



Alexandria is a town in Grafton County bordering Newfound Lake. There are 378 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, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 4 primary care providers within 5 miles, 3 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,876 | 1,327,503 |
| Population 60 years or older as % of total population | | 27.9% | 22.7% |
| Total population 60 years or older | | 523 | 301,630 |
| Population 65 years or older as % of total population | | 20.1% | 15.8% |
| Total population 65 years or older | | 378 | 210,385 |
| % 65-74 years | | 59.0% | 58.5% |
| % 75-84 years | | 30.2% | 28.6% |
| % 85 years or older | | 10.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 46.6% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.9% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 1.1% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 72.2% | 58.5% |
| % divorced/separated | | 6.3% | 14.0% |
| % widowed | | 16.1% | 22.9% |
| % never married | | 5.3% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 17.7% | 12.3% |
| % with high school or some college | | 72.8% | 57.1% |
| % with college degree | | 9.5% | 30.6% |
| % of 65+ population living alone | | 15.6% | 26.1% |
| % of 65+ population who speak only English at home | | 99.2% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 1.9% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.8% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 13.3% | 16.7% |
| % 65+ with high cholesterol | | 71.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.6% | 28.8% |
| % 65+ with anxiety disorders | | 19.7% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse |) | 4.7% | 5.5% |
| % 65+ with tobacco use disorders | | 10.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 11.4% | 12.0% |
| % 65+ with diabetes | В | 25.0% | 28.2% |
| % 65+ with stroke | В | 8.7% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.7% | 20.5% |
| % 65+ with asthma | | 12.7% | 13.0% |
| % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ ever had a heart attack | | 4.7% | 4.5% |
| % 65+ with ischemic heart disease | | 32.4% | 34.3% |
| % 65+ with congestive heart failure | | 15.8% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 12.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.1% | 49.1% |
| % 65+ with osteoporosis | В | 13.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 12.3% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 34.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.0% | 22.3% |
| % 65+ with liver diseases | | 6.6% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 22.9% | 22.9% |
| % 65+ with cataract | W | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 7.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 12.7% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.6% | 14.4% |
| % 65+ with self-reported vision difficulty | | 5.8% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | W | 18.3% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 26.2% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 11.4% | 5.6% |
| % 65+ with self-reported independent living difficulty | W | 19.6% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 10.0% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.2% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 4 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 565 | 572 |
| Part D monthly prescription fills per person per year | * | 43.5 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 2.5 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 227 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 60 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 4.7% | 0.8% |
| % of grandparents who live with grandchildren | | 8.4% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 32.0% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 52.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 0 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 1,180 | 2,012 |
| % 65+ who own a motor vehicle | | 94.1% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 11.1% | 5.4% |
| % 60+ receiving food stamps past year | | 4.4% | 5.7% |
| % 65+ employed past year | | 15.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 19.3% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 48.5% | 36.5% |
| % households with annual income > \$50,000 | | 32.2% | 45.3% |
| % 60+ own home | | 83.3% | 79.9% |
| % 60+ have mortgage on home | | 30.0% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 3.5% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 19.3% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Ashland is a rural town in central New Hampshire that is home to Scribner-Fellows State Forest. There are 405 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, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, peripheral vascular disease, osteoporosis, chronic kidney disease, fibromyalgia/chronic pain/fatigue, migraine, epilepsy, pressure ulcers, and visual or mobility impairments. Community resources to support healthy aging include one hospital within 5 miles, 4 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 2,159 | 1,327,503 |
| Population 60 years or older as % of total population | | 24.5% | 22.7% |
| Total population 60 years or older | | 528 | 301,630 |
| Population 65 years or older as % of total population | | 18.8% | 15.8% |
| Total population 65 years or older | | 405 | 210,385 |
| % 65-74 years | | 63.0% | 58.5% |
| % 75-84 years | | 28.4% | 28.6% |
| % 85 years or older | | 8.6% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 62.2% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 97.5% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 2.5% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 56.5% | 58.5% |
| % divorced/separated | | 7.4% | 14.0% |
| % widowed | | 28.1% | 22.9% |
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| Education (65+ population) | | | |
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| % of 65+ population living alone | | 26.7% | 26.1% |
| % of 65+ population who speak only English at home | | 94.8% | 91.3% |
| % of 65+ population who are veterans of military service | | 23.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.0% | 4.1% |
| A 11 - 1/0 (6) | | | 54654 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
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| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.7% | 3.6% |
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| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
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| % 65+ men with prostate cancer | | 12.4% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.0% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 21.7% | 20.8% |
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| % 65+ with chronic kidney disease | В | 16.9% | 22.3% |
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| | | | |

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| % 65+ with 4+ (out of 15) chronic conditions | В | 49.0% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | W | 27.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.3% | 14.4% |
| % 65+ with self-reported vision difficulty | | 6.4% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 4.4% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 28.4% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 3.7% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 8.9% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.7% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 5.9% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 0 | 2,961 |
| # of hospitals within 5 miles | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 622 | 572 |
| Part D monthly prescription fills per person per year | * | 43.0 | 49.1 |
| Home health visits per year | * | 1.2 | 2.5 |
| Durable medical equipment claims per year | | 1.7 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 222 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 17.9% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 71 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.0% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.0% | 0.8% |
| % of grandparents who live with grandchildren | | 1.7% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 36.5% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 50.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 97 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,244 | 2,012 |
| % 65+ who own a motor vehicle | | 91.6% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 10.1% | 5.4% |
| % 60+ receiving food stamps past year | | 9.2% | 5.7% |
| % 65+ employed past year | | 30.9% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 36.5% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 33.1% | 36.5% |
| % households with annual income > \$50,000 | | 30.4% | 45.3% |
| % 60+ own home | | 66.3% | 79.9% |
| % 60+ have mortgage on home | | 21.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 10.6% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 15.2% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

Bath (Grafton)



