



This northeastern neighborhood of Nashua contains the zip code 03064 and is home to Greeley Park. There are 1,640 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, substance use disorders, osteoporosis, anemia, chronic kidney disease, epilepsy, and visual impairments. Community resources to support healthy aging include 196 primary care providers, 2 hospitals, and 3 nursing homes within 5 miles, 12 home health agencies, an adult day health center, and access to broadband.



POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		14,163	1,327,503
Population 60 years or older as % of total population		17.5%	22.7%
Total population 60 years or older		2,477	301,630
Population 65 years or older as % of total population		11.6%	15.8%
Total population 65 years or older		1,640	210,385
% 65-74 years		60.1%	58.5%
% 75-84 years		28.3%	28.6%
% 85 years or older		11.6%	12.9%
Gender (65+ population)			
% female		56.0%	54.7%
Race/Ethnicity (65+ population)			
% White		98.7%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.3%	0.9%
% Hispanic/Latino		2.0%	0.9%
Marital Status (65+ population)			
% married		62.1%	58.5%
% divorced/separated		17.1%	14.0%
% widowed		16.7%	22.9%
% never married		4.1%	4.6%
Education (65+ population)			
% with less than high school education		14.8%	12.3%
% with high school or some college		51.5%	57.1%
% with college degree		33.7%	30.6%
% of 65+ population living alone		22.4%	26.1%
% of 65+ population who speak only English at home		90.1%	91.3%
% of 65+ population who are veterans of military service		23.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

% moved from different county in New Hampshire 0.0% 1.0% % moved from different state 0.5% 1.7 WELLNESS & PREVENTION % 60+ with any physical activity within last month 72.6% 74.5% % 60+ met CDC guidelines for muscle-strengthening activity 55.9% 58.6% % 60+ met CDC guidelines for aerobic physical activities 17.4% 19.99 % 60+ getting recommended hours of sleep 62.1% 66.4 % 60+ injured in a fall within last 12 months 12.5% 10.4 % 60+ with self-reported fair or poor health status 20.9% 16.5° % 60+ with self-reported fair or poor health status 20.9% 16.5° % 60+ with physical exam/check-up in past year 89.0% 86.5° % 60+ with physical exam/check-up in past year 89.0% 86.5° % 60+ met CDC preventive health screening goals 44.4% 40.3° % 60+ with cholesterol screening 33.8% 59.3° % 60+ with cholesterol screening 77.9% 79.3° % 60+ with cholesterol screening 75.8% 77.0° % 60+ with lannual dental exam 70.6% </th <th>HEALTHY AGING INDICATORS</th> <th>BETTER / WORSE STATE RATE¹</th> <th>COMMUNITY ESTIMATE</th> <th>STATE ESTIMATE</th>	HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
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Oral Health 28.4% 29.0° % 60+ with loss of 6 or more teeth 28.4% 29.0° % 60+ with annual dental exam 70.6% 75.7° # of dentists per 100,000 persons (all ages) (county) 77 7 NUTRITION/DIET % 60+ with 5 or more servings of fruit or vegetables per day 18.9% 20.2° % 60+ self-reported obese 26.0% 27.2° % 65+ clinically diagnosed obese 16.0% 16.7° % 65+ with high cholesterol 74.4% 72.2° % 60+ excessive drinking 7.4% 9.2°	% 60+ with HIV test		13.6%	13.5%
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% 60+ with annual dental exam 70.6% 75.79 # of dentists per 100,000 persons (all ages) (county) 77 7 NUTRITION/DIET % 60+ with 5 or more servings of fruit or vegetables per day 18.9% 20.29 % 60+ self-reported obese 26.0% 27.29 % 65+ clinically diagnosed obese 16.0% 16.79 % 65+ with high cholesterol 74.4% 72.29 % 60+ excessive drinking 7.4% 9.29	Oral Health			
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NUTRITION/DIET % 60+ with 5 or more servings of fruit or vegetables per day 18.9% 20.29 % 60+ self-reported obese 26.0% 27.29 % 65+ clinically diagnosed obese 16.0% 16.79 % 65+ with high cholesterol 74.4% 72.29 % 60+ excessive drinking 7.4% 9.29	% 60+ with annual dental exam		70.6%	75.7%
% 60+ with 5 or more servings of fruit or vegetables per day 18.9% 20.29 % 60+ self-reported obese 26.0% 27.29 % 65+ clinically diagnosed obese 16.0% 16.79 % 65+ with high cholesterol 74.4% 72.29 % 60+ excessive drinking 7.4% 9.29	# of dentists per 100,000 persons (all ages) (county)		77	72
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% 65+ clinically diagnosed obese 16.0% % 65+ with high cholesterol 74.4% % 60+ excessive drinking 7.4%	% 60+ with 5 or more servings of fruit or vegetables per day		18.9%	20.2%
% 65+ with high cholesterol 74.4% 72.29 % 60+ excessive drinking 7.4% 9.29	% 60+ self-reported obese		26.0%	27.2%
% 60+ excessive drinking 7.4% 9.29	% 65+ clinically diagnosed obese		16.0%	16.7%
	% 65+ with high cholesterol		74.4%	72.2%
% 65+ with poor supermarket access 35.3% 28.49	% 60+ excessive drinking		7.4%	9.2%
	% 65+ with poor supermarket access		35.3%	28.4%

