

Boscawen (Merrimack)

Boscawen is a town located in southern New Hampshire bordering the Merrimack River. There are 799 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of ischemic heart disease, leukemias and lymphomas, and liver diseases. However, they had higher rates of hip fracture, obesity, high cholesterol, depression, anxiety and bipolar disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, personality disorders, substance and tobacco use disorders, Alzheimer's disease or related dementias, stroke, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, breast cancer, benign prostatic hyperplasia, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, traumatic brain injury, glaucoma, cataracts, pressure ulcers, hearing, visual, and mobility impairments. They are more likely to take the health promotion step of having a regular doctor. Community resources to support healthy aging include a nursing home within 5 miles, 5 home health agencies, an assisted living site, a public library, and access to broadband.



POPULATION CHARACTERISTICS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		3,965	1,327,503
Population 60 years or older as % of total population		26.4%	22.7%
Total population 60 years or older		1,048	301,630
Population 65 years or older as % of total population		20.2%	15.8%
Total population 65 years or older		799	210,385
% 65-74 years		41.9%	58.5%
% 75-84 years		30.2%	28.6%
% 85 years or older		27.9%	12.9%
Gender (65+ population)			
% female		63.8%	54.7%
Race/Ethnicity (65+ population)			
% White		98.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		1.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		45.3%	58.5%
% divorced/separated		15.0%	14.0%
% widowed		34.8%	22.9%
% never married		4.9%	4.6%
Education (65+ population)			
% with less than high school education		10.4%	12.3%
% with high school or some college		71.1%	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		97.5%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate	W	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		7.8%	3.6%
% moved from different county in New Hampshire		1.0%	1.0%
% moved from different state		0.0%	1.7%
WELLNESS & PREVENTION			
% 60+ with any physical activity within last month		74.5%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		29.2%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		61.8%	58.6%
% 60+ met CDC guidelines for both types of physical activities		22.9%	19.9%
% 60+ getting recommended hours of sleep		67.1%	66.4%
% 60+ injured in a fall within last 12 months		14.0%	10.4%
% 65+ had hip fracture	W	4.5%	3.3%
% 60+ with self-reported fair or poor health status		16.0%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.8%	12.5%
% 60+ with physical exam/check-up in past year		88.8%	86.5%
% 60+ met CDC preventive health screening goals		41.4%	40.3%
% 60+ flu shot past year		60.3%	59.3%
% 65+ with pneumonia vaccine		76.9%	77.8%
% 60+ with cholesterol screening		96.9%	95.3%
% 60+ women with a mammogram within last 2 years		76.1%	79.3%
% 60+ with colorectal cancer screening		77.8%	77.0%
% 60+ with HIV test		11.9%	13.5%
% 60+ current smokers		8.0%	8.1%
Oral Health			
% 60+ with loss of 6 or more teeth		24.2%	29.0%
% 60+ with annual dental exam		78.5%	75.7%
# of dentists per 100,000 persons (all ages) (county)		78	72
NUTRITION/DIET			
% 60+ with 5 or more servings of fruit or vegetables per day		19.4%	20.2%
% 60+ self-reported obese		28.9%	27.2%
% 65+ clinically diagnosed obese	W	18.3%	16.7%
% 65+ with high cholesterol	W	74.7%	72.2%
% 60+ excessive drinking		6.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

BEHAVIORAL HEALTH 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.98% 6.9% 6.9% 6.8% 6.8% 6.8% 6.8% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 4.9% 6.9% 6.9% 6.1% 4.9% 6.9% 6.9% 6.1% 4.9% 6.9% 6.9% 6.1% 4.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% 6.9% <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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% 65+ with atrial fibrillation 14.5% 14.4% % 65+ with peripheral vascular disease W 16.3% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis W 52.0% 49.1% % 65+ with osteoporosis W 19.6% 17.4% % 65+ with leukemias and lymphomas B 1.5% 2.0% % 65+ with lung cancer 1.6% 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with ischemic heart disease	В	32.7%	34.3%
