Lancaster (Coös)



Lancaster is a rural town located in Coös County that is known for its boutique-lined Main Street. There are 659 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis and lung cancer. However, they had higher rates of tooth loss, depression, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, hypertension, heart attack, ischemic heart disease, and peripheral vascular disease. Relative to the state, they are less likely to take the health promotion steps of meeting the CDC guidelines for both aerobic and muscle-strengthening physical activities or having annual dental exams. Community resources to support healthy aging include 4 primary care providers within 5 miles, a hospital, a nursing home within 5 miles, 2 home health agencies, an assisted living site, and a public library.



Population 60 years or older as % of total population 28.2% 22.7 Total population 60 years or older 952 301,6 Population 65 years or older as % of total population 19.5% 15.8 Total population 65 years or older 659 210,3 % 65-74 years 57.5% 58.5 % 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.2 Gender (65+ population)	POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population 60 years or older 952 301,6 Population 65 years or older as % of total population 19.5% 15.6 Total population 65 years or older 659 210,3 % 65-74 years 57.5% 58.5 % 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.9 Gender (65+ population)	Total population all ages		3,381	1,327,503
Population 65 years or older as % of total population 19.5% 15.6 Total population 65 years or older 659 210.3 % 65-74 years 57.5% 58.5 % 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.9 Gender (65+ population)	Population 60 years or older as % of total population		28.2%	22.7%
Total population 65 years or older 659 210,3 % 65-74 years 57.5% 58.5 % 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.5 Gender (65+ population)	Total population 60 years or older		952	301,630
% 65-74 years 57.5% 58.5 % 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.5 Gender (65+ population) 59.2% 54.7 Race/Ethnicity (65+ population) 99.5% 97.7 % African American 0.0% 0.5 % Other 0.5% 0.5 % Hispanic/Latino 0.0% 0.5 % divorced/separated 12.9% 14.6 % widowed 35.4% 22.5 % never married 36.6% 46 Education (65+ population) 10.9% 12.5 % with less than high school education 10.9% 12.5 % with less than high school education 10.9% 12.5 % with less than high school education 10.9% 12.5 % with college degree 23.5% 30.6 % of 65+ population living alone 29.8% 26.1 % of 65+ population who speak only English at home 92.6% 91.3 % of 65+ population who are veterans of military service 17.5% 24.8	Population 65 years or older as % of total population		19.5%	15.8%
% 75-84 years 27.9% 28.6 % 85 years or older 14.6% 12.5 Gender (65+ population) 59.2% 54.7 Race/Ethnicity (65+ population) 99.5% 97.7 % African American 0.0% 0.5 % Other 0.0% 0.5 % Hispanic/Latino 0.0% 0.5 % divorced/separated 12.9% 14.6 % widowed 35.4% 22.5 % never married 3.6% 4.6 Education (65+ population) 10.9% 12.3% % with less than high school education 10.9% 12.3 % with high school or some college 65.6% 57.1 % with college degree 23.5% 30.6 % of 65+ population living alone 29.8% 26.1 % of 65+ population who speak only English at home 92.6% 91.3 % of 65+ population who are veterans of military service 17.5% 24.8	Total population 65 years or older		659	210,385
% 85 years or older 14.6% 12.5 Gender (65+ population) 59.2% 54.7 Race/Ethnicity (65+ population) 99.5% 97.7 % White 99.5% 97.7 % African American 0.0% 0.5 % Other 0.5% 0.5 % Hispanic/Latino 0.0% 0.5 % divorced/separated 12.9% 14.0 % widowed 35.4% 22.5 % never married 48.1% 58.5 % divorced/separated 12.9% 14.0 % widowed 35.4% 22.5 % never married 3.6% 4.6 Education (65+ population) 10.9% 12.3 % with less than high school education 10.9% 12.3 % with school or some college 65.6% 57.1 % with college degree 23.5% 30.6 % of 65+ population living alone 29.8% 26.1 % of 65+ population who speak only English at home 92.6% 91.3 % of 65+ population who are veterans of military service	% 65-74 years		57.5%	58.5%
