Barrington (Strafford)

TUFTS
Health Plan
FOUNDATION

Barrington is a rural town in southeastern New Hampshire containing the notable Beauty Hill. There are 1,075 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, substance use disorders, heart attack, congestive heart failure, peripheral vascular disease, osteoporosis, hypothyroidism, anemia, glaucoma, and cataracts. They are more likely to take the health promotion steps of having cholesterol and colorectal cancer screenings, having a regular doctor, and always wearing a seatbelt while driving. Community resources to support healthy aging include 7 primary care providers within 5 miles, 9 home health agencies, 2 assisted living sites, a public library, and access to broadband.
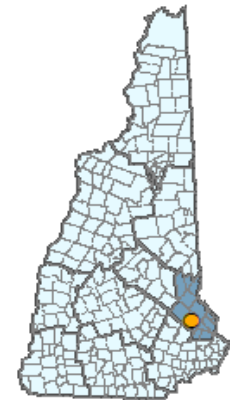
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		8,770	1,327,503
Population 60 years or older as % of total population		19.2%	22.7%
Total population 60 years or older		1,681	301,630
Population 65 years or older as % of total population		12.3%	15.8%
Total population 65 years or older		1,075	210,385
% 65-74 years		60.5%	58.5%
% 75-84 years		28.6%	28.6%
% 85 years or older		11.0%	12.9%
Gender (65+ population)			
% female		48.2%	54.7%
Race/Ethnicity (65+ population)			
% White		98.9%	97.7%
% African American		0.0%	0.5%
% Asian		1.1%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		4.5%	0.9%
Marital Status (65+ population)			
% married		66.7%	58.5%
% divorced/separated		8.6%	14.0%
% widowed		15.4%	22.9%
% never married		9.3%	4.6%
Education (65+ population)			
% with less than high school education		17.5%	12.3%
% with high school or some college		52.2%	57.1%
% with college degree		30.3%	30.6%
% of 65+ population living alone		26.0%	26.1%
% of 65+ population who speak only English at home		89.9%	91.3%
% of 65+ population who are veterans of military service		26.0%	24.8%
Age-sex adjusted 1-year mortality rate		3.2%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese		19.1%	16.7%
% 65+ with high cholesterol		73.2%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression		29.5%	28.8%
% 65+ with anxiety disorders		22.8%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	4.0%	5.5%
% 65+ with tobacco use disorders		9.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.1%	12.0%
% 65+ with diabetes		28.0%	28.2%
% 65+ with stroke		9.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.3%	20.5%
% 65+ with asthma		11.3%	13.0%
% 65+ with hypertension		67.9%	70.2%
% 65+ ever had a heart attack	B	3.2%	4.5%
% 65+ with ischemic heart disease		31.8%	34.3%
% 65+ with congestive heart failure	B	14.8%	17.7%
% 65+ with atrial fibrillation		12.4%	14.4%
% 65+ with peripheral vascular disease	B	12.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.6%	49.1%
% 65+ with osteoporosis	B	12.7%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		8.8%	11.5%
% 65+ with benign prostatic hyperplasia		34.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.8%	20.8%
% 65+ with anemia	B	28.9%	37.3%
% 65+ with chronic kidney disease		21.3%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.0%	22.9%
% 65+ with cataract	B	53.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.9%	54.4%
% 65+ with 0 chronic conditions		12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		16.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	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		14.9%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		5.0%	5.6%
% 65+ with self-reported independent living difficulty		18.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.5%	7.9%
% dually eligible for Medicare and Medicaid		6.1%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		7	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		9	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.6	6.3
Emergency room visits/1000 persons 65+ years per year		505	572
Part D monthly prescription fills per person per year		48.8	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		225	237
Medicare inpatient hospital readmissions (as % of admissions)		11.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	46	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.1%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		9.3%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		64.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		27	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,074	2,012
% 65+ who own a motor vehicle		97.7%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.3%	5.4%
% 60+ receiving food stamps past year		5.9%	5.7%
% 65+ employed past year		20.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		24.8%	18.2%
% households with annual income $20,000-$49,999		24.2%	36.5%
% households with annual income > $50,000		51.0%	45.3%
% 60+ own home		95.2%	79.9%
% 60+ have mortgage on home		42.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

Dover (Strafford)

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

Dover is a seaside city in eastern New Hampshire that is home to the Woodman Institute Museum. There are 4,393 residents age 65 or older. Compared to state average rates, older residents fared worse for some healthy aging indicators with higher rates of obesity, high cholesterol, hip fracture, depression, anxiety and bipolar disorders, schizophrenia, personality disorders, Alzheimer's disease, diabetes, stroke, COPD, hypertension, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, osteoporosis, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, liver diseases, fibromyalgia, epilepsy, glaucoma, pressure ulcers, and hearing/visual impairments. They are more likely to take the health promotion steps of wearing a seatbelt, having a regular doctor, and undergoing cholesterol/colorectal cancer screenings. Community resources to support healthy aging include a senior center, 2 memory cafes, a dementia support group, 88 primary care providers, a hospital, 4 nursing homes, community health center, 11 home health agencies, 5 assisted living sites, public library, and access to broadband. Dover is an Age-Friendly community.
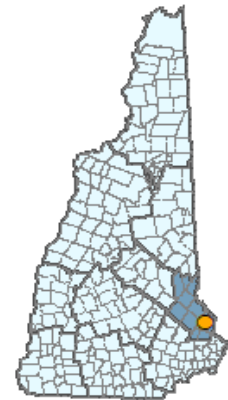
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		30,750	1,327,503
Population 60 years or older as % of total population		19.7%	22.7%
Total population 60 years or older		6,068	301,630
Population 65 years or older as % of total population		14.3%	15.8%
Total population 65 years or older		4,393	210,385
% 65-74 years		53.5%	58.5%
% 75-84 years		31.3%	28.6%
% 85 years or older		15.3%	12.9%
Gender (65+ population)			
% female		56.9%	54.7%
Race/Ethnicity (65+ population)			
% White		96.0%	97.7%
% African American		1.2%	0.5%
% Asian		2.8%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.5%	0.9%
Marital Status (65+ population)			
% married		50.7%	58.5%
% divorced/separated		21.3%	14.0%
% widowed		25.0%	22.9%
% never married		3.0%	4.6%
Education (65+ population)			
% with less than high school education		13.2%	12.3%
% with high school or some college		55.5%	57.1%
% with college degree		31.3%	30.6%
% of 65+ population living alone		32.1%	26.1%
% of 65+ population who speak only English at home		90.7%	91.3%
% of 65+ population who are veterans of military service		29.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		5.6%	3.6%
% moved from different county in New Hampshire		2.6%	1.0%
% moved from different state		1.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture	W	4.5%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese	W	18.3%	16.7%
% 65+ with high cholesterol	W	75.9%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		44.3%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	32.9%	28.8%
% 65+ with anxiety disorders	W	26.7%	21.9%
% 65+ with bipolar disorders	W	4.2%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	8.6%	4.9%
% 65+ with personality disorders	W	1.6%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.3%	5.5%
% 65+ with tobacco use disorders		9.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	16.3%	12.0%
% 65+ with diabetes	W	31.1%	28.2%
% 65+ with stroke	W	12.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.6%	20.5%
% 65+ with asthma		12.5%	13.0%
% 65+ with hypertension	W	72.1%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease	W	38.1%	34.3%
% 65+ with congestive heart failure	W	19.6%	17.7%
% 65+ with atrial fibrillation	W	16.0%	14.4%
% 65+ with peripheral vascular disease	W	17.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.0%	49.1%
% 65+ with osteoporosis	W	19.6%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		9.9%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	W	44.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	W	23.1%	20.8%
% 65+ with anemia		38.9%	37.3%
% 65+ with chronic kidney disease	W	25.5%	22.3%
% 65+ with liver diseases	W	8.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	22.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.0%	4.0%
% 65+ with epilepsy	W	3.3%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	W	26.9%	22.9%
% 65+ with cataract		60.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.8%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.2%	14.4%
% 65+ with self-reported vision difficulty		4.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.3%	0.9%
% 65+ with self-reported cognition difficulty		8.5%	6.9%
% 65+ with self-reported ambulatory difficulty	W	23.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.6%	3.2%
% 65+ with self-reported self-care difficulty		3.8%	5.6%
% 65+ with self-reported independent living difficulty		11.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.0%	7.9%
% dually eligible for Medicare and Medicaid	*	10.0%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		88	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		4	74
# of home health agencies		11	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		2	12
# of dementia-related support groups		1	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.1	6.3
Emergency room visits/1000 persons 65+ years per year		613	572
Part D monthly prescription fills per person per year	*	55.6	49.1
Home health visits per year	*	3.1	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		237	237
Medicare inpatient hospital readmissions (as % of admissions)		15.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		76	76
# skilled nursing home Medicare beds/1000 persons 65+ years		88	33
% 65+ getting Medicaid long term services and supports	*	5.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Yes	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		1.5%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		6.4%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		58.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		137	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,679	2,012
% 65+ who own a motor vehicle		88.1%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		5	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.4%	5.4%
% 60+ receiving food stamps past year		9.0%	5.7%
% 65+ employed past year		20.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.6%	18.2%
% households with annual income $20,000-$49,999		35.5%	36.5%
% households with annual income > $50,000		44.9%	45.3%
% 60+ own home		72.3%	79.9%
% 60+ have mortgage on home		26.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

