# Nashua: Zip 03063 (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 | | 3.4% | [ 2.67% - 4.13% ] | 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 | | 3.3% | [ 2.52% - 4.04% ] | 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 | | 17.2% | [ 15.27% - 19.03% ] | 16.7% | [ 16.56% - 16.94% ] |
| % 65+ with high cholesterol | W | 76.1% | [ 74.06% - 78.15% ] | 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 | | 29.1% | [ 26.99% - 31.14% ] | 28.8% | [ 28.59% - 29.01% ] |
| % 65+ with anxiety disorders | | 21.6% | [ 19.66% - 23.63% ] | 21.9% | [ 21.74% - 22.15% ] |
| % 65+ with bipolar disorders | | 3.1% | [ 2.25% - 4.04% ] | 3.1% | [ 2.97% - 3.14% ] |
| % 65+ with post-traumatic stress disorder | | 1.6% | [ 0.95% - 2.17% ] | 1.4% | [ 1.35% - 1.48% ] |
| % 65+ with schizophrenia & other psychotic disorders | | 4.5% | [ 3.57% - 5.51% ] | 4.9% | [ 4.81% - 5.02% ] |
| % 65+ with personality disorders | | 0.7% | [ 0.30% - 1.20% ] | 1.1% | [ 1.00% - 1.11% ] |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.5% | [ 4.34% - 6.61% ] | 5.5% | [ 5.41% - 5.64% ] |
| % 65+ with tobacco use disorders | | 9.4% | [ 7.94% - 10.84% ] | 10.4% | [ 10.23% - 10.54% ] |
| **CHRONIC DISEASE** | | | | | |
| % 65+ with Alzheimer's disease or related dementias | B | 9.7% | [ 8.38% - 11.03% ] | 12.0% | [ 11.89% - 12.19% ] |
| % 65+ with diabetes | | 29.0% | [ 26.76% - 31.28% ] | 28.2% | [ 27.97% - 28.41% ] |
| % 65+ with stroke | | 10.8% | [ 9.43% - 12.18% ] | 10.8% | [ 10.64% - 10.92% ] |
| % 65+ with chronic obstructive pulmonary disease | | 19.1% | [ 17.36% - 20.88% ] | 20.5% | [ 20.36% - 20.73% ] |
| % 65+ with asthma | | 12.9% | [ 11.42% - 14.45% ] | 13.0% | [ 12.89% - 13.21% ] |
| % 65+ with hypertension | | 70.7% | [ 68.50% - 72.87% ] | 70.2% | [ 70.02% - 70.46% ] |
| % 65+ ever had a heart attack | | 4.0% | [ 3.11% - 4.80% ] | 4.5% | [ 4.37% - 4.56% ] |
| % 65+ with ischemic heart disease | | 34.2% | [ 31.88% - 36.46% ] | 34.3% | [ 34.12% - 34.58% ] |
| % 65+ with congestive heart failure | | 16.7% | [ 14.96% - 18.47% ] | 17.7% | [ 17.57% - 17.93% ] |
| % 65+ with atrial fibrillation | | 15.8% | [ 14.15% - 17.41% ] | 14.4% | [ 14.28% - 14.60% ] |
| % 65+ with peripheral vascular disease | | 14.0% | [ 12.42% - 15.61% ] | 14.7% | [ 14.51% - 14.84% ] |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 50.5% | [ 48.00% - 53.04% ] | 49.1% | [ 48.82% - 49.32% ] |
| % 65+ with osteoporosis | W | 22.7% | [ 20.81% - 24.51% ] | 17.4% | [ 17.22% - 17.57% ] |
| % 65+ with leukemias and lymphomas | | 1.9% | [ 1.25% - 2.50% ] | 2.0% | [ 1.91% - 2.05% ] |
| % 65+ with lung cancer | | 1.6% | [ 1.07% - 2.18% ] | 1.6% | [ 1.54% - 1.66% ] |
| % 65+ with colon cancer | | 2.5% | [ 1.84% - 3.22% ] | 2.4% | [ 2.37% - 2.51% ] |
| % 65+ women with breast cancer | | 10.3% | [ 8.52% - 12.16% ] | 9.8% | [ 9.59% - 9.96% ] |
| % 65+ women with endometrial cancer | | 2.5% | [ 1.54% - 3.41% ] | 1.7% | [ 1.60% - 1.76% ] |
| % 65+ men with prostate cancer | | 12.3% | [ 10.01% - 14.51% ] | 11.5% | [ 11.24% - 11.68% ] |