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Education (65+ population)% with less than high school education10.9%% with high school or some college65.6%% with college degree23.5%% of 65+ population living alone29.8%% of 65+ population who speak only English at home92.6%% of 65+ population who are veterans of military service17.5%24.8	% widowed		35.4%	22.9%
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% with high school or some college65.6%57.4% with college degree23.5%30.6% of 65+ population living alone29.8%26.1% of 65+ population who speak only English at home92.6%91.3% of 65+ population who are veterans of military service17.5%24.8	Education (65+ population)			
% with college degree23.5%30.6% of 65+ population living alone29.8%26.1% of 65+ population who speak only English at home92.6%91.3% of 65+ population who are veterans of military service17.5%24.8	% with less than high school education		10.9%	12.3%
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% of 65+ population who speak only English at home92.6%91.3% of 65+ population who are veterans of military service17.5%24.8	% with college degree		23.5%	30.6%
% of 65+ population who are veterans of military service 17.5% 24.8	% of 65+ population living alone		29.8%	26.1%
	% of 65+ population who speak only English at home		92.6%	91.3%
Age-sex adjusted 1-year mortality rate5.5%4.1	% of 65+ population who are veterans of military service		17.5%	24.8%
	Age-sex adjusted 1-year mortality rate		5.5%	4.1%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Geographic Migration (65+ population) in the past 12 months			
% moved within same county		1.8%	3.6%
% moved from different county in New Hampshire		0.9%	1.0%
% moved from different state		0.5%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		67.2%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity	W	16.7%	26.0%
% 60+ met CDC guidelines for aerobic physical activity	W	48.1%	58.6%
% 60+ met CDC guidelines for both types of physical activities	W	10.2%	19.9%
% 60+ getting recommended hours of sleep		63.1%	66.4%
% 60+ injured in a fall within last 12 months		11.8%	10.4%
% 65+ had hip fracture		3.6%	3.3%
% 60+ with self-reported fair or poor health status		23.6%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.6%	12.5%
% 60+ with physical exam/check-up in past year		91.0%	86.5%
% 60+ met CDC preventive health screening goals		38.5%	40.3%
% 60+ flu shot past year		58.7%	59.3%
% 65+ with pneumonia vaccine		82.1%	77.8%
% 60+ with cholesterol screening		93.1%	95.3%
% 60+ women with a mammogram within last 2 years		77.1%	79.3%
% 60+ with colorectal cancer screening		77.9%	77.0%
% 60+ with HIV test		13.4%	13.5%
% 60+ current smokers		11.2%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth	W	41.9%	29.0%
% 60+ with annual dental exam	W	52.3%	75.7%
# of dentists per 100,000 persons (all ages) (county)		59	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		34.2%	27.2%
% 65+ clinically diagnosed obese		16.9%	16.7%
% 65+ with high cholesterol		75.8%	72.2%
% 60+ excessive drinking		11.4%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

% 60+ with 15+ days poor mental health last month 7.6% 6.9% % 65+ with depression W 35.9% 28.8% % 65+ with biolar disorders 24.1% 21.9% % 65+ with post-traumatic stress disorder 1.5% 1.4% % 65+ with post-traumatic stress disorder 1.5% 1.4% % 65+ with post-traumatic stress disorders W 8.1% 4.9% % 65+ with post-traumatic stress disorders W 8.1% 4.9% % 65+ with post-traumatic stress disorders 1.8% 1.1% 4.1% % 65+ with babatance use disorders (drug use +/or alcohol abuse) 5.4% 5.5% % 65+ with babatance use disorders (drug use +/or alcohol abuse) 5.4% 5.5% % 65+ with diabetes W 35.6% 28.2% % 65+ with diabetes W 36.6% 20.5% % 65+ with diabetes W 26.3% 20.5% % 65+ with stroke 12.7% 10.8% % 65+ with diabetes W 46.3% 4.5% % 65+ with stroke 12.7% 10.8% 4.5%	HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
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% 65+ with schizophrenia & other psychotic disorders W 8.1% 4.9% % 65+ with personality disorders 1.8% 1.1% # oploid deaths (all ages) (county) 37 1.27' % 65+ with substance use disorders 10.4% 5.5% % 65+ with tobacco use disorders 10.4% 10.4% CHRONC DISEASE 12.5% 12.0% % 65+ with diabetes W 35.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with stroke 20.2% 13.0% % 65+ with stroke 13.0% 45.9% % 65+ with stroke 20.2% 17.7% % 65+ with schemic heart disease W 20.2% 14.7% % 65+ with schemic heart disease W 20.8% 14.4% % 65+ with osteoarthritis/theumatoid arthritis B 44.5% 49.1%	% 65+ with bipolar disorders		4.0%	3.1%