% 65+ with peripheral vascular disease W 16.3% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis W 52.0% 49.1% % 65+ with osteoporosis W 19.6% 17.4% % 65+ with leukemias and lymphomas B 1.5% 2.0% % 65+ with lung cancer 1.6% 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with congestive heart failure		18.3%	17.7%
% 65+ with osteoarthritis/rheumatoid arthritis W 52.0% 49.1% % 65+ with osteoporosis W 19.6% 17.4% % 65+ with leukemias and lymphomas B 1.5% 2.0% % 65+ with lung cancer 1.6% 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with atrial fibrillation		14.5%	14.4%
% 65+ with osteoporosis W 19.6% 17.4% % 65+ with leukemias and lymphomas B 1.5% 2.0% % 65+ with lung cancer 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with peripheral vascular disease	W	16.3%	14.7%
% 65+ with leukemias and lymphomas B 1.5% 2.0% % 65+ with lung cancer 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with osteoarthritis/rheumatoid arthritis	W	52.0%	49.1%
% 65+ with lung cancer 1.6% 1.6% % 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with osteoporosis	W	19.6%	17.4%
% 65+ with colon cancer 2.3% 2.4% % 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with leukemias and lymphomas	В	1.5%	2.0%
% 65+ women with breast cancer W 11.2% 9.8% % 65+ women with endometrial cancer 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with lung cancer		1.6%	1.6%
% 65+ women with endometrial cancer 1.7% 1.7% % 65+ men with prostate cancer 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with colon cancer		2.3%	2.4%
% 65+ men with prostate cancer 11.5% 11.5% % 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ women with breast cancer	W	11.2%	9.8%
% 65+ with benign prostatic hyperplasia W 39.4% 36.8% % 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ with HIV/AIDS 0.07% 0.05% % 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ men with prostate cancer		11.5%	11.5%
% 65+ with hypothyroidism W 23.5% 20.8% % 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with benign prostatic hyperplasia	W	39.4%	36.8%
% 65+ with anemia 36.0% 37.3% % 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with HIV/AIDS		0.07%	0.05%
% 65+ with chronic kidney disease W 25.1% 22.3% % 65+ with liver diseases B 5.7% 6.9%	% 65+ with hypothyroidism	W	23.5%	20.8%
% 65+ with liver diseases B 5.7% 6.9%	% 65+ with anemia		36.0%	37.3%
% 65+ with liver diseases B 5.7% 6.9%	% 65+ with chronic kidney disease	W	25.1%	22.3%
% 65+ with fibromyalgia, chronic pain and fatigue W 22.1% 18.6%	% 65+ with liver diseases	В	5.7%	6.9%
	% 65+ with fibromyalgia, chronic pain and fatigue	W	22.1%	18.6%

% 65+ with epilepsy W 3.0% 2.1% % 65+ with traumatic brain injury W 2.5% 1.1% % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma W 28.6% 22.9% % 65+ with pressure ulcer or chronic ulcer W 66.0% 61.2% % 65+ with vith pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with pressure ulcer or chronic ulcer W 58.3% 54.4% % 65+ with pressure ulcer or chronic ulcer W 58.3% 54.4% % 65+ with pressure ulcer or chronic ulcer W 58.3% 54.4% % 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with pressure ulcer or chronic ulcer W 9.3% 54.4% % 65+ with of chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY 10.6% 15.0% % 65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with self-reported vesic designess or is usual impairment W 1.5% % 65+ with self-repo	HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
% 65+ with traumatic brain injury W 2.5% 1.1% % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma W 28.6% 22.9% % 65+ with cataract W 66.0% 61.2% % 65+ with cataract W 9.7% 7.1% % 65+ with chircla clief or chronic conditions W 58.3% 54.4% % 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY 9.84 10.5% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment W 15.0% 6.9% % 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty 11.0% 17.3%	% 65+ with migraine and other chronic headache	W	4.8%	4.0%
% 65+ with autism spectrum disorders N/A 0.03% % 65+ with plaucoma W 28.6% 22.9% % 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with pressure ulcer or chronic conditions W 58.3% 54.4% % 65+ with Octronic conditions W 8.4% 10.3% LVING WITH DISABILITY 10.6% 15.0% % 65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with self-reported hearing difficulty 11.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% 6.9% % 65+ with self-reported cognition difficulty W 22.2% 18.8% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty W 4.2% 3.2% % 65+ with self-reported self-care difficulty 10.0% 13.3% <tr< td=""><td>% 65+ with epilepsy</td><td>W</td><td>3.0%</td><td>2.1%</td></tr<>	% 65+ with epilepsy	W	3.0%	2.1%