Bath is a rural town in Grafton County known for its historic architecture, including the notable Brick Store. There are 240 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer's disease or related dementias, stroke, peripheral vascular disease, hypothyroidism, and visual impairment. Community resources to support healthy aging include 4 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 977 | 1,327,503 |
| Population 60 years or older as % of total population | | 37.8% | 22.7% |
| Total population 60 years or older | | 369 | 301,630 |
| Population 65 years or older as % of total population | | 24.6% | 15.8% |
| Total population 65 years or older | | 240 | 210,385 |
| % 65-74 years | | 73.3% | 58.5% |
| % 75-84 years | | 19.2% | 28.6% |
| % 85 years or older | | 7.5% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 47.5% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.2% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.8% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 64.6% | 58.5% |
| % divorced/separated | | 8.8% | 14.0% |
| % widowed | | 20.4% | 22.9% |
| % never married | | 6.3% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 8.3% | 12.3% |
| % with high school or some college | | 62.9% | 57.1% |
| % with college degree | | 28.8% | 30.6% |
| % of 65+ population living alone | | 27.5% | 26.1% |
| % of 65+ population who speak only English at home | | 98.8% | 91.3% |
| % of 65+ population who are veterans of military service | | 21.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 5.8% | 4.1% |
| D. H. (O. 1) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 2.5% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 20.0% | 16.7% |
| % 65+ with high cholesterol | В | 65.4% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 24.9% | 28.8% |
| % 65+ with anxiety disorders | В | 16.4% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.2% | 5.5% |
| % 65+ with tobacco use disorders | | 8.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.3% | 12.0% |
| % 65+ with diabetes | | 25.3% | 28.2% |
| % 65+ with stroke | В | 6.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 17.2% | 20.5% |
| % 65+ with asthma | | 10.7% | 13.0% |
| % 65+ with hypertension | | 73.6% | 70.2% |
| % 65+ ever had a heart attack | | 6.6% | 4.5% |
| % 65+ with ischemic heart disease | | 33.6% | 34.3% |
| % 65+ with congestive heart failure | | 16.1% | 17.7% |
| % 65+ with atrial fibrillation | | 11.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.6% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 48.8% | 49.1% |
| % 65+ with osteoporosis | | 15.5% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 14.8% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 9.2% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 33.3% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 14.1% | 20.8% |
| % 65+ with anemia | | 33.3% | 37.3% |
| % 65+ with chronic kidney disease | | 18.2% | 22.3% |
| % 65+ with liver diseases | | 7.1% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 17.7% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 21.0% | 22.9% |
| % 65+ with cataract | | 63.6% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 4.9% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 8.7% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 17.1% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.7% | 14.4% |
| % 65+ with self-reported vision difficulty | | 1.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 21.3% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 4.2% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 8.3% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.5% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 3.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 5.4% |
| # of primary care providers within 5 miles | | 4 | 2,961 |
| # of hospitals within 5 miles | | 1 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.5 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 502 | 572 |
| Part D monthly prescription fills per person per year | * | 42.7 | 49.1 |
| Home health visits per year | * | 0.7 | 2.5 |
| Durable medical equipment claims per year | | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 173 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | * | 7.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 56 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.5% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.0% | 0.8% |
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| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 59.6% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
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| % 65+ who own a motor vehicle | | 94.2% | 91.0% |
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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Benton is a rural town in western New Hampshire and home to a popular hiking site, Mount Moosilauke. There are 176 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, benign prostatic hyperplasia and visual impairment. However, they had higher rates of hypertension and heart attack. Community resources to support healthy aging include 2 home health agencies and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 469 | 1,327,503 |
| Population 60 years or older as % of total population | | 49.7% | 22.7% |
| Total population 60 years or older | | 233 | 301,630 |
| Population 65 years or older as % of total population | | 37.5% | 15.8% |
| Total population 65 years or older | | 176 | 210,385 |
| % 65-74 years | | 50.0% | 58.5% |
| % 75-84 years | | 32.4% | 28.6% |
| % 85 years or older | | 17.6% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 60.2% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 92.0% | 97.7% |
| % African American | | 1.7% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 6.3% | 0.9% |
| % Hispanic/Latino | | 2.8% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 50.6% | 58.5% |
| % divorced/separated | | 11.9% | 14.0% |
| % widowed | | 30.7% | 22.9% |
| % never married | | 6.8% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 21.0% | 12.3% |
| % with high school or some college | | 67.6% | 57.1% |
| % with college degree | | 11.4% | 30.6% |
| % of 65+ population living alone | | 16.3% | 26.1% |
| % of 65+ population who speak only English at home | | 90.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 12.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 5.1% | 4.1% |
| D + (0 () | | | 54.05.4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 1.1% | 3.6% |
| % moved from different county in New Hampshire | | 8.0% | 1.0% |
| % moved from different state | | 2.8% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 15.7% | 16.7% |
| % 65+ with high cholesterol | В | 66.1% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 41.3% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 31.2% | 28.8% |
| % 65+ with anxiety disorders | | 21.5% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.4% | 5.5% |
| % 65+ with tobacco use disorders | | 9.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 14.3% | 12.0% |
| % 65+ with diabetes | | 29.0% | 28.2% |
| % 65+ with stroke | | 11.8% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 19.1% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | W | 75.0% | 70.2% |
| % 65+ ever had a heart attack | W | 6.6% | 4.5% |
| % 65+ with ischemic heart disease | | 34.9% | 34.3% |
| % 65+ with congestive heart failure | | 19.7% | 17.7% |
| % 65+ with atrial fibrillation | | 15.3% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 45.3% | 49.1% |
| % 65+ with osteoporosis | | 15.8% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 10.2% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 8.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 28.3% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 19.9% | 20.8% |
| % 65+ with anemia | | 38.2% | 37.3% |
| % 65+ with chronic kidney disease | | 20.7% | 22.3% |
| % 65+ with liver diseases | | 6.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.5% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.3% | 22.9% |
| % 65+ with cataract | | 63.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 8.3% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 55.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.6% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 8.8% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.2% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.5% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 0.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 30.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 12.5% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 8.8% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 6.0% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 15.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.0 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 658 | 572 |
| Part D monthly prescription fills per person per year | * | 55.3 | 49.1 |
| Home health visits per year | * | 1.4 | 2.5 |
| Durable medical equipment claims per year | | 2.1 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 196 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.9% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 101 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 9.5% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 32.0% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 39.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 2.3% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 8.0% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 26.1% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 43.5% | 36.5% |
| % households with annual income > \$50,000 | | 30.4% | 45.3% |
| % 60+ own home | | 97.2% | 79.9% |
| % 60+ have mortgage on home | | 25.4% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 37.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Bethlehem is a rural town located in Grafton County containing the Cushman and Strawberry Hill state forests. There are 359 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, diabetes, stroke, chronic obstructive pulmonary disease, hypertension, atrial fibrillation, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease and pressure ulcers. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 2,540 | 1,327,503 |
| Population 60 years or older as % of total population | | 26.9% | 22.7% |
| Total population 60 years or older | | 682 | 301,630 |
| Population 65 years or older as % of total population | | 14.1% | 15.8% |
| Total population 65 years or older | | 359 | 210,385 |
| % 65-74 years | | 73.0% | 58.5% |
| % 75-84 years | | 19.2% | 28.6% |
| % 85 years or older | | 7.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 48.2% | 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 | | 1.7% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 54.0% | 58.5% |
| % divorced/separated | | 30.9% | 14.0% |
| % widowed | | 10.0% | 22.9% |
| % never married | | 5.0% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 7.8% | 12.3% |
| % with high school or some college | | 47.4% | 57.1% |
| % with college degree | | 44.8% | 30.6% |
| % of 65+ population living alone | | 24.8% | 26.1% |
| % of 65+ population who speak only English at home | | 98.6% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.3% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 5.4% | 4.1% |
| Dathlebook (Oraffor) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.2% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 2.2% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.4% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | В | 12.2% | 16.7% |
| % 65+ with high cholesterol | В | 59.9% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.5% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | В | 22.3% | 28.8% |
| % 65+ with anxiety disorders | В | 16.1% | 21.9% |
| % 65+ with bipolar disorders | В | 1.6% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.8% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.6% | 5.5% |
| % 65+ with tobacco use disorders | | 9.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 9.8% | 12.0% |
| % 65+ with diabetes | В | 19.4% | 28.2% |
| % 65+ with stroke | В | 7.2% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 15.9% | 20.5% |
| % 65+ with asthma | | 12.3% | 13.0% |
| % 65+ with hypertension | В | 62.2% | 70.2% |
| % 65+ ever had a heart attack | | 4.4% | 4.5% |
| % 65+ with ischemic heart disease | | 29.9% | 34.3% |
| % 65+ with congestive heart failure | | 18.2% | 17.7% |
| % 65+ with atrial fibrillation | В | 10.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 38.4% | 49.1% |
| % 65+ with osteoporosis | | 14.8% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.6% | 2.4% |
| % 65+ women with breast cancer | | 9.5% | 9.8% |
| % 65+ women with endometrial cancer | | 2.0% | 1.7% |
| % 65+ men with prostate cancer | | 10.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 13.2% | 20.8% |
| % 65+ with anemia | | 32.3% | 37.3% |
| % 65+ with chronic kidney disease | В | 13.5% | 22.3% |
| % 65+ with liver diseases | | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 15.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.8% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 19.0% | 22.9% |
| % 65+ with cataract | В | 55.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.2% | 54.4% |
| % 65+ with 0 chronic conditions | В | 17.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 10.9% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.7% | 14.4% |
| % 65+ with self-reported vision difficulty | | 6.4% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 2.5% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 19.5% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 8.4% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 15.6% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 6.7% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 549 | 572 |
| Part D monthly prescription fills per person per year | * | 42.6 | 49.1 |
| Home health visits per year | | 2.0 | 2.5 |
| Durable medical equipment claims per year | * | 1.3 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 167 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | * | 7.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 69 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.8% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 3.9% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 31.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 61.7% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 91 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 993 | 2,012 |
| % 65+ who own a motor vehicle | | 94.1% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 7.8% | 5.4% |
| % 60+ receiving food stamps past year | | 8.6% | 5.7% |
| % 65+ employed past year | | 37.3% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 13.8% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 39.9% | 36.5% |
| % households with annual income > \$50,000 | | 46.3% | 45.3% |
| % 60+ own home | | 88.7% | 79.9% |
| % 60+ have mortgage on home | | 44.6% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 24.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016). ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Bridgewater is a rural town in central New Hampshire that follows the eastern shore of Newfound Lake. There are 316 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, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 29 primary care providers within 5 miles, 3 home health agencies, and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| Total population all ages | | 987 | 1,327,503 |
| Population 60 years or older as % of total population | | 42.9% | 22.7% |
| Total population 60 years or older | | 423 | 301,630 |
| Population 65 years or older as % of total population | | 32.0% | 15.8% |
| Total population 65 years or older | | 316 | 210,385 |
| % 65-74 years | | 53.5% | 58.5% |
| % 75-84 years | | 35.1% | 28.6% |
| % 85 years or older | | 11.4% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 58.9% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.9% | 0.9% |
| % Hispanic/Latino | | 1.3% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 65.2% | 58.5% |
| % divorced/separated | | 8.9% | 14.0% |
| % widowed | | 22.2% | 22.9% |
| % never married | | 3.8% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 8.2% | 12.3% |
| % with high school or some college | | 49.1% | 57.1% |
| % with college degree | | 42.7% | 30.6% |
| % of 65+ population living alone | | 21.2% | 26.1% |
| % of 65+ population who speak only English at home | | 96.5% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| Dridge water (Crafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 4.1% | 3.6% |
| % moved from different county in New Hampshire | | 2.5% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 13.3% | 16.7% |
| % 65+ with high cholesterol | | 71.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.6% | 28.8% |
| % 65+ with anxiety disorders | | 19.7% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.7% | 5.5% |
| % 65+ with tobacco use disorders | | 10.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 11.4% | 12.0% |
| % 65+ with diabetes | В | 25.0% | 28.2% |
| % 65+ with stroke | В | 8.7% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.7% | 20.5% |
| % 65+ with asthma | | 12.7% | 13.0% |
| % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ ever had a heart attack | | 4.7% | 4.5% |
| % 65+ with ischemic heart disease | | 32.4% | 34.3% |
| % 65+ with congestive heart failure | | 15.8% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 12.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.1% | 49.1% |
| % 65+ with osteoporosis | В | 13.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 12.3% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 34.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.0% | 22.3% |
| % 65+ with liver diseases | | 6.6% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 22.9% | 22.9% |
| % 65+ with cataract | W | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 7.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 17.7% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.6% | 14.4% |
| % 65+ with self-reported vision difficulty | | 3.8% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 21.5% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 2.5% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 12.3% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 10.0% | 7.9% |
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| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 29 | 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 |
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| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 565 | 572 |
| Part D monthly prescription fills per person per year | * | 43.5 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 2.5 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 227 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 60 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.0% | 0.8% |
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| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 68.5% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
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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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Bristol is a town located in Grafton County that is home to Profile Falls on the Smith River. There are 585 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, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 4 primary care providers within 5 miles, 3 home health agencies, a community health center, 2 assisted living sites, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 3,050 | 1,327,503 |
| Population 60 years or older as % of total population | | 26.8% | 22.7% |
| Total population 60 years or older | | 818 | 301,630 |
| Population 65 years or older as % of total population | | 19.2% | 15.8% |
| Total population 65 years or older | | 585 | 210,385 |
| % 65-74 years | | 61.9% | 58.5% |
| % 75-84 years | | 26.2% | 28.6% |
| % 85 years or older | | 12.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 55.0% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.0% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 1.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 60.7% | 58.5% |
| % divorced/separated | | 8.9% | 14.0% |
| % widowed | | 27.5% | 22.9% |
| % never married | | 2.9% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 4.6% | 12.3% |
| % with high school or some college | | 69.6% | 57.1% |
| % with college degree | | 25.8% | 30.6% |
| % of 65+ population living alone | | 30.6% | 26.1% |
| % of 65+ population who speak only English at home | | 98.6% | 91.3% |
| % of 65+ population who are veterans of military service | | 33.3% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| D: (1/0 fr.) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 2.7% | 1.0% |
| % moved from different state | | 1.5% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 13.3% | 16.7% |
| % 65+ with high cholesterol | | 71.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.6% | 28.8% |
| % 65+ with anxiety disorders | | 19.7% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.7% | 5.5% |
| % 65+ with tobacco use disorders | | 10.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 11.4% | 12.0% |
| % 65+ with diabetes | В | 25.0% | 28.2% |
| % 65+ with stroke | В | 8.7% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.7% | 20.5% |
| % 65+ with asthma | | 12.7% | 13.0% |
| % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ ever had a heart attack | | 4.7% | 4.5% |
| % 65+ with ischemic heart disease | | 32.4% | 34.3% |
| % 65+ with congestive heart failure | | 15.8% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 12.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.1% | 49.1% |
| % 65+ with osteoporosis | В | 13.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 12.3% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 34.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.0% | 22.3% |
| % 65+ with liver diseases | | 6.6% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 22.9% | 22.9% |
| % 65+ with cataract | W | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 7.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 8.9% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.6% | 14.4% |
| % 65+ with self-reported vision difficulty | | 4.3% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 16.1% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 28.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 6.7% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 14.7% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 10.0% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.2% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 4 | 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 | | 1 | 22 |
| # of adult day health centers | | 0 | 21 |
| # of memory cafes | | 0 | 12 |
| # of dementia-related support groups | | 0 | 14 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 565 | 572 |
| Part D monthly prescription fills per person per year | * | 43.5 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 2.5 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 227 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 60 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 4.1% | 2.5% |
| # of assisted living sites | | 2 | 134 |
| % of vacant homes in community | | 46.1% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 53.7% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 273 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,456 | 2,012 |
| % 65+ who own a motor vehicle | | 94.6% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 5.5% | 5.4% |
| % 60+ receiving food stamps past year | | 5.6% | 5.7% |
| % 65+ employed past year | | 27.7% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 17.8% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 47.9% | 36.5% |
| % households with annual income > \$50,000 | | 34.3% | 45.3% |
| % 60+ own home | | 88.0% | 79.9% |
| % 60+ have mortgage on home | | 31.5% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.8% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 28.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

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 Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Campton is a town located in Grafton County in the foothills of the White Mountains. There are 986 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, prostate cancer, anemia, chronic kidney disease, migraine, epilepsy, pressure ulcers, hearing, visual, and mobility impairments. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 3,303 | 1,327,503 |
| Population 60 years or older as % of total population | | 38.1% | 22.7% |
| Total population 60 years or older | | 1,257 | 301,630 |
| Population 65 years or older as % of total population | | 29.9% | 15.8% |
| Total population 65 years or older | | 986 | 210,385 |
| % 65-74 years | | 71.8% | 58.5% |
| % 75-84 years | | 17.8% | 28.6% |
| % 85 years or older | | 10.3% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 49.6% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 97.7% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 2.3% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 71.1% | 58.5% |
| % divorced/separated | | 17.6% | 14.0% |
| % widowed | | 7.6% | 22.9% |
| % never married | | 3.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 9.6% | 12.3% |
| % with high school or some college | | 40.4% | 57.1% |
| % with college degree | | 50.0% | 30.6% |
| % of 65+ population living alone | | 11.0% | 26.1% |
| % of 65+ population who speak only English at home | | 96.6% | 91.3% |
| % of 65+ population who are veterans of military service | | 39.0% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.2% | 4.1% |
| 2 (0 (1) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 13.7% | 16.7% |
| % 65+ with high cholesterol | В | 66.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 1.3% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.1% | 28.8% |
| % 65+ with anxiety disorders | В | 18.4% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.6% | 5.5% |
| % 65+ with tobacco use disorders | | 8.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 9.6% | 12.0% |
| % 65+ with diabetes | | 24.5% | 28.2% |
| % 65+ with stroke | В | 6.1% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 15.6% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 64.2% | 70.2% |
| % 65+ ever had a heart attack | | 4.2% | 4.5% |
| % 65+ with ischemic heart disease | В | 28.9% | 34.3% |
| % 65+ with congestive heart failure | | 15.0% | 17.7% |
| % 65+ with atrial fibrillation | | 13.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 9.9% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.8% | 49.1% |
| % 65+ with osteoporosis | В | 10.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 7.8% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | В | 8.2% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 31.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.1% | 20.8% |
| % 65+ with anemia | В | 33.2% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.0% | 22.3% |
| % 65+ with liver diseases | | 5.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 15.9% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|--|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.4% | 22.9% |
| % 65+ with cataract | | 62.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 4.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.9% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 20.7% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.9% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.8% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 6.9% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | В | 9.1% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 2.0% | 5.6% |
| % 65+ with self-reported independent living difficulty | В | 4.7% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.1% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 6.8% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.0 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 596 | 572 |
| Part D monthly prescription fills per person per year | * | 41.8 | 49.1 |
| Home health visits per year | * | 1.1 | 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) | | 12.3% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 57 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 40.2% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 55.2% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 272 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 1,580 | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 4.2% | 5.4% |
| % 60+ receiving food stamps past year | | 5.3% | 5.7% |
| % 65+ employed past year | | 28.6% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 12.9% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 19.2% | 36.5% |
| % households with annual income > \$50,000 | | 67.9% | 45.3% |
| % 60+ own home | | 100.0% | 79.9% |
| % 60+ have mortgage on home | | 36.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 21.1% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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 Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

TUFTS Health Plan

Canaan (Grafton)