% 65+ with personality disorders 1.8% 1.1% # opioid deaths (all ages) (county) 37 1.273 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.4% 5.5% % 65+ with tobacco use disorders 10.4% 10.4% CHRONIC DISEASE 12.5% 12.0% % 65+ with diabetes W 35.6% 28.2% % 65+ with diabetes W 36.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with stroke 14.0% 13.0% % 65+ with stroke 14.0% 13.0% % 65+ with opertension W 70.2% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with congestive heart failure 20.2% 14.7% % 65+ with congestive heart failure 20.2% 14.7% % 65+ with cong cancer	% 65+ with post-traumatic stress disorder		1.5%	1.4%
# opioid deaths (all ages) (county) 37 1.27 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.4% 5.5% % 65+ with bacco use disorders 10.4% 10.4% CHRONIC DISEASE 12.5% 12.0% % 65+ with diabetes W 35.6% 28.22% % 65+ with stroke 12.7% 10.8% % 65+ with operiod beart disease W 26.3% 20.5% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with operiod beart failure 20.2% 17.7% % 65+ with operiod carchritis/rheumatoid arthritis B 44.5% 49.1%	% 65+ with schizophrenia & other psychotic disorders	W	8.1%	4.9%
% 65+ with substance use disorders (drug use +/or alcohol abuse) 5.4% 5.5% % 65+ with tobacco use disorders 10.4% 10.4% CHRONIC DISEASE 12.5% 12.0% % 65+ with Alzheimer's disease or related dementias 12.5% 12.0% % 65+ with diabetes W 35.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with obstructive pulmonary disease W 26.3% 20.5% % 65+ with asthma 14.0% 13.0% 654.0% 70.2% % 65+ with hypertension W 70.2% 70.2% 77.7% 70.2% % 65+ with ischemic heart disease W 8.3% 4.5% 4.5% % 65+ with osteogestive heart failure 20.2% 17.7% 8.4% % 65+ with osteogenthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteogorosis 19.9% 17.4% 65+ with loug cancer 2.0% 2.0% % 65+ with osteogorosis 19.9% 17.4% 65+ with loug cancer 2.0% 2.0% % 65+ with loug cancer	% 65+ with personality disorders		1.8%	1.1%
% 65+ with tobacco use disorders 10.4% 10.4% CHRONIC DISEASE 12.5% 12.0% % 65+ with Alzheimer's disease or related dementias 12.5% 12.0% % 65+ with diabetes W 35.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with stroke 12.7% 10.8% % 65+ with obstructive pulmonary disease W 26.3% 20.5% % 65+ with stroke 14.0% 13.0% % 65+ with hypertension W 74.0% 70.2% % 65+ with ischemic heart disease W 40.6% 34.3% % 65+ with obstructive pulmonary disease W 40.6% 34.3% % 65+ with pertension W 40.6% 34.3% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with obstructive pulmonary disease W 22.5% 14.7% % 65+ with obstructive pulmonary disease W 22.5% 14.7% % 65+ with obstructive disease W 22.5% 14.7% % 65+ with leukemias and lymphomas 2.	# opioid deaths (all ages) (county)		37	1,279
CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 12.5% 12.0% % 65+ with diabetes W 35.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with stroke 12.7% 10.8% % 65+ with chronic obstructive pulmonary disease W 26.3% 20.5% % 65+ with asthma 14.0% 13.0% 70.2% % 65+ with asthma 14.0% 70.2% 77.2% % 65+ with hypertension W 74.0% 70.2% % 65+ with ischemic heart disease W 40.6% 34.3% % 65+ with atrial fibrillation 14.3% 14.4% % 65+ with tartial fibrillation 14.3% 14.4% % 65+ with osteopartsis 19.9% 17.4% % 65+ with osteoparosis 19.9% 17.4% % 65+ with osteoparosis 19.9% 17.4% % 65+ with loug cancer 8 0.8% 1.6% % 65+ with osteoparosis 19.9% 17.4% 65+ with colon cancer 2.0% 1.0% % 65	% 65+ with substance use disorders (drug use +/or alcohol abuse)		5.4%	5.5%
