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		14.6%	14.4%
% 65+ with peripheral vascular disease		14.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.4%	49.1%
% 65+ with osteoporosis	B	14.3%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		10.7%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		9.8%	11.5%
% 65+ with benign prostatic hyperplasia		33.3%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.7%	20.8%
% 65+ with anemia	B	33.5%	37.3%
% 65+ with chronic kidney disease		22.9%	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		3.9%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.9%	22.9%
% 65+ with cataract	B	50.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	54.4%
% 65+ with 0 chronic conditions	B	13.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.7%	14.4%
% 65+ with self-reported vision difficulty		6.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		6.5%	6.9%
% 65+ with self-reported ambulatory difficulty		20.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		12.0%	5.6%
% 65+ with self-reported independent living difficulty	W	21.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.9%	7.9%
% dually eligible for Medicare and Medicaid		7.0%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		23	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		8	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		6.6	6.3
Emergency room visits/1000 persons 65+ years per year		583	572
Part D monthly prescription fills per person per year		48.1	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		247	237
Medicare inpatient hospital readmissions (as % of admissions)		16.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	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		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		1.9%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		4.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		62.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		77.6%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		11.7%	5.4%
% 60+ receiving food stamps past year		6.5%	5.7%
% 65+ employed past year		27.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		24.9%	18.2%
% households with annual income \$20,000-\$49,999		30.8%	36.5%
% households with annual income > \$50,000		44.2%	45.3%
% 60+ own home		68.5%	79.9%
% 60+ have mortgage on home		31.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		16.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		9.6%	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	\$25,536	\$25,284	1.01
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Couple, renter, good health	\$38,268	\$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:

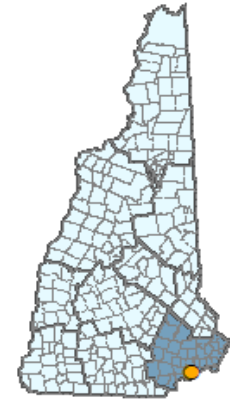
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang 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

## Newton (Rockingham)

Newton is a town located in southeastern New Hampshire bordering Country Pond. There are 567 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, personality disorders, Alzheimer’s disease or related dementias, osteoporosis, glaucoma, and cataracts. However, they had higher rates of lung cancer and migraine. Community resources to support healthy aging include 2 primary care providers within 5 miles, 11 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		4,787	1,327,503
Population 60 years or older as % of total population		17.9%	22.7%
Total population 60 years or older		858	301,630
Population 65 years or older as % of total population		11.8%	15.8%
Total population 65 years or older		567	210,385
% 65-74 years		63.0%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		7.6%	12.9%
Gender (65+ population)			
% female		56.1%	54.7%
Race/Ethnicity (65+ population)			
% White		90.8%	97.7%
% African American		5.5%	0.5%
% Asian		0.0%	0.9%
% Other		3.7%	0.9%
% Hispanic/Latino		2.8%	0.9%
Marital Status (65+ population)			
% married		49.2%	58.5%
% divorced/separated		19.2%	14.0%
% widowed		21.7%	22.9%
% never married		9.9%	4.6%
Education (65+ population)			
% with less than high school education		9.2%	12.3%
% with high school or some college		69.5%	57.1%
% with college degree		21.3%	30.6%
% of 65+ population living alone		28.7%	26.1%
% of 65+ population who speak only English at home		94.2%	91.3%
% of 65+ population who are veterans of military service		24.3%	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		1.9%	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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		20.1%	16.7%
% 65+ with high cholesterol		75.2%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		25.9%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.2%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders		11.3%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.4%	12.0%
% 65+ with diabetes		28.6%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.1%	20.5%
% 65+ with asthma		10.9%	13.0%
% 65+ with hypertension		69.8%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease		36.3%	34.3%
% 65+ with congestive heart failure		16.6%	17.7%
% 65+ with atrial fibrillation		11.7%	14.4%
% 65+ with peripheral vascular disease		15.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.9%	49.1%
% 65+ with osteoporosis	B	13.7%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		11.3%	9.8%
% 65+ women with endometrial cancer		2.4%	1.7%
% 65+ men with prostate cancer		10.7%	11.5%
% 65+ with benign prostatic hyperplasia		31.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.5%	20.8%
% 65+ with anemia		34.2%	37.3%
% 65+ with chronic kidney disease		19.9%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	W	5.0%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.2%	22.9%
% 65+ with cataract	B	53.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.2%	54.4%
% 65+ with 0 chronic conditions		9.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		2.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.5%	6.9%
% 65+ with self-reported ambulatory difficulty		15.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		1.2%	5.6%
% 65+ with self-reported independent living difficulty		5.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.2%	7.9%
% dually eligible for Medicare and Medicaid		6.0%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		11	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	*	7.3	6.3
Emergency room visits/1000 persons 65+ years per year		474	572
Part D monthly prescription fills per person per year	*	44.3	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		249	237
Medicare inpatient hospital readmissions (as % of admissions)		24.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		55	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.0%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		53.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		91	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		876	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.4%	5.4%
% 60+ receiving food stamps past year		3.4%	5.7%
% 65+ employed past year		26.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		15.4%	18.2%
% households with annual income \$20,000-\$49,999		46.8%	36.5%
% households with annual income > \$50,000		37.8%	45.3%
% 60+ own home		86.2%	79.9%
% 60+ have mortgage on home		43.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.2%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

#### TECHNICAL NOTES

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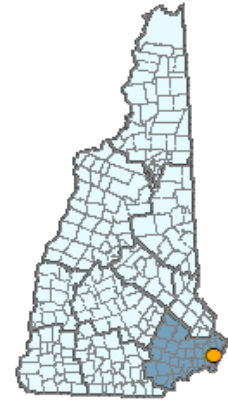
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Update: 05/2019



## North Hampton (Rockingham)

North Hampton is a seaside town in Rockingham County and home to the Fuller Gardens. There are 915 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, depression, bipolar disorders, schizophrenia and other psychotic disorders, substance use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, glaucoma, and hearing impairment. They are more likely to take the health promotion steps of engaging in any physical activity within the past month, meeting the CDC guidelines for muscle-strengthening and aerobic physical activities (relative to the state estimate), and having an annual dental exam. Community resources to support healthy aging include 27 primary care providers and 2 nursing homes within 5 miles, 8 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		4,384	1,327,503
Population 60 years or older as % of total population		28.4%	22.7%
Total population 60 years or older		1,244	301,630
Population 65 years or older as % of total population		20.9%	15.8%
Total population 65 years or older		915	210,385
% 65-74 years		55.8%	58.5%
% 75-84 years		38.1%	28.6%
% 85 years or older		6.0%	12.9%
Gender (65+ population)			
% female		53.0%	54.7%
Race/Ethnicity (65+ population)			
% White		97.9%	97.7%
% African American		0.0%	0.5%
% Asian		2.1%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.9%	58.5%
% divorced/separated		16.9%	14.0%
% widowed		19.3%	22.9%
% never married		2.8%	4.6%
Education (65+ population)			
% with less than high school education		2.8%	12.3%
% with high school or some college		64.2%	57.1%
% with college degree		33.0%	30.6%
% of 65+ population living alone		17.8%	26.1%
% of 65+ population who speak only English at home		93.6%	91.3%
% of 65+ population who are veterans of military service		25.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.9%	3.6%
% moved from different county in New Hampshire		2.5%	1.0%
% moved from different state		1.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese		15.7%	16.7%
% 65+ with high cholesterol		71.1%	72.2%
% 60+ excessive drinking		9.5%	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		5.8%	6.9%
% 65+ with depression	B	24.9%	28.8%
% 65+ with anxiety disorders		21.8%	21.9%
% 65+ with bipolar disorders	B	1.9%	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		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.8%	5.5%
% 65+ with tobacco use disorders		9.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes	B	23.9%	28.2%
% 65+ with stroke		9.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.5%	20.5%
% 65+ with asthma	B	9.1%	13.0%
% 65+ with hypertension		70.3%	70.2%
% 65+ ever had a heart attack		3.4%	4.5%
% 65+ with ischemic heart disease		35.5%	34.3%
% 65+ with congestive heart failure		16.7%	17.7%
% 65+ with atrial fibrillation		13.9%	14.4%
% 65+ with peripheral vascular disease		13.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.2%	49.1%
% 65+ with osteoporosis		16.5%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		10.1%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		12.2%	11.5%
% 65+ with benign prostatic hyperplasia		35.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.0%	20.8%
% 65+ with anemia		35.5%	37.3%
% 65+ with chronic kidney disease		19.5%	22.3%
% 65+ with liver diseases		6.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.8%	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		2.0%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.1%	22.9%
% 65+ with cataract		60.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	48.4%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		3.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		7.9%	6.9%
% 65+ with self-reported ambulatory difficulty		18.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		3.0%	5.6%
% 65+ with self-reported independent living difficulty		9.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid	*	2.9%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		27	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		8	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	*	7.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	491	572
Part D monthly prescription fills per person per year	*	43.9	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		203	237
Medicare inpatient hospital readmissions (as % of admissions)		14.1%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		59	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		10.5%	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)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		73.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		38	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		986	2,012
% 65+ who own a motor vehicle		94.5%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		5.6%	5.7%
% 65+ employed past year		30.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		7.5%	18.2%
% households with annual income \$20,000-\$49,999		24.5%	36.5%
% households with annual income > \$50,000		68.0%	45.3%
% 60+ own home		95.6%	79.9%
% 60+ have mortgage on home		39.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