Update: 05/2019

Durham (Strafford)

TUFTS
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Durham is an urban town in Strafford County that is home to the University of New Hampshire. There are 1,211 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, congestive heart failure, and chronic kidney disease. However, they had higher rates of schizophrenia and other psychotic disorders, benign prostatic hyperplasia, cataracts, and hearing impairment. They are more likely to take the health promotion steps of having a regular doctor, always wearing a seatbelt when driving, and undergoing a cholesterol or colorectal cancer screening. Community resources to support healthy aging include a memory cafe, a dementia support group, an assisted living site, 10 home health agencies, 9 primary care providers within 5 miles, and a public library.
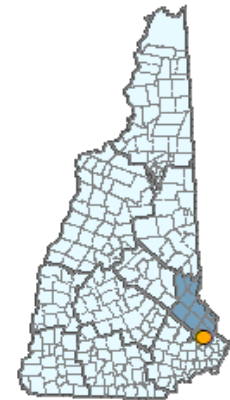
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		15,934	1,327,503
Population 60 years or older as % of total population		10.7%	22.7%
Total population 60 years or older		1,700	301,630
Population 65 years or older as % of total population		7.6%	15.8%
Total population 65 years or older		1,211	210,385
% 65-74 years		58.4%	58.5%
% 75-84 years		30.4%	28.6%
% 85 years or older		11.2%	12.9%
Gender (65+ population)			
% female		50.5%	54.7%
Race/Ethnicity (65+ population)			
% White		97.7%	97.7%
% African American		0.0%	0.5%
% Asian		2.3%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		70.4%	58.5%
% divorced/separated		6.2%	14.0%
% widowed		19.0%	22.9%
% never married		4.4%	4.6%
Education (65+ population)			
% with less than high school education		0.5%	12.3%
% with high school or some college		27.7%	57.1%
% with college degree		71.8%	30.6%
% of 65+ population living alone		22.2%	26.1%
% of 65+ population who speak only English at home		95.0%	91.3%
% of 65+ population who are veterans of military service		22.2%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.1%	3.6%
% moved from different county in New Hampshire		0.3%	1.0%
% moved from different state		1.1%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese	B	12.3%	16.7%
% 65+ with high cholesterol		73.8%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		2.5%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression		26.9%	28.8%
% 65+ with anxiety disorders		21.4%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.1%	5.5%
% 65+ with tobacco use disorders	B	6.0%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		14.4%	12.0%
% 65+ with diabetes	B	21.0%	28.2%
% 65+ with stroke		11.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.8%	20.5%
% 65+ with asthma		11.5%	13.0%
% 65+ with hypertension	B	65.6%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure	B	14.8%	17.7%
% 65+ with atrial fibrillation		15.7%	14.4%
% 65+ with peripheral vascular disease		13.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.0%	49.1%
% 65+ with osteoporosis		19.5%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.9%	2.4%
% 65+ women with breast cancer		12.1%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		14.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	46.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		22.3%	20.8%
% 65+ with anemia		34.9%	37.3%
% 65+ with chronic kidney disease	B	18.2%	22.3%
% 65+ with liver diseases		5.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract	W	66.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.6%	54.4%
% 65+ with 0 chronic conditions		9.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	8.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.9%	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		6.4%	6.9%
% 65+ with self-reported ambulatory difficulty		14.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		5.1%	5.6%
% 65+ with self-reported independent living difficulty		10.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.2%	7.9%
% dually eligible for Medicare and Medicaid	*	3.3%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	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		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		1	12
# of dementia-related support groups		1	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	461	572
Part D monthly prescription fills per person per year		46.2	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		201	237
Medicare inpatient hospital readmissions (as % of admissions)		14.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	53	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.8%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		12.3%	16.0%
# of universities and community colleges		1	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		46.0%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		109	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		629	2,012
% 65+ who own a motor vehicle		92.0%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.8%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		23.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		8.8%	18.2%
% households with annual income $20,000-$49,999		19.8%	36.5%
% households with annual income > $50,000		71.4%	45.3%
% 60+ own home		82.5%	79.9%
% 60+ have mortgage on home		32.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		14.3%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

Farmington (Strafford)