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% 65+ with diabetes W 35.6% 28.2% % 65+ with stroke 12.7% 10.8% % 65+ with chronic obstructive pulmonary disease W 26.3% 20.5% % 65+ with asthma 14.0% 13.0% % 65+ with hypertension W 74.0% 70.2% % 65+ with hypertension W 8.3% 4.5% % 65+ with congestive heart disease W 40.6% 34.3% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with atrial fibrillation 14.3% 14.4% % 65+ with osteoparthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with colon cancer 2.3% 2.4% % 65+ with lung cancer 8 0.8% 1.6% % 65+ with proprosis 19.9% 1.7% 9.8% % 65+ with lung cancer 2.0% 2.0% 2.0% % 65+ with net endometrial cancer 7.7% 9.8% 65+ with horign prostate cancer 1.0% 11.5% <t< td=""><td>CHRONIC DISEASE</td><td></td><td></td><td></td></t<>	CHRONIC DISEASE			
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% 65+ with chronic obstructive pulmonary disease W 26.3% 20.5% % 65+ with asthma 14.0% 13.0% % 65+ with hypertension W 74.0% 70.2% % 65+ ever had a heart attack W 8.3% 4.5% % 65+ with ischemic heart disease W 40.6% 34.3% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with atrial fibrillation 14.3% 14.4% % 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with colon cancer 7.7% 9.8% % 65+ women with prostate cancer 7.7% 9.8% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with hilping prostatic hyperplasia 34.8% 36.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+	% 65+ with diabetes	W	35.6%	28.2%
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% 65+ with ischemic heart disease W 40.6% 34.3% % 65+ with congestive heart failure 20.2% 17.7% % 65+ with atrial fibrillation 14.3% 14.4% % 65+ with peripheral vascular disease W 22.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with long cancer B 0.8% 1.6% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with hypothyroidism 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with hypertension	W	74.0%	70.2%
% 65+ with congestive heart failure 20.2% 17.7% % 65+ with atrial fibrillation 14.3% 14.4% % 65+ with peripheral vascular disease W 22.5% 14.7% % 65+ with peripheral vascular disease W 22.5% 14.7% % 65+ with peripheral vascular disease W 22.5% 14.7% % 65+ with osteoparthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoparosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with lung cancer B 0.8% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with hypothyroidism 34.8% 36.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with hypothyroidism 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9% <td>% 65+ ever had a heart attack</td> <td>W</td> <td>8.3%</td> <td>4.5%</td>	% 65+ ever had a heart attack	W	8.3%	4.5%
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% 65+ with atrial fibrillation 14.3% 14.4% % 65+ with peripheral vascular disease W 22.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with osteoporosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with lung cancer B 0.8% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with congestive heart failure		20.2%	17.7%
% 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with lung cancer B 0.8% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with chronic kidney disease 25.1% 22.3%	% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with osteoarthritis/rheumatoid arthritis B 44.5% 49.1% % 65+ with osteoporosis 19.9% 17.4% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with lung cancer B 0.8% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ women with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with chronic kidney disease 25.1% 22.3%	% 65+ with peripheral vascular disease	W	22.5%	14.7%
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% 65+ with leukemias and lymphomas 2.0% 2.0% % 65+ with lung cancer B 0.8% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ women with prostate cancer 2.0% 1.7% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with hypothyroidism 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with osteoporosis		19.9%	17.4%
% 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ men with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with leukemias and lymphomas			2.0%
% 65+ women with breast cancer 7.7% 9.8% % 65+ women with endometrial cancer 2.0% 1.7% % 65+ men with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with lung cancer	В	0.8%	1.6%
% 65+ women with endometrial cancer 2.0% 1.7% % 65+ men with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with colon cancer		2.3%	2.4%
