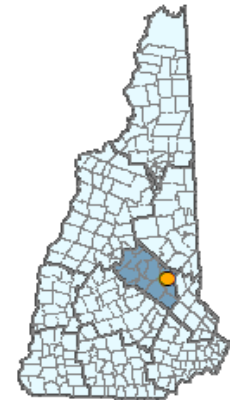


## Alton (Belknap)

Alton is a town in central New Hampshire that borders Lake Winnepesaukee. There are 1,059 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, substance and tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, anemia, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, glaucoma, and hearing impairment. Community resources to support healthy aging include 2 primary care providers within 5 miles, 4 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		5,285	1,327,503
Population 60 years or older as % of total population		27.5%	22.7%
Total population 60 years or older		1,451	301,630
Population 65 years or older as % of total population		20.0%	15.8%
Total population 65 years or older		1,059	210,385
% 65-74 years		65.2%	58.5%
% 75-84 years		29.5%	28.6%
% 85 years or older		5.4%	12.9%
Gender (65+ population)			
% female		47.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		67.2%	58.5%
% divorced/separated		13.6%	14.0%
% widowed		16.1%	22.9%
% never married		3.1%	4.6%
Education (65+ population)			
% with less than high school education		4.9%	12.3%
% with high school or some college		54.8%	57.1%
% with college degree		40.3%	30.6%
% of 65+ population living alone		19.9%	26.1%
% of 65+ population who speak only English at home		91.8%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.2%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		3.1%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.7%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		7.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.0%	12.5%
% 60+ with physical exam/check-up in past year		86.1%	86.5%
% 60+ met CDC preventive health screening goals		35.5%	40.3%
% 60+ flu shot past year		54.5%	59.3%
% 65+ with pneumonia vaccine		77.4%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		74.3%	79.3%
% 60+ with colorectal cancer screening		81.5%	77.0%
% 60+ with HIV test		9.3%	13.5%
% 60+ current smokers		8.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		27.7%	29.0%
% 60+ with annual dental exam		71.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		28.0%	27.2%
% 65+ clinically diagnosed obese	B	13.0%	16.7%
% 65+ with high cholesterol		69.3%	72.2%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

## HEALTHY AGING INDICATORS

BETTER / WORSE  
STATE RATE<sup>1</sup>

COMMUNITY  
ESTIMATE

STATE  
ESTIMATE

### BEHAVIORAL HEALTH

% 60+ with 15+ days poor mental health last month		8.1%	6.9%
% 65+ with depression	B	22.9%	28.8%
% 65+ with anxiety disorders	B	17.8%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders	B	0.9%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	3.2%	5.5%
% 65+ with tobacco use disorders	B	7.7%	10.4%

### CHRONIC DISEASE

% 65+ with Alzheimer's disease or related dementias	B	8.2%	12.0%
% 65+ with diabetes	B	24.9%	28.2%
% 65+ with stroke	B	8.5%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	17.8%	20.5%
% 65+ with asthma	B	10.0%	13.0%
% 65+ with hypertension		70.5%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease		34.2%	34.3%
% 65+ with congestive heart failure		15.4%	17.7%
% 65+ with atrial fibrillation		13.1%	14.4%
% 65+ with peripheral vascular disease	B	11.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	45.2%	49.1%
% 65+ with osteoporosis	B	12.6%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		8.9%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		12.3%	11.5%
% 65+ with benign prostatic hyperplasia		37.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism		18.5%	20.8%
% 65+ with anemia	B	31.0%	37.3%
% 65+ with chronic kidney disease	B	17.4%	22.3%
% 65+ with liver diseases	B	4.9%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.8%	22.9%
% 65+ with cataract		61.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.9%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	50.3%	54.4%
% 65+ with 0 chronic conditions		10.9%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	7.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	12.1%	14.4%
% 65+ with self-reported vision difficulty		5.2%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty	B	2.4%	6.9%
% 65+ with self-reported ambulatory difficulty	B	9.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.1%	3.2%
% 65+ with self-reported self-care difficulty		2.7%	5.6%
% 65+ with self-reported independent living difficulty		6.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.3%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		96.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.0	6.3
Emergency room visits/1000 persons 65+ years per year		517	572
Part D monthly prescription fills per person per year	*	41.7	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	174	237
Medicare inpatient hospital readmissions (as % of admissions)	*	8.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	47	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		1.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		53.3%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		74.4%	77.6%
Voter participation rate in 2018 election (age 18+)		67.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		157	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,473	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt		73.5%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.6%	5.4%
% 60+ receiving food stamps past year		1.8%	5.7%
% 65+ employed past year		39.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.2%	18.2%
% households with annual income \$20,000-\$49,999		45.3%	36.5%
% households with annual income > \$50,000		43.5%	45.3%
% 60+ own home		88.9%	79.9%
% 60+ have mortgage on home		43.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		9.9%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.5%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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), memorycaresdirectory.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).

*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Barnstead (Belknap)

Barnstead is a rural town in central New Hampshire that is home to the Suncook Lakes. There are 647 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of schizophrenia and other psychotic disorders, Alzheimer’s disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, hypothyroidism, anemia, liver diseases, migraine, traumatic brain injury, cataracts, and hearing impairment. However, they had higher rates of obesity and tobacco use disorders. Community resources to support healthy aging include 3 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		4,631	1,327,503
Population 60 years or older as % of total population		21.9%	22.7%
Total population 60 years or older		1,015	301,630
Population 65 years or older as % of total population		14.0%	15.8%
Total population 65 years or older		647	210,385
% 65-74 years		58.4%	58.5%
% 75-84 years		30.9%	28.6%
% 85 years or older		10.7%	12.9%
Gender (65+ population)			
% female		52.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		69.1%	58.5%
% divorced/separated		11.9%	14.0%
% widowed		17.6%	22.9%
% never married		1.4%	4.6%
Education (65+ population)			
% with less than high school education		10.4%	12.3%
% with high school or some college		75.3%	57.1%
% with college degree		14.4%	30.6%
% of 65+ population living alone		14.5%	26.1%
% of 65+ population who speak only English at home		92.7%	91.3%
% of 65+ population who are veterans of military service		29.1%	24.8%
Age-sex adjusted 1-year mortality rate		3.8%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.7%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.7%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		7.2%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		17.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.0%	12.5%
% 60+ with physical exam/check-up in past year		86.1%	86.5%
% 60+ met CDC preventive health screening goals		35.5%	40.3%
% 60+ flu shot past year		54.5%	59.3%
% 65+ with pneumonia vaccine		77.4%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		74.3%	79.3%
% 60+ with colorectal cancer screening		81.5%	77.0%
% 60+ with HIV test		9.3%	13.5%
% 60+ current smokers		8.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		27.7%	29.0%
% 60+ with annual dental exam		71.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		28.0%	27.2%
% 65+ clinically diagnosed obese	W	21.4%	16.7%
% 65+ with high cholesterol		70.3%	72.2%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.1%	6.9%
% 65+ with depression		28.3%	28.8%
% 65+ with anxiety disorders		24.8%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.5%	5.5%
% 65+ with tobacco use disorders	W	16.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.9%	12.0%
% 65+ with diabetes		30.7%	28.2%
% 65+ with stroke		10.1%	10.8%
% 65+ with chronic obstructive pulmonary disease		19.6%	20.5%
% 65+ with asthma		11.6%	13.0%
% 65+ with hypertension		70.4%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease		34.5%	34.3%
% 65+ with congestive heart failure		19.0%	17.7%
% 65+ with atrial fibrillation		12.5%	14.4%
% 65+ with peripheral vascular disease		12.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.2%	49.1%
% 65+ with osteoporosis	B	11.6%	17.4%
% 65+ with leukemias and lymphomas	B	1.3%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		8.8%	11.5%
% 65+ with benign prostatic hyperplasia		35.6%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.8%	20.8%
% 65+ with anemia	B	28.8%	37.3%
% 65+ with chronic kidney disease		18.8%	22.3%
% 65+ with liver diseases	B	4.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.5%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		19.5%	22.9%
% 65+ with cataract	B	51.2%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.5%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	49.3%	54.4%
% 65+ with 0 chronic conditions		12.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		22.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	9.1%	14.4%
% 65+ with self-reported vision difficulty		3.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		5.1%	6.9%
% 65+ with self-reported ambulatory difficulty		13.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		2.2%	5.6%
% 65+ with self-reported independent living difficulty		8.2%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.1%	7.9%
% dually eligible for Medicare and Medicaid	*	5.4%	7.5%
% 60+ with a regular doctor		96.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	5.4	6.3
Emergency room visits/1000 persons 65+ years per year		598	572
Part D monthly prescription fills per person per year		51.4	49.1
Home health visits per year		3.9	2.5
Durable medical equipment claims per year		2.1	2.0
Inpatient hospital stays/1000 persons 65+ years per year		239	237
Medicare inpatient hospital readmissions (as % of admissions)		19.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		59	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.4%	0.8%
% of grandparents who live with grandchildren		4.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		30.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		74.4%	77.6%
Voter participation rate in 2018 election (age 18+)		53.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		130	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,281	2,012
% 65+ who own a motor vehicle		97.4%	91.0%
% 60+ who always drive wearing a seatbelt		73.5%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		7.3%	5.4%
% 60+ receiving food stamps past year		5.0%	5.7%
% 65+ employed past year		12.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		18.6%	18.2%
% households with annual income \$20,000-\$49,999		23.2%	36.5%
% households with annual income > \$50,000		58.2%	45.3%
% 60+ own home		95.2%	79.9%
% 60+ have mortgage on home		43.9%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		23.2%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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.