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

Farmington is a town in southeastern New Hampshire and is home to the Blue Job State Forest. There are 1,046 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, osteoarthritis/rheumatoid arthritis, osteoporosis, prostate cancer, hypothyroidism, glaucoma, cataracts, and hearing impairment. However, they had higher rates of tooth loss, obesity, tobacco use disorders, diabetes, and chronic obstructive pulmonary disease. They are less likely to take the health promotion steps of meeting the CDC guidelines for both aerobic and muscle-strengthening physical activities or having an annual dental exam. Community resources to support healthy aging include 3 primary care providers within 5 miles, 4 home health agencies, a public library, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		6,827	1,327,503
Population 60 years or older as % of total population		21.7%	22.7%
Total population 60 years or older		1,479	301,630
Population 65 years or older as % of total population		15.3%	15.8%
Total population 65 years or older		1,046	210,385
% 65-74 years		57.6%	58.5%
% 75-84 years		36.4%	28.6%
% 85 years or older		5.9%	12.9%
Gender (65+ population)			
% female		53.6%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		57.3%	58.5%
% divorced/separated		21.0%	14.0%
% widowed		15.1%	22.9%
% never married		6.6%	4.6%
Education (65+ population)			
% with less than high school education		10.2%	12.3%
% with high school or some college		62.0%	57.1%
% with college degree		27.8%	30.6%
% of 65+ population living alone		31.9%	26.1%
% of 65+ population who speak only English at home		89.3%	91.3%
% of 65+ population who are veterans of military service		26.7%	24.8%
Age-sex adjusted 1-year mortality rate	W	6.1%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		6.7%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese	W	23.6%	16.7%
% 65+ with high cholesterol		72.9%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression		29.0%	28.8%
% 65+ with anxiety disorders		22.1%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.8%	5.5%
% 65+ with tobacco use disorders	W	13.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		11.2%	12.0%
% 65+ with diabetes	W	36.9%	28.2%
% 65+ with stroke		12.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension		72.9%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease		36.2%	34.3%
% 65+ with congestive heart failure		19.2%	17.7%
% 65+ with atrial fibrillation		14.1%	14.4%
% 65+ with peripheral vascular disease		16.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.0%	49.1%
% 65+ with osteoporosis	B	12.9%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		9.8%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer	B	6.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia		35.1%	37.3%
% 65+ with chronic kidney disease		25.3%	22.3%
% 65+ with liver diseases		7.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract	B	55.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.1%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		10.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		2.1%	6.9%
% 65+ with self-reported ambulatory difficulty		22.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		7.2%	5.6%
% 65+ with self-reported independent living difficulty		10.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.7%	7.9%
% dually eligible for Medicare and Medicaid	*	10.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	742	572
Part D monthly prescription fills per person per year	*	54.9	49.1
Home health visits per year	*	4.2	2.5
Durable medical equipment claims per year	*	3.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		263	237
Medicare inpatient hospital readmissions (as % of admissions)		13.7%	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		3.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		9.0%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		42.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		333	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		2,066	2,012
% 65+ who own a motor vehicle		86.7%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.2%	5.4%
% 60+ receiving food stamps past year		5.3%	5.7%
% 65+ employed past year		15.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		29.7%	18.2%
% households with annual income $20,000-$49,999		34.5%	36.5%
% households with annual income > $50,000		35.8%	45.3%
% 60+ own home		81.2%	79.9%
% 60+ have mortgage on home		13.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.7%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

Lee (Strafford)

TUFTS
Health Plan
FOUNDATION

Lee is a rural town located in Sullivan County and home to the notable Bedrock Gardens. There are 570 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, hypothyroidism, anemia, chronic kidney disease, liver diseases, and cataracts. However, they had a higher rate of schizophrenia and other psychotic disorders. They are more likely to take the health promotion steps of having a cholesterol screening or colorectal cancer screening. Community resources to support healthy aging include 3 primary care providers within 5 miles, 10 home health agencies, an assisted living site, a public library, and access to broadband.
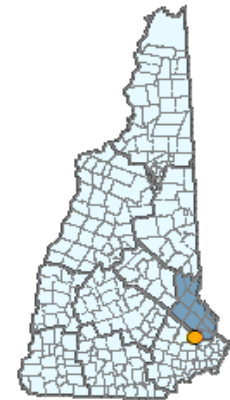
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,388	1,327,503
Population 60 years or older as % of total population		20.1%	22.7%
Total population 60 years or older		884	301,630
Population 65 years or older as % of total population		13.0%	15.8%
Total population 65 years or older		570	210,385
% 65-74 years		64.2%	58.5%
% 75-84 years		35.8%	28.6%
% 85 years or older		0.0%	12.9%
Gender (65+ population)			
% female		54.9%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		75.1%	58.5%
% divorced/separated		8.9%	14.0%
% widowed		13.2%	22.9%
% never married		2.8%	4.6%
Education (65+ population)			
% with less than high school education		4.9%	12.3%
% with high school or some college		43.0%	57.1%
% with college degree		52.1%	30.6%
% of 65+ population living alone		18.4%	26.1%
% of 65+ population who speak only English at home		93.2%	91.3%
% of 65+ population who are veterans of military service		20.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese		15.6%	16.7%
% 65+ with high cholesterol	B	66.3%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	23.7%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		7.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.5%	12.0%
% 65+ with diabetes		25.8%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	63.8%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease	B	29.3%	34.3%
% 65+ with congestive heart failure	B	13.3%	17.7%
% 65+ with atrial fibrillation		11.8%	14.4%
% 65+ with peripheral vascular disease	B	10.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	12.5%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.9%	2.4%
% 65+ women with breast cancer	B	5.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.9%	11.5%
% 65+ with benign prostatic hyperplasia		36.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.8%	20.8%
% 65+ with anemia	B	28.6%	37.3%
% 65+ with chronic kidney disease	B	17.9%	22.3%
% 65+ with liver diseases	B	4.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.0%	22.9%
% 65+ with cataract	B	54.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.8%	54.4%
% 65+ with 0 chronic conditions	B	16.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		7.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.0%	14.4%
% 65+ with self-reported vision difficulty	B	0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported ambulatory difficulty		12.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		2.8%	5.6%
% 65+ with self-reported independent living difficulty	B	2.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.4%	7.9%
% dually eligible for Medicare and Medicaid	*	4.1%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		10	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	403	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	175	237
Medicare inpatient hospital readmissions (as % of admissions)		13.5%	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	*	1.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		0.0%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		67.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		115	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		640	2,012
% 65+ who own a motor vehicle		95.5%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		0.0%	5.7%
% 65+ employed past year		42.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		15.3%	18.2%
% households with annual income $20,000-$49,999		13.0%	36.5%
% households with annual income > $50,000		71.8%	45.3%
% 60+ own home		87.2%	79.9%
% 60+ have mortgage on home		53.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		15.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		9.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

Madbury (Strafford)

