Acworth (Sullivan)

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

Acworth is a rural town in southern New Hampshire and home to the Acworth Silsby Library. There are 237 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, high cholesterol, anxiety disorders, bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, colon and prostate cancers, hypothyroidism, anemia, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and hearing impairment. However, they had a higher rate of Alzheimer's disease or related dementias. Community resources to support healthy aging include 3 home health agencies, a public library and access to broadband.
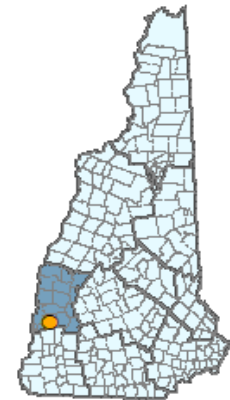
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		971	1,327,503
Population 60 years or older as % of total population		33.7%	22.7%
Total population 60 years or older		327	301,630
Population 65 years or older as % of total population		24.4%	15.8%
Total population 65 years or older		237	210,385
% 65-74 years		70.0%	58.5%
% 75-84 years		20.7%	28.6%
% 85 years or older		9.3%	12.9%
Gender (65+ population)			
% female		54.0%	54.7%
Race/Ethnicity (65+ population)			
% White		95.8%	97.7%
% African American		0.0%	0.5%
% Asian		4.2%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		1.7%	0.9%
Marital Status (65+ population)			
% married		63.7%	58.5%
% divorced/separated		11.8%	14.0%
% widowed		19.0%	22.9%
% never married		5.5%	4.6%
Education (65+ population)			
% with less than high school education		1.3%	12.3%
% with high school or some college		68.8%	57.1%
% with college degree		30.0%	30.6%
% of 65+ population living alone		15.6%	26.1%
% of 65+ population who speak only English at home		93.2%	91.3%
% of 65+ population who are veterans of military service		15.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.1%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		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		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	B	59.8%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.9%	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		5.6%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders	B	17.2%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder	B	0.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	19.2%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.6%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.7%	49.1%
% 65+ with osteoporosis	B	10.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	7.5%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	32.5%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	14.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		2.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.9%	6.9%
% 65+ with self-reported ambulatory difficulty		17.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		3.4%	5.6%
% 65+ with self-reported independent living difficulty		15.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		504	572
Part D monthly prescription fills per person per year	*	42.1	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.7%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		31.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		54.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		96.2%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		3.0%	5.4%
% 60+ receiving food stamps past year		3.2%	5.7%
% 65+ employed past year		25.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		20.0%	18.2%
% households with annual income $20,000-$49,999		38.5%	36.5%
% households with annual income > $50,000		41.5%	45.3%
% 60+ own home		90.6%	79.9%
% 60+ have mortgage on home		20.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		32.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

TECHNICAL NOTES

Update: 05/2019

Charlestown (Sullivan)

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

Charlestown is a rural town in Sullivan County home to the Hubbard State Forest. There are 814 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairment. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 3 primary care providers within 5 miles, 4 home health agencies, an assisted living site, and 2 public libraries.
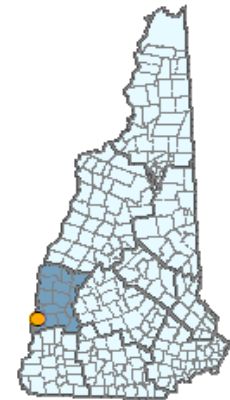
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		5,001	1,327,503
Population 60 years or older as % of total population		25.0%	22.7%
Total population 60 years or older		1,249	301,630
Population 65 years or older as % of total population		16.3%	15.8%
Total population 65 years or older		814	210,385
% 65-74 years		54.8%	58.5%
% 75-84 years		36.7%	28.6%
% 85 years or older		8.5%	12.9%
Gender (65+ population)			
% female		55.5%	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		50.5%	58.5%
% divorced/separated		19.8%	14.0%
% widowed		27.9%	22.9%
% never married		1.8%	4.6%
Education (65+ population)			
% with less than high school education		14.0%	12.3%
% with high school or some college		81.3%	57.1%
% with college degree		4.7%	30.6%
% of 65+ population living alone		42.3%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		27.5%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		70.9%	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		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		20.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		7.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		3.1%	6.9%
% 65+ with self-reported ambulatory difficulty		16.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		1.5%	5.6%
% 65+ with self-reported independent living difficulty		6.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		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	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		2.3%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		8.9%	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)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		42.6%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		87	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		664	2,012
% 65+ who own a motor vehicle		88.6%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		9.6%	5.4%
% 60+ receiving food stamps past year		3.0%	5.7%
% 65+ employed past year		17.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		38.3%	18.2%
% households with annual income $20,000-$49,999		41.4%	36.5%
% households with annual income > $50,000		20.3%	45.3%
% 60+ own home		81.6%	79.9%
% 60+ have mortgage on home		38.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		29.7%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Claremont (Sullivan)

Claremont is a city located in southwestern New Hampshire, notable for the historical architecture of its downtown area. There are 2,084 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairment. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 20 primary care providers, a hospital, and a nursing home within 5 miles, 3 home health agencies, an assisted living site, 2 universities or community colleges, and a public library.
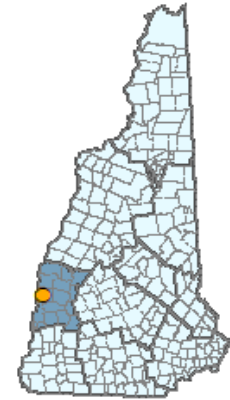
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		13,022	1,327,503
Population 60 years or older as % of total population		22.2%	22.7%
Total population 60 years or older		2,889	301,630
Population 65 years or older as % of total population		16.0%	15.8%
Total population 65 years or older		2,084	210,385
% 65-74 years		56.8%	58.5%
% 75-84 years		29.4%	28.6%
% 85 years or older		13.8%	12.9%
Gender (65+ population)			
% female		60.0%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		50.0%	58.5%
% divorced/separated		15.1%	14.0%
% widowed		32.6%	22.9%
% never married		2.3%	4.6%
Education (65+ population)			
% with less than high school education		17.8%	12.3%
% with high school or some college		69.8%	57.1%
% with college degree		12.4%	30.6%
% of 65+ population living alone		27.1%	26.1%
% of 65+ population who speak only English at home		98.8%	91.3%
% of 65+ population who are veterans of military service		21.4%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.1%	3.6%
% moved from different county in New Hampshire		0.4%	1.0%
% moved from different state		4.7%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		51.5%	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		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		13.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		4.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		9.0%	6.9%
% 65+ with self-reported ambulatory difficulty	W	26.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		5.9%	5.6%
% 65+ with self-reported independent living difficulty		14.0%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		20	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