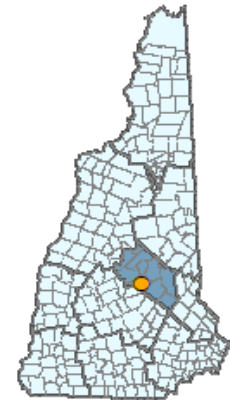
#### Data Sources:

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- 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).

*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Belmont (Belknap)

Belmont is a town in Belknap County and home to several historic places including the Belmont Public Library and the Bandstand. There are 1,138 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, leukemia and lymphomas, hypothyroidism, migraine, traumatic brain injury, glaucoma, and cataracts. However, they had higher rates of tobacco use disorders, chronic obstructive pulmonary disease, and hypertension. They are less likely to take the health promotion steps of undergoing colorectal cancer screening or wearing a seatbelt while driving. Community resources to support healthy aging include 2 primary care providers within 5 miles, 5 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		7,281	1,327,503
Population 60 years or older as % of total population		22.1%	22.7%
Total population 60 years or older		1,607	301,630
Population 65 years or older as % of total population		15.6%	15.8%
Total population 65 years or older		1,138	210,385
% 65-74 years		67.6%	58.5%
% 75-84 years		26.4%	28.6%
% 85 years or older		6.1%	12.9%
Gender (65+ population)			
% female		62.1%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		5.0%	0.9%
Marital Status (65+ population)			
% married		63.3%	58.5%
% divorced/separated		15.7%	14.0%
% widowed		18.5%	22.9%
% never married		2.5%	4.6%
Education (65+ population)			
% with less than high school education		15.1%	12.3%
% with high school or some college		62.0%	57.1%
% with college degree		22.8%	30.6%
% of 65+ population living alone		19.6%	26.1%
% of 65+ population who speak only English at home		90.1%	91.3%
% of 65+ population who are veterans of military service		28.4%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		4.3%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese		14.5%	16.7%
% 65+ with high cholesterol		72.9%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression		27.0%	28.8%
% 65+ with anxiety disorders		21.4%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		5.6%	5.5%
% 65+ with tobacco use disorders	W	12.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.7%	12.0%
% 65+ with diabetes		31.0%	28.2%
% 65+ with stroke		9.9%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.6%	20.5%
% 65+ with asthma		12.8%	13.0%
% 65+ with hypertension	W	73.6%	70.2%
% 65+ ever had a heart attack		4.4%	4.5%
% 65+ with ischemic heart disease		34.0%	34.3%
% 65+ with congestive heart failure		16.7%	17.7%
% 65+ with atrial fibrillation		13.4%	14.4%
% 65+ with peripheral vascular disease		16.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.1%	49.1%
% 65+ with osteoporosis	B	14.0%	17.4%
% 65+ with leukemias and lymphomas	B	1.3%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		10.3%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		10.1%	11.5%
% 65+ with benign prostatic hyperplasia		39.2%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.7%	20.8%
% 65+ with anemia		35.2%	37.3%
% 65+ with chronic kidney disease		20.6%	22.3%
% 65+ with liver diseases		6.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.8%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	16.9%	22.9%
% 65+ with cataract	B	54.3%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		53.0%	54.4%
% 65+ with 0 chronic conditions		10.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		20.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		3.5%	6.9%
% 65+ with self-reported ambulatory difficulty		19.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty		4.9%	5.6%
% 65+ with self-reported independent living difficulty		7.8%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	10.6%	7.9%
% dually eligible for Medicare and Medicaid		9.0%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	6.9	6.3
Emergency room visits/1000 persons 65+ years per year		588	572
Part D monthly prescription fills per person per year		50.7	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year	*	2.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		255	237
Medicare inpatient hospital readmissions (as % of admissions)		15.8%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		91	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.1%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		2.8%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		24.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		46.9%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		256	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,880	2,012
% 65+ who own a motor vehicle		98.3%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.6%	5.4%
% 60+ receiving food stamps past year		5.6%	5.7%
% 65+ employed past year		26.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		20.5%	18.2%
% households with annual income \$20,000-\$49,999		40.5%	36.5%
% households with annual income > \$50,000		39.0%	45.3%
% 60+ own home		89.3%	79.9%
% 60+ have mortgage on home		33.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
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- 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), memorycaresdirectory.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).
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## Center Harbor (Belknap)

