

Nashua: Zip 03062 (Hillsborough)



| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | MARGIN OF ERROR ² | STATE ESTIMATE | MARGIN OF ERROR ² |
|--|---|-----------------------|---------------------------------|-------------------|---------------------------------|
| POPULATION CHARACTERISTICS | | | | | |
| Age-sex adjusted 1-year mortality rate | | 4.2% | [3.55% - 4.76%] | 4.1% | [4.02% - 4.19%] |
| WELLNESS & PREVENTION | | | | | |
| % 60+ with any physical activity within last month | | 72.6% | [67.41% - 77.77%] | 74.5% | [73.36% - 75.59%] |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.1% | [18.20% - 28.00%] | 26.0% | [24.93% - 27.14%] |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.9% | [50.23% - 61.50%] | 58.6% | [57.33% - 59.82%] |
| % 60+ met CDC guidelines for both types of physical activities | | 17.4% | [12.94% - 21.88%] | 19.9% | [18.92% - 20.93%] |
| % 60+ getting recommended hours of sleep | | 62.1% | [56.57% - 67.63%] | 66.4% | [65.16% - 67.60%] |
| % 60+ injured in a fall within last 12 months | | 12.5% | [8.53% - 16.47%] | 10.4% | [9.65% - 11.16%] |
| % 65+ had hip fracture | | 3.2% | [2.67% - 3.80%] | 3.3% | [3.19% - 3.34%] |
| % 60+ with self-reported fair or poor health status | | 20.9% | [15.94% - 25.88%] | 16.5% | [15.54% - 17.40%] |
| % 60+ with 15+ physically unhealthy days last month | W | 19.7% | [14.28% - 25.03%] | 12.5% | [11.69% - 13.37%] |
| % 60+ with physical exam/check-up in past year | | 89.0% | [85.69% - 92.34%] | 86.5% | [85.66% - 87.39%] |
| % 60+ met CDC preventive health screening goals | | 44.4% | [37.25% - 51.50%] | 40.3% | [38.77% - 41.81%] |
| % 60+ flu shot past year | | 59.8% | [53.56% - 66.07%] | 59.3% | [58.06% - 60.63%] |
| % 65+ with pneumonia vaccine | | 81.5% | [74.93% - 87.99%] | 77.8% | [76.56% - 79.12%] |
| % 60+ with cholesterol screening | | 93.8% | [90.37% - 97.18%] | 95.3% | [94.78% - 95.82%] |
| % 60+ women with a mammogram within last 2 years | | 77.9% | [69.66% - 86.13%] | 79.3% | [77.96% - 80.69%] |
| % 60+ with colorectal cancer screening | | 75.8% | [69.97% - 81.55%] | 77.0% | [75.92% - 78.16%] |
| % 60+ with HIV test | | 13.6% | [8.63% - 18.48%] | 13.5% | [12.50% - 14.41%] |
| % 60+ current smokers | | 11.6% | [6.80% - 16.49%] | 8.1% | [7.38% - 8.79%] |
| Oral Health | | | | | |
| % 60+ with loss of 6 or more teeth | | 28.4% | [23.31% - 33.58%] | 29.0% | [27.79% - 30.12%] |
| % 60+ with annual dental exam | | 70.6% | [64.95% - 76.23%] | 75.7% | [74.65% - 76.84%] |
| NUTRITION/DIET | | | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 18.9% | [14.58% - 23.14%] | 20.2% | [19.23% - 21.21%] |
| % 60+ self-reported obese | | 26.0% | [20.93% - 31.03%] | 27.2% | [26.03% - 28.35%] |
| % 65+ clinically diagnosed obese | | 16.8% | [15.41% - 18.17%] | 16.7% | [16.56% - 16.94%] |
| % 65+ with high cholesterol | W | 77.3% | [75.75% - 78.76%] | 72.2% | [72.01% - 72.44%] |
| % 60+ excessive drinking | | 7.4% | [4.55% - 10.21%] | 9.2% | [8.45% - 9.94%] |