% 65+ with depression 28.8% 28.8% % 65+ with anxiety disorders W 24.7% 21.9% % 65+ with post-traumatic stress disorder U 6.2% 3.1% % 65+ with post-traumatic stress disorder 2.0% 4.4% % 65+ with post-traumatic stress disorders W 8.3% 4.9% % 65+ with post-traumatic stress disorders W 2.1% 1.1% % 65+ with post-traumatic stress disorders W 2.1% 1.1% % 65+ with schizophrenia & other psychotic disorders W 2.1% 1.1% # opoid deaths (all ages) (county) 491 1.275 % 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% 65+ with backer use disorders 12.2% 65+ with strobe use disorders 12.2% 11.4% 15.5% 65+ with backer use disorders 12.2% 65+ with discheres 12.2% 65+ with discheres 12.2% 65+ with backer use disorders 11.0% 13.6% 12.2% 65+ with strober use disorders 11.0% 13.6% 12.2% <tr< th=""><th>HEALTHY AGING INDICATORS</th><th>BETTER / WORSE STATE RATE¹</th><th>COMMUNITY ESTIMATE</th><th>STATE ESTIMATE</th></tr<>	HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with depression 28.8% 28.8% % 65+ with anxiety disorders W 24.7% 21.9% % 65+ with post-traumatic stress disorder 2.0% 3.1% % 65+ with post-traumatic stress disorder 2.0% 4.9% % 65+ with post-traumatic stress disorders W 8.3% 4.9% % 65+ with post-traumatic stress disorders W 2.1% 1.1% % 65+ with schizophrenia & other psychotic disorders W 2.1% 1.1% % 65+ with post-traumatic stress disorders W 2.1% 1.1% % 65+ with post-traumatic stress disorders W 2.1% 1.1% % 65+ with dubaccus disorders (drug use +/or alcohol abuse) W 8.1% 5.5% 65+ with bushcancus use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% 65+ with bushcancus use disorders 12.2% 65+ with dubaccus 12.2% 65+ with bushcancus elisorders 11.0% 13.4% 65.4 65+ with dubaccus 28.8% 28.2% 65+ with hushchenic hadra attack 5.5% 4.5% 65+	BEHAVIORAL HEALTH			
% 65+ with anxiety disorders W 24.7% 21.9% % 65+ with bipolar disorders W 6.2% 3.1% % 65+ with post-traumatic stress disorder 2.0% 1.4% % 65+ with schizophrenia & other psychotic disorders W 8.3% 4.9% % 65+ with personality disorders W 2.1% 1.1% # opioid deaths (all ages) (county) 491 1.275 % 65+ with beacco use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% % 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% % 65+ with botacco use disorders U 2.1% 6.5% % 65+ with botacco use disorders 12.2% 11.0% 10.4% CHRONIC DISEASE 28.8% 28.2% 28.8% 28.2% 65+ with districted strates 13.6% 12.0% 65+ with districted strates 13.6% 12.0% 65+ with brinchic obstructive pulmonary disease 11.9% 13.6% 13.0% 65+ with brinchic brinchic attack 5.5% 4.5% 65+ with hypertension 71.4%	% 60+ with 15+ days poor mental health last month		9.2%	6.9%
% 65+ with bipolar disorders W 6.2% 3.1% % 65+ with post-traumatic stress disorder 2.0% 1.4% % 65+ with post-traumatic stress disorders W 3.3% 4.9% % 65+ with personality disorders W 2.1% 1.1% % 65+ with personality disorders W 2.1% 1.1% % 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% 65+ with thobacco use disorders 12.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with diabetes 28.8% 28.2% % 65+ with thirders 11.0% 10.8% % 65+ with thirders 11.0% 10.8% % 65+ with stroke 11.0% 10.8% % 65+ with strokin 13.6% 13.0% 65+ with ashma 13.6% 13.0% 65+ with propertiension 71.4% 70.2% % 65+ with propertiension 71.4% 71.7% % 65+ with in schemic heart disease 34.2% <	% 65+ with depression		28.8%	28.8%
% 65+ with post-traumatic stress disorder 2.0% 1.4% % 65+ with schizophrenia & other psychotic disorders W 8.3% 4.9% % 65+ with personality disorders W 2.1% 1.1% # opioid deaths (all ages) (county) 491 1.27% % 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% % 65+ with tobacco use disorders 12.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with stroke 11.0% 10.8% % 65+ with obstructive pulmonary disease 19.8% 20.5% % 65+ with hypertension 71.4% 70.2% % 65+ with hypertension 71.4% 70.2% % 65+ with pertension 71.4% 70.2% % 65+ with congestive heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with osteoporosis W 21.1% 17.4% <td< td=""><td>% 65+ with anxiety disorders</td><td>W</td><td>24.7%</td><td>21.9%</td></td<>	% 65+ with anxiety disorders	W	24.7%	21.9%