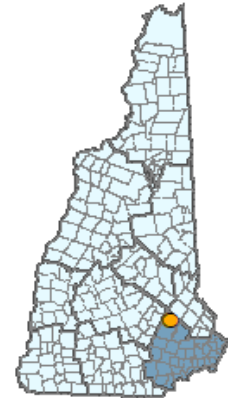
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral 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

## Northwood (Rockingham)

Northwood is a town located in southeastern New Hampshire and is home to Camp Yavneh. There are 635 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, osteoporosis, lung cancer, anemia, epilepsy, and cataracts. However, they had higher rates of substance and tobacco use disorders. Community resources to support healthy aging include 7 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		4,271	1,327,503
Population 60 years or older as % of total population		22.1%	22.7%
Total population 60 years or older		943	301,630
Population 65 years or older as % of total population		14.9%	15.8%
Total population 65 years or older		635	210,385
% 65-74 years		60.9%	58.5%
% 75-84 years		35.9%	28.6%
% 85 years or older		3.1%	12.9%
Gender (65+ population)			
% female		47.6%	54.7%
Race/Ethnicity (65+ population)			
% White		93.9%	97.7%
% African American		0.0%	0.5%
% Asian		1.9%	0.9%
% Other		4.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		55.1%	58.5%
% divorced/separated		22.8%	14.0%
% widowed		18.9%	22.9%
% never married		3.1%	4.6%
Education (65+ population)			
% with less than high school education		6.3%	12.3%
% with high school or some college		72.8%	57.1%
% with college degree		20.9%	30.6%
% of 65+ population living alone		22.5%	26.1%
% of 65+ population who speak only English at home		94.0%	91.3%
% of 65+ population who are veterans of military service		24.4%	24.8%
Age-sex adjusted 1-year mortality rate		5.0%	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		4.3%	1.0%
% moved from different state		1.7%	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)		72	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		16.1%	16.7%
% 65+ with high cholesterol		71.1%	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		32.2%	28.8%
% 65+ with anxiety disorders		21.9%	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)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	8.7%	5.5%
% 65+ with tobacco use disorders	W	16.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.4%	12.0%
% 65+ with diabetes		30.0%	28.2%
% 65+ with stroke		11.6%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.4%	20.5%
% 65+ with asthma		12.8%	13.0%
% 65+ with hypertension		67.9%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease		31.9%	34.3%
% 65+ with congestive heart failure		15.0%	17.7%
% 65+ with atrial fibrillation		16.1%	14.4%
% 65+ with peripheral vascular disease		15.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	11.9%	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		8.5%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		10.6%	11.5%
% 65+ with benign prostatic hyperplasia		37.6%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism		18.1%	20.8%
% 65+ with anemia	B	27.4%	37.3%
% 65+ with chronic kidney disease		19.0%	22.3%
% 65+ with liver diseases		8.6%	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		21.3%	22.9%
% 65+ with cataract	B	52.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.6%	54.4%
% 65+ with 0 chronic conditions	B	14.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.9%	14.4%
% 65+ with self-reported vision difficulty		1.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		2.5%	6.9%
% 65+ with self-reported ambulatory difficulty		16.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		2.7%	5.6%
% 65+ with self-reported independent living difficulty	B	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	*	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		7	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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		548	572
Part D monthly prescription fills per person per year		50.0	49.1
Home health visits per year	*	4.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year		260	237
Medicare inpatient hospital readmissions (as % of admissions)		13.3%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		62	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.3%	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)		2	N/A
% of grandparents raising grandchildren		3.0%	0.8%
% of grandparents who live with grandchildren		4.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.0%	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)		99.0%	93.0%
% 60+ who used Internet in last month		81.3%	77.6%
Voter participation rate in 2018 election (age 18+)		59.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		202	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,435	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		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		33.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		7.1%	18.2%
% households with annual income \$20,000-\$49,999		31.4%	36.5%
% households with annual income > \$50,000		61.4%	45.3%
% 60+ own home		82.0%	79.9%
% 60+ have mortgage on home		39.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.9%	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	\$25,536	\$25,284	1.01
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\*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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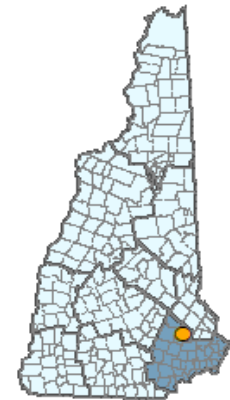
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang 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

## Nottingham (Rockingham)

Nottingham is a town in Rockingham County and is home to Pawtuckaway State Park. There are 551 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, depression, anxiety disorders, Alzheimer's disease or related dementias, stroke, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, hypothyroidism, anemia, chronic kidney disease, and cataract. Community resources to support healthy aging include 5 primary care providers within 5 miles, 6 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		4,901	1,327,503
Population 60 years or older as % of total population		19.0%	22.7%
Total population 60 years or older		932	301,630
Population 65 years or older as % of total population		11.2%	15.8%
Total population 65 years or older		551	210,385
% 65-74 years		63.2%	58.5%
% 75-84 years		26.0%	28.6%
% 85 years or older		10.9%	12.9%
Gender (65+ population)			
% female		53.9%	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		2.9%	0.9%
Marital Status (65+ population)			
% married		61.7%	58.5%
% divorced/separated		18.1%	14.0%
% widowed		18.7%	22.9%
% never married		1.5%	4.6%
Education (65+ population)			
% with less than high school education		8.5%	12.3%
% with high school or some college		55.7%	57.1%
% with college degree		35.8%	30.6%
% of 65+ population living alone		14.2%	26.1%
% of 65+ population who speak only English at home		97.1%	91.3%
% of 65+ population who are veterans of military service		32.3%	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		1.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		6.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		14.1%	16.7%
% 65+ with high cholesterol		69.5%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression	B	24.5%	28.8%
% 65+ with anxiety disorders	B	17.3%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders		9.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes		25.0%	28.2%
% 65+ with stroke	B	8.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		18.4%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	63.7%	70.2%
% 65+ ever had a heart attack	B	2.9%	4.5%
% 65+ with ischemic heart disease	B	27.5%	34.3%
% 65+ with congestive heart failure	B	13.0%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	11.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.4%	49.1%
% 65+ with osteoporosis	B	12.7%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.3%	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		9.8%	11.5%
% 65+ with benign prostatic hyperplasia		34.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.7%	20.8%
% 65+ with anemia	B	30.6%	37.3%
% 65+ with chronic kidney disease	B	17.1%	22.3%
% 65+ with liver diseases		7.2%	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		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.4%	22.9%
% 65+ with cataract	B	48.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.9%	54.4%
% 65+ with 0 chronic conditions		12.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		11.8%	14.4%
% 65+ with self-reported vision difficulty		4.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		7.4%	6.9%
% 65+ with self-reported ambulatory difficulty		13.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.9%	5.6%
% 65+ with self-reported independent living difficulty		10.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	3.3%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		5	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		6	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	367	572
Part D monthly prescription fills per person per year		47.8	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		193	237
Medicare inpatient hospital readmissions (as % of admissions)		16.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	41	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	0.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.4%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		65.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		68	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		841	2,012
% 65+ who own a motor vehicle		98.4%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.4%	5.4%
% 60+ receiving food stamps past year		4.1%	5.7%
% 65+ employed past year		20.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		10.3%	18.2%
% households with annual income \$20,000-\$49,999		25.2%	36.5%
% households with annual income > \$50,000		64.5%	45.3%
% 60+ own home		98.8%	79.9%
% 60+ have mortgage on home		48.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.2%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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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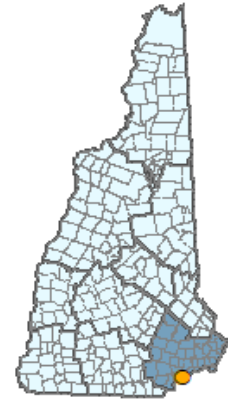
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Update: 05/2019