Canaan is a town in western New Hampshire and home to the Cardigan Mountain School. There are 547 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, obesity, high cholesterol, anxiety disorders, post-traumatic stress disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of doing physical activity within the past month, following the CDC guidelines for both muscle-strengthening and aerobic physical activity, getting the recommended hours of sleep, not smoking, and having an annual dental exam. Community resources to support healthy aging include 3 primary care providers within 5 miles, 3 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 3,907 | 1,327,503 |
| Population 60 years or older as % of total population | | 23.8% | 22.7% |
| Total population 60 years or older | | 930 | 301,630 |
| Population 65 years or older as % of total population | | 14.0% | 15.8% |
| Total population 65 years or older | | 547 | 210,385 |
| % 65-74 years | | 52.8% | 58.5% |
| % 75-84 years | | 36.0% | 28.6% |
| % 85 years or older | | 11.2% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 55.2% | 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 | | 71.3% | 58.5% |
| % divorced/separated | | 7.7% | 14.0% |
| % widowed | | 18.6% | 22.9% |
| % never married | | 2.4% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 16.8% | 12.3% |
| % with high school or some college | | 49.9% | 57.1% |
| % with college degree | | 33.3% | 30.6% |
| % of 65+ population living alone | | 18.1% | 26.1% |
| % of 65+ population who speak only English at home | | 94.3% | 91.3% |
| % of 65+ population who are veterans of military service | | 22.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.1% | 4.1% |
| 0 (0 (1) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 18.6% | 16.7% |
| % 65+ with high cholesterol | В | 56.7% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 27.3% | 28.8% |
| % 65+ with anxiety disorders | В | 15.3% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.0% | 5.5% |
| % 65+ with tobacco use disorders | | 13.2% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 9.8% | 12.0% |
| % 65+ with diabetes | | 27.5% | 28.2% |
| % 65+ with stroke | | 10.1% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ with asthma | | 14.6% | 13.0% |
| % 65+ with hypertension | В | 65.3% | 70.2% |
| % 65+ ever had a heart attack | | 6.2% | 4.5% |
| % 65+ with ischemic heart disease | | 31.9% | 34.3% |
| % 65+ with congestive heart failure | | 16.9% | 17.7% |
| % 65+ with atrial fibrillation | | 13.6% | 14.4% |
| % 65+ with peripheral vascular disease | | 14.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 45.2% | 49.1% |
| % 65+ with osteoporosis | В | 14.1% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | | 10.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 27.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 17.8% | 20.8% |
| % 65+ with anemia | В | 28.7% | 37.3% |
| % 65+ with chronic kidney disease | | 19.5% | 22.3% |
| % 65+ with liver diseases | В | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.7% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | В | 19.5% | 22.9% |
| % 65+ with cataract | В | 57.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 4.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 48.1% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 14.8% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.1% | 14.4% |
| % 65+ with self-reported vision difficulty | | 6.9% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 31.1% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 10.4% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 14.1% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.4% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.6% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 443 | 572 |
| Part D monthly prescription fills per person per year | | 45.8 | 49.1 |
| Home health visits per year | | 2.8 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 215 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.5% | 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 | * | 2.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.0% | 0.8% |
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| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 22.2% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 46.0% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 97.3% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 3 | 151 |
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|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 13.5% | 5.4% |
| % 60+ receiving food stamps past year | | 6.8% | 5.7% |
| % 65+ employed past year | | 17.0% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 20.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 44.9% | 36.5% |
| % households with annual income > \$50,000 | | 35.1% | 45.3% |
| % 60+ own home | | 87.9% | 79.9% |
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| % 65+ households spend >35% of income on housing (renter) | | 4.1% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 14.3% | 21.2% |
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| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
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- Behavioral Health: BRFSS (2011-2016), CMS (2014-2015), CDC Wonder website (2014-2016).
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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).
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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 Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Dorchester is a rural town in Grafton County that is home to the Province Road State Forest. There are 82 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, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 3 home health agencies and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 334 | 1,327,503 |
| Population 60 years or older as % of total population | | 34.4% | 22.7% |
| Total population 60 years or older | | 115 | 301,630 |
| Population 65 years or older as % of total population | | 24.6% | 15.8% |
| Total population 65 years or older | | 82 | 210,385 |
| % 65-74 years | | 62.2% | 58.5% |
| % 75-84 years | | 28.0% | 28.6% |
| % 85 years or older | | 9.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 56.1% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 95.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 3.7% | 0.9% |
| % Other | | 1.2% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 59.8% | 58.5% |
| % divorced/separated | | 14.6% | 14.0% |
| % widowed | | 24.4% | 22.9% |
| % never married | | 1.2% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 22.0% | 12.3% |
| % with high school or some college | | 43.9% | 57.1% |
| % with college degree | | 34.1% | 30.6% |
| % of 65+ population living alone | | 12.2% | 26.1% |
| % of 65+ population who speak only English at home | | 95.1% | 91.3% |
| % of 65+ population who are veterans of military service | | 32.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| Development of Configuration (Configuration) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.4% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 6.1% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 12.8% | 16.7% |
| % 65+ with high cholesterol | В | 67.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 23.8% | 28.8% |
| % 65+ with anxiety disorders | | 18.6% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.0% | 5.5% |
| % 65+ with tobacco use disorders | | 11.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 10.3% | 12.0% |
| % 65+ with diabetes | | 24.7% | 28.2% |
| % 65+ with stroke | | 10.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 16.3% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 65.1% | 70.2% |
| % 65+ ever had a heart attack | | 4.0% | 4.5% |
| % 65+ with ischemic heart disease | | 31.8% | 34.3% |
| % 65+ with congestive heart failure | | 16.2% | 17.7% |
| % 65+ with atrial fibrillation | | 15.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 44.9% | 49.1% |
| % 65+ with osteoporosis | В | 12.1% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 10.9% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.6% | 20.8% |
| % 65+ with anemia | В | 32.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 16.4% | 22.3% |
| % 65+ with liver diseases | | 6.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.0% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|--|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.4% | 22.9% |
| % 65+ with cataract | | 58.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 17.1% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 11.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 9.8% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 1.2% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 17.1% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 8.5% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 11.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.3% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.3 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 570 | 572 |
| Part D monthly prescription fills per person per year | * | 43.7 | 49.1 |
| Home health visits per year | * | 1.1 | 2.5 |
| Durable medical equipment claims per year | | 1.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 202 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 13.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 51 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 40.8% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 58.5% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 97.5% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 3.7% | 5.4% |
| % 60+ receiving food stamps past year | | 1.5% | 5.7% |
| % 65+ employed past year | | 23.2% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 15.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 35.0% | 36.5% |
| % households with annual income > \$50,000 | | 50.0% | 45.3% |
| % 60+ own home | | 93.3% | 79.9% |
| % 60+ have mortgage on home | | 30.0% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 20.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).
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- 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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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Easton is a rural town located in Grafton County situated between Mount Moosilauke and Mount Lafayette. There are 78 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, anxiety disorders, bipolar and 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, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 home health agencies and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| Total population all ages | | 274 | 1,327,503 |
| Population 60 years or older as % of total population | | 49.3% | 22.7% |
| Total population 60 years or older | | 135 | 301,630 |
| Population 65 years or older as % of total population | | 28.5% | 15.8% |
| Total population 65 years or older | | 78 | 210,385 |
| % 65-74 years | | 66.7% | 58.5% |
| % 75-84 years | | 29.5% | 28.6% |
| % 85 years or older | | 3.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 50.0% | 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 | | 76.9% | 58.5% |
| % divorced/separated | | 15.4% | 14.0% |
| % widowed | | 2.6% | 22.9% |
| % never married | | 5.1% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 9.0% | 12.3% |
| % with high school or some college | | 37.2% | 57.1% |
| % with college degree | | 53.8% | 30.6% |
| % of 65+ population living alone | | 21.8% | 26.1% |
| % of 65+ population who speak only English at home | | 91.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 21.8% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.4% | 4.1% |
| Footon (Crafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.4% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | В | 10.9% | 16.7% |
| % 65+ with high cholesterol | В | 62.8% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 25.2% | 28.8% |
| % 65+ with anxiety disorders | В | 17.2% | 21.9% |
| % 65+ with bipolar disorders | В | 1.6% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.8% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
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| % 65+ with diabetes | В | 18.0% | 28.2% |
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| % 65+ with asthma | В | 10.2% | 13.0% |
| % 65+ with hypertension | В | 61.0% | 70.2% |
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| % 65+ with ischemic heart disease | В | 24.4% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.1% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.0% | 49.1% |
| % 65+ with osteoporosis | | 17.0% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.6% | 2.4% |
| % 65+ women with breast cancer | | 9.5% | 9.8% |
| % 65+ women with endometrial cancer | | 2.0% | 1.7% |
| % 65+ men with prostate cancer | | 12.6% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.4% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 15.6% | 20.8% |
| % 65+ with anemia | В | 31.0% | 37.3% |
| % 65+ with chronic kidney disease | В | 11.7% | 22.3% |
| % 65+ with liver diseases | | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | В | 13.5% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.8% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 25.2% | 22.9% |
| % 65+ with cataract | | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 5.4% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 39.2% | 54.4% |
| % 65+ with 0 chronic conditions | В | 13.7% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 10.3% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 17.5% | 14.4% |
| % 65+ with self-reported vision difficulty | | 9.0% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 11.5% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 15.4% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.1% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 10.3% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 480 | 572 |
| Part D monthly prescription fills per person per year | * | 37.8 | 49.1 |
| Home health visits per year | * | 1.2 | 2.5 |
| Durable medical equipment claims per year | * | 1.3 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 184 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 18.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 71 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 122 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.6% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 2.3% | 0.8% |
| % of grandparents who live with grandchildren | | 2.3% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 36.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 80.0% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 86.8% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 0.0% | 5.4% |
| % 60+ receiving food stamps past year | | 7.0% | 5.7% |
| % 65+ employed past year | | 23.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 7.5% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 49.1% | 36.5% |
| % households with annual income > \$50,000 | | 43.4% | 45.3% |
| % 60+ own home | | 98.8% | 79.9% |
| % 60+ have mortgage on home | | 26.2% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 22.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Ellsworth is a rural town located in Grafton County and the only dry town in the state. There are 107 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, stroke, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, peripheral vascular disease, osteoporosis, prostate cancer, anemia, chronic kidney disease, migraine and other chronic headache, epilepsy, pressure ulcers, and hearing and visual impairments. Community resources to support healthy aging include 2 home health agencies and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 107 | 1,327,503 |
| Population 60 years or older as % of total population | | 43.9% | 22.7% |
| Total population 60 years or older | | 47 | 301,630 |
| Population 65 years or older as % of total population | | 34.6% | 15.8% |
| Total population 65 years or older | | 37 | 210,385 |
| % 65-74 years | | 89.2% | 58.5% |
| % 75-84 years | | 10.8% | 28.6% |
| % 85 years or older | | 0.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 54.1% | 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 | | 81.1% | 58.5% |
| % divorced/separated | | 5.4% | 14.0% |
| % widowed | | 13.5% | 22.9% |
| % never married | | 0.0% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 5.4% | 12.3% |
| % with high school or some college | | 81.1% | 57.1% |
| % with college degree | | 13.5% | 30.6% |
| % of 65+ population living alone | | 18.9% | 26.1% |
| % of 65+ population who speak only English at home | | 100.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 37.8% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.2% | 4.1% |
| | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 13.7% | 16.7% |
| % 65+ with high cholesterol | В | 66.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 1.3% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.1% | 28.8% |
| % 65+ with anxiety disorders | В | 18.4% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.6% | 5.5% |
| % 65+ with tobacco use disorders | | 8.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 9.6% | 12.0% |
| % 65+ with diabetes | | 24.5% | 28.2% |
| % 65+ with stroke | В | 6.1% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 15.6% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 64.2% | 70.2% |
| % 65+ ever had a heart attack | | 4.2% | 4.5% |
| % 65+ with ischemic heart disease | В | 28.9% | 34.3% |
| % 65+ with congestive heart failure | | 15.0% | 17.7% |
| % 65+ with atrial fibrillation | | 13.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 9.9% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 49.8% | 49.1% |
| % 65+ with osteoporosis | В | 10.7% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 7.8% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | В | 8.2% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 31.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.1% | 20.8% |
| % 65+ with anemia | В | 33.2% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.0% | 22.3% |
| % 65+ with liver diseases | | 5.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 15.9% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.4% | 22.9% |
| % 65+ with cataract | | 62.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 4.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.9% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 5.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.9% | 14.4% |
| % 65+ with self-reported vision difficulty | | 0.0% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 0.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 5.4% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 0.0% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 0.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.1% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 6.8% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.0 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 596 | 572 |
| Part D monthly prescription fills per person per year | * | 41.8 | 49.1 |
| Home health visits per year | * | 1.1 | 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) | | 12.3% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 57 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 56.8% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 59.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 0.0% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 37.8% | 24.8% |
| Household income (65+ householder) | | | |
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| % households with annual income \$20,000-\$49,999 | | 59.1% | 36.5% |
| % households with annual income > \$50,000 | | 18.2% | 45.3% |
| % 60+ own home | | 100.0% | 79.9% |
| % 60+ have mortgage on home | | 28.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
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| Elder Economic Security Standard Index | | | |
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Data Sources:

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- 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).
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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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Enfield is a town located in western New Hampshire and is home to Mascoma Lake. There are 859 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, ischemic heart disease, colon cancer, prostate cancer, benign prostatic hyperplasia, hypothyroidism, anemia, and chronic kidney disease. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of not smoking and engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic activities, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include a primary care provider within 5 miles, 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 4,557 | 1,327,503 |
| Population 60 years or older as % of total population | | 26.4% | 22.7% |
| Total population 60 years or older | | 1,204 | 301,630 |
| Population 65 years or older as % of total population | | 18.9% | 15.8% |
| Total population 65 years or older | | 859 | 210,385 |
| % 65-74 years | | 66.9% | 58.5% |
| % 75-84 years | | 28.9% | 28.6% |
| % 85 years or older | | 4.2% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 47.8% | 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 | | 68.6% | 58.5% |
| % divorced/separated | | 18.0% | 14.0% |
| % widowed | | 9.8% | 22.9% |
| % never married | | 3.6% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 5.6% | 12.3% |
| % with high school or some college | | 57.6% | 57.1% |
| % with college degree | | 36.8% | 30.6% |
| % of 65+ population living alone | | 17.2% | 26.1% |
| % of 65+ population who speak only English at home | | 97.7% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.4% | 4.1% |
| = (1) (0, (c)) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.2% | 3.6% |
| % moved from different county in New Hampshire | | 0.7% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.1% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 16.5% | 16.7% |
| % 65+ with high cholesterol | В | 62.5% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 29.0% | 28.8% |
| % 65+ with anxiety disorders | | 18.7% | 21.9% |
| % 65+ with bipolar disorders | В | 2.4% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.2% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
| % 65+ with personality disorders | | 1.2% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.7% | 5.5% |
| % 65+ with tobacco use disorders | | 8.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 7.8% | 12.0% |
| % 65+ with diabetes | | 26.5% | 28.2% |
| % 65+ with stroke | | 11.0% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 15.5% | 20.5% |
| % 65+ with asthma | | 14.1% | 13.0% |
| % 65+ with hypertension | | 66.7% | 70.2% |
| % 65+ ever had a heart attack | | 4.2% | 4.5% |
| % 65+ with ischemic heart disease | В | 29.7% | 34.3% |
| % 65+ with congestive heart failure | | 16.6% | 17.7% |
| % 65+ with atrial fibrillation | | 14.8% | 14.4% |
| % 65+ with peripheral vascular disease | | 15.2% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 46.1% | 49.1% |
| % 65+ with osteoporosis | | 16.4% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.3% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | В | 1.9% | 2.4% |
| % 65+ women with breast cancer | | 11.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | В | 7.4% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 30.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 17.3% | 20.8% |
| % 65+ with anemia | В | 32.4% | 37.3% |
| % 65+ with chronic kidney disease | В | 17.4% | 22.3% |
| % 65+ with liver diseases | | 7.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.0% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.7% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 25.7% | 22.9% |
| % 65+ with cataract | | 60.2% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.7% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.7% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.1% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 10.0% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 14.4% | 14.4% |
| % 65+ with self-reported vision difficulty | В | 0.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.9% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 6.1% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 11.4% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.3% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 4.3% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 7.2% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 10.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.8% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of primary care providers within 5 miles | | 1 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.3 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 473 | 572 |
| Part D monthly prescription fills per person per year | | 46.2 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | | 2.2 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 209 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | * | 8.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 57 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 1.6% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 23.5% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 52.0% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 212 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 782 | 2,012 |
| % 65+ who own a motor vehicle | | 89.1% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 6.2% | 5.4% |
| % 60+ receiving food stamps past year | | 5.1% | 5.7% |
| % 65+ employed past year | | 34.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 5.5% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 45.5% | 36.5% |
| % households with annual income > \$50,000 | | 49.0% | 45.3% |
| % 60+ own home | | 89.6% | 79.9% |
| % 60+ have mortgage on home | | 43.0% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.9% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 13.5% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).
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- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Franconia is a rural town in Grafton County that contains part of Franconia Notch State Park. There are 345 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, anxiety and bipolar 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, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, a community health center, a home health agency, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,039 | 1,327,503 |
| Population 60 years or older as % of total population | | 48.0% | 22.7% |
| Total population 60 years or older | | 499 | 301,630 |
| Population 65 years or older as % of total population | | 33.2% | 15.8% |
| Total population 65 years or older | | 345 | 210,385 |
| % 65-74 years | | 58.6% | 58.5% |
| % 75-84 years | | 29.3% | 28.6% |
| % 85 years or older | | 12.2% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 53.0% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 97.4% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 1.4% | 0.9% |
| % Other | | 1.2% | 0.9% |
| % Hispanic/Latino | | 1.2% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 64.3% | 58.5% |
| % divorced/separated | | 9.0% | 14.0% |
| % widowed | | 21.7% | 22.9% |
| % never married | | 4.9% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 2.9% | 12.3% |
| % with high school or some college | | 40.6% | 57.1% |
| % with college degree | | 56.5% | 30.6% |
| % of 65+ population living alone | | 20.1% | 26.1% |
| % of 65+ population who speak only English at home | | 92.5% | 91.3% |
| % of 65+ population who are veterans of military service | | 18.6% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.4% | 4.1% |
| Formula (Confirm) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 3.8% | 3.6% |
| % moved from different county in New Hampshire | | 2.6% | 1.0% |
| % moved from different state | | 1.4% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.4% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | В | 10.9% | 16.7% |
| % 65+ with high cholesterol | В | 62.8% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.5% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
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| % 65+ with stroke | | 8.3% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 9.2% | 20.5% |
| % 65+ with asthma | В | 10.2% | 13.0% |
| % 65+ with hypertension | В | 61.0% | 70.2% |
| % 65+ ever had a heart attack | | 3.0% | 4.5% |
| % 65+ with ischemic heart disease | В | 24.4% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.1% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.0% | 49.1% |
| % 65+ with osteoporosis | | 17.0% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.6% | 2.4% |
| % 65+ women with breast cancer | | 9.5% | 9.8% |
| % 65+ women with endometrial cancer | | 2.0% | 1.7% |
| % 65+ men with prostate cancer | | 12.6% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.4% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 15.6% | 20.8% |
| % 65+ with anemia | В | 31.0% | 37.3% |
| % 65+ with chronic kidney disease | В | 11.7% | 22.3% |
| % 65+ with liver diseases | | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | В | 13.5% | 18.6% |
| | | | |