% 65+ men with prostate cancer 10.0% 11.5% % 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ women with breast cancer		7.7%	9.8%
% 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ women with endometrial cancer		2.0%	1.7%
% 65+ with benign prostatic hyperplasia 34.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%			10.0%	11.5%
% 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	-			36.8%
% 65+ with hypothyroidism 18.8% 20.8% % 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with HIV/AIDS			0.05%
% 65+ with anemia 39.0% 37.3% % 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with hypothyroidism			20.8%
% 65+ with chronic kidney disease 25.1% 22.3% % 65+ with liver diseases 7.4% 6.9%	% 65+ with anemia			37.3%
% 65+ with liver diseases 7.4% 6.9%				22.3%
	-			6.9%
	% 65+ with fibromyalgia, chronic pain and fatigue		20.4%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.6%	4.0%
% 65+ with epilepsy		2.3%	2.1%
% 65+ with traumatic brain injury		1.0%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		23.7%	22.9%
% 65+ with cataract		60.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		8.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	60.0%	54.4%
% 65+ with 0 chronic conditions		11.1%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	В	7.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.4%	14.4%
% 65+ with self-reported vision difficulty		8.9%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		12.1%	6.9%
% 65+ with self-reported ambulatory difficulty		18.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		3.0%	5.6%
% 65+ with self-reported independent living difficulty		8.1%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	1.2%	7.9%
% dually eligible for Medicare and Medicaid	*	17.2%	7.5%
% 60+ with a regular doctor		95.0%	95.8%
% 60+ who did not see doctor when needed due to cost		8.4%	5.4%
# of primary care providers within 5 miles		4	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	*	2.1	6.3
Emergency room visits/1000 persons 65+ years per year	*	759	572
Part D monthly prescription fills per person per year	*	57.5	49.1
Home health visits per year		3.4	2.5
Durable medical equipment claims per year		2.4	2.0
Inpatient hospital stays/1000 persons 65+ years per year		278	237
Medicare inpatient hospital readmissions (as % of admissions)		19.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	181	76
# skilled nursing home Medicare beds/1000 persons 65+ years		116	33
% 65+ getting Medicaid long term services and supports	*	8.7%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		3	N/A
% of grandparents raising grandchildren		2.4%	0.8%
% of grandparents who live with grandchildren		2.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		12.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	12
% in county with access to broadband (all ages)		70.0%	93.0%
% 60+ who used Internet in last month		60.9%	77.6%
Voter participation rate in 2018 election (age 18+)		45.1%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		118	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,877	2,012
% 65+ who own a motor vehicle		85.4%	91.0%
% 60+ who always drive wearing a seatbelt	W	67.2%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		11	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		5.8%	5.4%
% 60+ receiving food stamps past year		6.3%	5.7%
% 65+ employed past year		29.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.7%	18.2%
% households with annual income \$20,000-\$49,999		36.4%	36.5%
% households with annual income > \$50,000		42.8%	45.3%
% 60+ own home		86.3%	79.9%
% 60+ have mortgage on home		20.0%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		12.8%	21.2%
COST OF LIVING	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$23,496	\$25,284	0.93
Single, renter, good health	\$23,100	\$26,400	0.88
Couple, homeowner without mortgage, good health	\$35,436	\$37,128	0.95
Couple, renter, good health	\$35,040	\$38,244	0.92

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 residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications to report 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 an

Data Sources:

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

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