## Plaistow (Rockingham)

Plaistow is an urban town in Rockingham County and home to part of Hunt Road Town Forest. There are 1,014 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, depression, post-traumatic stress disorder, schizophrenia and other psychotic disorders, hypothyroidism, and cataracts. However, they had higher rates of obesity, chronic obstructive pulmonary disease, peripheral vascular disease, anemia, osteoarthritis/rheumatoid arthritis, and traumatic brain injury. They are more likely to take the health promotion step of getting a mammogram within last 2 years. Community resources to support healthy aging include 20 primary care providers and 4 nursing homes within 5 miles, 11 home health agencies, a senior center, a public library, 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		7,620	1,327,503
Population 60 years or older as % of total population		21.5%	22.7%
Total population 60 years or older		1,642	301,630
Population 65 years or older as % of total population		13.3%	15.8%
Total population 65 years or older		1,014	210,385
% 65-74 years		44.8%	58.5%
% 75-84 years		45.9%	28.6%
% 85 years or older		9.4%	12.9%
Gender (65+ population)			
% female		54.4%	54.7%
Race/Ethnicity (65+ population)			
% White		99.0%	97.7%
% African American		1.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.7%	58.5%
% divorced/separated		13.5%	14.0%
% widowed		20.5%	22.9%
% never married		0.3%	4.6%
Education (65+ population)			
% with less than high school education		14.8%	12.3%
% with high school or some college		72.1%	57.1%
% with college degree		13.1%	30.6%
% of 65+ population living alone		18.0%	26.1%
% of 65+ population who speak only English at home		97.8%	91.3%
% of 65+ population who are veterans of military service		21.7%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.4%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.1%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese	W	19.8%	16.7%
% 65+ with high cholesterol		73.2%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		64.5%	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		9.4%	6.9%
% 65+ with depression	B	25.2%	28.8%
% 65+ with anxiety disorders		20.9%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.6%	5.5%
% 65+ with tobacco use disorders		11.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes		31.4%	28.2%
% 65+ with stroke		11.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.6%	20.5%
% 65+ with asthma		13.6%	13.0%
% 65+ with hypertension		73.2%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease		37.0%	34.3%
% 65+ with congestive heart failure		20.0%	17.7%
% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with peripheral vascular disease	W	17.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	53.0%	49.1%
% 65+ with osteoporosis		17.1%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.7%	9.8%
% 65+ women with endometrial cancer		2.5%	1.7%
% 65+ men with prostate cancer		13.2%	11.5%
% 65+ with benign prostatic hyperplasia		35.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.8%	20.8%
% 65+ with anemia	W	42.7%	37.3%
% 65+ with chronic kidney disease		23.0%	22.3%
% 65+ with liver diseases		8.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury	W	1.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.6%	22.9%
% 65+ with cataract	B	53.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.0%	54.4%
% 65+ with 0 chronic conditions		10.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.9%	14.4%
% 65+ with self-reported vision difficulty		5.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.0%	0.9%
% 65+ with self-reported cognition difficulty		11.2%	6.9%
% 65+ with self-reported ambulatory difficulty		20.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		7.0%	5.6%
% 65+ with self-reported independent living difficulty		18.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	13.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.4%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	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		4	74
# of home health agencies		11	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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year		580	572
Part D monthly prescription fills per person per year		46.1	49.1
Home health visits per year		2.6	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		273	237
Medicare inpatient hospital readmissions (as % of admissions)		21.8%	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	*	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)		2	N/A
% of grandparents raising grandchildren		1.6%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		4.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		52.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		44	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,254	2,012
% 65+ who own a motor vehicle		97.6%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.2%	5.4%
% 60+ receiving food stamps past year		1.1%	5.7%
% 65+ employed past year		32.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.7%	18.2%
% households with annual income \$20,000-\$49,999		38.7%	36.5%
% households with annual income > \$50,000		49.6%	45.3%
% 60+ own home		78.9%	79.9%
% 60+ have mortgage on home		45.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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).

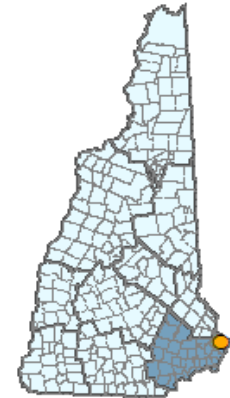
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Portsmouth (Rockingham)

Portsmouth is a city in Rockingham County home to a historic seaport and a series of historic house museums. There are 3,740 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, cataracts, osteoarthritis/rheumatoid arthritis, and endometrial cancer. However, they had higher rates of excessive drinking, schizophrenia, ischemic heart disease, peripheral vascular disease, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, and fibromyalgia. Relative to the state, they are more likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activity and getting screened for colorectal cancer. Community resources to support healthy aging include 105 primary care providers, a hospital, and 2 nursing homes within 5 miles, 11 home health agencies, a community health center, a memory cafe, a dementia support group, a senior center, 5 assisted living sites, 3 universities or community colleges, a public library, a YMCA, and access to broadband. Portsmouth city is a designated Age-Friendly community.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		21,458	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		4,975	301,630
Population 65 years or older as % of total population		17.4%	15.8%
Total population 65 years or older		3,740	210,385
% 65-74 years		51.1%	58.5%
% 75-84 years		32.4%	28.6%
% 85 years or older		16.5%	12.9%
Gender (65+ population)			
% female		59.5%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		2.1%	0.5%
% Asian		1.0%	0.9%
% Other		0.9%	0.9%
% Hispanic/Latino		1.9%	0.9%
Marital Status (65+ population)			
% married		44.3%	58.5%
% divorced/separated		21.4%	14.0%
% widowed		26.1%	22.9%
% never married		8.2%	4.6%
Education (65+ population)			
% with less than high school education		9.1%	12.3%
% with high school or some college		44.1%	57.1%
% with college degree		46.9%	30.6%
% of 65+ population living alone		39.6%	26.1%
% of 65+ population who speak only English at home		93.8%	91.3%
% of 65+ population who are veterans of military service		24.1%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	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		6.0%	3.6%
% moved from different county in New Hampshire		1.2%	1.0%
% moved from different state		3.6%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese	B	14.2%	16.7%
% 65+ with high cholesterol	B	69.8%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		6.1%	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		6.4%	6.9%
% 65+ with depression		29.4%	28.8%
% 65+ with anxiety disorders		23.4%	21.9%
% 65+ with bipolar disorders		3.4%	3.1%
% 65+ with post-traumatic stress disorder		1.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.4%	4.9%
% 65+ with personality disorders		1.5%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders		10.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.9%	12.0%
% 65+ with diabetes		28.1%	28.2%
% 65+ with stroke		10.9%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.4%	20.5%
% 65+ with asthma		13.1%	13.0%
% 65+ with hypertension		69.1%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease	W	38.9%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		15.6%	14.4%
% 65+ with peripheral vascular disease	W	16.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.5%	49.1%
% 65+ with osteoporosis	W	20.2%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer	W	11.4%	9.8%
% 65+ women with endometrial cancer	B	1.1%	1.7%
% 65+ men with prostate cancer		12.2%	11.5%
% 65+ with benign prostatic hyperplasia	W	40.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	22.9%	20.8%
% 65+ with anemia		38.4%	37.3%
% 65+ with chronic kidney disease		21.7%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	21.3%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.7%	22.9%
% 65+ with cataract	B	58.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.1%	54.4%
% 65+ with 0 chronic conditions	B	12.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.3%	14.4%
% 65+ with self-reported vision difficulty	B	2.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty	B	3.2%	6.9%
% 65+ with self-reported ambulatory difficulty		16.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		5.4%	5.6%
% 65+ with self-reported independent living difficulty		10.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.6%	7.9%
% dually eligible for Medicare and Medicaid		8.1%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		105	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		11	49
# of community health centers		1	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	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		648	572
Part D monthly prescription fills per person per year		49.9	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	280	237
Medicare inpatient hospital readmissions (as % of admissions)		18.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		64	33
% 65+ getting Medicaid long term services and supports		3.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		4.5%	16.0%
# of universities and community colleges		3	41
# of public libraries		1	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		62.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		190	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,271	2,012
% 65+ who own a motor vehicle		90.8%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.3%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		25.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		15.9%	18.2%
% households with annual income \$20,000-\$49,999		30.3%	36.5%
% households with annual income > \$50,000		53.8%	45.3%
% 60+ own home		69.3%	79.9%
% 60+ have mortgage on home		31.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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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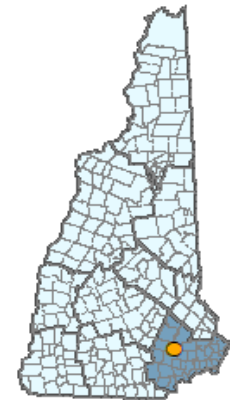
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*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang 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