SERVICE UTILIZATION			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		3.3%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		15.2%	16.0%
# of universities and community colleges		2	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		39.4%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		254	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,840	2,012
% 65+ who own a motor vehicle		88.6%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		5.2%	5.4%
% 60+ receiving food stamps past year		9.6%	5.7%
% 65+ employed past year		27.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		24.6%	18.2%
% households with annual income $20,000-$49,999		45.4%	36.5%
% households with annual income > $50,000		30.0%	45.3%
% 60+ own home		69.5%	79.9%
% 60+ have mortgage on home		24.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.5%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.9%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Cornish (Sullivan)

TUFTS
Health Plan
FOUNDATION

Cornish is a rural town in southwestern New Hampshire that is home to the Cornish-Windsor Bridge, the longest two-span covered bridge in the world. There are 289 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairment. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 2 primary care providers, a hospital and a nursing home within 5 miles, 2 home health agencies, and a public library.
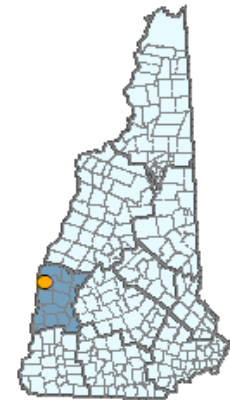
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,664	1,327,503
Population 60 years or older as % of total population		32.6%	22.7%
Total population 60 years or older		542	301,630
Population 65 years or older as % of total population		17.4%	15.8%
Total population 65 years or older		289	210,385
% 65-74 years		68.5%	58.5%
% 75-84 years		21.5%	28.6%
% 85 years or older		10.0%	12.9%
Gender (65+ population)			
% female		49.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.0%	58.5%
% divorced/separated		14.2%	14.0%
% widowed		15.2%	22.9%
% never married		6.6%	4.6%
Education (65+ population)			
% with less than high school education		4.5%	12.3%
% with high school or some college		48.4%	57.1%
% with college degree		47.1%	30.6%
% of 65+ population living alone		26.6%	26.1%
% of 65+ population who speak only English at home		95.8%	91.3%
% of 65+ population who are veterans of military service		16.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.1%	3.6%
% moved from different county in New Hampshire		2.1%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		4.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		2.4%	6.9%
% 65+ with self-reported ambulatory difficulty	B	8.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		1.0%	5.6%
% 65+ with self-reported independent living difficulty		5.9%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.7%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		66.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		93.1%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.1%	5.4%
% 60+ receiving food stamps past year		2.0%	5.7%
% 65+ employed past year		32.2%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.4%	18.2%
% households with annual income $20,000-$49,999		42.6%	36.5%
% households with annual income > $50,000		45.0%	45.3%
% 60+ own home		87.7%	79.9%
% 60+ have mortgage on home		32.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Croydon (Sullivan)

TUFTS
Health Plan
FOUNDATION

Croydon is a rural town in Sullivan County and home to Corbin Park. There are 108 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairment. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 4 home health agencies.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		748	1,327,503
Population 60 years or older as % of total population		27.1%	22.7%
Total population 60 years or older		203	301,630
Population 65 years or older as % of total population		14.4%	15.8%
Total population 65 years or older		108	210,385
% 65-74 years		75.9%	58.5%
% 75-84 years		16.7%	28.6%
% 85 years or older		7.4%	12.9%
Gender (65+ population)			
% female		47.2%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.7%	58.5%
% divorced/separated		11.1%	14.0%
% widowed		12.0%	22.9%
% never married		11.1%	4.6%
Education (65+ population)			
% with less than high school education		21.3%	12.3%
% with high school or some college		60.2%	57.1%
% with college degree		18.5%	30.6%
% of 65+ population living alone		24.1%	26.1%
% of 65+ population who speak only English at home		95.4%	91.3%
% of 65+ population who are veterans of military service		33.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.8%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.9%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.8%	28.4%

HEALTHY AGING INDICATORS

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		5.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		6.5%	6.9%
% 65+ with self-reported ambulatory difficulty		18.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		3.7%	5.6%
% 65+ with self-reported independent living difficulty		10.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		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	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		35.4%	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)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		53.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		97.1%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	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		1.9%	5.4%
% 60+ receiving food stamps past year		3.7%	5.7%
% 65+ employed past year		30.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		20.6%	18.2%
% households with annual income $20,000-$49,999		42.6%	36.5%
% households with annual income > $50,000		36.8%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		40.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.5%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Goshen (Sullivan)

Goshen is a rural town located in Sullivan County containing Gunnison Lake, termed "The Goshen Ocean" by local residents. There are 123 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, tobacco use disorders, substance use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and visual impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include a public library, an assisted living site, and 2 home health agencies.
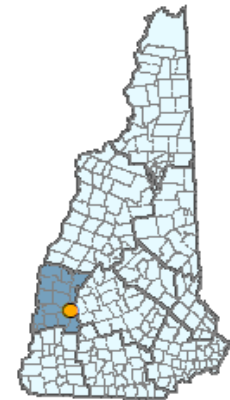
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		707	1,327,503
Population 60 years or older as % of total population		24.6%	22.7%
Total population 60 years or older		174	301,630
Population 65 years or older as % of total population		17.4%	15.8%
Total population 65 years or older		123	210,385
% 65-74 years		57.7%	58.5%
% 75-84 years		26.0%	28.6%
% 85 years or older		16.3%	12.9%
Gender (65+ population)			
% female		45.5%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		51.2%	58.5%
% divorced/separated		18.7%	14.0%
% widowed		26.8%	22.9%
% never married		3.3%	4.6%
Education (65+ population)			
% with less than high school education		25.2%	12.3%
% with high school or some college		49.6%	57.1%
% with college degree		25.2%	30.6%
% of 65+ population living alone		31.4%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		27.6%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		6.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		5.7%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese	B	13.8%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		30.2%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	22.1%	28.8%
% 65+ with anxiety disorders	B	16.0%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.9%	5.5%
% 65+ with tobacco use disorders	B	7.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.2%	12.0%
% 65+ with diabetes	B	19.8%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.7%	20.5%
% 65+ with asthma		11.0%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease	B	30.1%	34.3%
% 65+ with congestive heart failure	B	12.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease		12.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.6%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.6%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.3%	11.5%
% 65+ with benign prostatic hyperplasia		40.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.0%	20.8%
% 65+ with anemia	B	31.5%	37.3%
% 65+ with chronic kidney disease	B	14.0%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		5.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.6%	22.9%
% 65+ with cataract	W	65.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions	B	12.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		8.5%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		5.1%	6.9%
% 65+ with self-reported ambulatory difficulty		15.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		1.7%	5.6%
% 65+ with self-reported independent living difficulty		5.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.2	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	42.3	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		207	237
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		77	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		6.2%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		28.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		58.9%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	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		1.6%	5.4%
% 60+ receiving food stamps past year		5.4%	5.7%
% 65+ employed past year		11.4%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		0.0%	18.2%
% households with annual income $20,000-$49,999		65.6%	36.5%
% households with annual income > $50,000		34.4%	45.3%
% 60+ own home		91.3%	79.9%
% 60+ have mortgage on home		35.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.0%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$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.