| % 65+ with benign prostatic hyperplasia | | 38.9% | [ 35.47% - 42.25% ] | 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 | | 22.7% | [ 20.85% - 24.63% ] | 20.8% | [ 20.62% - 20.99% ] |
| % 65+ with anemia | W | 42.3% | [ 40.01% - 44.54% ] | 37.3% | [ 37.12% - 37.57% ] |
| % 65+ with chronic kidney disease | W | 26.4% | [ 24.31% - 28.54% ] | 22.3% | [ 22.14% - 22.54% ] |
| % 65+ with liver diseases | W | 8.4% | [ 7.08% - 9.77% ] | 6.9% | [ 6.75% - 6.99% ] |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 19.9% | [ 17.97% - 21.84% ] | 18.6% | [ 18.42% - 18.80% ] |
| % 65+ with migraine and other chronic headache | | 4.6% | [ 3.57% - 5.66% ] | 4.0% | [ 3.95% - 4.15% ] |
| % 65+ with epilepsy | | 1.9% | [ 1.29% - 2.59% ] | 2.1% | [ 2.00% - 2.14% ] |
| % 65+ with traumatic brain injury | B | 0.5% | [ 0.21% - 0.82% ] | 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 | | 21.0% | [ 19.15% - 22.83% ] | 22.9% | [ 22.74% - 23.13% ] |
| % 65+ with cataract | | 61.5% | [ 59.23% - 63.85% ] | 61.2% | [ 61.00% - 61.47% ] |
| % 65+ with pressure ulcer or chronic ulcer | | 6.0% | [ 4.89% - 7.12% ] | 7.1% | [ 6.99% - 7.24% ] |
| % 65+ with 4+ (out of 15) chronic conditions | | 56.8% | [ 54.48% - 59.14% ] | 54.4% | [ 54.19% - 54.66% ] |
| % 65+ with 0 chronic conditions | | 9.5% | [ 8.03% - 10.93% ] | 10.3% | [ 10.12% - 10.42% ] |
| **LIVING WITH DISABILITY** | | | | | |
| % 65+ with clinical diagnosis of deafness or hearing impairment | B | 11.9% | [ 10.37% - 13.36% ] | 14.4% | [ 14.23% - 14.56% ] |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.8% | [ 0.76% - 0.91% ] | 0.9% | [ 0.81% - 0.90% ] |
| % 65+ with clinical diagnosis of mobility impairments | | 3.0% | [ 2.25% - 3.80% ] | 3.2% | [ 3.14% - 3.31% ] |
| **ACCESS TO CARE** | | | | | |
| Medicare (65+ population) | | | | | |
| % Medicare managed care enrollees | * | 14.0% | [ 12.68% - 15.34% ] | 7.9% | [ 7.8% - 8.02% ] |
| % dually eligible for Medicare and Medicaid | * | 6.4% | [ 5.42% - 7.29% ] | 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 | * | 7.6 | [ 7.3 - 7.9 ] | 6.3 | [ 6.2 - 6.3 ] |
| Emergency room visits/1000 persons 65+ years per year | | 601 | [ 540 - 662 ] | 572 | [ 566 - 578 ] |
| Part D monthly prescription fills per person per year | | 49.4 | [ 47.5 - 51.4 ] | 49.1 | [ 48.9 - 49.3 ] |
| Home health visits per year | | 2.7 | [ 2.1 - 3.3 ] | 2.5 | [ 2.4 - 2.5 ] |
| Durable medical equipment claims per year | | 1.9 | [ 1.7 - 2.2 ] | 2.0 | [ 2.0 - 2.0 ] |
| Inpatient hospital stays/1000 persons 65+ years per year | | 238 | [ 208 - 268 ] | 237 | [ 234 - 241 ] |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.0% | [ 10.57% - 17.49% ] | 15.8% | [ 15.41% - 16.22% ] |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 74 | [ 58 - 90 ] | 76 | [ 74 - 77 ] |
| % 65+ getting Medicaid long term services and supports | | 3.2% | [ 2.54% - 3.89% ] | 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 erroe of the estimate is larger relative to the indicator value for current smokers, excessive drinking, 15+ days poor mental health last montth, and did not see doctor when needed due to cost.

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