## Raymond (Rockingham)

Raymond is an urban town located in Rockingham County that contains part of Pawtuckaway State Park. There are 1,238 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, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, anemia, glaucoma, cataracts, and hearing impairment. However, they had higher rates of obesity, diabetes, and chronic obstructive pulmonary disease. Community resources to support healthy aging include 16 primary care providers within 5 miles, 8 home health agencies, a community health center, 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		10,257	1,327,503
Population 60 years or older as % of total population		19.2%	22.7%
Total population 60 years or older		1,965	301,630
Population 65 years or older as % of total population		12.1%	15.8%
Total population 65 years or older		1,238	210,385
% 65-74 years		68.8%	58.5%
% 75-84 years		25.8%	28.6%
% 85 years or older		5.4%	12.9%
Gender (65+ population)			
% female		48.2%	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		4.3%	0.9%
Marital Status (65+ population)			
% married		71.2%	58.5%
% divorced/separated		13.7%	14.0%
% widowed		11.9%	22.9%
% never married		3.2%	4.6%
Education (65+ population)			
% with less than high school education		12.4%	12.3%
% with high school or some college		68.6%	57.1%
% with college degree		19.1%	30.6%
% of 65+ population living alone		14.7%	26.1%
% of 65+ population who speak only English at home		90.5%	91.3%
% of 65+ population who are veterans of military service		27.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.7%	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		4.6%	3.6%
% moved from different county in New Hampshire		2.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese	W	19.6%	16.7%
% 65+ with high cholesterol		72.6%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		27.9%	28.8%
% 65+ with anxiety disorders		24.3%	21.9%
% 65+ with bipolar disorders		3.3%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		7.0%	5.5%
% 65+ with tobacco use disorders		12.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.5%	12.0%
% 65+ with diabetes	W	32.2%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		69.8%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease		34.0%	34.3%
% 65+ with congestive heart failure		16.4%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease		15.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.1%	49.1%
% 65+ with osteoporosis	B	14.5%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer	B	7.2%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		9.0%	11.5%
% 65+ with benign prostatic hyperplasia	B	30.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.0%	20.8%
% 65+ with anemia	B	33.8%	37.3%
% 65+ with chronic kidney disease		23.3%	22.3%
% 65+ with liver diseases		7.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.2%	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		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.9%	22.9%
% 65+ with cataract	B	50.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		54.4%	54.4%
% 65+ with 0 chronic conditions	B	13.3%	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	10.9%	14.4%
% 65+ with self-reported vision difficulty		4.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		4.9%	6.9%
% 65+ with self-reported ambulatory difficulty		14.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty	B	0.8%	5.6%
% 65+ with self-reported independent living difficulty	B	2.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.4%	7.9%
% dually eligible for Medicare and Medicaid		7.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		16	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		8	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		6.2	6.3
Emergency room visits/1000 persons 65+ years per year		583	572
Part D monthly prescription fills per person per year		49.6	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		258	237
Medicare inpatient hospital readmissions (as % of admissions)		19.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.6%	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)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.4%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		50.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		153	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,285	2,012
% 65+ who own a motor vehicle		97.6%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.8%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		22.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		6.0%	18.2%
% households with annual income \$20,000-\$49,999		54.8%	36.5%
% households with annual income > \$50,000		39.2%	45.3%
% 60+ own home		90.9%	79.9%
% 60+ have mortgage on home		51.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		37.2%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

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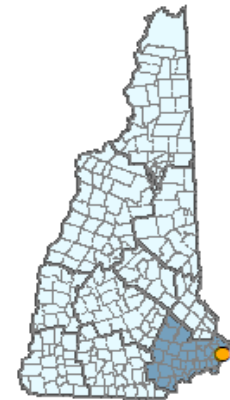
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Update: 05/2019

## Rye (Rockingham)

Rye is a town in Rockingham County that is home to several state parks along its Atlantic coastline. There are 1,210 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, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, heart attack, congestive heart failure, chronic kidney disease, and epilepsy. However, they had higher rates of excessive drinking, osteoporosis, prostate cancer, and glaucoma. Relative to state rates, they are more likely to take the health promotion steps of meeting CDC guidelines for both muscle-strengthening and aerobic physical activities and getting screened for colorectal cancer. Community resources to support healthy aging include 60 primary care providers and a nursing home within 5 miles, 8 home health agencies, a dementia support group, 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		5,355	1,327,503
Population 60 years or older as % of total population		30.2%	22.7%
Total population 60 years or older		1,615	301,630
Population 65 years or older as % of total population		22.6%	15.8%
Total population 65 years or older		1,210	210,385
% 65-74 years		47.4%	58.5%
% 75-84 years		33.1%	28.6%
% 85 years or older		19.4%	12.9%
Gender (65+ population)			
% female		57.1%	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		2.6%	0.9%
Marital Status (65+ population)			
% married		52.1%	58.5%
% divorced/separated		16.4%	14.0%
% widowed		29.0%	22.9%
% never married		2.4%	4.6%
Education (65+ population)			
% with less than high school education		7.6%	12.3%
% with high school or some college		44.1%	57.1%
% with college degree		48.3%	30.6%
% of 65+ population living alone		32.0%	26.1%
% of 65+ population who speak only English at home		96.7%	91.3%
% of 65+ population who are veterans of military service		21.7%	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		5.6%	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		81.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	35.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		66.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.8%	19.9%
% 60+ getting recommended hours of sleep		72.7%	66.4%
% 60+ injured in a fall within last 12 months		10.4%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		16.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		40.6%	40.3%
% 60+ flu shot past year		57.9%	59.3%
% 65+ with pneumonia vaccine		78.2%	77.8%
% 60+ with cholesterol screening		97.3%	95.3%
% 60+ women with a mammogram within last 2 years		85.6%	79.3%
% 60+ with colorectal cancer screening	B	84.7%	77.0%
% 60+ with HIV test		14.9%	13.5%
% 60+ current smokers		7.3%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		23.1%	29.0%
% 60+ with annual dental exam		81.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		23.7%	20.2%
% 60+ self-reported obese		20.1%	27.2%
% 65+ clinically diagnosed obese	B	12.7%	16.7%
% 65+ with high cholesterol		74.2%	72.2%
% 60+ excessive drinking	W	16.2%	9.2%
% 65+ with poor supermarket access		99.1%	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		6.4%	6.9%
% 65+ with depression	B	23.5%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.6%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	4.0%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.4%	12.0%
% 65+ with diabetes	B	20.6%	28.2%
% 65+ with stroke		11.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma		12.3%	13.0%
% 65+ with hypertension		70.9%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease		35.6%	34.3%
% 65+ with congestive heart failure	B	15.2%	17.7%
% 65+ with atrial fibrillation		14.2%	14.4%
% 65+ with peripheral vascular disease		14.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis	W	21.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer		1.9%	2.4%
% 65+ women with breast cancer		12.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer	W	15.2%	11.5%
% 65+ with benign prostatic hyperplasia		39.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.9%	20.8%
% 65+ with anemia		36.4%	37.3%
% 65+ with chronic kidney disease	B	19.5%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.4%	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		4.0%	4.0%
% 65+ with epilepsy	B	1.3%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.0%	22.9%
% 65+ with cataract		61.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.6%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.9%	14.4%
% 65+ with self-reported vision difficulty		1.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		8.2%	6.9%
% 65+ with self-reported ambulatory difficulty	W	28.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.9%	3.2%
% 65+ with self-reported self-care difficulty		15.2%	5.6%
% 65+ with self-reported independent living difficulty		20.7%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.0%	7.9%
% dually eligible for Medicare and Medicaid	*	2.7%	7.5%
% 60+ with a regular doctor		95.2%	95.8%
% 60+ who did not see doctor when needed due to cost		5.4%	5.4%
# of primary care providers within 5 miles		60	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		8	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		1	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.9	6.3
Emergency room visits/1000 persons 65+ years per year		509	572
Part D monthly prescription fills per person per year	*	41.7	49.1
Home health visits per year		2.8	2.5
Durable medical equipment claims per year	*	1.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		229	237
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		43	33
% 65+ getting Medicaid long term services and supports	*	1.5%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		17.7%	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)		99.0%	93.0%
% 60+ who used Internet in last month		75.1%	77.6%
Voter participation rate in 2018 election (age 18+)		79.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		47	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		1,081	2,012
% 65+ who own a motor vehicle		94.0%	91.0%
% 60+ who always drive wearing a seatbelt		80.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.4%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		29.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		13.9%	18.2%
% households with annual income \$20,000-\$49,999		30.7%	36.5%
% households with annual income > \$50,000		55.4%	45.3%
% 60+ own home		81.5%	79.9%
% 60+ have mortgage on home		38.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		6.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		36.6%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