| % 65+ with epilepsy 1.8% 2.15 % 65+ with traumatic brain injury 0.9% 1.15 % 65+ with autism spectrum disorders N/A 0.03 % 65+ with glaucoma 25.2% 22.95 % 65+ with pressure ulcer or chronic ulcer 5.4% 7.15 % 65+ with pressure ulcer or chronic conditions B 39.2% 54.4% % 65+ with 0 chronic conditions B 13.7% 10.35 LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 11.3% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4* % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9% % 65+ with self-reported vision difficulty 2.8% 6.9% % 65+ with self-reported ambulatory difficulty 2.8% 6.9% % 65+ with self-reported ambulatory difficulty 2.8% 6.9% % 65+ with self-reported self-care difficulty 2.8% 6.6% % 65+ with self-reported self-care difficulty 2.8% 6.6% % 65+ with self-reported self-care difficulty 2.8% <th>HEALTHY AGING INDICATORS</th> <th>BETTER / WORSE STATE RATE¹</th> <th>COMMUNITY ESTIMATE</th> <th>STATE ESTIMATE</th> | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|---|-----------------------|-------------------|
| % 65+ with traumatic brain injury 0.9% 1.15 % 65+ with autism spectrum disorders N/A 0.03 % 65+ with glaucoma 25.2% 22.95 % 65+ with cataract 65.1% 61.2° % 65+ with cataract 5.4% 7.1° % 65+ with cataract 5.4% 7.1° % 65+ with 4 (out of 15) chronic conditions 8 39.2% 54.4° % 65+ with 0 chronic conditions 8 13.7% 10.3° LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 11.3% 15.0° % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 2.8% 6.9° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported self-care difficulty 2.8% 5.6° | % 65+ with migraine and other chronic headache | | 3.8% | 4.0% |
| % 65+ with autism spectrum disorders N/A 0.03° % 65+ with plaucoma 25.2% 22.9° % 65+ with pressure ulcer or chronic ulcer 5.4% 7.1° % 65+ with pressure ulcer or chronic conditions B 39.2% 54.4° % 65+ with 0 chronic conditions B 39.2% 54.4° % 65+ with 0 chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions B 39.2% 54.4° % 65+ with old chronic conditions 11.3% 15.0° % 65+ with old clinical diagnosis of deafness or hearing impairment 17.9° 19.2° % 65+ with self-reported ambulatory difficulty 2.8% 65.9° % 65+ with clinical diagnosis of mobility impairments | % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with glaucoma 25.2% 22.9% % 65+ with cataract 65.1% 61.2% % 65+ with pressure ulcer or chronic ulcer 5.4% 7.1% % 65+ with 4+ (out of 15) chronic conditions B 39.2% 54.4% % 65+ with 0 chronic conditions B 39.2% 54.4% % 65+ with 0 chronic conditions B 39.2% 54.4% % 65+ with of chronic conditions B 39.2% 54.4% With DISABILITY 8 54.4% 55.0% % 65+ with self-reported hearing difficulty 11.3% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.93 % 65+ with self-reported cognition difficulty 2.8% 6.9% % 65+ with self-reported ambulatory difficulty 2.8% 6.9% % 65+ with self-reported self-care difficulty 2.8% 6.9% % 65+ with self-reported independent living difficulty 2.8% 6.9% % 65+ with self-reported self-care difficulty 6.0% 7.9% <td>% 65+ with traumatic brain injury</td> <td></td> <td>0.9%</td> <td>1.1%</td> | % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with cataract 65.1% 61.2° % 65+ with pressure ulcer or chronic ulcer 5.4% 7.1° % 65+ with pressure ulcer or chronic conditions B 39.2% 54.4° % 65+ with 90 chronic conditions B 13.7% 10.3° LIVING WITH DISABILITY *** With Electroproted hearing difficulty 11.3% 15.0° % 65+ with self-reported hearing difficulty 11.3% 15.0° % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 2.8% 5.6° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported mobility impairments 2.7% 3.2° % 65+ with self-reported mobility impairments 2.7% 3.2° % 65+ with self-reported mobility impairments 2.8% 5.6° % 65+ with self-reported mobility impai | % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with pressure ulcer or chronic ulcer 5.4% 7.1¹ % 65+ with 4+ (out of 15) chronic conditions B 39.2% 54.4⁴ % 65+ with 0 chronic conditions B 13.7% 10.3¹ LIVING WITH DISABILITY LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 11.3% 15.0° % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4° % 65+ with clinical diagnosis of blindness or visual impairment 0.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 6.6% 7.9° % 60+ who did not see doctor when needed due to cost 9.7% <td>% 65+ with glaucoma</td> <td></td> <td>25.2%</td> <td>22.9%</td> | % 65+ with glaucoma | | 25.2% | 22.9% |
| % 65+ with 4+ (out of 15) chronic conditions B 39.2% 54.4% % 65+ with 0 chronic conditions B 13.7% 10.3 LIVING WITH DISABILITY Eliving With belf-reported hearing difficulty 11.3% 15.0% % 65+ with self-reported vision difficulty 0.0% 5.25 % 65+ with self-reported vision difficulty 0.0% 5.25 % 65+ with self-reported cognition difficulty 2.8% 6.9 % 65+ with self-reported ambulatory difficulty 14.1% 18.8 % 65+ with self-reported ambulatory difficulty 14.1% 18.8 % 65+ with self-reported ambulatory difficulty 2.8% 6.9 % 65+ with self-reported independent living difficulty 2.8% 5.6 % 65+ with self-reported independent living difficulty 6.0% 11.3 ACCESS TO CARE Medicare (65+ population) * 6.6% 7.9 % 60+ with a regular doctor 96.4% 95.8 % 60+ who did not see doctor when needed due to cost 9.7% 5.4 % 60+ who did not see doctor when needed due to cost 9.7% 5.4 | % 65+ with cataract | | 65.1% | 61.2% |
| % 65+ with 0 chronic conditions B 13.7% 10.3° LIVING WITH DISABILITY 65+ with self-reported hearing difficulty 11.3% 15.0° % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4° % 65+ with self-reported vision difficulty 0.0% 5.2° % 65+ with self-reported vision difficulty 0.9° 6.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with self-reported independent living difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Access 6.6% 7.9° % 60+ with a regular doctor 96.4% 95.8° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° % 60+ with a regular doctor 96.4% 95.8 | % 65+ with pressure ulcer or chronic ulcer | | 5.4% | 7.1% |
| LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 11.3% 15.0° % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.4° % 65+ with self-reported vision difficulty 0.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE ** 4.6% 7.5° % 65+ with a regular doctor 96.4% 95.8° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of incursing homes within 5 miles 1 7 # of ome health agencies 1 4< | % 65+ with 4+ (out of 15) chronic conditions | В | 39.2% | 54.4% |
| % 65+ with self-reported hearing difficulty 11.3% 15.00 % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.44 % 65+ with self-reported vision difficulty 0.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare managed care enrollees 6.6% 7.9° % dually eligible for Medicare and Medicaid 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2.96° # of hospitals within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 0 | % 65+ with 0 chronic conditions | В | 13.7% | 10.3% |
| % 65+ with clinical diagnosis of deafness or hearing impairment 17.5% 14.44 % 65+ with self-reported vision difficulty 0.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) * 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of nursing homes within 5 miles 1 7 # of nome health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 | LIVING WITH DISABILITY | | | |
| % 65+ with self-reported vision difficulty 0.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.9° % 65+ with self-reported cognition difficulty 2.8% 6.9° % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) * 4.6% 7.5° % Medicare managed care enrollees 6.6% 7.9° % doully eligible for Medicare and Medicaid 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2.96° # of hospitals within 5 miles 1 7 # of nursing homes within 5 miles 1 7 # of nome health agencies 1 4 # of community health centers 0 2 < | % 65+ with self-reported hearing difficulty | | 11.3% | 15.0% |
| % 65+ with clinical diagnosis of blindness or visual impairment 0.7% 0.99 % 65+ with self-reported cognition difficulty 2.8% 6.99 % 65+ with self-reported ambulatory difficulty 14.1% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.7% 3.29 % 65+ with self-reported self-care difficulty 2.8% 5.60 % 65+ with self-reported independent living difficulty 6.0% 11.30 ACCESS TO CARE Medicare (65+ population) Valually eligible for Medicare and Medicaid 4.6% 7.50 % dually eligible for Medicare and Medicaid 4.6% 7.50 % 60+ with a regular doctor 96.4% 95.80 % 60+ who did not see doctor when needed due to cost 9.7% 5.4 # of primary care providers within 5 miles 2 2.96 # of hospitals within 5 miles 1 7 # of nursing homes within 5 miles 1 7 # of nomen health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 <td>% 65+ with clinical diagnosis of deafness or hearing impairment</td> <td></td> <td>17.5%</td> <td>14.4%</td> | % 65+ with clinical diagnosis of deafness or hearing impairment | | 17.5% | 14.4% |
| % 65+ with self-reported cognition difficulty 2.8% 6.99 % 65+ with self-reported ambulatory difficulty 14.1% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.7% 3.29 % 65+ with self-reported self-care difficulty 2.8% 5.66 % 65+ with self-reported independent living difficulty 6.0% 11.33 ACCESS TO CARE Medicare (65+ population) * 4.6% 7.59 % dually eligible for Medicare and Medicaid * 4.6% 7.59 % 60+ with a regular doctor 96.4% 95.89 % 60+ who did not see doctor when needed due to cost 9.7% 5.49 # of primary care providers within 5 miles 2 2.96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of sommunity health centers 1 4 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported vision difficulty | | 0.0% | 5.2% |
| % 65+ with self-reported ambulatory difficulty 14.1% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) * 4.6% 7.5° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2.96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with clinical diagnosis of mobility impairments 2.7% 3.2° % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) * 4.6°% 7.5° % dually eligible for Medicare and Medicaid * 4.6°% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported cognition difficulty | | 2.8% | 6.9% |
| % 65+ with self-reported self-care difficulty 2.8% 5.6° % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) 8 8 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 1 7 # of nursing homes within 5 miles 1 7 # of phome health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported ambulatory difficulty | | 14.1% | 18.8% |
| % 65+ with self-reported independent living difficulty 6.0% 11.3° ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported self-care difficulty | | 2.8% | 5.6% |
| Medicare (65+ population) 6.6% 7.9° % Medicare managed care enrollees 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported independent living difficulty | | 6.0% | 11.3% |
| % Medicare managed care enrollees 6.6% 7.9° % dually eligible for Medicare and Medicaid * 4.6% 7.5° % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | ACCESS TO CARE | | | |
| % dually eligible for Medicare and Medicaid * 4.6% 7.56 % 60+ with a regular doctor % 60+ who did not see doctor when needed due to cost # of primary care providers within 5 miles 2 2,96 # of nursing homes within 5 miles 1 7 # of home health agencies # of community health centers # of adult day health centers # of memory cafes 0 1 1 2 # of memory cafes | Medicare (65+ population) | | | |
| % dually eligible for Medicare and Medicard 4.5% 7.5 % 60+ with a regular doctor 96.4% 95.8° % 60+ who did not see doctor when needed due to cost 9.7% 5.4° # of primary care providers within 5 miles 2 2,96° # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % Medicare managed care enrollees | | 6.6% | 7.9% |
| % 60+ who did not see doctor when needed due to cost 9.7% 5.49 # of primary care providers within 5 miles 2 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % dually eligible for Medicare and Medicaid | * | 4.6% | 7.5% |
| # of primary care providers within 5 miles 2 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 60+ with a regular doctor | | 96.4% | 95.8% |
| # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 60+ who did not see doctor when needed due to cost | | 9.7% | 5.4% |
| # of nursing homes within 5 miles 1 7 # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | # of primary care providers within 5 miles | | 2 | 2,961 |
| # of home health agencies 1 4 # of community health centers 1 2 # of adult day health centers 0 2 # of memory cafes 0 1 | # of hospitals within 5 miles | | 0 | 26 |
| # of community health centers # of adult day health centers # of memory cafes 1 2 2 2 3 4 5 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 | # of nursing homes within 5 miles | | 1 | 74 |
| # of adult day health centers # of memory cafes 0 2 # of memory cafes | # of home health agencies | | 1 | 49 |
| # of memory cafes 0 1 | # of community health centers | | 1 | 22 |
| · | # of adult day health centers | | 0 | 21 |
| # of dementia-related support groups 0 1 | # of memory cafes | | 0 | 12 |
| | # of dementia-related support groups | | 0 | 14 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 480 | 572 |
| Part D monthly prescription fills per person per year | * | 37.8 | 49.1 |
| Home health visits per year | * | 1.2 | 2.5 |
| Durable medical equipment claims per year | * | 1.3 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 184 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 18.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 71 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.6% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.6% | 0.8% |
| % of grandparents who live with grandchildren | | 2.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 46.5% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 68.4% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 178 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,033 | 2,012 |
| % 65+ who own a motor vehicle | | 97.5% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 2.6% | 5.4% |
| % 60+ receiving food stamps past year | | 2.5% | 5.7% |
| % 65+ employed past year | | 28.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 8.8% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 33.8% | 36.5% |
| % households with annual income > \$50,000 | | 57.5% | 45.3% |
| % 60+ own home | | 91.3% | 79.9% |
| % 60+ have mortgage on home | | 43.7% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 4.4% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 25.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

TUFTS Health Plan

Grafton (Grafton)

Grafton is a town located in western New Hampshire and is home to the Grafton Historical Society. There are 205 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, schizophrenia and other psychotic disorders, post-traumatic stress disorder, Alzheimer's disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of not smoking, having an annual dental exam, getting the recommended hours of sleep, meeting the CDC guidelines for aerobic physical activities, and engaging in any physical activity within the last month. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,276 | 1,327,503 |
| Population 60 years or older as % of total population | | 24.9% | 22.7% |
| Total population 60 years or older | | 318 | 301,630 |
| Population 65 years or older as % of total population | | 16.1% | 15.8% |
| Total population 65 years or older | | 205 | 210,385 |
| % 65-74 years | | 70.7% | 58.5% |
| % 75-84 years | | 20.0% | 28.6% |
| % 85 years or older | | 9.3% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 45.9% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.0% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 1.0% | 0.9% |
| % Hispanic/Latino | | 2.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 66.3% | 58.5% |
| % divorced/separated | | 12.2% | 14.0% |
| % widowed | | 16.1% | 22.9% |
| % never married | | 5.4% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 13.7% | 12.3% |
| % with high school or some college | | 56.6% | 57.1% |
| % with college degree | | 29.8% | 30.6% |
| % of 65+ population living alone | | 21.5% | 26.1% |
| % of 65+ population who speak only English at home | | 95.1% | 91.3% |
| % of 65+ population who are veterans of military service | | 23.4% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.1% | 4.1% |
| Grafton (Grafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 3.4% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 18.6% | 16.7% |
| % 65+ with high cholesterol | В | 56.7% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 27.3% | 28.8% |
| % 65+ with anxiety disorders | В | 15.3% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.0% | 5.5% |
| % 65+ with tobacco use disorders | | 13.2% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 9.8% | 12.0% |
| % 65+ with diabetes | | 27.5% | 28.2% |
| % 65+ with stroke | | 10.1% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ with asthma | | 14.6% | 13.0% |
| % 65+ with hypertension | В | 65.3% | 70.2% |
| % 65+ ever had a heart attack | | 6.2% | 4.5% |
| % 65+ with ischemic heart disease | | 31.9% | 34.3% |
| % 65+ with congestive heart failure | | 16.9% | 17.7% |
| % 65+ with atrial fibrillation | | 13.6% | 14.4% |
| % 65+ with peripheral vascular disease | | 14.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 45.2% | 49.1% |
| % 65+ with osteoporosis | В | 14.1% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | | 10.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 27.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 17.8% | 20.8% |
| % 65+ with anemia | В | 28.7% | 37.3% |
| % 65+ with chronic kidney disease | | 19.5% | 22.3% |
| % 65+ with liver diseases | В | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.7% | 18.6% |
| | | | |