Update: 05/2019

Grantham (Sullivan)

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

Grantham is a town located in Sullivan County along the Sugar River. There are 578 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, obesity, high cholesterol, depression, anxiety and bipolar disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, atrial fibrillation, peripheral vascular disease, colon cancer, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, and pressure ulcers. However, they had higher rates of leukemias and lymphomas and cataracts. They are more likely to be non-smokers, and take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include 2 home health agencies and a public library.
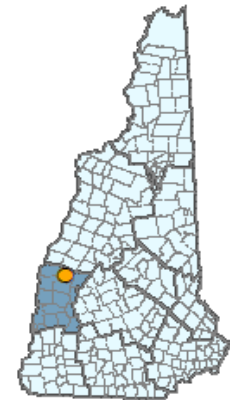
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,963	1,327,503
Population 60 years or older as % of total population		26.9%	22.7%
Total population 60 years or older		797	301,630
Population 65 years or older as % of total population		19.5%	15.8%
Total population 65 years or older		578	210,385
% 65-74 years		46.2%	58.5%
% 75-84 years		44.5%	28.6%
% 85 years or older		9.3%	12.9%
Gender (65+ population)			
% female		53.3%	54.7%
Race/Ethnicity (65+ population)			
% White		96.7%	97.7%
% African American		3.3%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		78.0%	58.5%
% divorced/separated		7.3%	14.0%
% widowed		14.7%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		3.1%	12.3%
% with high school or some college		37.5%	57.1%
% with college degree		59.3%	30.6%
% of 65+ population living alone		13.3%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		27.3%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.4%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		7.6%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		8.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese	B	13.0%	16.7%
% 65+ with high cholesterol	B	63.1%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.8%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	B	21.5%	28.8%
% 65+ with anxiety disorders	B	16.0%	21.9%
% 65+ with bipolar disorders	B	2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.0%	5.5%
% 65+ with tobacco use disorders	B	6.6%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	6.4%	12.0%
% 65+ with diabetes	B	18.0%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	9.6%	20.5%
% 65+ with asthma	B	8.3%	13.0%
% 65+ with hypertension	B	62.8%	70.2%
% 65+ ever had a heart attack	B	2.5%	4.5%
% 65+ with ischemic heart disease	B	26.3%	34.3%
% 65+ with congestive heart failure	B	11.4%	17.7%
% 65+ with atrial fibrillation	B	11.1%	14.4%
% 65+ with peripheral vascular disease	B	9.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.2%	49.1%
% 65+ with osteoporosis		17.5%	17.4%
% 65+ with leukemias and lymphomas	W	3.3%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.9%	2.4%
% 65+ women with breast cancer		10.9%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.5%	11.5%
% 65+ with benign prostatic hyperplasia		38.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	31.2%	37.3%
% 65+ with chronic kidney disease	B	13.5%	22.3%
% 65+ with liver diseases		5.3%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.0%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.8%	22.9%
% 65+ with cataract	W	65.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	42.8%	54.4%
% 65+ with 0 chronic conditions		11.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.6%	14.4%
% 65+ with self-reported vision difficulty		9.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		12.3%	6.9%
% 65+ with self-reported ambulatory difficulty		15.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		7.6%	5.6%
% 65+ with self-reported independent living difficulty		14.5%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	3.9%	7.9%
% dually eligible for Medicare and Medicaid	*	2.0%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year	*	351	572
Part D monthly prescription fills per person per year	*	40.2	49.1
Home health visits per year	*	1.3	2.5
Durable medical equipment claims per year	*	1.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	134	237
Medicare inpatient hospital readmissions (as % of admissions)		10.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	36	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.4%	0.8%
% of grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		28.7%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		77.7%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		45	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		486	2,012
% 65+ who own a motor vehicle		97.6%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		0.0%	5.4%
% 60+ receiving food stamps past year		2.8%	5.7%
% 65+ employed past year		26.1%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		3.1%	18.2%
% households with annual income $20,000-$49,999		21.8%	36.5%
% households with annual income > $50,000		75.1%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		50.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.7%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Langdon (Sullivan)

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

Langdon is a rural town located in Sullivan County and is home to the Prentiss Bridge. There are 126 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of hip fracture, high cholesterol, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, colon cancer, prostate cancer, hypothyroidism, anemia, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and hearing impairment. However, they had a higher rate of Alzheimer's disease or related dementias. Community resources to support healthy aging include 2 home health agencies and a YMCA.
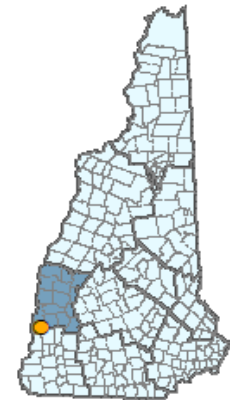
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		865	1,327,503
Population 60 years or older as % of total population		20.2%	22.7%
Total population 60 years or older		175	301,630
Population 65 years or older as % of total population		14.6%	15.8%
Total population 65 years or older		126	210,385
% 65-74 years		79.4%	58.5%
% 75-84 years		11.9%	28.6%
% 85 years or older		8.7%	12.9%
Gender (65+ population)			
% female		50.0%	54.7%
Race/Ethnicity (65+ population)			
% White		97.6%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.4%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.0%	58.5%
% divorced/separated		8.7%	14.0%
% widowed		21.4%	22.9%
% never married		0.8%	4.6%
Education (65+ population)			
% with less than high school education		15.1%	12.3%
% with high school or some college		61.9%	57.1%
% with college degree		23.0%	30.6%
% of 65+ population living alone		10.3%	26.1%
% of 65+ population who speak only English at home		95.2%	91.3%
% of 65+ population who are veterans of military service		19.8%	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		1.6%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture	B	2.5%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		16.7%	16.7%
% 65+ with high cholesterol	B	59.8%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.9%	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		5.6%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders	B	17.2%	21.9%
% 65+ with bipolar disorders	B	2.2%	3.1%
% 65+ with post-traumatic stress disorder	B	0.8%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.8%	4.9%
% 65+ with personality disorders		0.7%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.4%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	W	19.2%	12.0%
% 65+ with diabetes	B	23.8%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.8%	20.5%
% 65+ with asthma	B	9.5%	13.0%
% 65+ with hypertension	B	61.6%	70.2%
% 65+ ever had a heart attack		4.8%	4.5%
% 65+ with ischemic heart disease	B	29.6%	34.3%
% 65+ with congestive heart failure		15.9%	17.7%
% 65+ with atrial fibrillation		12.8%	14.4%
% 65+ with peripheral vascular disease	B	10.3%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	43.7%	49.1%
% 65+ with osteoporosis	B	10.3%	17.4%
% 65+ with leukemias and lymphomas		1.6%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.8%	2.4%
% 65+ women with breast cancer		7.3%	9.8%
% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ men with prostate cancer	B	7.5%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.4%	20.8%
% 65+ with anemia	B	32.5%	37.3%
% 65+ with chronic kidney disease		22.6%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	14.6%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	17.1%	22.9%
% 65+ with cataract		59.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.2%	54.4%
% 65+ with 0 chronic conditions	B	14.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		12.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.6%	14.4%
% 65+ with self-reported vision difficulty		4.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		4.8%	6.9%
% 65+ with self-reported ambulatory difficulty		13.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.7%	3.2%
% 65+ with self-reported self-care difficulty		1.6%	5.6%
% 65+ with self-reported independent living difficulty		8.7%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		7.3%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		504	572
Part D monthly prescription fills per person per year	*	42.1	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	180	237
Medicare inpatient hospital readmissions (as % of admissions)		13.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	40	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.4%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		2.2%	0.8%
% of grandparents who live with grandchildren		4.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		11.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		1	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		49.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		7.9%	5.4%
% 60+ receiving food stamps past year		5.0%	5.7%
% 65+ employed past year		33.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		10.6%	18.2%
% households with annual income $20,000-$49,999		37.9%	36.5%
% households with annual income > $50,000		51.5%	45.3%
% 60+ own home		97.7%	79.9%
% 60+ have mortgage on home		50.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		24.2%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Lempster (Sullivan)