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

Madbury is a rural town located in Strafford County that includes part of the Bellamy River. There are 178 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, hypothyroidism, anemia, chronic kidney disease, liver diseases, and cataracts. However, they had a higher rate of schizophrenia and other psychotic disorders. They are more likely to have a regular doctor and take the health promotion steps of having a cholesterol screening and colorectal cancer screening. Community resources to support healthy aging include 83 primary care providers, a hospital, and 3 nursing homes within 5 miles, 7 home health agencies, a public library, and access to broadband.
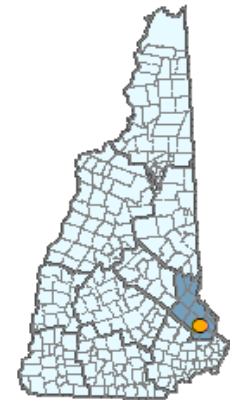
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,844	1,327,503
Population 60 years or older as % of total population		15.2%	22.7%
Total population 60 years or older		280	301,630
Population 65 years or older as % of total population		9.7%	15.8%
Total population 65 years or older		178	210,385
% 65-74 years		68.5%	58.5%
% 75-84 years		16.9%	28.6%
% 85 years or older		14.6%	12.9%
Gender (65+ population)			
% female		47.8%	54.7%
Race/Ethnicity (65+ population)			
% White		93.8%	97.7%
% African American		0.0%	0.5%
% Asian		6.2%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		74.2%	58.5%
% divorced/separated		5.6%	14.0%
% widowed		19.7%	22.9%
% never married		0.6%	4.6%
Education (65+ population)			
% with less than high school education		9.0%	12.3%
% with high school or some college		45.5%	57.1%
% with college degree		45.5%	30.6%
% of 65+ population living alone		18.0%	26.1%
% of 65+ population who speak only English at home		86.0%	91.3%
% of 65+ population who are veterans of military service		21.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.9%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese		15.6%	16.7%
% 65+ with high cholesterol	B	66.3%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	23.7%	28.8%
% 65+ with anxiety disorders		18.6%	21.9%
% 65+ with bipolar disorders		2.7%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.3%	4.9%
% 65+ with personality disorders		0.9%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		7.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.5%	12.0%
% 65+ with diabetes		25.8%	28.2%
% 65+ with stroke		8.6%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma		11.1%	13.0%
% 65+ with hypertension	B	63.8%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease	B	29.3%	34.3%
% 65+ with congestive heart failure	B	13.3%	17.7%
% 65+ with atrial fibrillation		11.8%	14.4%
% 65+ with peripheral vascular disease	B	10.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.3%	49.1%
% 65+ with osteoporosis	B	12.5%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.9%	2.4%
% 65+ women with breast cancer	B	5.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.9%	11.5%
% 65+ with benign prostatic hyperplasia		36.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.8%	20.8%
% 65+ with anemia	B	28.6%	37.3%
% 65+ with chronic kidney disease	B	17.9%	22.3%
% 65+ with liver diseases	B	4.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.0%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.0%	22.9%
% 65+ with cataract	B	54.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.8%	54.4%
% 65+ with 0 chronic conditions	B	16.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		17.0%	14.4%
% 65+ with self-reported vision difficulty		3.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		12.4%	6.9%
% 65+ with self-reported ambulatory difficulty		15.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		1.1%	5.6%
% 65+ with self-reported independent living difficulty		10.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.4%	7.9%
% dually eligible for Medicare and Medicaid	*	4.1%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		83	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		3	74
# of home health agencies		7	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	403	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	1.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	175	237
Medicare inpatient hospital readmissions (as % of admissions)		13.5%	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	*	1.3%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		6.3%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		76.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.2%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.7%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		27.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		8.7%	18.2%
% households with annual income $20,000-$49,999		37.5%	36.5%
% households with annual income > $50,000		53.8%	45.3%
% 60+ own home		97.6%	79.9%
% 60+ have mortgage on home		38.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.1%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

Middleton (Strafford)

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

Middleton is a rural town located in Strafford County that surrounds Sunrise Lake. There are 196 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer's disease or related dementias, stroke, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, glaucoma, and cataracts. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of meeting the CDC guidelines for aerobic and muscle-strengthening physical activities, having an annual dental exam, or eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 5 home health agencies and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,740	1,327,503
Population 60 years or older as % of total population		18.0%	22.7%
Total population 60 years or older		313	301,630
Population 65 years or older as % of total population		11.3%	15.8%
Total population 65 years or older		196	210,385
% 65-74 years		79.1%	58.5%
% 75-84 years		13.8%	28.6%
% 85 years or older		7.1%	12.9%
Gender (65+ population)			
% female		55.1%	54.7%
Race/Ethnicity (65+ population)			
% White		95.4%	97.7%
% African American		3.6%	0.5%
% Asian		0.0%	0.9%
% Other		1.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.2%	58.5%
% divorced/separated		13.8%	14.0%
% widowed		21.9%	22.9%
% never married		3.1%	4.6%
Education (65+ population)			
% with less than high school education		26.0%	12.3%
% with high school or some college		56.6%	57.1%
% with college degree		17.3%	30.6%
% of 65+ population living alone		25.0%	26.1%
% of 65+ population who speak only English at home		97.4%	91.3%
% of 65+ population who are veterans of military service		22.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		5.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol		71.9%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression		26.7%	28.8%
% 65+ with anxiety disorders		18.7%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		12.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes		31.0%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.4%	20.5%
% 65+ with asthma		13.4%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		14.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.2%	49.1%
% 65+ with osteoporosis	B	10.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		7.2%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		39.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.0%	20.8%
% 65+ with anemia	B	30.6%	37.3%
% 65+ with chronic kidney disease		22.2%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	53.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.8%	14.4%
% 65+ with self-reported vision difficulty		10.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		13.8%	6.9%
% 65+ with self-reported ambulatory difficulty		22.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		4.1%	5.6%
% 65+ with self-reported independent living difficulty		12.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.8%	7.9%
% dually eligible for Medicare and Medicaid		6.9%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		498	572
Part D monthly prescription fills per person per year		50.2	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		12.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		67	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.5%	0.8%
% of grandparents who live with grandchildren		5.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		53.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		299	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,404	2,012
% 65+ who own a motor vehicle		96.4%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.5%	5.4%
% 60+ receiving food stamps past year		13.6%	5.7%
% 65+ employed past year		21.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		26.4%	18.2%
% households with annual income $20,000-$49,999		40.9%	36.5%
% households with annual income > $50,000		32.7%	45.3%
% 60+ own home		89.9%	79.9%
% 60+ have mortgage on home		53.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.5%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

Milton (Strafford)