Center Harbor is a town in Belknap County located between Lake Winnepesaukee and Squam Lake. There are 235 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, congestive heart failure, peripheral vascular disease, osteoporosis, hypothyroidism, anemia, chronic kidney disease, fibromyalgia/chronic pain/fatigue, glaucoma, and mobility impairment. However, they had higher rates of cataracts and hearing impairment. They are less likely to take the health promotion steps of undergoing screening for colorectal cancer or wearing a seatbelt while driving. Community resources to support healthy aging include 2 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		1,011	1,327,503
Population 60 years or older as % of total population		31.4%	22.7%
Total population 60 years or older		317	301,630
Population 65 years or older as % of total population		23.2%	15.8%
Total population 65 years or older		235	210,385
% 65-74 years		57.0%	58.5%
% 75-84 years		31.1%	28.6%
% 85 years or older		11.9%	12.9%
Gender (65+ population)			
% female		51.9%	54.7%
Race/Ethnicity (65+ population)			
% White		100.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		74.9%	58.5%
% divorced/separated		13.2%	14.0%
% widowed		11.9%	22.9%
% never married		0.0%	4.6%
Education (65+ population)			
% with less than high school education		1.3%	12.3%
% with high school or some college		39.6%	57.1%
% with college degree		59.1%	30.6%
% of 65+ population living alone		11.1%	26.1%
% of 65+ population who speak only English at home		98.7%	91.3%
% of 65+ population who are veterans of military service		19.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.1%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.7%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	9.2%	16.7%
% 65+ with high cholesterol		68.8%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	19.9%	28.8%
% 65+ with anxiety disorders	B	14.8%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.5%	5.5%
% 65+ with tobacco use disorders	B	5.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	8.8%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke		9.4%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	14.0%	20.5%
% 65+ with asthma	B	8.0%	13.0%
% 65+ with hypertension	B	63.7%	70.2%
% 65+ ever had a heart attack		3.5%	4.5%
% 65+ with ischemic heart disease		33.1%	34.3%
% 65+ with congestive heart failure	B	13.2%	17.7%
% 65+ with atrial fibrillation		15.7%	14.4%
% 65+ with peripheral vascular disease	B	8.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		46.8%	49.1%
% 65+ with osteoporosis	B	13.3%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.4%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		15.5%	11.5%
% 65+ with benign prostatic hyperplasia		36.5%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	15.2%	20.8%
% 65+ with anemia	B	32.7%	37.3%
% 65+ with chronic kidney disease	B	13.3%	22.3%
% 65+ with liver diseases		6.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.6%	22.9%
% 65+ with cataract	W	65.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	46.3%	54.4%
% 65+ with 0 chronic conditions		11.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.8%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	18.3%	14.4%
% 65+ with self-reported vision difficulty		1.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.8%	6.9%
% 65+ with self-reported ambulatory difficulty		11.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		2.6%	5.6%
% 65+ with self-reported independent living difficulty		8.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	5.2%	7.9%
% dually eligible for Medicare and Medicaid	*	3.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		0	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		2	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	6.9	6.3
Emergency room visits/1000 persons 65+ years per year		537	572
Part D monthly prescription fills per person per year	*	41.0	49.1
Home health visits per year	*	1.5	2.5
Durable medical equipment claims per year		1.9	2.0
Inpatient hospital stays/1000 persons 65+ years per year		224	237
Medicare inpatient hospital readmissions (as % of admissions)		20.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		75	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	1.3%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.6%	0.8%
% of grandparents who live with grandchildren		0.6%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		47.5%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		67.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		91	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,939	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		1.3%	5.4%
% 60+ receiving food stamps past year		1.6%	5.7%
% 65+ employed past year		28.5%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		8.1%	18.2%
% households with annual income \$20,000-\$49,999		28.9%	36.5%
% households with annual income > \$50,000		63.1%	45.3%
% 60+ own home		91.8%	79.9%
% 60+ have mortgage on home		34.1%	35.3%
% 65+ households spend >35% of income on housing (renter)		4.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		17.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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.

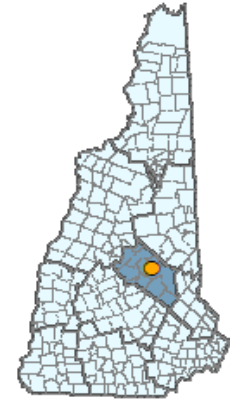
#### Data Sources:

- 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), memorycaresdirectory.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).

*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Gilford (Belknap)

Gilford is a town in central New Hampshire that is situated on Lake Winnepesaukee. There are 1,744 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, Alzheimer’s disease or related dementias, hypothyroidism, and chronic kidney disease. However, they had higher rates of benign prostatic hyperplasia and high cholesterol. Community resources to support healthy aging include 53 primary care providers, nursing home, and hospital within 5 miles, 4 home health agency, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		7,103	1,327,503
Population 60 years or older as % of total population		34.5%	22.7%
Total population 60 years or older		2,454	301,630
Population 65 years or older as % of total population		24.6%	15.8%
Total population 65 years or older		1,744	210,385
% 65-74 years		61.6%	58.5%
% 75-84 years		31.3%	28.6%
% 85 years or older		7.1%	12.9%
Gender (65+ population)			
% female		58.7%	54.7%
Race/Ethnicity (65+ population)			
% White		99.1%	97.7%
% African American		0.0%	0.5%
% Asian		0.9%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		63.0%	58.5%
% divorced/separated		16.1%	14.0%
% widowed		19.6%	22.9%
% never married		1.3%	4.6%
Education (65+ population)			
% with less than high school education		5.7%	12.3%
% with high school or some college		55.8%	57.1%
% with college degree		38.4%	30.6%
% of 65+ population living alone		30.4%	26.1%
% of 65+ population who speak only English at home		97.1%	91.3%
% of 65+ population who are veterans of military service		19.8%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.5%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		4.2%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.7%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		7.2%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.0%	12.5%
% 60+ with physical exam/check-up in past year		86.1%	86.5%
% 60+ met CDC preventive health screening goals		35.5%	40.3%
% 60+ flu shot past year		54.5%	59.3%
% 65+ with pneumonia vaccine		77.4%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		74.3%	79.3%
% 60+ with colorectal cancer screening		81.5%	77.0%
% 60+ with HIV test		9.3%	13.5%
% 60+ current smokers		8.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		27.7%	29.0%
% 60+ with annual dental exam		71.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		28.0%	27.2%
% 65+ clinically diagnosed obese	B	13.4%	16.7%
% 65+ with high cholesterol	W	74.9%	72.2%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.1%	6.9%
% 65+ with depression	B	25.4%	28.8%
% 65+ with anxiety disorders	B	18.9%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.0%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.5%	4.9%
% 65+ with personality disorders	B	0.9%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.9%	5.5%
% 65+ with tobacco use disorders		8.8%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.5%	12.0%
% 65+ with diabetes		26.9%	28.2%
% 65+ with stroke		10.7%	10.8%
% 65+ with chronic obstructive pulmonary disease		20.3%	20.5%
% 65+ with asthma		12.3%	13.0%
% 65+ with hypertension		71.0%	70.2%
% 65+ ever had a heart attack		4.7%	4.5%
% 65+ with ischemic heart disease		36.7%	34.3%
% 65+ with congestive heart failure		16.3%	17.7%
% 65+ with atrial fibrillation		16.4%	14.4%
% 65+ with peripheral vascular disease		16.8%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		50.3%	49.1%
% 65+ with osteoporosis		16.2%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.8%	1.6%
% 65+ with colon cancer		2.2%	2.4%
% 65+ women with breast cancer		9.2%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		12.1%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.1%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.2%	20.8%
% 65+ with anemia		37.7%	37.3%
% 65+ with chronic kidney disease	B	18.1%	22.3%
% 65+ with liver diseases		6.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.5%	4.0%
% 65+ with epilepsy		2.2%	2.1%
% 65+ with traumatic brain injury		1.3%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.6%	22.9%
% 65+ with cataract		62.1%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.2%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		52.1%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.7%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		16.3%	14.4%
% 65+ with self-reported vision difficulty	B	1.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		4.2%	6.9%
% 65+ with self-reported ambulatory difficulty		15.0%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.1%	3.2%
% 65+ with self-reported self-care difficulty	B	1.3%	5.6%
% 65+ with self-reported independent living difficulty		9.6%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees	*	9.7%	7.9%
% dually eligible for Medicare and Medicaid	*	5.7%	7.5%
% 60+ with a regular doctor		96.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		53	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.7	6.3
Emergency room visits/1000 persons 65+ years per year		591	572
Part D monthly prescription fills per person per year		47.0	49.1
Home health visits per year		2.2	2.5
Durable medical equipment claims per year		2.3	2.0
Inpatient hospital stays/1000 persons 65+ years per year		250	237
Medicare inpatient hospital readmissions (as % of admissions)		14.9%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		88	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.5%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.3%	0.8%
% of grandparents who live with grandchildren		1.2%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		38.6%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		74.4%	77.6%
Voter participation rate in 2018 election (age 18+)		64.2%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		112	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,363	2,012
% 65+ who own a motor vehicle		93.2%	91.0%
% 60+ who always drive wearing a seatbelt		73.5%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		2.5%	5.4%
% 60+ receiving food stamps past year		4.5%	5.7%
% 65+ employed past year		26.8%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		16.1%	18.2%
% households with annual income \$20,000-\$49,999		37.1%	36.5%
% households with annual income > \$50,000		46.8%	45.3%
% 60+ own home		89.3%	79.9%
% 60+ have mortgage on home		35.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.8%	8.7%
% 65+ households spend >35% of income on housing (owner)		20.0%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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.
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*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Gilmanton (Belknap)