Lempster is a rural town in Sullivan County that includes the Ashuelot River Headwaters Forest. There are 175 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, substance use disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and visual impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 3 home health agencies and a public library.

POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		982	1,327,503
Population 60 years or older as % of total population		27.8%	22.7%
Total population 60 years or older		273	301,630
Population 65 years or older as % of total population		17.8%	15.8%
Total population 65 years or older		175	210,385
% 65-74 years		62.3%	58.5%
% 75-84 years		28.0%	28.6%
% 85 years or older		9.7%	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		66.3%	58.5%
% divorced/separated		16.6%	14.0%
% widowed		12.6%	22.9%
% never married		4.6%	4.6%
Education (65+ population)			
% with less than high school education		28.6%	12.3%
% with high school or some college		60.0%	57.1%
% with college degree		11.4%	30.6%
% of 65+ population living alone		14.3%	26.1%
% of 65+ population who speak only English at home		98.3%	91.3%
% of 65+ population who are veterans of military service		25.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		3.4%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese	B	13.8%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		30.2%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	22.1%	28.8%
% 65+ with anxiety disorders	B	16.0%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.9%	5.5%
% 65+ with tobacco use disorders	B	7.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.2%	12.0%
% 65+ with diabetes	B	19.8%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.7%	20.5%
% 65+ with asthma		11.0%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease	B	30.1%	34.3%
% 65+ with congestive heart failure	B	12.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease		12.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.6%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.6%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.3%	11.5%
% 65+ with benign prostatic hyperplasia		40.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.0%	20.8%
% 65+ with anemia	B	31.5%	37.3%
% 65+ with chronic kidney disease	B	14.0%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		5.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.6%	22.9%
% 65+ with cataract	W	65.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions	B	12.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	W	26.3%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		14.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		10.3%	6.9%
% 65+ with self-reported ambulatory difficulty		24.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty		5.1%	5.6%
% 65+ with self-reported independent living difficulty		11.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.2	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	42.3	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		207	237
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		77	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.7%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		35.4%	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)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		62.0%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		9.1%	5.4%
% 60+ receiving food stamps past year		4.6%	5.7%
% 65+ employed past year		17.7%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.5%	18.2%
% households with annual income $20,000-$49,999		55.7%	36.5%
% households with annual income > $50,000		31.8%	45.3%
% 60+ own home		90.4%	79.9%
% 60+ have mortgage on home		44.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.5%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Newport (Sullivan)

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

Newport is a rural town located in Sullivan County that is locally known as "The Sunshine Town" and is home to an annual Winter Carnival. There are 1,487 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast and prostate cancers, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairment. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 8 primary care providers and a nursing home within 5 miles, 4 home health agencies, an adult day health center, a senior center, 2 assisted living sites, and a public library.
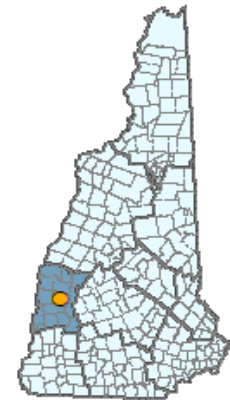
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		6,393	1,327,503
Population 60 years or older as % of total population		30.2%	22.7%
Total population 60 years or older		1,928	301,630
Population 65 years or older as % of total population		23.3%	15.8%
Total population 65 years or older		1,487	210,385
% 65-74 years		60.9%	58.5%
% 75-84 years		27.3%	28.6%
% 85 years or older		11.8%	12.9%
Gender (65+ population)			
% female		52.0%	54.7%
Race/Ethnicity (65+ population)			
% White		99.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		0.7%	0.9%
Marital Status (65+ population)			
% married		44.1%	58.5%
% divorced/separated		25.8%	14.0%
% widowed		27.4%	22.9%
% never married		2.6%	4.6%
Education (65+ population)			
% with less than high school education		25.1%	12.3%
% with high school or some college		55.4%	57.1%
% with college degree		19.5%	30.6%
% of 65+ population living alone		26.3%	26.1%
% of 65+ population who speak only English at home		97.6%	91.3%
% of 65+ population who are veterans of military service		25.5%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		4.2%	3.6%
% moved from different county in New Hampshire		1.3%	1.0%
% moved from different state		2.7%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		57.4%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		4.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		13.8%	6.9%
% 65+ with self-reported ambulatory difficulty	W	28.5%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		11.2%	5.6%
% 65+ with self-reported independent living difficulty	W	24.6%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		8	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		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	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		10	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		0.4%	2.5%
# of assisted living sites		2	134
% of vacant homes in community		10.3%	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)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		41.2%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		220	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,853	2,012
% 65+ who own a motor vehicle		81.4%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		4.8%	5.4%
% 60+ receiving food stamps past year		5.8%	5.7%
% 65+ employed past year		20.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		19.8%	18.2%
% households with annual income $20,000-$49,999		42.3%	36.5%
% households with annual income > $50,000		38.0%	45.3%
% 60+ own home		68.4%	79.9%
% 60+ have mortgage on home		23.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		18.7%	8.7%
% 65+ households spend >35% of income on housing (owner)		10.1%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Plainfield (Sullivan)