% 65+ with schizophrenia & other psychotic disorders W 8.3% 4.9% % 65+ with personality disorders W 2.1% 1.1% # opioid deaths (all ages) (county) 491 1.275 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% 65+ with tobacco use disorders 12.2% 10.4% CHRONIC DISEASE 65+ with Alzheimer's disease or related dementias 13.6% 12.0% 65+ with stroke 11.0% 10.8% 65+ with stroke 11.0% 10.8% 65+ with asthma 13.6% 13.0% 65+ with asthma 13.6% 13.0% 65+ with asthma 13.6% 13.0% 65+ with pypertension 71.4% 70.2% 65+ with in pypertension 71.4% 70.2% 65+ with pypertension	% 65+ with bipolar disorders	W	6.2%	3.1%
% 65+ with personality disorders W 2.1% 1.1% # opioid deaths (all ages) (county) 491 1.275 % 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% % 65+ with tobacco use disorders 12.2% 10.4% CHRONIC DISEASE W 13.6% 12.0% % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with diabetes 28.8% 28.2% % 65+ with broke 11.0% 10.8% % 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with poperturities pulmonary disease 19.8% 20.5% % 65+ with poperturities obstructive pulmonary disease 19.8% 20.5% % 65+ with poperturities obstructive pulmonary disease 19.8% 20.5% % 65+ with poperturities obstructive pulmonary disease 19.8% 20.5% % 65+ with obstructive pulmonary disease 19.8% 20.5% % 65+ with obstructive pulmonary disease 19.8% 20.5% % 65+ with obstructive pulmonary disease 14.5% 14.7% % 65+ with ostructive pulmonary disease 14.5	% 65+ with post-traumatic stress disorder		2.0%	1.4%
# opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with diabetes % 65+ with chronic obstructive pulmonary disease % 65+ with hypertension % 65+ with hypertension % 65+ with hypertension % 65+ with congestive heart failure % 65+ with congestive heart failure % 65+ with osteoarthritis/rheumatoid arthritis % 65+ with osteoarthritis/rheumatoid arthritis % 65+ with osteoarthritis/rheumatoid arthritis % 65+ with luckemias and lymphomas % 65+ with luc	% 65+ with schizophrenia & other psychotic disorders	W	8.3%	4.9%
% 65+ with substance use disorders (drug use +/or alcohol abuse) W 8.1% 5.5% % 65+ with tobacco use disorders 12.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with Alzheimer's disease or related dementias 13.6% 28.8% % 65+ with disbetes 28.8% 28.2% % 65+ with stroke 11.0% 10.8% % 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with asthma 13.6% 13.0% % 65+ with hypertension 71.4% 70.2% % 65+ with pypertension 71.4% 70.2% % 65+ with ischemic heart disease 34.3% 34.3% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with loug cancer 1.5% 1.6% % 65+ with loug cancer	% 65+ with personality disorders	W	2.1%	1.1%
% 65+ with tobacco use disorders 12.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with diabetes 28.8% 28.2% % 65+ with stroke 11.0% 10.8% % 65+ with color cobstructive pulmonary disease 19.8% 20.5% % 65+ with ashma 13.6% 13.0% % 65+ with hypertension 71.4% 70.2% % 65+ with by beright a disease 34.2% 34.3% % 65+ with congestive heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with lung cancer 1.5% 1.6% % 65+ with lung cancer 1.5% 1.6% % 65+ with prostate cancer 10.9% 9.8% % 65+ women with prostate cancer 10.9% 1.5% % 65+ with hypothyroidism 19.4% 65.8% % 65+ with hypot	# opioid deaths (all ages) (county)		491	1,279
CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with diabetes 28.8% 28.2% % 65+ with stroke 11.0% 10.8% % 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with asthma 13.6% 13.0% % 65+ with pypertension 71.4% 70.2% % 65+ with hypertension 71.4% 70.2% % 65+ with pypertension 5.5% 4.5% % 65+ with schemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with broolon cancer 2.8% 2.4% % 65+ women with prostate cancer 1.9% 1.7% % 65+ women with prostate cancer <	% 65+ with substance use disorders (drug use +/or alcohol abuse)	W	8.1%	5.5%
% 65+ with Alzheimer's disease or related dementias 13.6% 12.0% % 65+ with diabetes 28.8% 28.2% % 65+ with stroke 11.0% 10.8% % 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with asthma 13.6% 13.0% % 65+ with hypertension 71.4% 70.2% % 65+ ever had a heart attack 5.5% 4.5% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoparthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.6% 2.4% % 65+ with colon cancer 2.8% 2.4% % 65+ with prostate cancer 10.9% 9.8% % 65+ women with prostate cancer 10.9% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8%	% 65+ with tobacco use disorders		12.2%	10.4%