Gilmanton is a town located in Belknap County and is home to the Gilmanton Ironworks. There are 816 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety disorders, schizophrenia and other psychotic disorders, substance use disorders, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, hypothyroidism, anemia, chronic kidney disease, liver disease, migraine, traumatic brain injury, and cataracts. Community resources to support healthy aging include 2 primary care providers within 5 miles, 5 home health agencies, 3 public libraries, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,744	1,327,503
Population 60 years or older as % of total population		29.4%	22.7%
Total population 60 years or older		1,101	301,630
Population 65 years or older as % of total population		21.8%	15.8%
Total population 65 years or older		816	210,385
% 65-74 years		80.0%	58.5%
% 75-84 years		17.9%	28.6%
% 85 years or older		2.1%	12.9%
Gender (65+ population)			
% female		49.0%	54.7%
Race/Ethnicity (65+ population)			
% White		94.6%	97.7%
% African American		0.0%	0.5%
% Asian		2.5%	0.9%
% Other		2.9%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.0%	58.5%
% divorced/separated		21.8%	14.0%
% widowed		8.1%	22.9%
% never married		5.1%	4.6%
Education (65+ population)			
% with less than high school education		3.7%	12.3%
% with high school or some college		58.2%	57.1%
% with college degree		38.1%	30.6%
% of 65+ population living alone		10.9%	26.1%
% of 65+ population who speak only English at home		92.4%	91.3%
% of 65+ population who are veterans of military service		36.6%	24.8%
Age-sex adjusted 1-year mortality rate		4.4%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.3%	3.6%
% moved from different county in New Hampshire		0.6%	1.0%
% moved from different state		2.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.7%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		7.2%	10.4%
% 65+ had hip fracture		3.2%	3.3%
% 60+ with self-reported fair or poor health status		17.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.0%	12.5%
% 60+ with physical exam/check-up in past year		86.1%	86.5%
% 60+ met CDC preventive health screening goals		35.5%	40.3%
% 60+ flu shot past year		54.5%	59.3%
% 65+ with pneumonia vaccine		77.4%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		74.3%	79.3%
% 60+ with colorectal cancer screening		81.5%	77.0%
% 60+ with HIV test		9.3%	13.5%
% 60+ current smokers		8.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		27.7%	29.0%
% 60+ with annual dental exam		71.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		28.0%	27.2%
% 65+ clinically diagnosed obese	B	11.5%	16.7%
% 65+ with high cholesterol	B	66.3%	72.2%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.1%	6.9%
% 65+ with depression	B	23.5%	28.8%
% 65+ with anxiety disorders	B	16.4%	21.9%
% 65+ with bipolar disorders		2.3%	3.1%
% 65+ with post-traumatic stress disorder		1.7%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	3.7%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)	B	2.9%	5.5%
% 65+ with tobacco use disorders		9.2%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.2%	12.0%
% 65+ with diabetes		24.5%	28.2%
% 65+ with stroke		11.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	11.9%	20.5%
% 65+ with asthma	B	7.2%	13.0%
% 65+ with hypertension	B	64.8%	70.2%
% 65+ ever had a heart attack	B	2.6%	4.5%
% 65+ with ischemic heart disease	B	29.2%	34.3%
% 65+ with congestive heart failure	B	14.4%	17.7%
% 65+ with atrial fibrillation		13.2%	14.4%
% 65+ with peripheral vascular disease		11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	42.5%	49.1%
% 65+ with osteoporosis	B	11.4%	17.4%
% 65+ with leukemias and lymphomas	B	1.3%	2.0%
% 65+ with lung cancer		2.1%	1.6%
% 65+ with colon cancer		2.8%	2.4%
% 65+ women with breast cancer		12.5%	9.8%
% 65+ women with endometrial cancer		1.7%	1.7%
% 65+ men with prostate cancer		12.5%	11.5%
% 65+ with benign prostatic hyperplasia		36.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	14.0%	20.8%
% 65+ with anemia	B	27.9%	37.3%
% 65+ with chronic kidney disease	B	17.8%	22.3%
% 65+ with liver diseases	B	4.5%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.4%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache	B	3.1%	4.0%
% 65+ with epilepsy		1.9%	2.1%
% 65+ with traumatic brain injury	B	0.6%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		20.2%	22.9%
% 65+ with cataract	B	53.9%	61.2%
% 65+ with pressure ulcer or chronic ulcer		7.0%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	43.0%	54.4%
% 65+ with 0 chronic conditions		12.3%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty	B	7.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.8%	14.4%
% 65+ with self-reported vision difficulty		4.7%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.6%	0.9%
% 65+ with self-reported cognition difficulty		7.5%	6.9%
% 65+ with self-reported ambulatory difficulty	B	3.3%	18.8%
% 65+ with clinical diagnosis of mobility impairments		2.7%	3.2%
% 65+ with self-reported self-care difficulty	B	0.6%	5.6%
% 65+ with self-reported independent living difficulty		8.3%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		7.9%	7.9%
% dually eligible for Medicare and Medicaid	*	4.1%	7.5%
% 60+ with a regular doctor		96.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		5	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.0	6.3
Emergency room visits/1000 persons 65+ years per year		513	572
Part D monthly prescription fills per person per year	*	43.5	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year		220	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		61	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.0%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.9%	0.8%
% of grandparents who live with grandchildren		4.4%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		35.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		3	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		74.4%	77.6%
Voter participation rate in 2018 election (age 18+)		56.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		35	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		891	2,012
% 65+ who own a motor vehicle		97.7%	91.0%
% 60+ who always drive wearing a seatbelt		73.5%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151



HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		9.4%	5.4%
% 60+ receiving food stamps past year		9.3%	5.7%
% 65+ employed past year		39.3%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		11.4%	18.2%
% households with annual income \$20,000-\$49,999		33.2%	36.5%
% households with annual income > \$50,000		55.4%	45.3%
% 60+ own home		100.0%	79.9%
% 60+ have mortgage on home		53.4%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		28.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

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#### Data Sources:

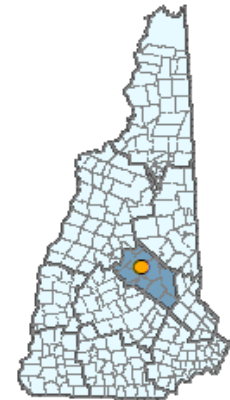
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
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## Laconia (Belknap)