| % 65+ with epilepsy 1.6% 2.1% % 65+ with traumatic brain injury 1.0% 1.1% % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma B 19.5% 22.9% % 65+ with cataract B 57.3% 61.2% % 65+ with cataract B 4.6% 7.1% % 65+ with vith pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with Very control or conditions B 4.8% 54.4% % 65+ with Orinoic conditions B 14.8% 10.3% LIVING WITH DISABILITY W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty W 30.7% 15.0% % 65+ with self-reported cognition difficulty W 32.7% 6.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported self-care difficulty W 32.7% 18.8% % 65+ with self-reported self-care difficulty < | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|---|-----------------------|-------------------|
| % 65+ with traumatic brain injury 1.0% 1.1% % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma B 19.5% 22.9% % 65+ with cataract B 57.3% 61.2% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with Quit of 15) chronic conditions B 48.1% 54.4% % 65+ with Orbronic conditions B 48.1% 10.3% LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with clinical diagnosis of diagnosis or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty 7.3% 5.6% % 65+ with self-reported ambulatory difficulty | % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma B 19.5% 22.9% % 65+ with plaucoma B 19.5% 22.9% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with pressure ulcer or chronic conditions B 48.1% 54.4% % 65+ with (out of 15) chronic conditions B 48.1% 54.4% % 65+ with outronic conditions B 14.8% 10.3% LIVING WITH DISABILITY % 65+ with old-reported hearing difficulty W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported self-care difficulty 7.4 | % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with glaucoma B 19.5% 22.9% % 65+ with cataract B 57.3% 61.2% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 6.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported independent living difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 7.3% 5.6% < | % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with cataract B 57.3% 61.2% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with pressure ulcer or chronic conditions B 48.1% 54.4% % 65+ with 9 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 0.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty T.3% 5.6% % 65+ with self-reported ambulatory difficulty T.3% 5.6% % 65+ with self-reported self-care difficulty T.3% 7.6% | % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with self-reported origination difficulty 6.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported meanure triving difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 7.4% 7.9% & 65+ with self-reported self-care difficulty 7.4% 7.9% | % 65+ with glaucoma | В | 19.5% | 22.9% |
| % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 8.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% 65+ with self-reported ambulatory difficulty W 32.7% 18.8% 65+ with self-reported self-care difficulty 7.3% 5.6% 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare managed care enrollees 7.4% 7.9% % doally eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3 | % 65+ with cataract | В | 57.3% | 61.2% |
| % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY Section of the properties of the paring difficulty W 30.7% 15.0% % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 0.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 11.3% ACCESS TO CARE Access To CARE Medicare (65+ population) 7.4% 7.9% % Medicare managed care enrollees 7.4% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% % 60+ who did not see doctor when neede | % 65+ with pressure ulcer or chronic ulcer | В | 4.6% | 7.1% |
| LIVING WITH DISABILITY Company of the ported searing difficulty W 30.7% 15.0% % 65+ with self-reported hearing difficulty 13.1% 14.4% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.9% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of nursing homes within 5 miles 0 2.6 # of inmary care providers within 5 m | % 65+ with 4+ (out of 15) chronic conditions | В | 48.1% | 54.4% |
| % 65+ with self-reported hearing difficulty W 30.7% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 6.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) 4.4% 7.9% % doually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2.961 # of hospitals within 5 miles 0 2.961 # of of nursing homes within 5 miles 0 2.2 # of of adult day he | % 65+ with 0 chronic conditions | В | 14.8% | 10.3% |
| % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with self-reported vision difficulty 10.7% 5.2% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 6.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with self-reported diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2.961 # of nursing homes within 5 miles 0 7.6 # of home health agencies 2 <td< td=""><td>LIVING WITH DISABILITY</td><td></td><td></td><td></td></td<> | LIVING WITH DISABILITY | | | |
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| % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 6.8% 6.9% % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) V 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2.96 # of nursing homes within 5 miles 0 2.96 # of nursing homes within 5 miles 0 2.4 # of nomunity health centers 0 2.2 # of adult day health centers 0 2.2 # of memory cafes 0 12 | % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.1% | 14.4% |
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| % 65+ with self-reported ambulatory difficulty W 32.7% 18.8% % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) *** 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2,961 # of nursing homes within 5 miles 0 7.2 # of nursing homes within 5 miles 0 7.2 # of nommunity health centers 0 2.2 # of adult day health centers 0 2.1 # of memory cafes 0 1.2 | % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2% % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) *** 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.6 # of nursing homes within 5 miles 0 7.7 # of home health agencies 2 4.9 # of community health centers 0 2.2 # of adult day health centers 0 2.1 # of memory cafes 0 12 | % 65+ with self-reported cognition difficulty | | 6.8% | 6.9% |
| % 65+ with self-reported self-care difficulty 7.3% 5.6% % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) Very Care population 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2.96 # of nursing homes within 5 miles 0 2.96 # of nursing homes within 5 miles 0 7.2 # of home health agencies 2 45 # of community health centers 0 22 # of adult day health centers 0 22 # of memory cafes 0 12 | % 65+ with self-reported ambulatory difficulty | W | 32.7% | 18.8% |
| % 65+ with self-reported independent living difficulty 14.1% 11.3% ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2,961 # of nursing homes within 5 miles 0 26 # of nursing homes within 5 miles 0 74 # of home health agencies 2 48 # of community health centers 0 22 # of adult day health centers 0 21 # of memory cafes 0 12 | % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 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 | % 65+ with self-reported self-care difficulty | | 7.3% | 5.6% |
| Medicare (65+ population) 7.4% 7.9% % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2,967 # of hospitals within 5 miles 0 26 # of nursing homes within 5 miles 0 74 # of home health agencies 2 45 # of community health centers 0 21 # of adult day health centers 0 21 # of memory cafes 0 12 | % 65+ with self-reported independent living difficulty | | 14.1% | 11.3% |
| % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2,961 # of hospitals within 5 miles 0 74 # of nursing homes within 5 miles 0 74 # of home health agencies 2 45 # of community health centers 0 22 # of adult day health centers 0 21 # of memory cafes 0 12 | ACCESS TO CARE | | | |
| % dually eligible for Medicare and Medicaid 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 0 2,961 # of nursing homes within 5 miles 0 74 # of home health agencies 2 45 # of community health centers 0 21 # of adult day health centers 0 21 # of memory cafes 0 12 | Medicare (65+ population) | | | |
| % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 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 48 # of community health centers 0 22 # of adult day health centers 0 21 # of memory cafes 0 12 | % Medicare managed care enrollees | | 7.4% | 7.9% |
| % 60+ who did not see doctor when needed due to cost 3.8% 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 | % dually eligible for Medicare and Medicaid | | 7.6% | 7.5% |
| # 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 | % 60+ with a regular doctor | | 94.4% | 95.8% |
| # 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 | % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # 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 primary care providers within 5 miles | | 0 | 2,961 |
| # 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 hospitals within 5 miles | | 0 | 26 |
| # of community health centers 0 22 # of adult day health centers 0 21 # of memory cafes 0 12 | # of nursing homes within 5 miles | | 0 | 74 |
| # of adult day health centers # of memory cafes 0 21 # of memory cafes | # of home health agencies | | 2 | 49 |
| # of memory cafes 0 12 | # of community health centers | | 0 | 22 |
| · | # of adult day health centers | | 0 | 21 |
| # of dementia-related support groups 0 14 | # of memory cafes | | 0 | 12 |
| | # of dementia-related support groups | | 0 | 14 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 443 | 572 |
| Part D monthly prescription fills per person per year | | 45.8 | 49.1 |
| Home health visits per year | | 2.8 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 215 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.5% | 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 | * | 2.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.0% | 0.8% |
| % of grandparents who live with grandchildren | | 2.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 34.2% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 52.4% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 90.2% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 13.2% | 5.4% |
| % 60+ receiving food stamps past year | | 2.3% | 5.7% |
| % 65+ employed past year | | 29.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 26.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 38.2% | 36.5% |
| % households with annual income > \$50,000 | | 35.8% | 45.3% |
| % 60+ own home | | 86.7% | 79.9% |
| % 60+ have mortgage on home | | 39.3% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 5.7% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 12.2% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Groton is a rural town located in Grafton County and is home to the Sculptured Rocks Natural Area. There are 89 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, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 4 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 613 | 1,327,503 |
| Population 60 years or older as % of total population | | 27.4% | 22.7% |
| Total population 60 years or older | | 168 | 301,630 |
| Population 65 years or older as % of total population | | 14.5% | 15.8% |
| Total population 65 years or older | | 89 | 210,385 |
| % 65-74 years | | 66.3% | 58.5% |
| % 75-84 years | | 23.6% | 28.6% |
| % 85 years or older | | 10.1% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 48.3% | 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 | | 61.8% | 58.5% |
| % divorced/separated | | 4.5% | 14.0% |
| % widowed | | 19.1% | 22.9% |
| % never married | | 14.6% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 25.8% | 12.3% |
| % with high school or some college | | 59.6% | 57.1% |
| % with college degree | | 14.6% | 30.6% |
| % of 65+ population living alone | | 25.8% | 26.1% |
| % of 65+ population who speak only English at home | | 87.6% | 91.3% |
| % of 65+ population who are veterans of military service | | 19.1% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 3.4% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 12.8% | 16.7% |
| % 65+ with high cholesterol | В | 67.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 23.8% | 28.8% |
| % 65+ with anxiety disorders | | 18.6% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.0% | 5.5% |
| % 65+ with tobacco use disorders | | 11.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 10.3% | 12.0% |
| % 65+ with diabetes | | 24.7% | 28.2% |
| % 65+ with stroke | | 10.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 16.3% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 65.1% | 70.2% |
| % 65+ ever had a heart attack | | 4.0% | 4.5% |
| % 65+ with ischemic heart disease | | 31.8% | 34.3% |
| % 65+ with congestive heart failure | | 16.2% | 17.7% |
| % 65+ with atrial fibrillation | | 15.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 44.9% | 49.1% |
| % 65+ with osteoporosis | В | 12.1% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 10.9% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.6% | 20.8% |
| % 65+ with anemia | В | 32.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 16.4% | 22.3% |
| % 65+ with liver diseases | | 6.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.0% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.4% | 22.9% |
| % 65+ with cataract | | 58.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 6.7% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 11.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.2% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.4% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | В | 12.4% | 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 | | 7.9% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.3% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 | | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.3 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 570 | 572 |
| Part D monthly prescription fills per person per year | * | 43.7 | 49.1 |
| Home health visits per year | * | 1.1 | 2.5 |
| Durable medical equipment claims per year | | 1.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 202 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 13.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 51 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 2.2% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 37.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 48.9% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 92.7% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 14.6% | 5.4% |
| % 60+ receiving food stamps past year | | 4.4% | 5.7% |
| % 65+ employed past year | | 12.4% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 34.5% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 34.5% | 36.5% |
| % households with annual income > \$50,000 | | 30.9% | 45.3% |
| % 60+ own home | | 98.0% | 79.9% |
| % 60+ have mortgage on home | | 39.6% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 10.9% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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.

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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

TUFTS Health Plan

Hanover (Grafton)