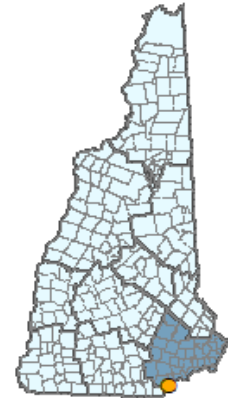
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral 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

## Salem (Rockingham)

Salem is an urban town in Rockingham County that is home to Canobie Lake Park and America's Stonehenge. There are 4,884 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression and Alzheimer's disease or related dementias. However, they had higher rates of obesity, high cholesterol, anxiety disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, atrial fibrillation, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, colon cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, cataracts, and hearing impairment. They are more likely to take the health promotion steps of getting a mammogram within the last 2 years and having annual dental exams. Community resources to support healthy aging include 71 primary care providers and 2 nursing homes within 5 miles, 16 home health agencies, a dementia support group, a senior center, an adult day health center, 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		28,860	1,327,503
Population 60 years or older as % of total population		23.2%	22.7%
Total population 60 years or older		6,705	301,630
Population 65 years or older as % of total population		16.9%	15.8%
Total population 65 years or older		4,884	210,385
% 65-74 years		56.3%	58.5%
% 75-84 years		27.4%	28.6%
% 85 years or older		16.3%	12.9%
Gender (65+ population)			
% female		57.5%	54.7%
Race/Ethnicity (65+ population)			
% White		98.0%	97.7%
% African American		0.2%	0.5%
% Asian		1.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.8%	0.9%
Marital Status (65+ population)			
% married		58.5%	58.5%
% divorced/separated		9.2%	14.0%
% widowed		27.4%	22.9%
% never married		5.0%	4.6%
Education (65+ population)			
% with less than high school education		13.2%	12.3%
% with high school or some college		61.1%	57.1%
% with college degree		25.7%	30.6%
% of 65+ population living alone		28.8%	26.1%
% of 65+ population who speak only English at home		91.4%	91.3%
% of 65+ population who are veterans of military service		22.7%	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		1.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		4.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		75.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.5%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.5%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.5%	12.5%
% 60+ with physical exam/check-up in past year		90.4%	86.5%
% 60+ met CDC preventive health screening goals		46.3%	40.3%
% 60+ flu shot past year		56.8%	59.3%
% 65+ with pneumonia vaccine		74.7%	77.8%
% 60+ with cholesterol screening		97.6%	95.3%
% 60+ women with a mammogram within last 2 years	B	93.4%	79.3%
% 60+ with colorectal cancer screening		81.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		7.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		25.4%	29.0%
% 60+ with annual dental exam	B	82.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	20.2%
% 60+ self-reported obese		32.0%	27.2%
% 65+ clinically diagnosed obese	W	21.1%	16.7%
% 65+ with high cholesterol	W	80.7%	72.2%
% 60+ excessive drinking		11.2%	9.2%
% 65+ with poor supermarket access		46.0%	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		5.3%	6.9%
% 65+ with depression	B	27.2%	28.8%
% 65+ with anxiety disorders	W	24.0%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.8%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.8%	5.5%
% 65+ with tobacco use disorders		11.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes	W	33.8%	28.2%
% 65+ with stroke		11.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.7%	20.5%
% 65+ with asthma	W	15.2%	13.0%
% 65+ with hypertension	W	79.3%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease	W	40.6%	34.3%
% 65+ with congestive heart failure	W	23.2%	17.7%
% 65+ with atrial fibrillation	W	16.4%	14.4%
% 65+ with peripheral vascular disease		15.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	52.6%	49.1%
% 65+ with osteoporosis	W	20.4%	17.4%
% 65+ with leukemias and lymphomas		2.4%	2.0%
% 65+ with lung cancer	W	2.9%	1.6%
% 65+ with colon cancer	W	3.3%	2.4%
% 65+ women with breast cancer		10.5%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		13.0%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	22.7%	20.8%
% 65+ with anemia	W	47.4%	37.3%
% 65+ with chronic kidney disease	W	29.7%	22.3%
% 65+ with liver diseases		7.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.8%	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		4.4%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.3%	22.9%
% 65+ with cataract	W	67.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	62.6%	54.4%
% 65+ with 0 chronic conditions	W	6.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	14.4%
% 65+ with self-reported vision difficulty		4.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	0.9%
% 65+ with self-reported cognition difficulty		6.2%	6.9%
% 65+ with self-reported ambulatory difficulty		21.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.1%	3.2%
% 65+ with self-reported self-care difficulty		6.6%	5.6%
% 65+ with self-reported independent living difficulty	W	16.0%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	5.2%	7.5%
% 60+ with a regular doctor	B	99.2%	95.8%
% 60+ who did not see doctor when needed due to cost		11.0%	5.4%
# of primary care providers within 5 miles		71	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		16	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		1	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		556	572
Part D monthly prescription fills per person per year	*	50.9	49.1
Home health visits per year		2.7	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	283	237
Medicare inpatient hospital readmissions (as % of admissions)		18.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		78	76
# skilled nursing home Medicare beds/1000 persons 65+ years		21	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		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		5.5%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		49.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		183	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,666	2,012
% 65+ who own a motor vehicle		88.2%	91.0%
% 60+ who always drive wearing a seatbelt		78.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.1%	5.4%
% 60+ receiving food stamps past year		4.4%	5.7%
% 65+ employed past year		20.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.9%	18.2%
% households with annual income \$20,000-\$49,999		37.8%	36.5%
% households with annual income > \$50,000		41.3%	45.3%
% 60+ own home		80.6%	79.9%
% 60+ have mortgage on home		32.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		11.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.1%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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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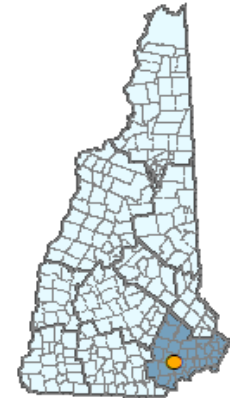
*Healthy Aging Data Report Team.* Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prasad from the Gerontology 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