Laconia is a city in Belknap County located along Lake Winnisquam. There are 3,069 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, hypothyroidism, chronic kidney disease, and glaucoma. However, they had higher rates of hip fracture, high cholesterol, depression, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, atrial fibrillation, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, benign prostatic hyperplasia, epilepsy, cataracts, pressure ulcers, and hearing and mobility impairments. Community resources to support healthy aging include 56 primary care providers within 5 miles, a hospital, 3 nursing homes within 5 miles, 5 home health agencies, a community health center, 3 assisted living sites, a university or community college, 2 public libraries, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		16,171	1,327,503
Population 60 years or older as % of total population		25.9%	22.7%
Total population 60 years or older		4,195	301,630
Population 65 years or older as % of total population		19.0%	15.8%
Total population 65 years or older		3,069	210,385
% 65-74 years		54.6%	58.5%
% 75-84 years		29.1%	28.6%
% 85 years or older		16.3%	12.9%
Gender (65+ population)			
% female		54.7%	54.7%
Race/Ethnicity (65+ population)			
% White		99.4%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.6%	0.9%
% Hispanic/Latino		0.4%	0.9%
Marital Status (65+ population)			
% married		48.7%	58.5%
% divorced/separated		17.5%	14.0%
% widowed		31.5%	22.9%
% never married		2.3%	4.6%
Education (65+ population)			
% with less than high school education		12.6%	12.3%
% with high school or some college		59.1%	57.1%
% with college degree		28.3%	30.6%
% of 65+ population living alone		31.3%	26.1%
% of 65+ population who speak only English at home		94.7%	91.3%
% of 65+ population who are veterans of military service		27.2%	24.8%
Age-sex adjusted 1-year mortality rate		4.0%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		5.9%	3.6%
% moved from different county in New Hampshire		4.1%	1.0%
% moved from different state		1.9%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		70.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		23.0%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		57.0%	58.6%
% 60+ met CDC guidelines for both types of physical activities		15.7%	19.9%
% 60+ getting recommended hours of sleep		65.1%	66.4%
% 60+ injured in a fall within last 12 months		7.2%	10.4%
% 65+ had hip fracture	W	4.0%	3.3%
% 60+ with self-reported fair or poor health status		17.1%	16.5%
% 60+ with 15+ physically unhealthy days last month		11.0%	12.5%
% 60+ with physical exam/check-up in past year		86.1%	86.5%
% 60+ met CDC preventive health screening goals		35.5%	40.3%
% 60+ flu shot past year		54.5%	59.3%
% 65+ with pneumonia vaccine		77.4%	77.8%
% 60+ with cholesterol screening		92.5%	95.3%
% 60+ women with a mammogram within last 2 years		74.3%	79.3%
% 60+ with colorectal cancer screening		81.5%	77.0%
% 60+ with HIV test		9.3%	13.5%
% 60+ current smokers		8.9%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		27.7%	29.0%
% 60+ with annual dental exam		71.8%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		17.0%	20.2%
% 60+ self-reported obese		28.0%	27.2%
% 65+ clinically diagnosed obese	B	14.2%	16.7%
% 65+ with high cholesterol	W	74.5%	72.2%
% 60+ excessive drinking		9.6%	9.2%
% 65+ with poor supermarket access		61.9%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		8.1%	6.9%
% 65+ with depression	W	31.2%	28.8%
% 65+ with anxiety disorders		21.6%	21.9%
% 65+ with bipolar disorders		3.0%	3.1%
% 65+ with post-traumatic stress disorder		1.1%	1.4%
% 65+ with schizophrenia & other psychotic disorders	W	6.0%	4.9%
% 65+ with personality disorders		1.2%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.7%	5.5%
% 65+ with tobacco use disorders		10.5%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	W	13.6%	12.0%
% 65+ with diabetes		29.5%	28.2%
% 65+ with stroke	W	12.8%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	23.4%	20.5%
% 65+ with asthma		13.3%	13.0%
% 65+ with hypertension	W	73.9%	70.2%
% 65+ ever had a heart attack		4.5%	4.5%
% 65+ with ischemic heart disease	W	37.2%	34.3%
% 65+ with congestive heart failure		19.1%	17.7%
% 65+ with atrial fibrillation	W	17.0%	14.4%
% 65+ with peripheral vascular disease	W	18.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	W	51.7%	49.1%
% 65+ with osteoporosis	W	19.8%	17.4%
% 65+ with leukemias and lymphomas		1.9%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		9.7%	9.8%
% 65+ women with endometrial cancer		1.4%	1.7%
% 65+ men with prostate cancer		12.5%	11.5%
% 65+ with benign prostatic hyperplasia	W	42.7%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	18.8%	20.8%
% 65+ with anemia		39.0%	37.3%
% 65+ with chronic kidney disease	B	20.2%	22.3%
% 65+ with liver diseases		6.7%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		18.9%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		4.0%	4.0%
% 65+ with epilepsy	W	3.1%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	20.7%	22.9%
% 65+ with cataract	W	65.5%	61.2%
% 65+ with pressure ulcer or chronic ulcer	W	9.7%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	W	58.2%	54.4%
% 65+ with 0 chronic conditions	W	7.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		12.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	W	17.4%	14.4%
% 65+ with self-reported vision difficulty		7.6%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.9%	0.9%
% 65+ with self-reported cognition difficulty		5.7%	6.9%
% 65+ with self-reported ambulatory difficulty		18.6%	18.8%
% 65+ with clinical diagnosis of mobility impairments	W	4.1%	3.2%
% 65+ with self-reported self-care difficulty		4.5%	5.6%
% 65+ with self-reported independent living difficulty		11.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	11.5%	7.5%
% 60+ with a regular doctor		96.8%	95.8%
% 60+ who did not see doctor when needed due to cost		4.2%	5.4%
# of primary care providers within 5 miles		56	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		3	74
# of home health agencies		5	49
# of community health centers		1	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	7.3	6.3
Emergency room visits/1000 persons 65+ years per year	*	682	572
Part D monthly prescription fills per person per year	*	52.3	49.1
Home health visits per year	*	1.8	2.5
Durable medical equipment claims per year	*	2.5	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	274	237
Medicare inpatient hospital readmissions (as % of admissions)		16.0%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year	*	120	76
# skilled nursing home Medicare beds/1000 persons 65+ years		69	33
% 65+ getting Medicaid long term services and supports	*	5.9%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		1.1%	0.8%
% of grandparents who live with grandchildren		2.2%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		32.2%	16.0%
# of universities and community colleges		1	41
# of public libraries		2	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		74.4%	77.6%
Voter participation rate in 2018 election (age 18+)		48.3%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		404	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		3,850	2,012
% 65+ who own a motor vehicle		78.7%	91.0%
% 60+ who always drive wearing a seatbelt		73.5%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		5.6%	5.4%
% 60+ receiving food stamps past year		10.4%	5.7%
% 65+ employed past year		18.1%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.7%	18.2%
% households with annual income \$20,000-\$49,999		38.6%	36.5%
% households with annual income > \$50,000		37.6%	45.3%
% 60+ own home		68.9%	79.9%
% 60+ have mortgage on home		32.8%	35.3%
% 65+ households spend >35% of income on housing (renter)		18.3%	8.7%
% 65+ households spend >35% of income on housing (owner)		18.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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).

*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Meredith (Belknap)

Meredith is an urban town in Belknap County located beside Lake Winnepesaukee and home to the Winnepesaukee Scenic Railroad. There are 1,429 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, and mobility impairments. They are less likely to take the health promotion steps of always wearing a seatbelt when driving or having a colorectal cancer screening. Community resources to support healthy aging include 5 primary care providers and a nursing home within 5 miles, 3 home health agencies, 3 assisted living sites, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		6,354	1,327,503
Population 60 years or older as % of total population		30.9%	22.7%
Total population 60 years or older		1,966	301,630
Population 65 years or older as % of total population		22.5%	15.8%
Total population 65 years or older		1,429	210,385
% 65-74 years		59.7%	58.5%
% 75-84 years		22.5%	28.6%
% 85 years or older		17.8%	12.9%
Gender (65+ population)			
% female		50.9%	54.7%
Race/Ethnicity (65+ population)			
% White		99.5%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		0.5%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		64.2%	58.5%
% divorced/separated		10.8%	14.0%
% widowed		23.4%	22.9%
% never married		1.6%	4.6%
Education (65+ population)			
% with less than high school education		8.9%	12.3%
% with high school or some college		48.0%	57.1%
% with college degree		43.1%	30.6%
% of 65+ population living alone		27.5%	26.1%
% of 65+ population who speak only English at home		91.1%	91.3%
% of 65+ population who are veterans of military service		22.5%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		0.0%	3.6%
% moved from different county in New Hampshire		1.0%	1.0%
% moved from different state		2.1%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	12.3%	16.7%
% 65+ with high cholesterol		70.6%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	24.5%	28.8%
% 65+ with anxiety disorders	B	18.1%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.8%	5.5%
% 65+ with tobacco use disorders	B	7.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes	B	24.3%	28.2%
% 65+ with stroke		10.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma	B	10.8%	13.0%
% 65+ with hypertension	B	66.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease	B	30.9%	34.3%
% 65+ with congestive heart failure	B	13.4%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	12.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.3%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.5%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.8%	11.5%
% 65+ with benign prostatic hyperplasia		38.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.5%	20.8%
% 65+ with anemia		35.6%	37.3%
% 65+ with chronic kidney disease	B	15.0%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.5%	22.9%
% 65+ with cataract		62.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.7%	54.4%
% 65+ with 0 chronic conditions		10.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	14.4%
% 65+ with self-reported vision difficulty		7.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		6.2%	6.9%
% 65+ with self-reported ambulatory difficulty		17.7%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		8.9%	5.6%
% 65+ with self-reported independent living difficulty		12.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		5	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		1	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	487	572
Part D monthly prescription fills per person per year	*	42.5	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	191	237
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		64	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.8%	0.8%
% of grandparents who live with grandchildren		1.7%	2.5%
# of assisted living sites		3	134
% of vacant homes in community		41.9%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		66.0%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		100	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		2,390	2,012
% 65+ who own a motor vehicle		92.0%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		1	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		6.2%	5.4%
% 60+ receiving food stamps past year		6.1%	5.7%
% 65+ employed past year		21.6%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		24.6%	18.2%
% households with annual income \$20,000-\$49,999		28.9%	36.5%
% households with annual income > \$50,000		46.5%	45.3%
% 60+ own home		76.1%	79.9%
% 60+ have mortgage on home		28.7%	35.3%
% 65+ households spend >35% of income on housing (renter)		8.4%	8.7%
% 65+ households spend >35% of income on housing (owner)		22.4%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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).
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- Chronic Disease: The Master Beneficiary Summary File ABCD/Other from CMS (2014-2015).
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- 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).