TUFTS
Health Plan
FOUNDATION

Plainfield is a town in Sullivan County that is home to the Helen Woodruff Smith Bird Sanctuary. There are 453 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, colon cancer, and benign prostatic hyperplasia. However, they had higher rates of depression, leukemias and lymphomas, hypothyroidism, cataracts, and hearing impairment. They are more likely to be non-smokers who take the health promotion steps of meeting CDC guidelines for aerobic physical activity, get the recommended hours of sleep, and have an annual dental exam. Community resources to support healthy aging include 2 home health agencies, a senior center, and 2 public libraries.
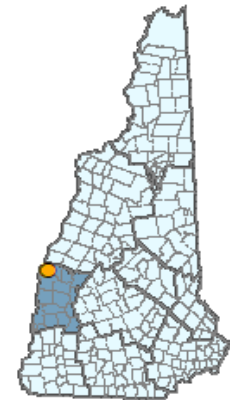
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		2,584	1,327,503
Population 60 years or older as % of total population		27.8%	22.7%
Total population 60 years or older		718	301,630
Population 65 years or older as % of total population		17.5%	15.8%
Total population 65 years or older		453	210,385
% 65-74 years		77.3%	58.5%
% 75-84 years		15.0%	28.6%
% 85 years or older		7.7%	12.9%
Gender (65+ population)			
% female		47.7%	54.7%
Race/Ethnicity (65+ population)			
% White		99.3%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.7%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		55.2%	58.5%
% divorced/separated		22.7%	14.0%
% widowed		21.0%	22.9%
% never married		1.1%	4.6%
Education (65+ population)			
% with less than high school education		8.2%	12.3%
% with high school or some college		44.2%	57.1%
% with college degree		47.7%	30.6%
% of 65+ population living alone		20.5%	26.1%
% of 65+ population who speak only English at home		94.0%	91.3%
% of 65+ population who are veterans of military service		19.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.2%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.9%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month	B	84.4%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.9%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	B	69.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		23.4%	19.9%
% 60+ getting recommended hours of sleep	B	73.6%	66.4%
% 60+ injured in a fall within last 12 months		11.4%	10.4%
% 65+ had hip fracture		3.1%	3.3%
% 60+ with self-reported fair or poor health status		13.9%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.4%	12.5%
% 60+ with physical exam/check-up in past year		80.9%	86.5%
% 60+ met CDC preventive health screening goals		39.7%	40.3%
% 60+ flu shot past year		66.1%	59.3%
% 65+ with pneumonia vaccine		81.0%	77.8%
% 60+ with cholesterol screening		94.5%	95.3%
% 60+ women with a mammogram within last 2 years		70.6%	79.3%
% 60+ with colorectal cancer screening		74.2%	77.0%
% 60+ with HIV test		14.4%	13.5%
% 60+ current smokers	B	3.9%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	B	18.5%	29.0%
% 60+ with annual dental exam	B	83.6%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		25.4%	20.2%
% 60+ self-reported obese	B	19.5%	27.2%
% 65+ clinically diagnosed obese		17.8%	16.7%
% 65+ with high cholesterol	B	59.4%	72.2%
% 60+ excessive drinking		9.8%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.0%	6.9%
% 65+ with depression	W	33.3%	28.8%
% 65+ with anxiety disorders		23.3%	21.9%
% 65+ with bipolar disorders	B	2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders		4.4%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.9%	5.5%
% 65+ with tobacco use disorders	B	7.5%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		12.9%	12.0%
% 65+ with diabetes	B	25.5%	28.2%
% 65+ with stroke		10.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	18.6%	20.5%
% 65+ with asthma		13.1%	13.0%
% 65+ with hypertension	B	65.7%	70.2%
% 65+ ever had a heart attack		3.7%	4.5%
% 65+ with ischemic heart disease	B	31.5%	34.3%
% 65+ with congestive heart failure		18.0%	17.7%
% 65+ with atrial fibrillation		14.8%	14.4%
% 65+ with peripheral vascular disease		16.2%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		51.1%	49.1%
% 65+ with osteoporosis		17.2%	17.4%
% 65+ with leukemias and lymphomas	W	3.3%	2.0%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with colon cancer	B	1.9%	2.4%
% 65+ women with breast cancer		11.7%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		10.4%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.2%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	W	24.4%	20.8%
% 65+ with anemia		35.5%	37.3%
% 65+ with chronic kidney disease		20.5%	22.3%
% 65+ with liver diseases		7.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.3%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.1%	22.9%
% 65+ with cataract	W	64.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.7%	54.4%
% 65+ with 0 chronic conditions		11.4%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	B	5.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.2%	14.4%
% 65+ with self-reported vision difficulty		0.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		4.2%	6.9%
% 65+ with self-reported ambulatory difficulty		17.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.3%	3.2%
% 65+ with self-reported self-care difficulty		4.6%	5.6%
% 65+ with self-reported independent living difficulty		9.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.9%	7.9%
% dually eligible for Medicare and Medicaid	*	5.6%	7.5%
% 60+ with a regular doctor		94.4%	95.8%
% 60+ who did not see doctor when needed due to cost		3.8%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	5.1	6.3
Emergency room visits/1000 persons 65+ years per year		528	572
Part D monthly prescription fills per person per year		47.3	49.1
Home health visits per year		2.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	199	237
Medicare inpatient hospital readmissions (as % of admissions)		14.6%	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	*	2.6%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		1	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.4%	0.8%
% of grandparents who live with grandchildren		3.9%	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		2	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		84.8%	77.6%
Voter participation rate in 2018 election (age 18+)		61.3%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		82.9%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		1	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		2.2%	5.7%
% 65+ employed past year		34.9%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		1.1%	18.2%
% households with annual income $20,000-$49,999		31.7%	36.5%
% households with annual income > $50,000		67.3%	45.3%
% 60+ own home		95.4%	79.9%
% 60+ have mortgage on home		40.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		13.7%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$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.