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| BEHAVIORAL HEALTH | | | | | |
| % 60+ with 15+ days poor mental health last month | | 9.2% | [5.59% - 12.90%] | 6.9% | [6.29% - 7.61%] |
| % 65+ with depression | | 30.4% | [28.84% - 31.99%] | 28.8% | [28.59% - 29.01%] |
| % 65+ with anxiety disorders | | 23.4% | [21.91% - 24.97%] | 21.9% | [21.74% - 22.15%] |
| % 65+ with bipolar disorders | | 2.7% | [2.09% - 3.31%] | 3.1% | [2.97% - 3.14%] |
| % 65+ with post-traumatic stress disorder | | 1.3% | [0.84% - 1.71%] | 1.4% | [1.35% - 1.48%] |
| % 65+ with schizophrenia & other psychotic disorders | | 4.8% | [4.06% - 5.48%] | 4.9% | [4.81% - 5.02%] |
| % 65+ with personality disorders | | 0.8% | [0.47% - 1.10%] | 1.1% | [1.00% - 1.11%] |
| % 65+ with substance use disorders (drug use +/- alcohol abuse) | | 5.3% | [4.44% - 6.06%] | 5.5% | [5.41% - 5.64%] |
| % 65+ with tobacco use disorders | | 10.6% | [9.48% - 11.81%] | 10.4% | [10.23% - 10.54%] |
| CHRONIC DISEASE | | | | | |
| % 65+ with Alzheimer's disease or related dementias | | 12.0% | [10.96% - 13.13%] | 12.0% | [11.89% - 12.19%] |
| % 65+ with diabetes | W | 30.6% | [28.95% - 32.29%] | 28.2% | [27.97% - 28.41%] |
| % 65+ with stroke | W | 12.3% | [11.18% - 13.35%] | 10.8% | [10.64% - 10.92%] |
| % 65+ with chronic obstructive pulmonary disease | | 19.3% | [17.93% - 20.57%] | 20.5% | [20.36% - 20.73%] |
| % 65+ with asthma | | 12.9% | [11.81% - 14.08%] | 13.0% | [12.89% - 13.21%] |
| % 65+ with hypertension | W | 73.5% | [71.92% - 75.09%] | 70.2% | [70.02% - 70.46%] |
| % 65+ ever had a heart attack | | 4.5% | [3.81% - 5.16%] | 4.5% | [4.37% - 4.56%] |
| % 65+ with ischemic heart disease | W | 38.3% | [36.54% - 40.04%] | 34.3% | [34.12% - 34.58%] |
| % 65+ with congestive heart failure | W | 19.8% | [18.41% - 21.17%] | 17.7% | [17.57% - 17.93%] |
| % 65+ with atrial fibrillation | | 15.8% | [14.55% - 16.98%] | 14.4% | [14.28% - 14.60%] |
| % 65+ with peripheral vascular disease | | 15.5% | [14.29% - 16.78%] | 14.7% | [14.51% - 14.84%] |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.4% | [47.54% - 51.22%] | 49.1% | [48.82% - 49.32%] |
| % 65+ with osteoporosis | W | 22.5% | [21.15% - 23.93%] | 17.4% | [17.22% - 17.57%] |
| % 65+ with leukemias and lymphomas | | 2.4% | [1.82% - 2.89%] | 2.0% | [1.91% - 2.05%] |
| % 65+ with lung cancer | | 1.9% | [1.44% - 2.36%] | 1.6% | [1.54% - 1.66%] |
| % 65+ with colon cancer | W | 3.1% | [2.54% - 3.67%] | 2.4% | [2.37% - 2.51%] |
| % 65+ women with breast cancer | | 10.2% | [8.83% - 11.57%] | 9.8% | [9.59% - 9.96%] |
| % 65+ women with endometrial cancer | | 1.9% | [1.27% - 2.52%] | 1.7% | [1.60% - 1.76%] |
| % 65+ men with prostate cancer | W | 14.4% | [12.67% - 16.22%] | 11.5% | [11.24% - 11.68%] |
| % 65+ with benign prostatic hyperplasia | | 39.0% | [36.51% - 41.49%] | 36.8% | [36.47% - 37.14%] |
| % 65+ with HIV/AIDS | | 0.04% | [0.02% - 0.07%] | 0.05% | [0.04% - 0.06%] |
| % 65+ with hypothyroidism | | 21.9% | [20.54% - 23.33%] | 20.8% | [20.62% - 20.99%] |
| % 65+ with anemia | W | 44.1% | [42.40% - 45.81%] | 37.3% | [37.12% - 37.57%] |
| % 65+ with chronic kidney disease | W | 28.3% | [26.73% - 29.93%] | 22.3% | [22.14% - 22.54%] |
| % 65+ with liver diseases | W | 8.2% | [7.24% - 9.21%] | 6.9% | [6.75% - 6.99%] |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 19.5% | [18.10% - 20.92%] | 18.6% | [18.42% - 18.80%] |
| % 65+ with migraine and other chronic headache | W | 5.0% | [4.26% - 5.83%] | 4.0% | [3.95% - 4.15%] |
| % 65+ with epilepsy | | 2.7% | [2.13% - 3.37%] | 2.1% | [2.00% - 2.14%] |
| % 65+ with traumatic brain injury | B | 0.7% | [0.40% - 0.96%] | 1.1% | [1.06% - 1.16%] |