Healthy Aging Data Report Team. 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## New Hampton (Belknap)

New Hampton is a town located in Belknap County and is home to several lakes and George Duncan State Forest. There are 397 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, hypothyroidism, chronic kidney disease, fibromyalgia/chronic pain/fatigue, and mobility impairments. They are less likely to take the health promotion steps of getting screened for colorectal cancer or always wearing a seatbelt while driving. Community resources to support healthy aging include 2 primary care providers within 5 miles, 4 home health agencies, a public library, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,269	1,327,503
Population 60 years or older as % of total population		26.1%	22.7%
Total population 60 years or older		592	301,630
Population 65 years or older as % of total population		17.5%	15.8%
Total population 65 years or older		397	210,385
% 65-74 years		57.2%	58.5%
% 75-84 years		31.0%	28.6%
% 85 years or older		11.8%	12.9%
Gender (65+ population)			
% female		52.6%	54.7%
Race/Ethnicity (65+ population)			
% White		97.0%	97.7%
% African American		0.0%	0.5%
% Asian		0.0%	0.9%
% Other		3.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		59.2%	58.5%
% divorced/separated		10.8%	14.0%
% widowed		19.4%	22.9%
% never married		10.6%	4.6%
Education (65+ population)			
% with less than high school education		5.8%	12.3%
% with high school or some college		53.1%	57.1%
% with college degree		41.1%	30.6%
% of 65+ population living alone		27.7%	26.1%
% of 65+ population who speak only English at home		89.7%	91.3%
% of 65+ population who are veterans of military service		24.7%	24.8%
Age-sex adjusted 1-year mortality rate		3.7%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.0%	3.6%
% moved from different county in New Hampshire		0.0%	1.0%
% moved from different state		0.0%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	12.3%	16.7%
% 65+ with high cholesterol		70.6%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	24.5%	28.8%
% 65+ with anxiety disorders	B	18.1%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.8%	5.5%
% 65+ with tobacco use disorders	B	7.9%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	9.7%	12.0%
% 65+ with diabetes	B	24.3%	28.2%
% 65+ with stroke		10.0%	10.8%
% 65+ with chronic obstructive pulmonary disease	B	15.7%	20.5%
% 65+ with asthma	B	10.8%	13.0%
% 65+ with hypertension	B	66.2%	70.2%
% 65+ ever had a heart attack		4.1%	4.5%
% 65+ with ischemic heart disease	B	30.9%	34.3%
% 65+ with congestive heart failure	B	13.4%	17.7%
% 65+ with atrial fibrillation		13.0%	14.4%
% 65+ with peripheral vascular disease	B	12.5%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		48.3%	49.1%
% 65+ with osteoporosis		15.6%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		8.5%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		12.8%	11.5%
% 65+ with benign prostatic hyperplasia		38.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.5%	20.8%
% 65+ with anemia		35.6%	37.3%
% 65+ with chronic kidney disease	B	15.0%	22.3%
% 65+ with liver diseases		6.2%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue	B	15.8%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma		21.5%	22.9%
% 65+ with cataract		62.0%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.8%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	47.7%	54.4%
% 65+ with 0 chronic conditions		10.1%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		16.6%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		14.5%	14.4%
% 65+ with self-reported vision difficulty		3.8%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		1.3%	6.9%
% 65+ with self-reported ambulatory difficulty		23.9%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		1.3%	5.6%
% 65+ with self-reported independent living difficulty		7.1%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.2%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		2	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year		6.5	6.3
Emergency room visits/1000 persons 65+ years per year	*	487	572
Part D monthly prescription fills per person per year	*	42.5	49.1
Home health visits per year		2.0	2.5
Durable medical equipment claims per year		1.8	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	191	237
Medicare inpatient hospital readmissions (as % of admissions)		17.7%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		68	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports	*	2.2%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.0%	0.8%
% of grandparents who live with grandchildren		2.1%	2.5%
# of assisted living sites		0	134
% of vacant homes in community		22.4%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		60.8%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		106	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,835	2,012
% 65+ who own a motor vehicle		93.1%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		2	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
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% 60+ receiving food stamps past year		5.5%	5.7%
% 65+ employed past year		21.7%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.3%	18.2%
% households with annual income \$20,000-\$49,999		40.5%	36.5%
% households with annual income > \$50,000		36.2%	45.3%
% 60+ own home		92.7%	79.9%
% 60+ have mortgage on home		47.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		2.2%	8.7%
% 65+ households spend >35% of income on housing (owner)		32.8%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
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- 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.
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## Sanbornton (Belknap)

Sanbornton is a rural town located in central New Hampshire that contains two golf courses and several historical buildings. There are 520 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of obesity, high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, personality disorders, tobacco use disorders, Alzheimer’s disease or related dementias, diabetes, hypertension, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoporosis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, liver diseases, glaucoma, cataracts, hearing impairment, and mobility impairments. They are less likely to take the health promotion steps of getting screened for colorectal cancer and always wearing a seatbelt while driving. Community resources to support healthy aging include 3 primary care providers within 5 miles, 3 home health agencies, an assisted living site, a public library and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		2,976	1,327,503
Population 60 years or older as % of total population		29.5%	22.7%
Total population 60 years or older		879	301,630
Population 65 years or older as % of total population		17.5%	15.8%
Total population 65 years or older		520	210,385
% 65-74 years		60.0%	58.5%
% 75-84 years		24.8%	28.6%
% 85 years or older		15.2%	12.9%
Gender (65+ population)			
% female		47.9%	54.7%
Race/Ethnicity (65+ population)			
% White		98.8%	97.7%
% African American		1.2%	0.5%
% Asian		0.0%	0.9%
% Other		0.0%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		65.0%	58.5%
% divorced/separated		17.5%	14.0%
% widowed		15.0%	22.9%
% never married		2.5%	4.6%
Education (65+ population)			
% with less than high school education		10.8%	12.3%
% with high school or some college		54.6%	57.1%
% with college degree		34.6%	30.6%
% of 65+ population living alone		12.5%	26.1%
% of 65+ population who speak only English at home		93.8%	91.3%
% of 65+ population who are veterans of military service		22.9%	24.8%
Age-sex adjusted 1-year mortality rate		3.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		1.9%	3.6%
% moved from different county in New Hampshire		1.9%	1.0%
% moved from different state		0.8%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.0%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese	B	11.0%	16.7%
% 65+ with high cholesterol	B	67.4%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	B	25.1%	28.8%
% 65+ with anxiety disorders	B	17.7%	21.9%
% 65+ with bipolar disorders	B	2.0%	3.1%
% 65+ with post-traumatic stress disorder		1.2%	1.4%
% 65+ with schizophrenia & other psychotic disorders	B	2.9%	4.9%
% 65+ with personality disorders	B	0.6%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		4.2%	5.5%
% 65+ with tobacco use disorders	B	7.0%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias	B	7.2%	12.0%
% 65+ with diabetes	B	20.9%	28.2%
% 65+ with stroke		9.3%	10.8%
% 65+ with chronic obstructive pulmonary disease		17.9%	20.5%
% 65+ with asthma		10.8%	13.0%
% 65+ with hypertension	B	64.6%	70.2%
% 65+ ever had a heart attack		3.6%	4.5%
% 65+ with ischemic heart disease	B	30.4%	34.3%
% 65+ with congestive heart failure	B	13.6%	17.7%
% 65+ with atrial fibrillation		12.7%	14.4%
% 65+ with peripheral vascular disease	B	11.7%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis		45.1%	49.1%
% 65+ with osteoporosis	B	13.1%	17.4%
% 65+ with leukemias and lymphomas		1.5%	2.0%
% 65+ with lung cancer		1.2%	1.6%
% 65+ with colon cancer		2.0%	2.4%
% 65+ women with breast cancer		11.0%	9.8%
% 65+ women with endometrial cancer		1.2%	1.7%
% 65+ men with prostate cancer		10.8%	11.5%
% 65+ with benign prostatic hyperplasia	B	31.4%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	16.0%	20.8%
% 65+ with anemia	B	29.6%	37.3%
% 65+ with chronic kidney disease	B	14.3%	22.3%
% 65+ with liver diseases	B	4.8%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		16.4%	18.6%