% 65+ with diabetes 28.8% 28.2% % 65+ with stroke 11.0% 10.8% % 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with asthma 13.6% 13.0% % 65+ with hypertension 71.4% 70.2% % 65+ ever had a heart attack 5.5% 4.5% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoparthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ with prostate cancer 10.9% 9.8% % 65+ women with prostate cancer 10.9% 9.8% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with hypothyroidism 19.4% 20.8%	CHRONIC DISEASE			
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% 65+ with chronic obstructive pulmonary disease 19.8% 20.5% % 65+ with asthma 13.6% 13.0% % 65+ with hypertension 71.4% 70.2% % 65+ ever had a heart attack 5.5% 4.5% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with losteoporosis W 21.1% 17.4% % 65+ with lung cancer 1.5% 1.6% % 65+ with lung cancer 1.5% 1.6% % 65+ women with breast cancer 1.9% 2.4% % 65+ women with prostate cancer 1.9% 1.7% % 65+ men with prostate cancer 1.9% 1.5% % 65+ men with prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with pothyroidism 19.4% 20.8% % 65+ with chronic kidney disease W 28.7%	% 65+ with diabetes		28.8%	28.2%
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% 65+ with hypertension 71.4% 70.2% % 65+ ever had a heart attack 5.5% 4.5% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 10.9% 1.5% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with hullons 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9% 6.9%	% 65+ with chronic obstructive pulmonary disease		19.8%	20.5%
% 65+ ever had a heart attack 5.5% 4.5% % 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14,7% % 65+ with osteoparthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 10.9% 1.7% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with asthma		13.6%	13.0%
% 65+ with ischemic heart disease 34.2% 34.3% % 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with colon cancer 1.5% 1.6% % 65+ with peripheral vascular disease 1.5% 1.6% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with preast cancer 10.9% 9.8% % 65+ women with prostate cancer 1.9% 1.7% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with hypothyroidism 19.4% 23.7% % 65+ with hypothyroidism 19.4% 23.7%	% 65+ with hypertension		71.4%	70.2%
% 65+ with congestive heart failure 17.9% 17.7% % 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ ever had a heart attack		5.5%	4.5%
% 65+ with atrial fibrillation 13.3% 14.4% % 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with peripheral vascular disease 14.5% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 10.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with congestive heart failure		17.9%	17.7%
% 65+ with osteoarthritis/rheumatoid arthritis 46.1% 49.1% % 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with atrial fibrillation		13.3%	14.4%
% 65+ with osteoporosis W 21.1% 17.4% % 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with peripheral vascular disease		14.5%	14.7%
% 65+ with leukemias and lymphomas 2.7% 2.0% % 65+ with lung cancer 1.5% 1.6% % 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with osteoarthritis/rheumatoid arthritis		46.1%	49.1%
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% 65+ with colon cancer 2.8% 2.4% % 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with leukemias and lymphomas		2.7%	2.0%
% 65+ women with breast cancer 10.9% 9.8% % 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with lung cancer		1.5%	1.6%
% 65+ women with endometrial cancer 1.9% 1.7% % 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with colon cancer		2.8%	2.4%
% 65+ men with prostate cancer 12.5% 11.5% % 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ women with breast cancer		10.9%	9.8%
% 65+ with benign prostatic hyperplasia 36.7% 36.8% % 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ women with endometrial cancer		1.9%	1.7%
% 65+ with HIV/AIDS 0.04% 0.05% % 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ men with prostate cancer		12.5%	11.5%
% 65+ with hypothyroidism 19.4% 20.8% % 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with benign prostatic hyperplasia		36.7%	36.8%
% 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%			0.04%	0.05%
% 65+ with anemia W 41.3% 37.3% % 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%	% 65+ with hypothyroidism		19.4%	20.8%
% 65+ with chronic kidney disease W 28.7% 22.3% % 65+ with liver diseases 6.9% 6.9%		W		37.3%
% 65+ with liver diseases 6.9% 6.9%		W		22.3%
	· · · · · · · · · · · · · · · · · · ·			6.9%
	% 65+ with fibromyalgia, chronic pain and fatigue		18.5%	18.6%