% 65+ with glaucoma W 28.6% 22.9% % 65+ with cataract W 66.0% 61.2% % 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with 4+ (out of 15) chronic conditions W 58.3% 54.4% % 65+ with 0 chronic conditions W 8.3% 54.4% % 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY 8.65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with self-reported hearing difficulty 11.0% 15.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 15.2% 6.9% % 65+ with self-reported cognition difficulty 5.6% 6.9% 6.9% 6.5+ with self-reported cognition difficulty 1.5% 0.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% 6.5* with self-reported independent living difficulty 9.1% 5.6% 6.9% 6.9% 6.5* with self-reported independent living difficulty 9.1% 5.6% 6.9% 6.5* with self-reported independent living difficulty 9.1%	% 65+ with traumatic brain injury	W	2.5%	1.1%
% 65+ with cataract W 66.0% 61.2% % 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with pressure ulcer or chronic conditions W 58.3% 54.4% % 65+ with 9 chronic conditions W 8.3% 54.4% % 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY *** *** *** 15.0% 15.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% 16.0% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% 65+ with self-reported cognition difficulty W 2.2% 18.8% 6.6* with self-reported ambulatory difficulty W 2.2% 18.8% 6.6* with self-reported ambulatory difficulty W 2.2% 6.5% 6.9% 6.6* with self-reported self-care difficulty W 2.2% 6.6* with self-reported self-care difficulty 9.1% 5.6% 6.6* with self-reported self-care difficulty	% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with pressure ulcer or chronic ulcer W 9.7% 7.1% % 65+ with 4+ (out of 15) chronic conditions W 58.3% 54.4% % 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY W 10.6% 15.0% % 65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of bilindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty W 28.2% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) 7.9% 7.9% % 60+ with a regu	% 65+ with glaucoma	W	28.6%	22.9%
% 65+ with 4+ (out of 15) chronic conditions W 58.3% 54.4% % 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY Set with self-reported hearing difficulty 10.6% 15.0% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 4.2% 3.2% % 65+ with self-reported self-care difficulty W 4.2% 3.2% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE N 4.2% 7.9% Medicare (65+ population) * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ with a regular doctor B 98.4% 96.8% <t< td=""><td>% 65+ with cataract</td><td>W</td><td>66.0%</td><td>61.2%</td></t<>	% 65+ with cataract	W	66.0%	61.2%
% 65+ with 0 chronic conditions W 8.4% 10.3% LIVING WITH DISABILITY Sef- with self-reported hearing difficulty 10.6% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported self-care difficulty W 4.2% 3.2% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE ACCESS TO CARE Medicare (65+ population) * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% % 60+ who did not see doctor when needed due to cost 4.1	% 65+ with pressure ulcer or chronic ulcer	W	9.7%	7.1%
LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) 4.1 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of nursing homes within 5 miles 0 2.96 # of incomplete within 5 miles 1 7.4 # of ommunity health centers	% 65+ with 4+ (out of 15) chronic conditions	W	58.3%	54.4%
% 65+ with self-reported hearing difficulty 10.6% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 11.3% 11.3% ACCESS TO CARE Medicare (65+ population) 7.9% 7.9% % Medicare managed care enrollees 7.9% 7.9% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of nursing homes within 5 miles 0 26 # of hospitals within 5 miles 1 7.9	% 65+ with 0 chronic conditions	W	8.4%	10.3%
% 65+ with clinical diagnosis of deafness or hearing impairment W 16.0% 14.4% % 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.6 # of nursing homes within 5 miles 1 7.4 # of home health agencies 5 44 # of community health centers 0 22	LIVING WITH DISABILITY			