Springfield (Sullivan)

TUFTS
Health Plan
FOUNDATION

Springfield is a town located in western New Hampshire and is home to the Gile State Forest. There are 212 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, diabetes, asthma, hypertension, congestive heart failure, lung cancer, chronic kidney disease, liver diseases, hearing impairment, and mobility impairments. However, they had higher rates of leukemias and lymphomas, and benign prostatic hyperplasia. Community resources to support healthy aging include 2 home health agencies, and a public library.
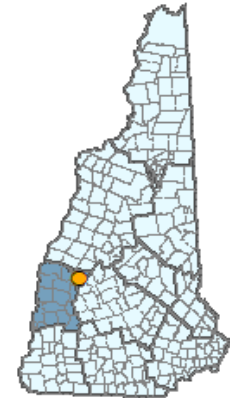
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,171	1,327,503
Population 60 years or older as % of total population		27.2%	22.7%
Total population 60 years or older		319	301,630
Population 65 years or older as % of total population		18.1%	15.8%
Total population 65 years or older		212	210,385
% 65-74 years		82.1%	58.5%
% 75-84 years		13.7%	28.6%
% 85 years or older		4.2%	12.9%
Gender (65+ population)			
% female		45.3%	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		83.0%	58.5%
% divorced/separated		0.9%	14.0%
% widowed		14.6%	22.9%
% never married		1.4%	4.6%
Education (65+ population)			
% with less than high school education		4.7%	12.3%
% with high school or some college		57.1%	57.1%
% with college degree		38.2%	30.6%
% of 65+ population living alone		10.8%	26.1%
% of 65+ population who speak only English at home		98.6%	91.3%
% of 65+ population who are veterans of military service		31.6%	24.8%
Age-sex adjusted 1-year mortality rate	B	2.4%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		3.3%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		4.0%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		16.5%	16.7%
% 65+ with high cholesterol		69.8%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.8%	28.4%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression		25.6%	28.8%
% 65+ with anxiety disorders	B	15.3%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder	B	0.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		4.1%	5.5%
% 65+ with tobacco use disorders	B	6.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias		10.5%	12.0%
% 65+ with diabetes	B	19.4%	28.2%
% 65+ with stroke		9.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.9%	20.5%
% 65+ with asthma	B	10.1%	13.0%
% 65+ with hypertension	B	62.8%	70.2%
% 65+ ever had a heart attack		5.9%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure	B	13.7%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		13.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.6%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas	W	4.6%	2.0%
% 65+ with lung cancer	B	0.9%	1.6%
% 65+ with colon cancer		2.3%	2.4%
% 65+ women with breast cancer		7.5%	9.8%
% 65+ women with endometrial cancer		1.5%	1.7%
% 65+ men with prostate cancer		11.8%	11.5%
% 65+ with benign prostatic hyperplasia	W	47.9%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		17.8%	20.8%
% 65+ with anemia		33.6%	37.3%
% 65+ with chronic kidney disease	B	16.6%	22.3%
% 65+ with liver diseases	B	4.6%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.0%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		4.9%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.1%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.1%	22.9%
% 65+ with cataract		65.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.2%	54.4%
% 65+ with 0 chronic conditions		11.5%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	10.1%	14.4%
% 65+ with self-reported vision difficulty		8.0%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		1.4%	6.9%
% 65+ with self-reported ambulatory difficulty		9.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.1%	3.2%
% 65+ with self-reported self-care difficulty		2.8%	5.6%
% 65+ with self-reported independent living difficulty		2.8%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		6.5%	7.9%
% dually eligible for Medicare and Medicaid	*	5.0%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.4	6.3
Emergency room visits/1000 persons 65+ years per year		467	572
Part D monthly prescription fills per person per year	*	44.6	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.6	2.0
Inpatient hospital stays/1000 persons 65+ years per year		186	237
Medicare inpatient hospital readmissions (as % of admissions)		14.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		69	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
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		1.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		33.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		71.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		0	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		76	2,012
% 65+ who own a motor vehicle		92.6%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	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		6.1%	5.4%
% 60+ receiving food stamps past year		2.6%	5.7%
% 65+ employed past year		28.3%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		13.2%	18.2%
% households with annual income $20,000-$49,999		29.8%	36.5%
% households with annual income > $50,000		57.0%	45.3%
% 60+ own home		98.4%	79.9%
% 60+ have mortgage on home		46.3%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		25.6%	21.2%

COST OF LIVING	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$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.

Sunapee (Sullivan)

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

Sunapee is a town in southwestern New Hampshire and home to several bodies of water including Lake Sunapee and Mountain View Lake. There are 740 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, substance use disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, pressure ulcers, and visual impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 2 home health agencies, an assisted living site, and a public library.
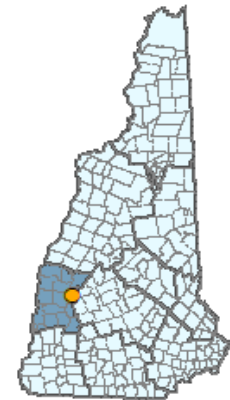
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,388	1,327,503
Population 60 years or older as % of total population		30.8%	22.7%
Total population 60 years or older		1,043	301,630
Population 65 years or older as % of total population		21.8%	15.8%
Total population 65 years or older		740	210,385
% 65-74 years		49.7%	58.5%
% 75-84 years		37.6%	28.6%
% 85 years or older		12.7%	12.9%
Gender (65+ population)			
% female		55.8%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.4%	0.9%
Marital Status (65+ population)			
% married		59.5%	58.5%
% divorced/separated		19.7%	14.0%
% widowed		18.1%	22.9%
% never married		2.7%	4.6%
Education (65+ population)			
% with less than high school education		2.3%	12.3%
% with high school or some college		47.4%	57.1%
% with college degree		50.3%	30.6%
% of 65+ population living alone		21.6%	26.1%
% of 65+ population who speak only English at home		100.0%	91.3%
% of 65+ population who are veterans of military service		25.3%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		2.3%	3.6%
% moved from different county in New Hampshire		1.6%	1.0%
% moved from different state		2.8%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.3%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese	B	13.8%	16.7%
% 65+ with high cholesterol	B	66.4%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		5.6%	6.9%
% 65+ with depression	B	22.1%	28.8%
% 65+ with anxiety disorders	B	16.0%	21.9%
% 65+ with bipolar disorders	B	2.1%	3.1%
% 65+ with post-traumatic stress disorder		1.3%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.8%	4.9%
% 65+ with personality disorders		1.1%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)	B	3.9%	5.5%
% 65+ with tobacco use disorders	B	7.1%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.2%	12.0%
% 65+ with diabetes	B	19.8%	28.2%
% 65+ with stroke	B	8.2%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.7%	20.5%
% 65+ with asthma		11.0%	13.0%
% 65+ with hypertension	B	65.3%	70.2%
% 65+ ever had a heart attack		4.3%	4.5%
% 65+ with ischemic heart disease	B	30.1%	34.3%
% 65+ with congestive heart failure	B	12.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease		12.4%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		49.6%	49.1%
% 65+ with osteoporosis		16.4%	17.4%
% 65+ with leukemias and lymphomas		2.6%	2.0%
% 65+ with lung cancer		1.4%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.6%	9.8%
% 65+ women with endometrial cancer		1.8%	1.7%
% 65+ men with prostate cancer		11.3%	11.5%
% 65+ with benign prostatic hyperplasia		40.4%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism		21.0%	20.8%
% 65+ with anemia	B	31.5%	37.3%
% 65+ with chronic kidney disease	B	14.0%	22.3%
% 65+ with liver diseases		6.4%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	13.7%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		5.3%	4.0%
% 65+ with epilepsy		1.5%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.6%	22.9%
% 65+ with cataract	W	65.8%	61.2%
% 65+ with pressure ulcer or chronic ulcer	B	4.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.8%	54.4%
% 65+ with 0 chronic conditions	B	12.9%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		3.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	B	0.7%	0.9%
% 65+ with self-reported cognition difficulty		3.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	3.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.6%	3.2%
% 65+ with self-reported self-care difficulty	B	1.1%	5.6%
% 65+ with self-reported independent living difficulty	B	6.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	2.0%	7.9%
% dually eligible for Medicare and Medicaid	*	3.6%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	4.2	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	42.3	49.1
Home health visits per year		2.1	2.5
Durable medical equipment claims per year	*	1.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year		207	237
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		77	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		1.8%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		40.1%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		65.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		120	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		557	2,012
% 65+ who own a motor vehicle		96.5%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		1.1%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		27.6%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		12.2%	18.2%
% households with annual income $20,000-$49,999		32.7%	36.5%
% households with annual income > $50,000		55.1%	45.3%
% 60+ own home		87.0%	79.9%
% 60+ have mortgage on home		34.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		7.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		35.3%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Unity (Sullivan)