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with migraine and other chronic headache		3.8%	4.0%
% 65+ with epilepsy	W	3.8%	2.1%
% 65+ with traumatic brain injury		1.4%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		22.5%	22.9%
% 65+ with cataract		61.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		56.7%	54.4%
% 65+ with 0 chronic conditions		9.6%	10.3%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty	В	8.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		12.9%	14.4%
% 65+ with self-reported vision difficulty		4.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment	W	1.6%	0.9%
% 65+ with self-reported cognition difficulty		6.6%	6.9%
% 65+ with self-reported ambulatory difficulty	В	12.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments		4.0%	3.2%
% 65+ with self-reported self-care difficulty		5.3%	5.6%
% 65+ with self-reported independent living difficulty		9.4%	11.3%
ACCESS TO CARE			
Medicare (65+ population)			
% Medicare managed care enrollees	*	12.9%	7.9%
% dually eligible for Medicare and Medicaid	*	9.4%	7.5%
% 60+ with a regular doctor		95.9%	95.8%
% 60+ who did not see doctor when needed due to cost		7.8%	5.4%
# of primary care providers within 5 miles		196	2,961
# of hospitals within 5 miles		2	26
# of nursing homes within 5 miles		3	74
# of home health agencies		12	49
# of community health centers		0	22
# of adult day health centers		1	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year	*	6.9	6.3
Emergency room visits/1000 persons 65+ years per year		637	572
Part D monthly prescription fills per person per year		48.6	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year		236	237
Medicare inpatient hospital readmissions (as % of admissions)		12.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		73	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	5.5%	3.7%
COMMUNITY VARIABLES & CIVIC ENGAGEMENT			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	44
Air pollution: annual # of unhealthy days for 65+ (county)		1	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		2.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		5.1%	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)		94.0%	93.0%
% 60+ who used Internet in last month		71.0%	77.6%
Voter participation rate in 2018 election (age 18+)		45.8%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		224	207
Homicide rate /100,000 persons (county)		2	1
# firearm fatalities (county)		196	586
Property crime rate /100,000 persons		2,075	2,012
% 65+ who own a motor vehicle		95.5%	91.0%
% 60+ who always drive wearing a seatbelt		81.1%	77.1%
# of fatal crashes involving adult age 60+/town		3	151
# of fatal crashes involving adult age 60+/county		31	151

HEALTHY AGING INDICATORS	BETTER / WORSE	COMMUNITY	STATE
	STATE RATE ¹	ESTIMATE	ESTIMATE
ECONOMIC & HOUSING VARIABLES			
% 65+ with income below the poverty line past year		2.0%	5.4%
% 60+ receiving food stamps past year		6.2%	5.7%
% 65+ employed past year		30.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		12.6%	18.2%
% households with annual income \$20,000-\$49,999		36.5%	36.5%
% households with annual income > \$50,000		50.9%	45.3%
% 60+ own home		81.7%	79.9%
% 60+ have mortgage on home		37.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		5.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.4%	21.2%
COST OF LIVING	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$26,196	\$25,284	1.04
Single, renter, good health	\$27,264	\$26,400	1.03
Couple, homeowner without mortgage, good health	\$38,160	\$37,128	1.03
Couple, renter, good health	\$39,228	\$38,244	1.03

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.

Data Sources:

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

<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