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

Milton is a rural town located in southeastern New Hampshire that includes Milton Three Ponds, a chain of lakes that provide access to the town beach. There are 571 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar and personality disorders, schizophrenia and other psychotic disorders, osteoporosis, hypothyroidism, and glaucoma. However, they had higher rates of tooth loss, tobacco use disorders, and chronic obstructive pulmonary disease. They are less likely to take the health promotion steps of meeting the CDC guidelines for aerobic and muscle-strengthening physical activities, having an annual dental exam, and eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 4 home health agencies, 2 public libraries, and access to broadband.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,591	1,327,503
Population 60 years or older as % of total population		20.8%	22.7%
Total population 60 years or older		956	301,630
Population 65 years or older as % of total population		12.4%	15.8%
Total population 65 years or older		571	210,385
% 65-74 years		50.3%	58.5%
% 75-84 years		36.8%	28.6%
% 85 years or older		13.0%	12.9%
Gender (65+ population)			
% female		46.9%	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		77.8%	58.5%
% divorced/separated		4.6%	14.0%
% widowed		12.3%	22.9%
% never married		5.4%	4.6%
Education (65+ population)			
% with less than high school education		11.4%	12.3%
% with high school or some college		59.5%	57.1%
% with college degree		29.1%	30.6%
% of 65+ population living alone		8.9%	26.1%
% of 65+ population who speak only English at home		96.5%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.2%	3.6%
% moved from different county in New Hampshire		3.7%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese		20.2%	16.7%
% 65+ with high cholesterol		72.6%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression		30.2%	28.8%
% 65+ with anxiety disorders		22.9%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.6%	5.5%
% 65+ with tobacco use disorders	W	14.4%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.0%	12.0%
% 65+ with diabetes		30.2%	28.2%
% 65+ with stroke		9.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	26.0%	20.5%
% 65+ with asthma		12.8%	13.0%
% 65+ with hypertension		73.0%	70.2%
% 65+ ever had a heart attack		3.2%	4.5%
% 65+ with ischemic heart disease		33.4%	34.3%
% 65+ with congestive heart failure		17.4%	17.7%
% 65+ with atrial fibrillation		13.1%	14.4%
% 65+ with peripheral vascular disease		15.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	49.1%
% 65+ with osteoporosis	B	11.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		12.6%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		8.2%	11.5%
% 65+ with benign prostatic hyperplasia		33.9%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.5%	20.8%
% 65+ with anemia		35.4%	37.3%
% 65+ with chronic kidney disease		20.6%	22.3%
% 65+ with liver diseases		7.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.5%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.0%	22.9%
% 65+ with cataract		57.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.7%	54.4%
% 65+ with 0 chronic conditions		10.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		21.5%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.5%	14.4%
% 65+ with self-reported vision difficulty		3.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		12.3%	6.9%
% 65+ with self-reported ambulatory difficulty	W	29.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		9.5%	5.6%
% 65+ with self-reported independent living difficulty		14.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.0%	7.9%
% dually eligible for Medicare and Medicaid		7.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year		640	572
Part D monthly prescription fills per person per year		51.3	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		222	237
Medicare inpatient hospital readmissions (as % of admissions)		15.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		54	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		2.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		15.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		48.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		298	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		2,327	2,012
% 65+ who own a motor vehicle		97.4%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		17	151

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.0%	5.4%
% 60+ receiving food stamps past year		5.9%	5.7%
% 65+ employed past year		33.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		7.1%	18.2%
% households with annual income $20,000-$49,999		21.7%	36.5%
% households with annual income > $50,000		71.2%	45.3%
% 60+ own home		89.5%	79.9%
% 60+ have mortgage on home		39.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		7.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

New Durham (Strafford)

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

New Durham is a rural town located in Strafford County that is home to Merrymeeting Lake. There are 381 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer's disease or related dementias, stroke, osteoarthritis/rheumatoid arthritis, osteoporosis anemia, glaucoma, and cataracts. However, they had a higher rates of tooth loss. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic physical activities, eating 5 or more servings of fruit or vegetables per day, or getting an annual dental exam. Community resources to support healthy aging include 2 primary care providers within 5 miles, 6 home health agencies, a public library and access to broadband.
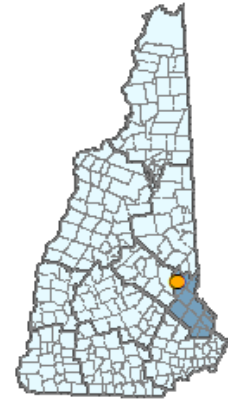
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,667	1,327,503
Population 60 years or older as % of total population		20.6%	22.7%
Total population 60 years or older		550	301,630
Population 65 years or older as % of total population		14.3%	15.8%
Total population 65 years or older		381	210,385
% 65-74 years		66.9%	58.5%
% 75-84 years		21.5%	28.6%
% 85 years or older		11.5%	12.9%
Gender (65+ population)			
% female		50.9%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		2.6%	0.9%
Marital Status (65+ population)			
% married		67.2%	58.5%
% divorced/separated		13.6%	14.0%
% widowed		17.6%	22.9%
% never married		1.6%	4.6%
Education (65+ population)			
% with less than high school education		16.5%	12.3%
% with high school or some college		57.5%	57.1%
% with college degree		26.0%	30.6%
% of 65+ population living alone		18.4%	26.1%
% of 65+ population who speak only English at home		98.7%	91.3%
% of 65+ population who are veterans of military service		20.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese		18.6%	16.7%
% 65+ with high cholesterol		71.9%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression		26.7%	28.8%
% 65+ with anxiety disorders		18.7%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.2%	5.5%
% 65+ with tobacco use disorders		12.9%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.5%	12.0%
% 65+ with diabetes		31.0%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease		23.4%	20.5%
% 65+ with asthma		13.4%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.2%	4.5%
% 65+ with ischemic heart disease		35.8%	34.3%
% 65+ with congestive heart failure		17.7%	17.7%
% 65+ with atrial fibrillation		13.5%	14.4%
% 65+ with peripheral vascular disease		14.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.2%	49.1%
% 65+ with osteoporosis	B	10.4%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		7.2%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		39.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.0%	20.8%
% 65+ with anemia	B	30.6%	37.3%
% 65+ with chronic kidney disease		22.2%	22.3%
% 65+ with liver diseases		5.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	53.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.5%	54.4%
% 65+ with 0 chronic conditions		13.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.8%	14.4%
% 65+ with self-reported vision difficulty		6.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		1.8%	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		4.2%	5.6%
% 65+ with self-reported independent living difficulty		6.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.8%	7.9%
% dually eligible for Medicare and Medicaid		6.9%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		6	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.9	6.3
Emergency room visits/1000 persons 65+ years per year		498	572
Part D monthly prescription fills per person per year		50.2	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year	*	2.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		227	237
Medicare inpatient hospital readmissions (as % of admissions)		12.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		67	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		3.0%	0.8%
% of grandparents who live with grandchildren		5.5%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		39.4%	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)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		64.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		188	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,645	2,012
% 65+ who own a motor vehicle		95.8%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.0%	5.4%
% 60+ receiving food stamps past year		11.5%	5.7%
% 65+ employed past year		18.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		8.4%	18.2%
% households with annual income $20,000-$49,999		30.7%	36.5%
% households with annual income > $50,000		60.9%	45.3%
% 60+ own home		97.7%	79.9%
% 60+ have mortgage on home		43.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		16.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

Rochester (Strafford)