Unity is a rural town in Sullivan County adjacent to the Connecticut River. There are 360 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, Alzheimer's disease or related dementias, atrial fibrillation, osteoporosis, breast cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, glaucoma, cataracts, and hearing impairments. However, they had higher rates of depression, tobacco use disorders, chronic obstructive pulmonary disease, heart attack, and colon cancer. Community resources to support healthy aging include 8 primary care providers and a nursing home within 5 miles, and 4 home health agencies.
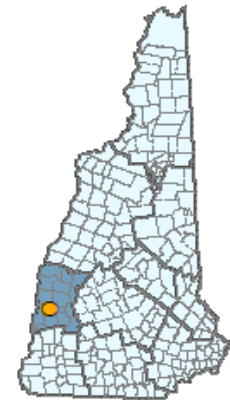
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,564	1,327,503
Population 60 years or older as % of total population		31.8%	22.7%
Total population 60 years or older		498	301,630
Population 65 years or older as % of total population		23.0%	15.8%
Total population 65 years or older		360	210,385
% 65-74 years		53.6%	58.5%
% 75-84 years		24.2%	28.6%
% 85 years or older		22.2%	12.9%
Gender (65+ population)			
% female		55.8%	54.7%
Race/Ethnicity (65+ population)			
% White		96.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.3%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		56.9%	58.5%
% divorced/separated		11.7%	14.0%
% widowed		24.7%	22.9%
% never married		6.7%	4.6%
Education (65+ population)			
% with less than high school education		28.3%	12.3%
% with high school or some college		61.7%	57.1%
% with college degree		10.0%	30.6%
% of 65+ population living alone		10.5%	26.1%
% of 65+ population who speak only English at home		95.8%	91.3%
% of 65+ population who are veterans of military service		23.3%	24.8%
Age-sex adjusted 1-year mortality rate		4.8%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		8.9%	3.6%
% moved from different county in New Hampshire		1.1%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		26.4%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		59.6%	58.6%
% 60+ met CDC guidelines for both types of physical activities		20.1%	19.9%
% 60+ getting recommended hours of sleep		70.6%	66.4%
% 60+ injured in a fall within last 12 months		11.2%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		18.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		13.5%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		40.7%	40.3%
% 60+ flu shot past year		60.6%	59.3%
% 65+ with pneumonia vaccine		78.0%	77.8%
% 60+ with cholesterol screening		94.1%	95.3%
% 60+ women with a mammogram within last 2 years		76.7%	79.3%
% 60+ with colorectal cancer screening		73.1%	77.0%
% 60+ with HIV test		13.1%	13.5%
% 60+ current smokers		7.4%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		32.8%	29.0%
% 60+ with annual dental exam		73.2%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		18.2%	20.2%
% 60+ self-reported obese		31.5%	27.2%
% 65+ clinically diagnosed obese		18.1%	16.7%
% 65+ with high cholesterol	B	64.2%	72.2%
% 60+ excessive drinking		8.2%	9.2%
% 65+ with poor supermarket access		0.9%	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		5.6%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders	B	19.1%	21.9%
% 65+ with bipolar disorders		3.1%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.3%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
% 65+ with tobacco use disorders	W	12.7%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	10.5%	12.0%
% 65+ with diabetes		28.7%	28.2%
% 65+ with stroke		10.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	25.0%	20.5%
% 65+ with asthma		13.8%	13.0%
% 65+ with hypertension		68.7%	70.2%
% 65+ ever had a heart attack	W	5.5%	4.5%
% 65+ with ischemic heart disease		33.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation	B	12.2%	14.4%
% 65+ with peripheral vascular disease		15.6%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		47.9%	49.1%
% 65+ with osteoporosis	B	16.1%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.9%	1.6%
% 65+ with colon cancer	W	3.0%	2.4%
% 65+ women with breast cancer	B	8.4%	9.8%
% 65+ women with endometrial cancer		1.6%	1.7%
% 65+ men with prostate cancer	B	7.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	32.7%	36.8%
% 65+ with HIV/AIDS		0.05%	0.05%
% 65+ with hypothyroidism	B	19.2%	20.8%
% 65+ with anemia	B	35.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		19.2%	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		1.7%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.7%	22.9%
% 65+ with cataract	B	58.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.3%	54.4%
% 65+ with 0 chronic conditions	B	12.2%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		14.0%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		7.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		7.0%	6.9%
% 65+ with self-reported ambulatory difficulty		15.4%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.4%	3.2%
% 65+ with self-reported self-care difficulty		0.0%	5.6%
% 65+ with self-reported independent living difficulty		9.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.5%	7.9%
% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
% 60+ with a regular doctor		94.3%	95.8%
% 60+ who did not see doctor when needed due to cost		4.5%	5.4%
# of primary care providers within 5 miles		8	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	3.6	6.3
Emergency room visits/1000 persons 65+ years per year	*	648	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year	*	2.0	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		233	237
Medicare inpatient hospital readmissions (as % of admissions)		15.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	90	76
# skilled nursing home Medicare beds/1000 persons 65+ years		42	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		2.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		21.3%	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)		79.0%	93.0%
% 60+ who used Internet in last month		76.5%	77.6%
Voter participation rate in 2018 election (age 18+)		43.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		N/A	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		N/A	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		72.2%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	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		3.1%	5.4%
% 60+ receiving food stamps past year		9.3%	5.7%
% 65+ employed past year		15.0%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		11.8%	18.2%
% households with annual income $20,000-$49,999		40.2%	36.5%
% households with annual income > $50,000		48.0%	45.3%
% 60+ own home		96.6%	79.9%
% 60+ have mortgage on home		48.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		34.6%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$38,244	0.99

Washington (Sullivan)