Hanover is an urban town in Grafton County located along the Connecticut River and home to Dartmouth College. There are 1,258 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, PTSD, schizophrenia, tobacco use disorders, diabetes, COPD, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, lung cancer, and chronic kidney disease. However, they had higher rates of Alzheimer's disease or related dementias, osteoarthritis/rheumatoid arthritis, osteoporosis, leukemias and lymphomas, breast cancer, prostate cancer, hypothyroidism, glaucoma, cataracts, and hearing impairment. They are more likely to take the health promotion steps of not smoking, engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include 2 home health agencies, a memory café, 2 public libraries, 2 nursing homes, and a hospital within 5 miles.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 11,371 | 1,327,503 |
| Population 60 years or older as % of total population | | 15.2% | 22.7% |
| Total population 60 years or older | | 1,731 | 301,630 |
| Population 65 years or older as % of total population | | 11.1% | 15.8% |
| Total population 65 years or older | | 1,258 | 210,385 |
| % 65-74 years | | 36.3% | 58.5% |
| % 75-84 years | | 35.9% | 28.6% |
| % 85 years or older | | 27.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 53.5% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.5% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.5% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 60.6% | 58.5% |
| % divorced/separated | | 10.4% | 14.0% |
| % widowed | | 28.5% | 22.9% |
| % never married | | 0.5% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 5.5% | 12.3% |
| % with high school or some college | | 26.9% | 57.1% |
| % with college degree | | 67.6% | 30.6% |
| % of 65+ population living alone | | 30.7% | 26.1% |
| % of 65+ population who speak only English at home | | 92.8% | 91.3% |
| % of 65+ population who are veterans of military service | | 26.4% | 24.8% |
| Age-sex adjusted 1-year mortality rate | В | 2.6% | 4.1% |
| | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 3.2% | 3.6% |
| % moved from different county in New Hampshire | | 0.2% | 1.0% |
| % moved from different state | | 4.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | В | 8.8% | 16.7% |
| % 65+ with high cholesterol | В | 54.7% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 7.5% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 29.5% | 28.8% |
| % 65+ with anxiety disorders | | 22.2% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.3% | 5.5% |
| % 65+ with tobacco use disorders | В | 3.9% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | W | 15.9% | 12.0% |
| % 65+ with diabetes | В | 13.7% | 28.2% |
| % 65+ with stroke | | 12.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 11.4% | 20.5% |
| % 65+ with asthma | В | 10.7% | 13.0% |
| % 65+ with hypertension | В | 58.5% | 70.2% |
| % 65+ ever had a heart attack | В | 2.6% | 4.5% |
| % 65+ with ischemic heart disease | В | 25.0% | 34.3% |
| % 65+ with congestive heart failure | В | 13.5% | 17.7% |
| % 65+ with atrial fibrillation | | 16.1% | 14.4% |
| % 65+ with peripheral vascular disease | | 14.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | W | 54.4% | 49.1% |
| % 65+ with osteoporosis | W | 20.8% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | W | 14.2% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | W | 16.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 36.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | W | 25.6% | 20.8% |
| % 65+ with anemia | | 38.4% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.6% | 22.3% |
| % 65+ with liver diseases | | 6.4% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 19.4% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | W | 29.2% | 22.9% |
| % 65+ with cataract | W | 75.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 7.9% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.9% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.1% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 19.6% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 26.1% | 14.4% |
| % 65+ with self-reported vision difficulty | | 6.3% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 8.6% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 16.7% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 13.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 4.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 2.5% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of primary care providers within 5 miles | | 219 | 2,961 |
| # of hospitals within 5 miles | | 1 | 26 |
| # of nursing homes within 5 miles | | 2 | 74 |
| # of home health agencies | | 2 | 49 |
| # of community health centers | | 0 | 22 |
| # of adult day health centers | | 0 | 21 |
| # of memory cafes | | 1 | 12 |
| # of dementia-related support groups | | 0 | 14 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 6.7 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 354 | 572 |
| Part D monthly prescription fills per person per year | * | 39.7 | 49.1 |
| Home health visits per year | * | 1.3 | 2.5 |
| Durable medical equipment claims per year | * | 1.0 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 167 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 63 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 64 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.6% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.9% | 0.8% |
| % of grandparents who live with grandchildren | | 1.0% | 2.5% |
| # of assisted living sites | | 3 | 134 |
| % of vacant homes in community | | 11.8% | 16.0% |
| # of universities and community colleges | | 1 | 41 |
| # of public libraries | | 2 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 62.8% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 159 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 1,366 | 2,012 |
| % 65+ who own a motor vehicle | | 83.7% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
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|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 0.0% | 5.4% |
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Haverhill is a rural town in western New Hampshire that includes the historic town center at Haverhill Corner. There are 932 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, bipolar disorders, benign prostatic hyperplasia, and visual impairment. However, they had higher rates of hypertension and heart attack. Community resources to support healthy aging include a primary care provider within 5 miles, an assisted living site, a community health center, 3 home health agencies, a senior center, and 4 public libraries.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 4,617 | 1,327,503 |
| Population 60 years or older as % of total population | | 25.3% | 22.7% |
| Total population 60 years or older | | 1,168 | 301,630 |
| Population 65 years or older as % of total population | | 20.2% | 15.8% |
| Total population 65 years or older | | 932 | 210,385 |
| % 65-74 years | | 48.7% | 58.5% |
| % 75-84 years | | 33.7% | 28.6% |
| % 85 years or older | | 17.6% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 57.1% | 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 | | 1.9% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 43.7% | 58.5% |
| % divorced/separated | | 17.9% | 14.0% |
| % widowed | | 31.0% | 22.9% |
| % never married | | 7.4% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 20.5% | 12.3% |
| % with high school or some college | | 64.3% | 57.1% |
| % with college degree | | 15.2% | 30.6% |
| % of 65+ population living alone | | 27.7% | 26.1% |
| % of 65+ population who speak only English at home | | 95.1% | 91.3% |
| % of 65+ population who are veterans of military service | | 18.8% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 5.1% | 4.1% |
| Hoverhill (Crofton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 4.0% | 3.6% |
| % moved from different county in New Hampshire | | 3.0% | 1.0% |
| % moved from different state | | 2.9% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 15.7% | 16.7% |
| % 65+ with high cholesterol | В | 66.1% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 31.2% | 28.8% |
| % 65+ with anxiety disorders | | 21.5% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.4% | 5.5% |
| % 65+ with tobacco use disorders | | 9.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 14.3% | 12.0% |
| % 65+ with diabetes | | 29.0% | 28.2% |
| % 65+ with stroke | | 11.8% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 19.1% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | W | 75.0% | 70.2% |
| % 65+ ever had a heart attack | W | 6.6% | 4.5% |
| % 65+ with ischemic heart disease | | 34.9% | 34.3% |
| % 65+ with congestive heart failure | | 19.7% | 17.7% |
| % 65+ with atrial fibrillation | | 15.3% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 45.3% | 49.1% |
| % 65+ with osteoporosis | | 15.8% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 10.2% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 8.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 28.3% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 19.9% | 20.8% |
| % 65+ with anemia | | 38.2% | 37.3% |
| % 65+ with chronic kidney disease | | 20.7% | 22.3% |
| % 65+ with liver diseases | | 6.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.5% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.3% | 22.9% |
| % 65+ with cataract | | 63.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 8.3% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 55.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.6% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 14.9% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.2% | 14.4% |
| % 65+ with self-reported vision difficulty | | 4.9% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | W | 17.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 26.6% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | W | 14.9% | 5.6% |
| % 65+ with self-reported independent living difficulty | W | 22.2% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 6.0% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 15.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 5.4% |
| # of primary care providers within 5 miles | | 1 | 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 | | 1 | 22 |
| # of adult day health centers | | 0 | 21 |
| # of memory cafes | | 0 | 12 |
| # of dementia-related support groups | | 0 | 14 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.0 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 658 | 572 |
| Part D monthly prescription fills per person per year | * | 55.3 | 49.1 |
| Home health visits per year | * | 1.4 | 2.5 |
| Durable medical equipment claims per year | | 2.1 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 196 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.9% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 101 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 127 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 9.5% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.3% | 0.8% |
| % of grandparents who live with grandchildren | | 2.2% | 2.5% |
| # of assisted living sites | | 1 | 134 |
| % of vacant homes in community | | 25.1% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 4 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 44.2% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 244 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,750 | 2,012 |
| % 65+ who own a motor vehicle | | 99.4% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 2 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 3.0% | 5.4% |
| % 60+ receiving food stamps past year | | 4.3% | 5.7% |
| % 65+ employed past year | | 26.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 23.6% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 39.3% | 36.5% |
| % households with annual income > \$50,000 | | 37.2% | 45.3% |
| % 60+ own home | | 81.9% | 79.9% |
| % 60+ have mortgage on home | | 19.8% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 5.6% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 25.8% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Hebron is a rural town located in Merrimack County and home to the Hebron Town Forest. There are 224 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, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include home 4 health agencies, a senior center, and 2 public libraries.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 582 | 1,327,503 |
| Population 60 years or older as % of total population | | 47.8% | 22.7% |
| Total population 60 years or older | | 278 | 301,630 |
| Population 65 years or older as % of total population | | 38.5% | 15.8% |
| Total population 65 years or older | | 224 | 210,385 |
| % 65-74 years | | 67.9% | 58.5% |
| % 75-84 years | | 20.1% | 28.6% |
| % 85 years or older | | 12.1% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 52.7% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.7% | 97.7% |
| % African American | | 1.3% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 74.6% | 58.5% |
| % divorced/separated | | 3.1% | 14.0% |
| % widowed | | 19.6% | 22.9% |
| % never married | | 2.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 2.2% | 12.3% |
| % with high school or some college | | 32.1% | 57.1% |
| % with college degree | | 65.6% | 30.6% |
| % of 65+ population living alone | | 18.8% | 26.1% |
| % of 65+ population who speak only English at home | | 100.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 23.2% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 1.8% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 12.8% | 16.7% |
| % 65+ with high cholesterol | В | 67.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 23.8% | 28.8% |
| % 65+ with anxiety disorders | | 18.6% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.0% | 5.5% |
| % 65+ with tobacco use disorders | | 11.6% | 10.4% |
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| % 65+ with Alzheimer's disease or related dementias | | 10.3% | 12.0% |
| % 65+ with diabetes | | 24.7% | 28.2% |
| % 65+ with stroke | | 10.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 16.3% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 65.1% | 70.2% |
| % 65+ ever had a heart attack | | 4.0% | 4.5% |
| % 65+ with ischemic heart disease | | 31.8% | 34.3% |
| % 65+ with congestive heart failure | | 16.2% | 17.7% |
| % 65+ with atrial fibrillation | | 15.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 44.9% | 49.1% |
| % 65+ with osteoporosis | В | 12.1% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 10.9% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.6% | 20.8% |
| % 65+ with anemia | В | 32.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 16.4% | 22.3% |
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| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.0% | 18.6% |

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| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.4% | 22.9% |
| % 65+ with cataract | | 58.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 17.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 11.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 4.0% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.6% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | В | 4.5% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 0.9% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 5.4% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.3% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 | | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.3 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 570 | 572 |
| Part D monthly prescription fills per person per year | * | 43.7 | 49.1 |
| Home health visits per year | * | 1.1 | 2.5 |
| Durable medical equipment claims per year | | 1.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 202 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 13.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 51 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 58.7% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 2 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 77.2% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 91.1% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 2.7% | 5.4% |
| % 60+ receiving food stamps past year | | 1.2% | 5.7% |
| % 65+ employed past year | | 23.7% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 3.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 45.2% | 36.5% |
| % households with annual income > \$50,000 | | 51.9% | 45.3% |
| % 60+ own home | | 98.8% | 79.9% |
| % 60+ have mortgage on home | | 28.7% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 12.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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.

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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Holderness is a town in Grafton County that is home to the Squam Lakes Natural Science Center. There are 402 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, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, peripheral vascular disease, osteoporosis, chronic kidney disease, fibromyalgia/chronic pain/fatigue, epilepsy, pressure ulcers, and visual and mobility impairments. Community resources to support healthy aging include a public library, a senior center, and 2 home health agencies.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 2,395 | 1,327,503 |
| Population 60 years or older as % of total population | | 28.2% | 22.7% |
| Total population 60 years or older | | 676 | 301,630 |
| Population 65 years or older as % of total population | | 16.8% | 15.8% |
| Total population 65 years or older | | 402 | 210,385 |
| % 65-74 years | | 51.0% | 58.5% |
| % 75-84 years | | 32.3% | 28.6% |
| % 85 years or older | | 16.7% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 53.5% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 92.0% | 97.7% |
| % African American | | 4.5% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 3.5% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 73.9% | 58.5% |
| % divorced/separated | | 8.5% | 14.0% |
| % widowed | | 15.7% | 22.9% |
| % never married | | 2.0% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 9.0% | 12.3% |
| % with high school or some college | | 46.3% | 57.1% |
| % with college degree | | 44.8% | 30.6% |
| % of 65+ population living alone | | 11.9% | 26.1% |
| % of 65+ population who speak only English at home | | 94.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 17.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.0% | 4.1% |
| (0.11) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.7% | 3.6% |
| % moved from different county in New Hampshire | | 3.5% | 1.0% |
| % moved from different state | | 2.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 11.3% | 16.7% |
| % 65+ with high cholesterol | | 69.7% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 22.3% | 28.8% |
| % 65+ with anxiety disorders | В | 15.6% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.9% | 5.5% |
| % 65+ with tobacco use disorders | В | 8.0% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 9.7% | 12.0% |
| % 65+ with diabetes | В | 23.5% | 28.2% |
| % 65+ with stroke | | 10.1% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 17.2% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | | 69.6% | 70.2% |
| % 65+ ever had a heart attack | | 3.8% | 4.5% |
| % 65+ with ischemic heart disease | | 31.6% | 34.3% |
| % 65+ with congestive heart failure | | 16.5% | 17.7% |
| % 65+ with atrial fibrillation | | 15.6% | 14.4% |
| % 65+ with peripheral vascular disease | В | 11.6% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 46.7% | 49.1% |
| % 65+ with osteoporosis | В | 12.9% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 10.3% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | | 12.4% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 35.0% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 21.7% | 20.8% |
| % 65+ with anemia | | 35.4% | 37.3% |
| % 65+ with chronic kidney disease | В | 16.9% | 22.3% |
| % 65+ with liver diseases | | 5.3% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | В | 15.5% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 22.7% | 22.9% |
| % 65+ with cataract | | 61.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 4.8% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.0% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 14.3% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.3% | 14.4% |
| % 65+ with self-reported vision difficulty | | 9.6% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 1.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 17.7% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 2.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 7.8% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.7% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 5.9% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 622 | 572 |
| Part D monthly prescription fills per person per year | * | 43.0 | 49.1 |
| Home health visits per year | * | 1.2 | 2.5 |
| Durable medical equipment claims per year | | 1.7 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 222 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 17.9% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 71 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.0% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.7% | 0.8% |
| % of grandparents who live with grandchildren | | 4.1% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 42.1% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 61.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 95 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 807 | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
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| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 0.0% | 5.4% |
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| Household income (65+ householder) | | | |
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Landaff is a rural town located in western New Hampshire and home to many species of wildlife including moose, white-tail deer, and eastern turkeys. There are 107 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer's disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. A community resource to support healthy aging is a home health agency and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| Total population all ages | | 424 | 1,327,503 |
| Population 60 years or older as % of total population | | 37.5% | 22.7% |
| Total population 60 years or older | | 159 | 301,630 |
| Population 65 years or older as % of total population | | 25.2% | 15.8% |
| Total population 65 years or older | | 107 | 210,385 |
| % 65-74 years | | 73.8% | 58.5% |
| % 75-84 years | | 22.4% | 28.6% |
| % 85 years or older | | 3.7% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 49.5% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.9% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 71.0% | 58.5% |
| % divorced/separated | | 4.7% | 14.0% |
| % widowed | | 19.6% | 22.9% |
| % never married | | 4.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 13.1% | 12.3% |
| % with high school or some college | | 64.5% | 57.1% |
| % with college degree | | 22.4% | 30.6% |
| % of 65+ population living alone | | 22.4% | 26.1% |
| % of 65+ population who speak only English at home | | 96.3% | 91.3% |
| % of 65+ population who are veterans of military service | | 22.4% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.3% | 4.1% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 9.3% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.9% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 15.3% | 16.7% |
| % 65+ with high cholesterol | | 69.5% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 25.1% | 28.8% |
| % 65+ with anxiety disorders | В | 12.4% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.1% | 5.5% |
| % 65+ with tobacco use disorders | | 13.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 7.5% | 12.0% |
| % 65+ with diabetes | В | 22.4% | 28.2% |
| % 65+ with stroke | | 9.2% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ with asthma | | 14.2% | 13.0% |
| % 65+ with hypertension | | 68.8% | 70.2% |
| % 65+ ever had a heart attack | | 5.1% | 4.5% |
| % 65+ with ischemic heart disease | | 31.7% | 34.3% |
| % 65+ with congestive heart failure | | 17.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.2% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 38.1% | 49.1% |
| % 65+ with osteoporosis | | 15.5% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 9.3% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 13.0% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 30.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 16.9% | 20.8% |
| % 65+ with anemia | | 33.7% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.4% | 22.3% |
| % 65+ with liver diseases | | 5.9% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.3% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 19.5% | 22.9% |
| % 65+ with cataract | | 57.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 5.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 47.8% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 15.0% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 3.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 0.9% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 19.6% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 4.7% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.7% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.9% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.6 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 540 | 572 |
| Part D monthly prescription fills per person per year | | 49.3 | 49.1 |
| Home health visits per year | * | 1.4 | 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) | | 17.1% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 53 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.9% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.9% | 0.8% |
| % of grandparents who live with grandchildren | | 0.9% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 16.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 56.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 97.2% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 9.3% | 5.4% |
| % 60+ receiving food stamps past year | | 7.5% | 5.7% |
| % 65+ employed past year | | 27.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 20.8% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 38.9% | 36.5% |
| % households with annual income > \$50,000 | | 40.3% | 45.3% |
| % 60+ own home | | 95.9% | 79.9% |
| % 60+ have mortgage on home | | 35.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 25.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019