## Sandown (Rockingham)

Sandown is a town located in Rockingham County that contains the Sandown Historical Society & Depot Museum. There are 557 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, schizophrenia and other psychotic disorders, and endometrial cancer. However, they had higher rates of obesity, and asthma. They are more likely to take the health promotion step of getting a mammogram within the last 2 years. Community resources to support healthy aging include 11 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		6,231	1,327,503
Population 60 years or older as % of total population		14.3%	22.7%
Total population 60 years or older		889	301,630
Population 65 years or older as % of total population		8.9%	15.8%
Total population 65 years or older		557	210,385
% 65-74 years		63.2%	58.5%
% 75-84 years		24.4%	28.6%
% 85 years or older		12.4%	12.9%
Gender (65+ population)			
% female		57.3%	54.7%
Race/Ethnicity (65+ population)			
% White		97.3%	97.7%
% African American		0.0%	0.5%
% Asian		2.7%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		67.1%	58.5%
% divorced/separated		7.7%	14.0%
% widowed		23.5%	22.9%
% never married		1.6%	4.6%
Education (65+ population)			
% with less than high school education		12.6%	12.3%
% with high school or some college		70.4%	57.1%
% with college degree		17.1%	30.6%
% of 65+ population living alone		21.0%	26.1%
% of 65+ population who speak only English at home		96.4%	91.3%
% of 65+ population who are veterans of military service		20.8%	24.8%
Age-sex adjusted 1-year mortality rate		3.6%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.5%	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		70.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		27.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		52.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.4%	19.9%
% 60+ getting recommended hours of sleep		67.5%	66.4%
% 60+ injured in a fall within last 12 months		12.3%	10.4%
% 65+ had hip fracture	B	2.4%	3.3%
% 60+ with self-reported fair or poor health status		13.2%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.1%	12.5%
% 60+ with physical exam/check-up in past year		87.9%	86.5%
% 60+ met CDC preventive health screening goals		47.8%	40.3%
% 60+ flu shot past year		67.1%	59.3%
% 65+ with pneumonia vaccine		79.7%	77.8%
% 60+ with cholesterol screening		96.4%	95.3%
% 60+ women with a mammogram within last 2 years	B	88.9%	79.3%
% 60+ with colorectal cancer screening		82.5%	77.0%
% 60+ with HIV test		16.1%	13.5%
% 60+ current smokers		6.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		30.8%	29.0%
% 60+ with annual dental exam		80.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		21.6%	20.2%
% 60+ self-reported obese		29.0%	27.2%
% 65+ clinically diagnosed obese	W	22.5%	16.7%
% 65+ with high cholesterol		74.0%	72.2%
% 60+ excessive drinking		7.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		9.4%	6.9%
% 65+ with depression		28.4%	28.8%
% 65+ with anxiety disorders		21.1%	21.9%
% 65+ with bipolar disorders		2.8%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.0%	5.5%
% 65+ with tobacco use disorders		10.7%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.4%	12.0%
% 65+ with diabetes		30.6%	28.2%
% 65+ with stroke		9.0%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.5%	20.5%
% 65+ with asthma	W	17.9%	13.0%
% 65+ with hypertension		74.5%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		30.5%	34.3%
% 65+ with congestive heart failure		17.2%	17.7%
% 65+ with atrial fibrillation		14.1%	14.4%
% 65+ with peripheral vascular disease		14.1%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		53.6%	49.1%
% 65+ with osteoporosis		16.3%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.1%	2.4%
% 65+ women with breast cancer		8.2%	9.8%
% 65+ women with endometrial cancer	B	1.0%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		36.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.9%	20.8%
% 65+ with anemia		37.3%	37.3%
% 65+ with chronic kidney disease		23.9%	22.3%
% 65+ with liver diseases		5.7%	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		3.4%	4.0%
% 65+ with epilepsy		2.4%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.8%	22.9%
% 65+ with cataract		58.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.4%	54.4%
% 65+ with 0 chronic conditions		11.0%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.0%	14.4%
% 65+ with self-reported vision difficulty		7.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		17.6%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		6.8%	5.6%
% 65+ with self-reported independent living difficulty		9.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.4%	7.9%
% dually eligible for Medicare and Medicaid		6.4%	7.5%
% 60+ with a regular doctor		97.2%	95.8%
% 60+ who did not see doctor when needed due to cost		2.7%	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		11	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	*	7.2	6.3
Emergency room visits/1000 persons 65+ years per year		559	572
Part D monthly prescription fills per person per year		50.6	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	312	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		77	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.8%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		4.6%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		4.4%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		57.4%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		43	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		545	2,012
% 65+ who own a motor vehicle		97.4%	91.0%
% 60+ who always drive wearing a seatbelt		83.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.8%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		39.9%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.3%	18.2%
% households with annual income \$20,000-\$49,999		35.7%	36.5%
% households with annual income > \$50,000		52.0%	45.3%
% 60+ own home		90.7%	79.9%
% 60+ have mortgage on home		57.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.9%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

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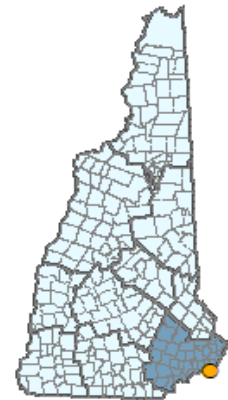
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Update: 05/2019

## Seabrook (Rockingham)

Seabrook is a seaside town in southeastern New Hampshire that is home to a Science and Nature Center and an active harbor. There are 1,958 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, personality disorders, Alzheimer’s disease or related dementias, osteoporosis, prostate cancer, and glaucoma. However, they had higher rates of obesity, high cholesterol, depression, anxiety disorders, substance use and tobacco use disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraine and other chronic headache, and hearing impairment. Community resources to support healthy aging include 4 primary care providers within 5 miles, 9 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		8,772	1,327,503
Population 60 years or older as % of total population		32.5%	22.7%
Total population 60 years or older		2,849	301,630
Population 65 years or older as % of total population		22.3%	15.8%
Total population 65 years or older		1,958	210,385
% 65-74 years		60.2%	58.5%
% 75-84 years		29.3%	28.6%
% 85 years or older		10.6%	12.9%
Gender (65+ population)			
% female		57.0%	54.7%
Race/Ethnicity (65+ population)			
% White		99.6%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.4%	0.9%
% Hispanic/Latino		0.9%	0.9%
Marital Status (65+ population)			
% married		54.1%	58.5%
% divorced/separated		17.3%	14.0%
% widowed		20.6%	22.9%
% never married		8.0%	4.6%
Education (65+ population)			
% with less than high school education		12.2%	12.3%
% with high school or some college		74.7%	57.1%
% with college degree		13.1%	30.6%
% of 65+ population living alone		29.5%	26.1%
% of 65+ population who speak only English at home		96.6%	91.3%
% of 65+ population who are veterans of military service		25.8%	24.8%
Age-sex adjusted 1-year mortality rate		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		6.7%	3.6%
% moved from different county in New Hampshire		0.7%	1.0%
% moved from different state		1.1%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese	W	20.3%	16.7%
% 65+ with high cholesterol	W	77.8%	72.2%
% 60+ excessive drinking		7.1%	9.2%
% 65+ with poor supermarket access		59.5%	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		10.1%	6.9%
% 65+ with depression	W	34.3%	28.8%
% 65+ with anxiety disorders	W	27.6%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.2%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	W	7.7%	5.5%
% 65+ with tobacco use disorders	W	16.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	W	34.2%	28.2%
% 65+ with stroke		11.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	30.2%	20.5%
% 65+ with asthma	W	17.0%	13.0%
% 65+ with hypertension	W	78.8%	70.2%
% 65+ ever had a heart attack	W	6.2%	4.5%
% 65+ with ischemic heart disease	W	45.0%	34.3%
% 65+ with congestive heart failure	W	21.9%	17.7%
% 65+ with atrial fibrillation	W	18.0%	14.4%
% 65+ with peripheral vascular disease	W	20.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis	B	15.0%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		2.4%	1.7%
% 65+ men with prostate cancer	B	9.1%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.5%	20.8%
% 65+ with anemia	W	42.0%	37.3%
% 65+ with chronic kidney disease	W	27.7%	22.3%
% 65+ with liver diseases	W	9.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	23.2%	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	W	5.0%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.4%	22.9%
% 65+ with cataract		61.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	63.0%	54.4%
% 65+ with 0 chronic conditions	W	7.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		17.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.3%	14.4%
% 65+ with self-reported vision difficulty	B	1.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		9.2%	6.9%
% 65+ with self-reported ambulatory difficulty		17.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		7.5%	5.6%
% 65+ with self-reported independent living difficulty		12.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.0%	7.9%
% dually eligible for Medicare and Medicaid		7.0%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	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		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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	*	8.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	758	572
Part D monthly prescription fills per person per year	*	56.8	49.1
Home health visits per year	*	3.5	2.5
Durable medical equipment claims per year	*	2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	331	237
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		82	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.4%	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)		2	N/A
% of grandparents raising grandchildren		2.9%	0.8%
% of grandparents who live with grandchildren		5.3%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		17.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		43.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		250	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		2,722	2,012
% 65+ who own a motor vehicle		94.3%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		5.2%	5.7%
% 65+ employed past year		24.9%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		19.1%	18.2%
% households with annual income \$20,000-\$49,999		35.9%	36.5%
% households with annual income > \$50,000		45.0%	45.3%
% 60+ own home		75.2%	79.9%
% 60+ have mortgage on home		34.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.0%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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:

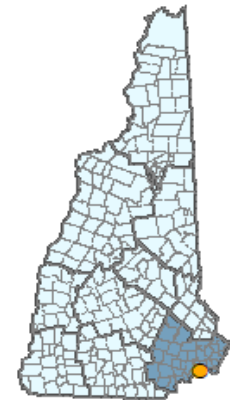
- Population Characteristics: The U.S. Census Bureau (American Community Survey 2012-2016).
- Wellness & Prevention: The Behavioral Risk Factor Surveillance System (2011-2016).
- Nutrition/Diet: BRFSS (2011-2016), CMS (2014-2015), and the U.S. Department of Agriculture Food Atlas (2017).
- Behavioral 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

## South Hampton (Rockingham)

South Hampton is a rural town in Rockingham County that is home to Cowden State Forest. There are 158 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, personality disorders, substance use and tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, and osteoporosis. However, they had higher rates of lung cancer, migraine and other chronic headache. Community resources to support healthy aging include 17 primary care providers and 2 nursing homes within 5 miles, 9 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		804	1,327,503
Population 60 years or older as % of total population		28.5%	22.7%
Total population 60 years or older		229	301,630
Population 65 years or older as % of total population		19.7%	15.8%
Total population 65 years or older		158	210,385
% 65-74 years		60.1%	58.5%
% 75-84 years		31.0%	28.6%
% 85 years or older		8.9%	12.9%
Gender (65+ population)			
% female		50.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		63.3%	58.5%
% divorced/separated		5.7%	14.0%
% widowed		28.5%	22.9%
% never married		2.5%	4.6%
Education (65+ population)			
% with less than high school education		6.3%	12.3%
% with high school or some college		56.3%	57.1%
% with college degree		37.3%	30.6%
% of 65+ population living alone		19.0%	26.1%
% of 65+ population who speak only English at home		98.1%	91.3%
% of 65+ population who are veterans of military service		23.4%	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		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		69.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		55.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.3%	19.9%
% 60+ getting recommended hours of sleep		66.4%	66.4%
% 60+ injured in a fall within last 12 months		8.9%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		20.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.4%	12.5%
% 60+ with physical exam/check-up in past year		90.1%	86.5%
% 60+ met CDC preventive health screening goals		37.9%	40.3%
% 60+ flu shot past year		63.1%	59.3%
% 65+ with pneumonia vaccine		83.2%	77.8%
% 60+ with cholesterol screening		97.0%	95.3%
% 60+ women with a mammogram within last 2 years		78.6%	79.3%
% 60+ with colorectal cancer screening		75.3%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		12.1%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		35.9%	29.0%
% 60+ with annual dental exam		72.4%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.0%	20.2%
% 60+ self-reported obese		33.0%	27.2%
% 65+ clinically diagnosed obese		16.8%	16.7%
% 65+ with high cholesterol		76.2%	72.2%
% 60+ excessive drinking		7.1%	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		10.1%	6.9%
% 65+ with depression		24.9%	28.8%
% 65+ with anxiety disorders		21.7%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.2%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.2%	5.5%
% 65+ with tobacco use disorders	B	4.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.0%	12.0%
% 65+ with diabetes		29.3%	28.2%
% 65+ with stroke		8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma		13.2%	13.0%
% 65+ with hypertension		73.4%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease		36.0%	34.3%
% 65+ with congestive heart failure		15.2%	17.7%
% 65+ with atrial fibrillation		15.4%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.7%	49.1%
% 65+ with osteoporosis	B	14.2%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer	W	2.6%	1.6%
% 65+ with colon cancer		2.4%	2.4%
% 65+ women with breast cancer		10.8%	9.8%
% 65+ women with endometrial cancer		2.4%	1.7%
% 65+ men with prostate cancer		12.4%	11.5%
% 65+ with benign prostatic hyperplasia		43.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.8%	20.8%
% 65+ with anemia		37.6%	37.3%
% 65+ with chronic kidney disease		20.2%	22.3%
% 65+ with liver diseases		9.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.6%	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	W	5.0%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.9%	22.9%
% 65+ with cataract		59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		51.8%	54.4%
% 65+ with 0 chronic conditions		8.0%	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		16.3%	14.4%
% 65+ with self-reported vision difficulty		1.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		5.7%	6.9%
% 65+ with self-reported ambulatory difficulty	B	5.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.0%	3.2%
% 65+ with self-reported self-care difficulty		1.9%	5.6%
% 65+ with self-reported independent living difficulty		4.4%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.0%	7.9%
% dually eligible for Medicare and Medicaid	*	2.2%	7.5%
% 60+ with a regular doctor		97.5%	95.8%
% 60+ who did not see doctor when needed due to cost		9.5%	5.4%
# of primary care providers within 5 miles		17	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		2	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<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	*	8.3	6.3
Emergency room visits/1000 persons 65+ years per year		562	572
Part D monthly prescription fills per person per year	*	45.5	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		215	237
Medicare inpatient hospital readmissions (as % of admissions)		10.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	35	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.5%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		27.1%	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)		99.0%	93.0%
% 60+ who used Internet in last month		78.2%	77.6%
Voter participation rate in 2018 election (age 18+)		73.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		571	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		77.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.3%	5.4%
% 60+ receiving food stamps past year		0.7%	5.7%
% 65+ employed past year		23.4%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.0%	18.2%
% households with annual income \$20,000-\$49,999		39.8%	36.5%
% households with annual income > \$50,000		52.3%	45.3%
% 60+ own home		95.4%	79.9%
% 60+ have mortgage on home		54.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.4%	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	\$25,536	\$25,284	1.01
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Couple, renter, good health	\$38,268	\$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:

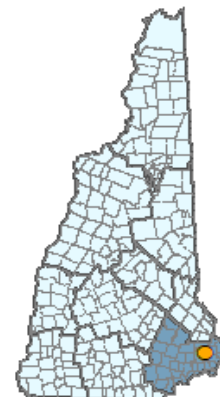
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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html>), the Aging & 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