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

Washington is a town located in Sullivan County and is home to Pillsbury State Park. There are 251 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, hypothyroidism, anemia, chronic kidney disease, and hearing impairments. Community resources to support healthy aging include 4 home health agencies and a public library.
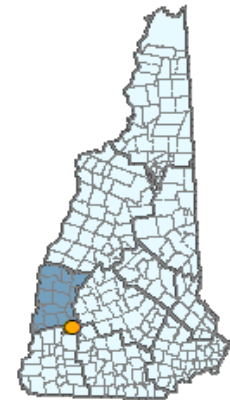
POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		1,028	1,327,503
Population 60 years or older as % of total population		31.1%	22.7%
Total population 60 years or older		320	301,630
Population 65 years or older as % of total population		24.4%	15.8%
Total population 65 years or older		251	210,385
% 65-74 years		67.7%	58.5%
% 75-84 years		27.5%	28.6%
% 85 years or older		4.8%	12.9%
Gender (65+ population)			
% female		47.8%	54.7%
Race/Ethnicity (65+ population)			
% White		97.2%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		2.8%	0.9%
% Hispanic/Latino		0.8%	0.9%
Marital Status (65+ population)			
% married		63.3%	58.5%
% divorced/separated		17.9%	14.0%
% widowed		16.7%	22.9%
% never married		2.0%	4.6%
Education (65+ population)			
% with less than high school education		4.8%	12.3%
% with high school or some college		62.2%	57.1%
% with college degree		33.1%	30.6%
% of 65+ population living alone		22.3%	26.1%
% of 65+ population who speak only English at home		93.2%	91.3%
% of 65+ population who are veterans of military service		21.1%	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		1.2%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		1.6%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.1%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.5%	58.6%
% 60+ met CDC guidelines for both types of physical activities		17.7%	19.9%
% 60+ getting recommended hours of sleep		66.8%	66.4%
% 60+ injured in a fall within last 12 months		7.1%	10.4%
% 65+ had hip fracture		2.6%	3.3%
% 60+ with self-reported fair or poor health status		15.4%	16.5%
% 60+ with 15+ physically unhealthy days last month		10.7%	12.5%
% 60+ with physical exam/check-up in past year		84.8%	86.5%
% 60+ met CDC preventive health screening goals		35.3%	40.3%
% 60+ flu shot past year		58.9%	59.3%
% 65+ with pneumonia vaccine		73.7%	77.8%
% 60+ with cholesterol screening		92.1%	95.3%
% 60+ women with a mammogram within last 2 years		84.1%	79.3%
% 60+ with colorectal cancer screening		78.7%	77.0%
% 60+ with HIV test		17.4%	13.5%
% 60+ current smokers		8.3%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.0%	29.0%
% 60+ with annual dental exam		77.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		35	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		22.7%	20.2%
% 60+ self-reported obese		24.3%	27.2%
% 65+ clinically diagnosed obese		16.6%	16.7%
% 65+ with high cholesterol	B	66.5%	72.2%
% 60+ excessive drinking		6.5%	9.2%
% 65+ with poor supermarket access		30.2%	28.4%

HEALTHY AGING INDICATORS

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
BEHAVIORAL HEALTH			
% 60+ with 15+ days poor mental health last month		7.8%	6.9%
% 65+ with depression		26.8%	28.8%
% 65+ with anxiety disorders	B	18.8%	21.9%
% 65+ with bipolar disorders		2.4%	3.1%
% 65+ with post-traumatic stress disorder		1.4%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders		1.0%	1.1%
# opioid deaths (all ages) (county)		27	1,279
% 65+ with substance use disorders (drug use +/or alcohol abuse)		6.6%	5.5%
% 65+ with tobacco use disorders		10.8%	10.4%
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.4%	12.0%
% 65+ with diabetes		27.3%	28.2%
% 65+ with stroke	B	8.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	16.1%	20.5%
% 65+ with asthma	B	10.7%	13.0%
% 65+ with hypertension	B	65.9%	70.2%
% 65+ ever had a heart attack		4.0%	4.5%
% 65+ with ischemic heart disease	B	28.3%	34.3%
% 65+ with congestive heart failure	B	14.1%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	12.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.6%	49.1%
% 65+ with osteoporosis	B	12.6%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer	B	1.1%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		10.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		9.7%	11.5%
% 65+ with benign prostatic hyperplasia		33.7%	36.8%
% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with hypothyroidism	B	17.0%	20.8%
% 65+ with anemia	B	29.1%	37.3%
% 65+ with chronic kidney disease	B	18.0%	22.3%
% 65+ with liver diseases		5.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		0.8%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		24.9%	22.9%
% 65+ with cataract		60.4%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.4%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		10.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.9%	14.4%
% 65+ with self-reported vision difficulty		5.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.7%	0.9%
% 65+ with self-reported cognition difficulty		1.2%	6.9%
% 65+ with self-reported ambulatory difficulty	B	12.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		1.2%	5.6%
% 65+ with self-reported independent living difficulty	B	3.2%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees		8.1%	7.9%
% dually eligible for Medicare and Medicaid		6.2%	7.5%
% 60+ with a regular doctor		95.7%	95.8%
% 60+ who did not see doctor when needed due to cost		4.4%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		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	*	5.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	477	572
Part D monthly prescription fills per person per year	*	44.0	49.1
Home health visits per year	*	4.1	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		224	237
Medicare inpatient hospital readmissions (as % of admissions)	*	11.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		70	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.9%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		N/A	N/A
% of grandparents raising grandchildren		1.0%	0.8%
% of grandparents who live with grandchildren		1.0%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		59.4%	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)		79.0%	93.0%
% 60+ who used Internet in last month		83.0%	77.6%
Voter participation rate in 2018 election (age 18+)		60.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		90	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,264	2,012
% 65+ who own a motor vehicle		98.6%	91.0%
% 60+ who always drive wearing a seatbelt		75.0%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		1	151

	BETTER / WORSE STATE RATE[1]	COMMUNITY ESTIMATE	STATE ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		6.8%	5.4%
% 60+ receiving food stamps past year		1.5%	5.7%
% 65+ employed past year		25.5%	24.8%
Household income (65+ householder)			
% households with annual income < $20,000		14.9%	18.2%
% households with annual income $20,000-$49,999		43.9%	36.5%
% households with annual income > $50,000		41.2%	45.3%
% 60+ own home		93.8%	79.9%
% 60+ have mortgage on home		46.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		36.5%	21.2%

	$ COUNTY ESTIMATE	$ STATE ESTIMATE	RATIO (COUNTY/STATE)
COST OF LIVING			
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	$25,332	$25,284	1.00
Single, renter, good health	$25,920	$26,400	0.98
Couple, homeowner without mortgage, good health	$37,272	$37,128	1.00
Couple, renter, good health	$37,860	$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.