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.9%	4.0%
% 65+ with epilepsy		1.6%	2.1%
% 65+ with traumatic brain injury		1.2%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	18.9%	22.9%
% 65+ with cataract	B	53.6%	61.2%
% 65+ with pressure ulcer or chronic ulcer		5.3%	7.1%
% 65+ with 4+ (out of 15) chronic conditions	B	45.1%	54.4%
% 65+ with 0 chronic conditions	B	16.2%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		15.4%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment	B	11.0%	14.4%
% 65+ with self-reported vision difficulty		2.3%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		9.2%	6.9%
% 65+ with self-reported ambulatory difficulty		19.8%	18.8%
% 65+ with clinical diagnosis of mobility impairments	B	2.2%	3.2%
% 65+ with self-reported self-care difficulty		11.3%	5.6%
% 65+ with self-reported independent living difficulty		16.9%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		9.5%	7.9%
% dually eligible for Medicare and Medicaid	*	4.8%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		3	2,961
# of hospitals within 5 miles		0	26
# of nursing homes within 5 miles		0	74
# of home health agencies		3	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.8	6.3
Emergency room visits/1000 persons 65+ years per year	*	473	572
Part D monthly prescription fills per person per year	*	45.0	49.1
Home health visits per year		1.9	2.5
Durable medical equipment claims per year		1.7	2.0
Inpatient hospital stays/1000 persons 65+ years per year	*	191	237
Medicare inpatient hospital readmissions (as % of admissions)		13.4%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		74	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		2.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.2%	0.8%
% of grandparents who live with grandchildren		0.6%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		28.2%	16.0%
# of universities and community colleges		0	41
# of public libraries		1	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		61.7%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		90	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		1,704	2,012
% 65+ who own a motor vehicle		100.0%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		3.8%	5.4%
% 60+ receiving food stamps past year		3.1%	5.7%
% 65+ employed past year		30.0%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		7.6%	18.2%
% households with annual income \$20,000-\$49,999		41.7%	36.5%
% households with annual income > \$50,000		50.7%	45.3%
% 60+ own home		92.8%	79.9%
% 60+ have mortgage on home		45.5%	35.3%
% 65+ households spend >35% of income on housing (renter)		3.1%	8.7%
% 65+ households spend >35% of income on housing (owner)		9.3%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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).

*Healthy Aging Data Report Team.* 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 Prasad 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](mailto:Beth.dugan@umb.edu)

## Tilton (Belknap)

Tilton is a town located in central New Hampshire that is home to several historical monuments and the Tilton School, a private preparatory school. There are 777 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of osteoarthritis/rheumatoid arthritis, osteoporosis, hypothyroidism, glaucoma, and cataracts. However, they had higher rates of depression, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, congestive heart failure, and peripheral vascular disease. They are less likely to take the health promotion step of having a colorectal cancer screening. Community resources to support healthy aging include 10 primary care providers, a hospital, and a nursing home within 5 miles, 4 home health agencies, an assisted living site, and access to broadband.



<b>POPULATION CHARACTERISTICS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total population all ages		3,567	1,327,503
Population 60 years or older as % of total population		31.3%	22.7%
Total population 60 years or older		1,117	301,630
Population 65 years or older as % of total population		21.8%	15.8%
Total population 65 years or older		777	210,385
% 65-74 years		49.9%	58.5%
% 75-84 years		25.7%	28.6%
% 85 years or older		24.3%	12.9%
Gender (65+ population)			
% female		44.4%	54.7%
Race/Ethnicity (65+ population)			
% White		97.2%	97.7%
% African American		0.0%	0.5%
% Asian		0.6%	0.9%
% Other		2.2%	0.9%
% Hispanic/Latino		0.0%	0.9%
Marital Status (65+ population)			
% married		52.1%	58.5%
% divorced/separated		12.6%	14.0%
% widowed		34.1%	22.9%
% never married		1.2%	4.6%
Education (65+ population)			
% with less than high school education		14.0%	12.3%
% with high school or some college		65.5%	57.1%
% with college degree		20.5%	30.6%
% of 65+ population living alone		24.0%	26.1%
% of 65+ population who speak only English at home		96.7%	91.3%
% of 65+ population who are veterans of military service		39.9%	24.8%
Age-sex adjusted 1-year mortality rate		4.3%	4.1%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>Geographic Migration (65+ population) in the past 12 months</b>			
% moved within same county		2.6%	3.6%
% moved from different county in New Hampshire		5.1%	1.0%
% moved from different state		3.3%	1.7%
<b>WELLNESS &amp; PREVENTION</b>			
% 60+ with any physical activity within last month		71.7%	74.5%
% 60+ met CDC guidelines for muscle-strengthening activity		21.8%	26.0%
% 60+ met CDC guidelines for aerobic physical activity		56.3%	58.6%
% 60+ met CDC guidelines for both types of physical activities		16.7%	19.9%
% 60+ getting recommended hours of sleep		58.8%	66.4%
% 60+ injured in a fall within last 12 months		9.6%	10.4%
% 65+ had hip fracture		3.8%	3.3%
% 60+ with self-reported fair or poor health status		17.8%	16.5%
% 60+ with 15+ physically unhealthy days last month		12.4%	12.5%
% 60+ with physical exam/check-up in past year		90.8%	86.5%
% 60+ met CDC preventive health screening goals		38.0%	40.3%
% 60+ flu shot past year		58.8%	59.3%
% 65+ with pneumonia vaccine		77.1%	77.8%
% 60+ with cholesterol screening		93.2%	95.3%
% 60+ women with a mammogram within last 2 years		76.5%	79.3%
% 60+ with colorectal cancer screening	W	69.3%	77.0%
% 60+ with HIV test		9.2%	13.5%
% 60+ current smokers		11.5%	8.1%
<b>Oral Health</b>			
% 60+ with loss of 6 or more teeth		31.2%	29.0%
% 60+ with annual dental exam		68.9%	75.7%
# of dentists per 100,000 persons (all ages) (county)		69	72
<b>NUTRITION/DIET</b>			
% 60+ with 5 or more servings of fruit or vegetables per day		16.8%	20.2%
% 60+ self-reported obese		27.5%	27.2%
% 65+ clinically diagnosed obese		14.8%	16.7%
% 65+ with high cholesterol		74.0%	72.2%
% 60+ excessive drinking		11.0%	9.2%
% 65+ with poor supermarket access		0.0%	28.4%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>BEHAVIORAL HEALTH</b>			
% 60+ with 15+ days poor mental health last month		6.9%	6.9%
% 65+ with depression	W	31.8%	28.8%
% 65+ with anxiety disorders		20.6%	21.9%
% 65+ with bipolar disorders		3.4%	3.1%
% 65+ with post-traumatic stress disorder		1.5%	1.4%
% 65+ with schizophrenia & other psychotic disorders		5.8%	4.9%
% 65+ with personality disorders		0.8%	1.1%
# opioid deaths (all ages) (county)		53	1,279
% 65+ with substance use disorders (drug use +/- alcohol abuse)		6.8%	5.5%
% 65+ with tobacco use disorders	W	13.4%	10.4%
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		12.4%	12.0%
% 65+ with diabetes	W	32.7%	28.2%
% 65+ with stroke		12.1%	10.8%
% 65+ with chronic obstructive pulmonary disease	W	24.5%	20.5%
% 65+ with asthma		12.8%	13.0%
% 65+ with hypertension	W	74.2%	70.2%
% 65+ ever had a heart attack		5.6%	4.5%
% 65+ with ischemic heart disease	W	39.4%	34.3%
% 65+ with congestive heart failure	W	22.0%	17.7%
% 65+ with atrial fibrillation		14.3%	14.4%
% 65+ with peripheral vascular disease	W	18.0%	14.7%
% 65+ with osteoarthritis/rheumatoid arthritis	B	44.2%	49.1%
% 65+ with osteoporosis	B	12.9%	17.4%
% 65+ with leukemias and lymphomas		2.0%	2.0%
% 65+ with lung cancer		1.7%	1.6%
% 65+ with colon cancer		2.7%	2.4%
% 65+ women with breast cancer		7.8%	9.8%
% 65+ women with endometrial cancer		2.1%	1.7%
% 65+ men with prostate cancer		9.3%	11.5%
% 65+ with benign prostatic hyperplasia		34.0%	36.8%
% 65+ with HIV/AIDS		0.04%	0.05%
% 65+ with hypothyroidism	B	17.2%	20.8%
% 65+ with anemia		37.8%	37.3%
% 65+ with chronic kidney disease		21.5%	22.3%
% 65+ with liver diseases		8.1%	6.9%
% 65+ with fibromyalgia, chronic pain and fatigue		17.1%	18.6%