Rochester is a city in Strafford County and home to Skyhaven Airport and the Rochester Opera House. There are 5,253 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoporosis, glaucoma, and cataract. However, they had higher rates of tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, tobacco use disorders, diabetes, COPD, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, lung cancer, BPH, chronic kidney disease, fibromyalgia, traumatic brain injury, and hearing impairment. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic physical activities, eating 5 or more servings of fruit or vegetable per day, or having an annual dental exam. Community resources to support healthy aging include 59 primary care providers, a hospital, and 2 nursing homes within 5 miles, 9 home health agencies, a community health center, an adult day health center, a senior center, 5 assisted living sites, 2 public libraries, 2 universities or community colleges, a YMCA, and access to broadband.
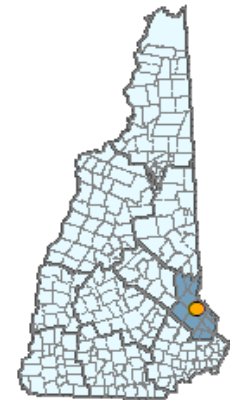
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		30,052	1,327,503
Population 60 years or older as % of total population		22.9%	22.7%
Total population 60 years or older		6,886	301,630
Population 65 years or older as % of total population		17.5%	15.8%
Total population 65 years or older		5,253	210,385
% 65-74 years		57.2%	58.5%
% 75-84 years		31.9%	28.6%
% 85 years or older		10.8%	12.9%
Gender (65+ population)			
% female		58.7%	54.7%
Race/Ethnicity (65+ population)			
% White		99.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.3%	0.9%
% Hispanic/Latino		0.9%	0.9%
Marital Status (65+ population)			
% married		56.6%	58.5%
% divorced/separated		16.3%	14.0%
% widowed		23.5%	22.9%
% never married		3.6%	4.6%
Education (65+ population)			
% with less than high school education		15.7%	12.3%
% with high school or some college		69.7%	57.1%
% with college degree		14.6%	30.6%
% of 65+ population living alone		31.1%	26.1%
% of 65+ population who speak only English at home		88.2%	91.3%
% of 65+ population who are veterans of military service		26.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.9%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.7%	3.6%
% moved from different county in New Hampshire		1.5%	1.0%
% moved from different state		1.4%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese	W	20.8%	16.7%
% 65+ with high cholesterol	W	74.6%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		42.9%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression	W	33.0%	28.8%
% 65+ with anxiety disorders	W	25.9%	21.9%
% 65+ with bipolar disorders	W	4.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.6%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.3%	5.5%
% 65+ with tobacco use disorders	W	13.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.1%	12.0%
% 65+ with diabetes	W	34.9%	28.2%
% 65+ with stroke		11.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.8%	20.5%
% 65+ with asthma		14.0%	13.0%
% 65+ with hypertension	W	72.3%	70.2%
% 65+ ever had a heart attack	W	5.2%	4.5%
% 65+ with ischemic heart disease	W	36.8%	34.3%
% 65+ with congestive heart failure	W	19.3%	17.7%
% 65+ with atrial fibrillation		14.9%	14.4%
% 65+ with peripheral vascular disease	W	17.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.2%	49.1%
% 65+ with osteoporosis	B	15.3%	17.4%
% 65+ with leukemias and lymphomas		1.7%	2.0%
% 65+ with lung cancer	W	2.2%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		8.8%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		10.0%	11.5%
% 65+ with benign prostatic hyperplasia	W	39.8%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		21.3%	20.8%
% 65+ with anemia		36.7%	37.3%
% 65+ with chronic kidney disease	W	25.1%	22.3%
% 65+ with liver diseases		7.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	20.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.2%	4.0%
% 65+ with epilepsy		2.5%	2.1%
% 65+ with traumatic brain injury	W	2.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.7%	22.9%
% 65+ with cataract	B	59.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	59.2%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		17.2%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	15.8%	14.4%
% 65+ with self-reported vision difficulty		8.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.1%	0.9%
% 65+ with self-reported cognition difficulty		8.5%	6.9%
% 65+ with self-reported ambulatory difficulty		21.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty	B	2.9%	5.6%
% 65+ with self-reported independent living difficulty		10.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.1%	7.9%
% dually eligible for Medicare and Medicaid	*	11.5%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		59	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		2	74
# of home health agencies		9	49
# of community health centers		1	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.0	6.3
Emergency room visits/1000 persons 65+ years per year	*	717	572
Part D monthly prescription fills per person per year	*	55.0	49.1
Home health visits per year		2.4	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		235	237
Medicare inpatient hospital readmissions (as % of admissions)		13.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		74	76
# skilled nursing home Medicare beds/1000 persons 65+ years		34	33
% 65+ getting Medicaid long term services and supports	*	4.7%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		2.0%	0.8%
% of grandparents who live with grandchildren		3.2%	2.5%
# of assisted living sites		5	134
% of vacant homes in community		5.6%	16.0%
# of universities and community colleges		2	41
# of public libraries		2	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		48.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		369	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		4,249	2,012
% 65+ who own a motor vehicle		94.5%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		8.5%	5.4%
% 60+ receiving food stamps past year		10.3%	5.7%
% 65+ employed past year		21.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		29.0%	18.2%
% households with annual income $20,000-$49,999		38.6%	36.5%
% households with annual income > $50,000		32.4%	45.3%
% 60+ own home		79.1%	79.9%
% 60+ have mortgage on home		32.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		26.2%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

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

Update: 05/2019

Rollinsford (Strafford)

Rollinsford is a town located located in Strafford County that is situated on the western bank of the Salmon Falls River. There are 387 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of post-traumatic stress disorder and fibromyalgia/chronic pain/fatigue. They are more likely to take the health promotion steps of getting cholesterol and colorectal cancer screening and always wearing a seatbelt while driving. Community resources to support healthy aging include 52 primary care providers, a hospital, and a nursing home within 5 miles, 8 home health agencies, a public library, and access to broadband.
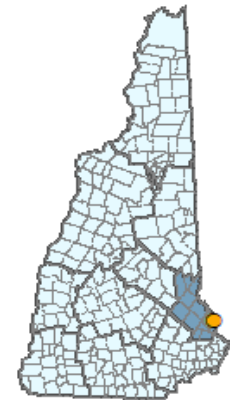
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,530	1,327,503
Population 60 years or older as % of total population		22.3%	22.7%
Total population 60 years or older		563	301,630
Population 65 years or older as % of total population		15.3%	15.8%
Total population 65 years or older		387	210,385
% 65-74 years		58.7%	58.5%
% 75-84 years		32.6%	28.6%
% 85 years or older		8.8%	12.9%
Gender (65+ population)			
% female		46.8%	54.7%
Race/Ethnicity (65+ population)			
% White		97.2%	97.7%
% African American		2.8%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.6%	58.5%
% divorced/separated		16.5%	14.0%
% widowed		17.6%	22.9%
% never married		1.3%	4.6%
Education (65+ population)			
% with less than high school education		7.8%	12.3%
% with high school or some college		64.6%	57.1%
% with college degree		27.6%	30.6%
% of 65+ population living alone		29.2%	26.1%
% of 65+ population who speak only English at home		95.6%	91.3%
% of 65+ population who are veterans of military service		38.0%	24.8%
Age-sex adjusted 1-year mortality rate		4.5%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese		20.8%	16.7%
% 65+ with high cholesterol		76.4%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		56.3%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression		32.0%	28.8%
% 65+ with anxiety disorders		25.7%	21.9%
% 65+ with bipolar disorders		3.8%	3.1%
% 65+ with post-traumatic stress disorder	W	2.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		6.1%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.8%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.7%	12.0%
% 65+ with diabetes		29.7%	28.2%
% 65+ with stroke		11.4%	10.8%
% 65+ with chronic obstructive pulmonary disease		22.5%	20.5%
% 65+ with asthma		12.6%	13.0%
% 65+ with hypertension		70.3%	70.2%
% 65+ ever had a heart attack		4.6%	4.5%
% 65+ with ischemic heart disease		38.0%	34.3%
% 65+ with congestive heart failure		17.1%	17.7%
% 65+ with atrial fibrillation		15.5%	14.4%
% 65+ with peripheral vascular disease		15.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.1%	49.1%
% 65+ with osteoporosis		15.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		10.6%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		9.6%	11.5%
% 65+ with benign prostatic hyperplasia		40.3%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.6%	20.8%
% 65+ with anemia		37.3%	37.3%
% 65+ with chronic kidney disease		26.0%	22.3%
% 65+ with liver diseases		7.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	24.8%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.7%	2.1%
% 65+ with traumatic brain injury		1.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		27.6%	22.9%
% 65+ with cataract		56.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		55.2%	54.4%
% 65+ with 0 chronic conditions		11.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		18.6%	14.4%
% 65+ with self-reported vision difficulty		4.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	0.9%
% 65+ with self-reported cognition difficulty		2.6%	6.9%
% 65+ with self-reported ambulatory difficulty		15.2%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		2.6%	5.6%
% 65+ with self-reported independent living difficulty		12.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.7%	7.9%
% dually eligible for Medicare and Medicaid	*	3.4%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		52	2,961
# of hospitals within 5 miles		1	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		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.8	6.3
Emergency room visits/1000 persons 65+ years per year		635	572
Part D monthly prescription fills per person per year		52.8	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year		2.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		203	237
Medicare inpatient hospital readmissions (as % of admissions)		19.2%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		48	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.7%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.5%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		8.9%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		66.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		79	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		1,230	2,012
% 65+ who own a motor vehicle		90.2%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.0%	5.4%
% 60+ receiving food stamps past year		5.2%	5.7%
% 65+ employed past year		24.8%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.5%	18.2%
% households with annual income $20,000-$49,999		40.8%	36.5%
% households with annual income > $50,000		46.7%	45.3%
% 60+ own home		88.5%	79.9%
% 60+ have mortgage on home		36.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.0%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