## Stratham (Rockingham)

Stratham is a town in Rockingham County bordering the Squamscott River. There are 960 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, obesity, high cholesterol, depression, bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, cataracts, and pressure ulcers. They are more likely to take the health promotion steps of having an annual dental exam, doing physical activity within the past month and following the CDC guidelines for both muscle-strengthening and aerobic physical activity. Community resources to support healthy aging include 87 primary care providers, a hospital, and a nursing home within 5 miles, 10 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		7,361	1,327,503
Population 60 years or older as % of total population		23.1%	22.7%
Total population 60 years or older		1,701	301,630
Population 65 years or older as % of total population		13.0%	15.8%
Total population 65 years or older		960	210,385
% 65-74 years		61.5%	58.5%
% 75-84 years		30.8%	28.6%
% 85 years or older		7.7%	12.9%
Gender (65+ population)			
% female		53.1%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		70.2%	58.5%
% divorced/separated		7.7%	14.0%
% widowed		17.1%	22.9%
% never married		5.0%	4.6%
Education (65+ population)			
% with less than high school education		5.8%	12.3%
% with high school or some college		40.1%	57.1%
% with college degree		54.1%	30.6%
% of 65+ population living alone		25.2%	26.1%
% of 65+ population who speak only English at home		98.3%	91.3%
% of 65+ population who are veterans of military service		25.0%	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		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month	B	84.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	B	37.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		60.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities	B	29.6%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		9.0%	10.4%
% 65+ had hip fracture	B	2.6%	3.3%
% 60+ with self-reported fair or poor health status		12.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.6%	12.5%
% 60+ with physical exam/check-up in past year		90.9%	86.5%
% 60+ met CDC preventive health screening goals		45.0%	40.3%
% 60+ flu shot past year		59.3%	59.3%
% 65+ with pneumonia vaccine		79.5%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		80.6%	79.3%
% 60+ with colorectal cancer screening		82.4%	77.0%
% 60+ with HIV test		12.6%	13.5%
% 60+ current smokers		6.4%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth	B	20.4%	29.0%
% 60+ with annual dental exam	B	85.1%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		26.9%	20.2%
% 60+ self-reported obese		21.1%	27.2%
% 65+ clinically diagnosed obese	B	13.8%	16.7%
% 65+ with high cholesterol	B	68.7%	72.2%
% 60+ excessive drinking		9.5%	9.2%
% 65+ with poor supermarket access		67.1%	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		5.8%	6.9%
% 65+ with depression	B	22.3%	28.8%
% 65+ with anxiety disorders		19.7%	21.9%
% 65+ with bipolar disorders	B	1.9%	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		0.8%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	6.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.3%	12.0%
% 65+ with diabetes	B	22.2%	28.2%
% 65+ with stroke	B	8.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.9%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	66.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease	B	30.9%	34.3%
% 65+ with congestive heart failure	B	11.6%	17.7%
% 65+ with atrial fibrillation		13.8%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.9%	49.1%
% 65+ with osteoporosis		15.7%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		11.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.8%	20.8%
% 65+ with anemia	B	31.8%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.9%	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		3.9%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.5%	22.9%
% 65+ with cataract	B	55.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.6%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.3%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		14.1%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.1%	14.4%
% 65+ with self-reported vision difficulty		3.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.5%	0.9%
% 65+ with self-reported cognition difficulty		4.3%	6.9%
% 65+ with self-reported ambulatory difficulty		15.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		2.3%	5.6%
% 65+ with self-reported independent living difficulty	B	4.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		6.8%	7.9%
% dually eligible for Medicare and Medicaid	*	2.4%	7.5%
% 60+ with a regular doctor		97.4%	95.8%
% 60+ who did not see doctor when needed due to cost		2.6%	5.4%
# of primary care providers within 5 miles		87	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<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		507	572
Part D monthly prescription fills per person per year	*	42.8	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		216	237
Medicare inpatient hospital readmissions (as % of admissions)		17.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		63	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.2%	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)		2	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		3.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		99.0%	93.0%
% 60+ who used Internet in last month		86.3%	77.6%
Voter participation rate in 2018 election (age 18+)		76.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		27	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		724	2,012
% 65+ who own a motor vehicle		97.6%	91.0%
% 60+ who always drive wearing a seatbelt		83.7%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		29.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.2%	18.2%
% households with annual income \$20,000-\$49,999		29.8%	36.5%
% households with annual income > \$50,000		58.0%	45.3%
% 60+ own home		92.1%	79.9%
% 60+ have mortgage on home		39.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.9%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$38,244	1.00

#### TECHNICAL NOTES

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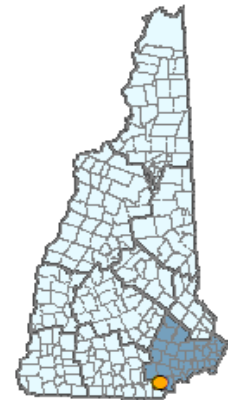
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Update: 05/2019



## Windham (Rockingham)

Windham is an urban town in Rockingham County that hosts an annual Strawberry Festival featuring food from local businesses. There are 1,902 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, depression, anxiety and bipolar disorders, post-traumatic stress disorder, personality disorders, substance and tobacco use disorders, Alzheimer’s disease or related dementias, chronic obstructive pulmonary disease, asthma, peripheral vascular disease, benign prostatic hyperplasia, fibromyalgia/chronic pain/fatigue, epilepsy, and pressure ulcers. However, they had a higher rate of high cholesterol. They are more likely to take the health promotion steps of having regular mammograms and annual dental exams. Community resources to support healthy aging include 70 primary care providers and a nursing home within 5 miles, 13 home health agencies, a senior center, 5 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		14,238	1,327,503
Population 60 years or older as % of total population		21.0%	22.7%
Total population 60 years or older		2,994	301,630
Population 65 years or older as % of total population		13.4%	15.8%
Total population 65 years or older		1,902	210,385
% 65-74 years		60.6%	58.5%
% 75-84 years		28.1%	28.6%
% 85 years or older		11.3%	12.9%
Gender (65+ population)			
% female		48.0%	54.7%
Race/Ethnicity (65+ population)			
% White		97.8%	97.7%
% African American		0.0%	0.5%
% Asian		1.8%	0.9%
% Other		0.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		62.1%	58.5%
% divorced/separated		14.3%	14.0%
% widowed		22.9%	22.9%
% never married		0.7%	4.6%
Education (65+ population)			
% with less than high school education		12.6%	12.3%
% with high school or some college		52.1%	57.1%
% with college degree		35.3%	30.6%
% of 65+ population living alone		18.7%	26.1%
% of 65+ population who speak only English at home		94.1%	91.3%
% of 65+ population who are veterans of military service		30.7%	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		1.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.5%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		75.1%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		28.5%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.7%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.5%	19.9%
% 60+ getting recommended hours of sleep		64.8%	66.4%
% 60+ injured in a fall within last 12 months		9.5%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		14.3%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.5%	12.5%
% 60+ with physical exam/check-up in past year		90.4%	86.5%
% 60+ met CDC preventive health screening goals		46.3%	40.3%
% 60+ flu shot past year		56.8%	59.3%
% 65+ with pneumonia vaccine		74.7%	77.8%
% 60+ with cholesterol screening		97.6%	95.3%
% 60+ women with a mammogram within last 2 years	B	93.4%	79.3%
% 60+ with colorectal cancer screening		81.1%	77.0%
% 60+ with HIV test		9.9%	13.5%
% 60+ current smokers		7.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		25.4%	29.0%
% 60+ with annual dental exam	B	82.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		72	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		20.3%	20.2%
% 60+ self-reported obese		32.0%	27.2%
% 65+ clinically diagnosed obese		17.2%	16.7%
% 65+ with high cholesterol	W	75.0%	72.2%
% 60+ excessive drinking		11.2%	9.2%
% 65+ with poor supermarket access		77.1%	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		5.3%	6.9%
% 65+ with depression	B	24.2%	28.8%
% 65+ with anxiety disorders	B	19.0%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		276	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	4.1%	5.5%
% 65+ with tobacco use disorders	B	7.1%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.9%	12.0%
% 65+ with diabetes		28.4%	28.2%
% 65+ with stroke		9.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.5%	20.5%
% 65+ with asthma	B	11.0%	13.0%
% 65+ with hypertension		70.7%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease		32.0%	34.3%
% 65+ with congestive heart failure		16.5%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease	B	11.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis		16.9%	17.4%
% 65+ with leukemias and lymphomas		2.2%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		10.1%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.3%	20.8%
% 65+ with anemia		37.0%	37.3%
% 65+ with chronic kidney disease		22.9%	22.3%
% 65+ with liver diseases		6.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.4%	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		4.0%	4.0%
% 65+ with epilepsy	B	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		23.9%	22.9%
% 65+ with cataract		61.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	51.4%	54.4%
% 65+ with 0 chronic conditions		9.4%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	9.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.7%	14.4%
% 65+ with self-reported vision difficulty		4.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.7%	6.9%
% 65+ with self-reported ambulatory difficulty	B	10.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty	B	5.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.2%	7.9%
% dually eligible for Medicare and Medicaid	*	3.5%	7.5%
% 60+ with a regular doctor	B	99.2%	95.8%
% 60+ who did not see doctor when needed due to cost		11.0%	5.4%
# of primary care providers within 5 miles		70	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		13	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	*	7.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	376	572
Part D monthly prescription fills per person per year	*	45.1	49.1
Home health visits per year	*	1.9	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		209	237
Medicare inpatient hospital readmissions (as % of admissions)		16.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		59	76
# skilled nursing home Medicare beds/1000 persons 65+ years		13	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		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		2	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		3.5%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		4.0%	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)		99.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		63.6%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		59	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		92	586
Property crime rate /100,000 persons		716	2,012
% 65+ who own a motor vehicle		93.1%	91.0%
% 60+ who always drive wearing a seatbelt		78.4%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <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		2.5%	5.7%
% 65+ employed past year		30.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		9.3%	18.2%
% households with annual income \$20,000-\$49,999		24.1%	36.5%
% households with annual income > \$50,000		66.6%	45.3%
% 60+ own home		92.7%	79.9%
% 60+ have mortgage on home		48.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.7%	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	\$25,536	\$25,284	1.01
Single, renter, good health	\$26,712	\$26,400	1.01
Couple, homeowner without mortgage, good health	\$37,092	\$37,128	1.00
Couple, renter, good health	\$38,268	\$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).

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