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| % 65+ with autism spectrum disorders | | | N/A | 0.03% | [0.02% - 0.04%] |
| % 65+ with glaucoma | | 21.8% | [20.39% - 23.18%] | 22.9% | [22.74% - 23.13%] |
| % 65+ with cataract | | 62.3% | [60.63% - 64.07%] | 61.2% | [61.00% - 61.47%] |
| % 65+ with pressure ulcer or chronic ulcer | | 6.9% | [6.01% - 7.74%] | 7.1% | [6.99% - 7.24%] |
| % 65+ with 4+ (out of 15) chronic conditions | W | 58.5% | [56.80% - 60.27%] | 54.4% | [54.19% - 54.66%] |
| % 65+ with 0 chronic conditions | W | 8.0% | [7.00% - 9.03%] | 10.3% | [10.12% - 10.42%] |
| LIVING WITH DISABILITY | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.6% | [12.39% - 14.74%] | 14.4% | [14.23% - 14.56%] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 1.2% | [0.87% - 1.58%] | 0.9% | [0.81% - 0.90%] |
| % 65+ with clinical diagnosis of mobility impairments | W | 4.5% | [3.80% - 5.27%] | 3.2% | [3.14% - 3.31%] |
| ACCESS TO CARE | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | * | 11.9% | [10.94% - 12.80%] | 7.9% | [7.8% - 8.02%] |
| % dually eligible for Medicare and Medicaid | * | 5.2% | [4.53% - 5.80%] | 7.5% | [7.40% - 7.62%] |
| % 60+ with a regular doctor | | 95.9% | [93.45% - 98.42%] | 95.8% | [95.34% - 96.33%] |
| % 60+ who did not see doctor when needed due to cost | | 7.8% | [4.07% - 11.53%] | 5.4% | [4.75% - 5.97%] |
| SERVICE UTILIZATION | | | | | |
| Physician visits per year | * | 7.9 | [7.7 - 8.2] | 6.3 | [6.2 - 6.3] |
| Emergency room visits/1000 persons 65+ years per year | * | 628 | [584 - 673] | 572 | [566 - 578] |
| Part D monthly prescription fills per person per year | * | 51.2 | [49.7 - 52.7] | 49.1 | [48.9 - 49.3] |
| Home health visits per year | | 2.6 | [2.2 - 3.0] | 2.5 | [2.4 - 2.5] |
| Durable medical equipment claims per year | | 2.1 | [1.9 - 2.2] | 2.0 | [2.0 - 2.0] |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 272 | [245 - 298] | 237 | [234 - 241] |
| Medicare inpatient hospital readmissions (as % of admissions) | * | 19.4% | [16.43% - 22.30%] | 15.8% | [15.41% - 16.22%] |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 74 | [61 - 86] | 76 | [74 - 77] |
| % 65+ getting Medicaid long term services and supports | * | 2.8% | [2.28% - 3.23%] | 3.7% | [3.59% - 3.74%] |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | | | |
| % 60+ who used Internet in last month | | 71.0% | [65.00% - 76.97%] | 77.6% | [76.53% - 78.64%] |
| SAFETY & TRANSPORTATION | | | | | |
| % 60+ who always drive wearing a seatbelt | | 81.1% | [76.26% - 85.95%] | 77.1% | [76.02% - 78.18%] |

Notes. ¹ Community-state differences where the margin of error do not overlap each other are noted B, W, or *.

² All community and state margins of error are 95% confidence intervals.

³ The margin of error of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last month, and did not see doctor when needed due to cost.

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