Somersworth (Strafford)

TUFTS Health Plan FOUNDATION

Somersworth is a city located in Strafford County that is bordered to the northeast by the Salmon Falls River. There are 1,392 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, and cataract. However, they had higher rates of obesity, depression, anxiety disorders, post-traumatic stress disorder, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, asthma, ischemic heart disease, congestive heart failure, chronic kidney disease, liver diseases, and fibromyalgia/chronic pain/fatigue. They are more likely to take the health promotion steps of getting screened for high cholesterol and colorectal cancer and always wearing a seatbelt. Community resources to support healthy aging include 131 primary care providers, a hospital, and a nursing home within 5 miles, 9 home health agencies, an assisted living site, a public library, and access to broadband.
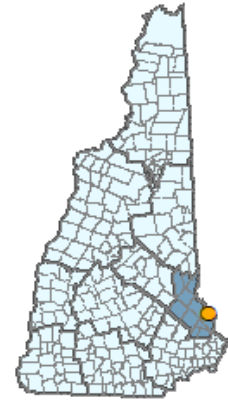
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		11,756	1,327,503
Population 60 years or older as % of total population		17.9%	22.7%
Total population 60 years or older		2,110	301,630
Population 65 years or older as % of total population		11.8%	15.8%
Total population 65 years or older		1,392	210,385
% 65-74 years		59.1%	58.5%
% 75-84 years		27.2%	28.6%
% 85 years or older		13.8%	12.9%
Gender (65+ population)			
% female		59.3%	54.7%
Race/Ethnicity (65+ population)			
% White		94.0%	97.7%
% African American		1.4%	0.5%
% Asian		2.4%	0.9%
% Other		2.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		60.1%	58.5%
% divorced/separated		10.1%	14.0%
% widowed		22.6%	22.9%
% never married		7.3%	4.6%
Education (65+ population)			
% with less than high school education		13.3%	12.3%
% with high school or some college		72.0%	57.1%
% with college degree		14.7%	30.6%
% of 65+ population living alone		26.0%	26.1%
% of 65+ population who speak only English at home		83.6%	91.3%
% of 65+ population who are veterans of military service		26.4%	24.8%
Age-sex adjusted 1-year mortality rate	W	5.6%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		77.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		25.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.9%	58.6%
% 60+ met CDC guidelines for both types of physical activities		21.6%	19.9%
% 60+ getting recommended hours of sleep		69.3%	66.4%
% 60+ injured in a fall within last 12 months		12.2%	10.4%
% 65+ had hip fracture		2.7%	3.3%
% 60+ with self-reported fair or poor health status		13.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		9.8%	12.5%
% 60+ with physical exam/check-up in past year		90.0%	86.5%
% 60+ met CDC preventive health screening goals		44.3%	40.3%
% 60+ flu shot past year		61.6%	59.3%
% 65+ with pneumonia vaccine		79.8%	77.8%
% 60+ with cholesterol screening	B	98.6%	95.3%
% 60+ women with a mammogram within last 2 years		78.2%	79.3%
% 60+ with colorectal cancer screening	B	83.6%	77.0%
% 60+ with HIV test		10.9%	13.5%
% 60+ current smokers		6.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		26.9%	29.0%
% 60+ with annual dental exam		80.0%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.4%	27.2%
% 65+ clinically diagnosed obese	W	21.5%	16.7%
% 65+ with high cholesterol		73.1%	72.2%
% 60+ excessive drinking		10.6%	9.2%
% 65+ with poor supermarket access		39.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	32.3%	28.8%
% 65+ with anxiety disorders	W	26.0%	21.9%
% 65+ with bipolar disorders		3.8%	3.1%
% 65+ with post-traumatic stress disorder	W	2.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		6.1%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		7.0%	5.5%
% 65+ with tobacco use disorders	W	14.3%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.6%	12.0%
% 65+ with diabetes	W	36.0%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	27.0%	20.5%
% 65+ with asthma	W	15.8%	13.0%
% 65+ with hypertension		72.5%	70.2%
% 65+ ever had a heart attack		5.2%	4.5%
% 65+ with ischemic heart disease	W	38.1%	34.3%
% 65+ with congestive heart failure	W	20.4%	17.7%
% 65+ with atrial fibrillation		14.4%	14.4%
% 65+ with peripheral vascular disease		16.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.0%	49.1%
% 65+ with osteoporosis		17.6%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		8.6%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer	B	8.7%	11.5%
% 65+ with benign prostatic hyperplasia		38.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		20.3%	20.8%
% 65+ with anemia		35.7%	37.3%
% 65+ with chronic kidney disease	W	27.6%	22.3%
% 65+ with liver diseases	W	9.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	W	26.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.4%	4.0%
% 65+ with epilepsy		2.7%	2.1%
% 65+ with traumatic brain injury		1.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.6%	22.9%
% 65+ with cataract	B	54.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.2%	54.4%
% 65+ with 0 chronic conditions	B	12.8%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		6.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		1.2%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty		22.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		5.1%	5.6%
% 65+ with self-reported independent living difficulty		9.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.7%	7.9%
% dually eligible for Medicare and Medicaid	*	10.0%	7.5%
% 60+ with a regular doctor	B	98.2%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		131	2,961
# of hospitals within 5 miles		1	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