% 65+ with self-reported vision difficulty 11.0% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty \$5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) * 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 1 7.4 # of home health agencies 5 4.5 # of community health centers 0 2.2 # of adult day health centers 0 2.2 # of memory cafes	% 65+ with self-reported hearing difficulty		10.6%	15.0%
% 65+ with clinical diagnosis of blindness or visual impairment W 1.5% 0.9% % 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with self-reported ambulatory difficulty W 4.2% 3.2% % 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) * 7.9% 7.9% % Medicare managed care enrollees 7.9% 7.9% % doually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.96 # of nursing homes within 5 miles 1 7.4 # of nome health agencies 5 4	% 65+ with clinical diagnosis of deafness or hearing impairment	W	16.0%	14.4%
% 65+ with self-reported cognition difficulty 5.6% 6.9% % 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) * 7.9% 7.9% % Medicare managed care enrollees 7.9% 7.9% % doually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.96 # of nursing homes within 5 miles 1 7.4 # of normality health centers 0 2.2 # of community health centers 0 2.2 # of memory cafes 0 1	% 65+ with self-reported vision difficulty		11.0%	5.2%
% 65+ with self-reported ambulatory difficulty W 28.2% 18.8% % 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) * 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2,96 # of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 1 74 # of nome health agencies 5 44 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 1	% 65+ with clinical diagnosis of blindness or visual impairment	W	1.5%	0.9%
% 65+ with clinical diagnosis of mobility impairments W 4.2% 3.2% % 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) * 7.9% 7.9% % Medicare managed care enrollees 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.6 # of nursing homes within 5 miles 1 7.4 # of home health agencies 5 48 # of community health centers 0 2.2 # of adult day health centers 0 2.2 # of memory cafes 0 1	% 65+ with self-reported cognition difficulty		5.6%	6.9%
% 65+ with self-reported self-care difficulty 9.1% 5.6% % 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) Very Medicare managed care enrollees 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.96 # of nursing homes within 5 miles 1 74 # of home health agencies 5 48 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 1	% 65+ with self-reported ambulatory difficulty	W	28.2%	18.8%
% 65+ with self-reported independent living difficulty 14.0% 11.3% ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2,96° # of nursing homes within 5 miles 0 26° # of nursing homes within 5 miles 1 74° # of nursing homes within 5 miles 0 26° # of community health centers 5 48° # of adult day health centers 0 20° # of memory cafes 0 1	% 65+ with clinical diagnosis of mobility impairments	W	4.2%	3.2%
Medicare (65+ population) % Medicare managed care enrollees % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost # of primary care providers within 5 miles o 2,96° # of nursing homes within 5 miles f of home health agencies # of community health centers # of adult day health centers # of memory cafes 0 12.4%	% 65+ with self-reported self-care difficulty		9.1%	5.6%
Medicare (65+ population) 7.9% 7.9% % Medicare managed care enrollees 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2,96 # of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 1 74 # of home health agencies 5 45 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 1	% 65+ with self-reported independent living difficulty		14.0%	11.3%
% Medicare managed care enrollees 7.9% 7.9% % dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2,96 # of hospitals within 5 miles 1 74 # of nursing homes within 5 miles 1 74 # of home health agencies 5 48 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 1	ACCESS TO CARE			
% dually eligible for Medicare and Medicaid * 12.4% 7.5% % 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost # of primary care providers within 5 miles # of hospitals within 5 miles # of nursing homes within 5 miles # of home health agencies # of community health centers # of adult day health centers # of memory cafes * 12.4% 7.5% 95.8% 95.8% 95.8% 95.8% 95.8% 96.4% 95.8% 96.4% 95.8% 96.4% 97.5% 96.4% 96.4% 97.5% 96.4% 97.5% 98.4% 95.8% 96.4% 97.5% 98.4% 96.4% 96.4% 97.5% 98.4% 96.4%	Medicare (65+ population)			