<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ with migraine and other chronic headache		3.5%	4.0%
% 65+ with epilepsy		2.8%	2.1%
% 65+ with traumatic brain injury		0.9%	1.1%
% 65+ with autism spectrum disorders		N/A	0.03%
% 65+ with glaucoma	B	19.3%	22.9%
% 65+ with cataract	B	54.7%	61.2%
% 65+ with pressure ulcer or chronic ulcer		6.4%	7.1%
% 65+ with 4+ (out of 15) chronic conditions		57.3%	54.4%
% 65+ with 0 chronic conditions		9.7%	10.3%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		10.9%	15.0%
% 65+ with clinical diagnosis of deafness or hearing impairment		13.4%	14.4%
% 65+ with self-reported vision difficulty		6.1%	5.2%
% 65+ with clinical diagnosis of blindness or visual impairment		0.8%	0.9%
% 65+ with self-reported cognition difficulty		8.4%	6.9%
% 65+ with self-reported ambulatory difficulty		21.1%	18.8%
% 65+ with clinical diagnosis of mobility impairments		3.8%	3.2%
% 65+ with self-reported self-care difficulty		8.4%	5.6%
% 65+ with self-reported independent living difficulty		14.5%	11.3%
<b>ACCESS TO CARE</b>			
Medicare (65+ population)			
% Medicare managed care enrollees		8.3%	7.9%
% dually eligible for Medicare and Medicaid	*	9.4%	7.5%
% 60+ with a regular doctor		93.5%	95.8%
% 60+ who did not see doctor when needed due to cost		6.5%	5.4%
# of primary care providers within 5 miles		10	2,961
# of hospitals within 5 miles		1	26
# of nursing homes within 5 miles		1	74
# of home health agencies		4	49
# of community health centers		0	22
# of adult day health centers		0	21
# of memory cafes		0	12
# of dementia-related support groups		0	14



<b>HEALTHY AGING INDICATORS</b>	<b>BETTER / WORSE STATE RATE<sup>1</sup></b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>SERVICE UTILIZATION</b>			
Physician visits per year	*	4.9	6.3
Emergency room visits/1000 persons 65+ years per year		606	572
Part D monthly prescription fills per person per year		49.9	49.1
Home health visits per year		2.3	2.5
Durable medical equipment claims per year		2.2	2.0
Inpatient hospital stays/1000 persons 65+ years per year		243	237
Medicare inpatient hospital readmissions (as % of admissions)		12.5%	15.8%
# skilled nursing facility stays/1000 persons 65+ years per year		97	76
# skilled nursing home Medicare beds/1000 persons 65+ years		0	33
% 65+ getting Medicaid long term services and supports		3.7%	3.7%
<b>COMMUNITY VARIABLES &amp; CIVIC ENGAGEMENT</b>			
AARP Age-Friendly efforts in community		Not yet	Yes
# of senior centers		0	38
Air pollution: annual # of unhealthy days for 65+ (county)		0	N/A
% of grandparents raising grandchildren		0.4%	0.8%
% of grandparents who live with grandchildren		0.4%	2.5%
# of assisted living sites		1	134
% of vacant homes in community		13.8%	16.0%
# of universities and community colleges		0	41
# of public libraries		0	234
# of YMCAs		0	11
% in county with access to broadband (all ages)		95.0%	93.0%
% 60+ who used Internet in last month		70.4%	77.6%
Voter participation rate in 2018 election (age 18+)		47.5%	54.7%
<b>SAFETY &amp; TRANSPORTATION</b>			
Violent crime rate /100,000 persons		306	207
Homicide rate /100,000 persons (county)		N/A	1
# firearm fatalities (county)		31	586
Property crime rate /100,000 persons		6,772	2,012
% 65+ who own a motor vehicle		92.5%	91.0%
% 60+ who always drive wearing a seatbelt	W	66.1%	77.1%
# of fatal crashes involving adult age 60+/town		0	151
# of fatal crashes involving adult age 60+/county		6	151

HEALTHY AGING INDICATORS	BETTER / WORSE STATE RATE <sup>1</sup>	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>ECONOMIC &amp; HOUSING VARIABLES</b>			
% 65+ with income below the poverty line past year		4.8%	5.4%
% 60+ receiving food stamps past year		8.8%	5.7%
% 65+ employed past year		15.2%	24.8%
Household income (65+ householder)			
% households with annual income < \$20,000		23.1%	18.2%
% households with annual income \$20,000-\$49,999		53.0%	36.5%
% households with annual income > \$50,000		23.9%	45.3%
% 60+ own home		80.0%	79.9%
% 60+ have mortgage on home		35.6%	35.3%
% 65+ households spend >35% of income on housing (renter)		0.0%	8.7%
% 65+ households spend >35% of income on housing (owner)		15.6%	21.2%
<b>COST OF LIVING</b>	<b>\$ COUNTY ESTIMATE</b>	<b>\$ STATE ESTIMATE</b>	<b>RATIO (COUNTY/STATE)</b>
Elder Economic Security Standard Index			
Single, homeowner without mortgage, good health	\$24,000	\$25,284	0.95
Single, renter, good health	\$25,032	\$26,400	0.95
Couple, homeowner without mortgage, good health	\$35,940	\$37,128	0.97
Couple, renter, good health	\$36,972	\$38,244	0.97

#### 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 not 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).

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