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	7.0	6.3
Emergency room visits/1000 persons 65+ years per year	*	666	572
Part D monthly prescription fills per person per year	*	54.5	49.1
Home health visits per year	*	3.3	2.5
Durable medical equipment claims per year	*	3.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		244	237
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		88	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.5%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.8%	0.8%
% of grandparents who live with grandchildren		3.6%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		6.9%	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)		97.0%	93.0%
% 60+ who used Internet in last month		80.1%	77.6%
Voter participation rate in 2018 election (age 18+)		45.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		420	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		3,622	2,012
% 65+ who own a motor vehicle		82.9%	91.0%
% 60+ who always drive wearing a seatbelt	B	83.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		7.7%	5.4%
% 60+ receiving food stamps past year		6.7%	5.7%
% 65+ employed past year		19.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.5%	18.2%
% households with annual income $20,000-$49,999		42.6%	36.5%
% households with annual income > $50,000		37.9%	45.3%
% 60+ own home		65.7%	79.9%
% 60+ have mortgage on home		30.2%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		21.8%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99

TECHNICAL NOTES

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

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

Update: 05/2019

Strafford (Strafford)

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

Strafford is a town located in Strafford County and home to Parker Mountain. There are 511 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of depression, bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, ischemic heart disease, congestive heart failure, peripheral vascular disease, hypothyroidism, anemia, chronic kidney disease, liver diseases, cataracts, and pressure ulcers. However, they had a higher rate of tooth loss. They are less likely to take the health promotion steps of meeting CDC guidelines for muscle-strengthening and aerobic activity, having an annual dental exam, or eating 5 or more servings of fruit or vegetables per day. Community resources to support healthy aging include 5 home health agencies, a public library, and access to broadband.
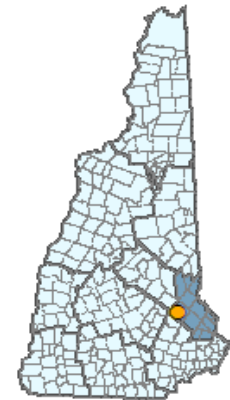
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		4,064	1,327,503
Population 60 years or older as % of total population		19.4%	22.7%
Total population 60 years or older		788	301,630
Population 65 years or older as % of total population		12.6%	15.8%
Total population 65 years or older		511	210,385
% 65-74 years		62.2%	58.5%
% 75-84 years		32.9%	28.6%
% 85 years or older		4.9%	12.9%
Gender (65+ population)			
% female		50.5%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		61.1%	58.5%
% divorced/separated		11.9%	14.0%
% widowed		20.2%	22.9%
% never married		6.8%	4.6%
Education (65+ population)			
% with less than high school education		4.1%	12.3%
% with high school or some college		64.8%	57.1%
% with college degree		31.1%	30.6%
% of 65+ population living alone		31.0%	26.1%
% of 65+ population who speak only English at home		96.1%	91.3%
% of 65+ population who are veterans of military service		34.1%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		4.7%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		68.8%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	17.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	49.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	11.9%	19.9%
% 60+ getting recommended hours of sleep		65.7%	66.4%
% 60+ injured in a fall within last 12 months		11.5%	10.4%
% 65+ had hip fracture		2.8%	3.3%
% 60+ with self-reported fair or poor health status		21.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.2%	12.5%
% 60+ with physical exam/check-up in past year		85.5%	86.5%
% 60+ met CDC preventive health screening goals		37.0%	40.3%
% 60+ flu shot past year		54.7%	59.3%
% 65+ with pneumonia vaccine		78.7%	77.8%
% 60+ with cholesterol screening		96.5%	95.3%
% 60+ women with a mammogram within last 2 years		83.2%	79.3%
% 60+ with colorectal cancer screening		75.1%	77.0%
% 60+ with HIV test		13.5%	13.5%
% 60+ current smokers		11.7%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	36.5%	29.0%
% 60+ with annual dental exam	W	65.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		68	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day	W	14.4%	20.2%
% 60+ self-reported obese		32.3%	27.2%
% 65+ clinically diagnosed obese		14.0%	16.7%
% 65+ with high cholesterol		72.6%	72.2%
% 60+ excessive drinking		8.1%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.9%	6.9%
% 65+ with depression	B	22.1%	28.8%
% 65+ with anxiety disorders		19.3%	21.9%
% 65+ with bipolar disorders	B	2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.4%	4.9%
% 65+ with personality disorders	B	0.3%	1.1%
# opioid deaths (all ages) (county)		142	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		3.9%	5.5%
% 65+ with tobacco use disorders	B	5.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	8.9%	12.0%
% 65+ with diabetes		25.5%	28.2%
% 65+ with stroke		9.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	13.8%	20.5%
% 65+ with asthma	B	9.3%	13.0%
% 65+ with hypertension		67.4%	70.2%
% 65+ ever had a heart attack		4.9%	4.5%
% 65+ with ischemic heart disease	B	28.9%	34.3%
% 65+ with congestive heart failure	B	12.2%	17.7%
% 65+ with atrial fibrillation		14.0%	14.4%
% 65+ with peripheral vascular disease	B	8.9%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.7%	49.1%
% 65+ with osteoporosis		15.1%	17.4%
% 65+ with leukemias and lymphomas		1.8%	2.0%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		8.0%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		11.7%	11.5%
% 65+ with benign prostatic hyperplasia		34.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	14.6%	20.8%
% 65+ with anemia	B	28.3%	37.3%
% 65+ with chronic kidney disease	B	17.8%	22.3%
% 65+ with liver diseases	B	4.0%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.9%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.1%	2.1%
% 65+ with traumatic brain injury		1.5%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.6%	22.9%
% 65+ with cataract	B	53.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.0%	54.4%
% 65+ with 0 chronic conditions		12.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.7%	14.4%
% 65+ with self-reported vision difficulty		1.4%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		5.5%	6.9%
% 65+ with self-reported ambulatory difficulty		14.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.8%	3.2%
% 65+ with self-reported self-care difficulty		1.4%	5.6%
% 65+ with self-reported independent living difficulty		11.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	4.4%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		93.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.9%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		5.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	469	572
Part D monthly prescription fills per person per year	*	41.6	49.1
Home health visits per year		1.8	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	165	237
Medicare inpatient hospital readmissions (as % of admissions)	*	5.6%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	42	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.3%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		16.6%	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)		97.0%	93.0%
% 60+ who used Internet in last month		70.1%	77.6%
Voter participation rate in 2018 election (age 18+)		66.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		58	207
Homicide rate /100,000 persons (county)		1	1
# firearm fatalities (county)		52	586
Property crime rate /100,000 persons		619	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		74.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		17	151

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.2%	5.4%
% 60+ receiving food stamps past year		1.8%	5.7%
% 65+ employed past year		34.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		18.1%	18.2%
% households with annual income $20,000-$49,999		38.5%	36.5%
% households with annual income > $50,000		43.4%	45.3%
% 60+ own home		95.5%	79.9%
% 60+ have mortgage on home		37.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		37.8%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$24,936	$25,284	0.99
Single, renter, good health	$26,112	$26,400	0.99
Couple, homeowner without mortgage, good health	$36,504	$37,128	0.98
Couple, renter, good health	$37,680	$38,244	0.99