% 60+ with a regular doctor B 98.4% 95.8% % 60+ who did not see doctor when needed due to cost 4.1% 5.4% # of primary care providers within 5 miles 0 2,96° # of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 1 74 # of home health agencies 5 49 # of community health centers 0 22 # of adult day health centers 0 2° # of memory cafes 0 12	% Medicare managed care enrollees		7.9%	7.9%
% 60+ who did not see doctor when needed due to cost # of primary care providers within 5 miles # of hospitals within 5 miles # of nursing homes within 5 miles # of home health agencies # of community health centers # of adult day health centers # of memory cafes # of memory cafes # of memory cafes # 1	% dually eligible for Medicare and Medicaid	*	12.4%	7.5%
# of primary care providers within 5 miles 0 2,967 # of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 1 74 # of home health agencies 5 48 # of community health centers 0 22 # of adult day health centers 0 27 # of memory cafes 0 12	% 60+ with a regular doctor	В	98.4%	95.8%
# of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 1 74 # of home health agencies 5 49 # of community health centers 0 22 # of adult day health centers 0 12 # of memory cafes 0 12	% 60+ who did not see doctor when needed due to cost		4.1%	5.4%
# of nursing homes within 5 miles 1 74 # of home health agencies 5 49 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 12	# of primary care providers within 5 miles		0	2,961
# of home health agencies 5 49 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 12	# of hospitals within 5 miles		0	26
# of community health centers # of adult day health centers # of memory cafes 0 22 # of memory cafes	# of nursing homes within 5 miles		1	74
# of adult day health centers # of memory cafes 0 22 # of memory cafes	# of home health agencies		5	49
# of memory cafes 0 12	# of community health centers		0	22
·	# of adult day health centers		0	21
# of dementia-related support groups 0 14	# of memory cafes		0	12
	# of dementia-related support groups		0	14

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
SERVICE UTILIZATION			
Physician visits per year		6.4	6.3
Emergency room visits/1000 persons 65+ years per year	*	723	572
Part D monthly prescription fills per person per year	*	56.5	49.1
Home health visits per year	*	5.0	2.5
Durable medical equipment claims per year		2.0	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	279	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	96	76
# skilled nursing home Medicare beds/1000 persons 65+ years		36	33
% 65+ getting Medicaid long term services and supports	*	8.2%	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)		0	N/A
% of grandparents raising grandchildren		1.2%	0.8%
% of grandparents who live with grandchildren		7.1%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		10.1%	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)		92.0%	93.0%
% 60+ who used Internet in last month		78.7%	77.6%
Voter participation rate in 2018 election (age 18+)		42.5%	54.7%
SAFETY & TRANSPORTATION			
Violent crime rate /100,000 persons		127	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		51	586
Property crime rate /100,000 persons		1,212	2,012
% 65+ who own a motor vehicle		94.2%	91.0%
% 60+ who always drive wearing a seatbelt		80.4%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		18	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		3.9%	5.4%
% 60+ receiving food stamps past year		13.7%	5.7%
% 65+ employed past year		14.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.6%	18.2%
% households with annual income \$20,000-\$49,999		46.6%	36.5%
% households with annual income > \$50,000		36.8%	45.3%
% 60+ own home		78.5%	79.9%
% 60+ have mortgage on home		29.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		12.6%	8.7%
% 65+ households spend >35% of income on housing (owner)		19.9%	21.2%
COST OF LIVING	\$ COUNTY ESTIMATE	\$ STATE ESTIMATE	RATIO (COUNTY/STATE)
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$25,860	\$25,284	1.02
Single, renter, good health	\$26,376	\$26,400	1.00
Couple, homeowner without mortgage, good health	\$37,800	\$37,128	1.02
Couple, renter, good health	\$38,316	\$38,244	1.00

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <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