Lebanon (Grafton)

Lebanon is a city in Grafton County located near the Connecticut River and is home to the Dartmouth-Hitchcock Medical Center. There are 2,378 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, bipolar disorders, tobacco use disorders, diabetes, chronic obstructive pulmonary disease, hypertension, ischemic heart disease, colon cancer, and benign prostatic hyperplasia. However, they had higher rates of depression, leukemias and lymphomas, hypothyroidism, cataracts, and hearing impairment. They are more likely to take the health promotion steps of engaging in physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, having an annual dental exam, and are less likely to smoke. Community resources to support healthy aging include 241 primary care providers within 5 miles, 2 hospitals, a nursing home within 5 miles, 4 home health agencies, a senior center, an adult day health center, 2 assisted living sites, 3 universities or community colleges, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 13,528 | 1,327,503 |
| Population 60 years or older as % of total population | | 25.4% | 22.7% |
| Total population 60 years or older | | 3,432 | 301,630 |
| Population 65 years or older as % of total population | | 17.6% | 15.8% |
| Total population 65 years or older | | 2,378 | 210,385 |
| % 65-74 years | | 47.5% | 58.5% |
| % 75-84 years | | 33.6% | 28.6% |
| % 85 years or older | | 19.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 57.8% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.5% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 1.0% | 0.9% |
| % Other | | 0.5% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 59.6% | 58.5% |
| % divorced/separated | | 10.3% | 14.0% |
| % widowed | | 23.2% | 22.9% |
| % never married | | 6.8% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 7.8% | 12.3% |
| % with high school or some college | | 42.5% | 57.1% |
| % with college degree | | 49.7% | 30.6% |
| % of 65+ population living alone | | 32.3% | 26.1% |
| % of 65+ population who speak only English at home | | 94.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 19.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.2% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 5.4% | 3.6% |
| % moved from different county in New Hampshire | | 2.6% | 1.0% |
| % moved from different state | | 5.6% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.1% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 17.8% | 16.7% |
| % 65+ with high cholesterol | В | 59.4% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| % 60+ with 15+ days poor mental health last month 5.0% 6.9% % 65+ with depression W 33.3% 28.8% % 65+ with depression B 2.4% 3.1% % 65+ with polar disorders B 2.4% 3.1% % 65+ with post-traumatic stress disorder 1.2% 1.4% % 65+ with post-traumatic stress disorders 4.4% 4.9% % 65+ with schizophrenia & other psychotic disorders 4.4% 4.9% % 65+ with personality disorders 1.2% 1.1% 4 opioid deaths (all ages) (county) 45 1.27% % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with busbance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with busbance use disorders B 7.5% 10.4% CHRONIC DISEASE **** **** **** 22.2% % 65+ with Alzheimer's disease or related dementias 12.9% 12.9% 65+ with string 13.1% 13.0% % 65+ with Airbeimer's disease or related dementias B 25.5% 28.2% | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|---|-----------------------|-------------------|
| % 65+ with depression W 33.3% 28.8% % 65+ with anxiety disorders 23.3% 21.9% % 65+ with post-traumatic stress disorder 1.2% 3.1% % 65+ with post-traumatic stress disorder 1.2% 1.4% % 65+ with post-traumatic stress disorders 4.4% 4.9% % 65+ with post-traumatic stress disorders 4.4% 4.9% % 65+ with post-traumatic stress disorders 1.2% 1.1% % 65+ with schizophrenia & other psychotic disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.27 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% 65+ with bobaccu use disorders B 7.5% 10.4% 66+ with thoraccu use disorders B 7.5% 10.4% CHRONIC DISEASE B 7.5% 10.4% CHRONIC DISEASE B 25.5% 28.2% 65+ with Alzheimer's disease or related dementias 1 12.9% 12.0% 65+ with brith chronic obstructive pulmonary disease B 25.5% 28.2% <t< td=""><td>BEHAVIORAL HEALTH</td><td></td><td></td><td></td></t<> | BEHAVIORAL HEALTH | | | |
| % 65+ with anxiety disorders 23.3% 21.9% % 65+ with bipolar disorders B 2.4% 3.1% % 65+ with post-traumatic stress disorder 1.2% 1.4% % 65+ with personality disorders 4.4% 4.9% % 65+ with personality disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.27% % 65+ with bustance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with substance use disorders B 7.5% 10.4% CHRONIC DISEASE % 65+ with dispetes B 25.5% 28.2% % 65+ with dispetes B 25.5% 28.2% % 65+ with farcke 10.4% 10.8% % 65+ with stroke 10.4% 10.8% % 65+ with hypertension B 65.7% 70.2% % 65+ with hypertension B 65.7% 70.2% % 65+ with hypertension B 65.7% 70.2% % 65+ with schemic heart disease B 31.5% 34.3% % 65+ with hypertension <td>% 60+ with 15+ days poor mental health last month</td> <td></td> <td>5.0%</td> <td>6.9%</td> | % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with bipolar disorders B 2.4% 3.1% % 65+ with post-traumatic stress disorder 1.2% 1.4% % 65+ with personality disorders 4.4% 4.9% % 65+ with personality disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.27 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% 65+ with tobacco use disorders B 7.5% 10.4% CHRONIC DISEASE *** *** 12.0% 65+ with diabetes B 25.5% 28.2% 65+ with diabetes B 25.5% 28.2% 65+ with stroke 10.4% 10.8% 65+ with corrective to with stroke 10.4% 10.8% 65+ with corrective to with str | % 65+ with depression | W | 33.3% | 28.8% |
| % 65+ with post-traumatic stress disorder 1.2% 1.4% % 65+ with schizophrenia & other psychotic disorders 4.4% 4.9% % 65+ with personality disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.2% % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with bobacco use disorders B 7.5% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 12.9% 12.9% % 65+ with diabetes B 25.5% 28.2% % 65+ with stroke 10.4% 10.4% 65+ with stroke B 18.6% 20.5% % 65+ with stroke B 18.6% 20.5% % 65+ with stromic obstructive pulmonary disease B 18.6% 20.5% % 65+ with stromic obstructive pulmonary disease B 66.7% 70.2% % 65+ with stromic beart disease B 31.5% 34.3% % 65+ with propersion B 65.7% 70.2% % 65+ with peripheral vascular disease B 31.5% 34.3% % 65+ with peripher | % 65+ with anxiety disorders | | 23.3% | 21.9% |
| % 65+ with schizophrenia & other psychotic disorders 4.4% 4.9% % 65+ with personality disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.27 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% 65+ with tobacco use disorders B 7.5% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 12.9% 12.0% % 65+ with stroke 10.4% 10.8% % 65+ with stroke 10.4% 10.8% % 65+ with stroke 10.4% 10.8% % 65+ with asthma 13.1% 13.0% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 11.7% % 65+ with peripheral vascular disease B 31.5% 34.3% % 65+ with osteoporosis 17.2% 14.7% % 65+ with osteoporosis 17.2% 17.4% % 65+ with lung cancer 19.3% 2.0% | % 65+ with bipolar disorders | В | 2.4% | 3.1% |
| % 65+ with personality disorders 1.2% 1.1% # opioid deaths (all ages) (county) 45 1.273 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with tubstance use disorders B 7.5% 10.4% CHRONIC DISEASE W 65+ with Alzheimer's disease or related dementias 12.9% 12.0% % 65+ with diabetes B 25.5% 28.2% % 65+ with diabetes B 25.5% 28.2% % 65+ with broke 10.4% 10.8% % 65+ with pypertension B 65.7% 70.2% % 65+ with pypertension B 31.5% 34.3% % 65+ with sichemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with peripheral vascular disease 16.2% 11.7% % 65+ w | % 65+ with post-traumatic stress disorder | | 1.2% | 1.4% |
| # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders B 7.5% 65- with tobacco use disorders B 7.5% 65- with tobacco use disorders ***CHRONIC DISEASE** % 65+ with Alzheimer's disease or related dementias 12.9% 12.9% 12.0% 65+ with diabetes B 25.5% 28.2% 65+ with stroke 10.4% 10.8% 65+ with stroke 10.4% 10.8% 65+ with stroke B 18.6% 20.5% 65+ with hypertension B 65- with agent all agen | % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.9% 5.5% % 65+ with tobacco use disorders B 7.5% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 12.9% 12.0% % 65+ with diabetes B 25.5% 28.2% % 65+ with stroke 10.4% 10.8% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with obstructive pulmonary disease B 18.6% 20.5% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with obstructive pulmonary disease B 65.7% 70.2% % 65+ with hypertension B 65.7% 70.2% % 65+ with stroman disease B 31.5% 34.3% % 65+ with inschemic heart disease B 31.5% 34.3% % 65+ with osteoarthritis/rheumatoid arthritis 11.2% 14.4% % 65+ with osteoporosis 17.2% 17.4% % 65+ with lung cancer B 1.9% < | % 65+ with personality disorders | | 1.2% | 1.1% |
| % 65+ with tobacco use disorders B 7.5% 10.4% CHRONIC DISEASE ************************************ | # opioid deaths (all ages) (county) | | 45 | 1,279 |
| CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 12.9% 12.0% % 65+ with diabetes B 25.5% 28.2% % 65+ with stroke 10.4% 10.8% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% 45.4% % 65+ with peripheral vascular disease 16.2% 14.7% 46.4% 14.4% 14.4% 14.4% 16.5% 17.7% 17.4% 65.4 with osteoporosis 17.2% 17.4% 66.5 with leukemias and lymphomas W 3.3% 2.0% 65.5 with lung cancer 1.3% 1.6% 65.4 1.5% 65.4 1.5% 65.4 1.5% 65.4 1.5% 65.4 1.5% 65.5 1.5% 65.5 1.5% | % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.9% | 5.5% |
| % 65+ with Alzheimer's disease or related dementias 12.9% 12.0% % 65+ with diabetes B 25.5% 28.2% % 65+ with stroke 10.4% 10.8% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with one gestive heart failure 18.0% 17.7% % 65+ with one gestive heart failure 18.0% 17.7% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with lung cancer 19.0% 19.6% % 65+ with lung cancer 19.0% 2.4% % 65+ with colon cancer B 1.9% 2.4% % 65+ with postate cancer 10.4% 11.5% % 65+ | % 65+ with tobacco use disorders | В | 7.5% | 10.4% |
| % 65+ with diabetes B 25.5% 28.2% % 65+ with stroke 10.4% 10.8% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with prostate cancer 11.5% 1.7% % 65+ women with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8 | CHRONIC DISEASE | | | |
| % 65+ with stroke 10.4% 10.8% % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with prestate cancer 11.7% 9.8% % 65+ women with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with pothyroidism W 24.4% | % 65+ with Alzheimer's disease or related dementias | | 12.9% | 12.0% |
| % 65+ with chronic obstructive pulmonary disease B 18.6% 20.5% % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with prestate cancer 11.7% 9.8% % 65+ men with prostate cancer 10.4% 11.5% % 65+ men with prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with pothyroidism W 24.4% | % 65+ with diabetes | В | 25.5% | 28.2% |
| % 65+ with asthma 13.1% 13.0% % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoparthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with with prostate cancer 11.7% 9.8% % 65+ women with prostate cancer 11.7% 9.8% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with nemia 35.5% 37.3% % 65+ with chronic kidney disease 7.5% 6.9% | % 65+ with stroke | | 10.4% | 10.8% |
| % 65+ with hypertension B 65.7% 70.2% % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoporosis 51.1% 49.1% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ men with prostate cancer 10.4% 11.5% % 65+ men with prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with nemia 35.5% 37.3% % 65+ with chronic kidney disease 7.5% 6.9% | % 65+ with chronic obstructive pulmonary disease | В | 18.6% | 20.5% |
| % 65+ ever had a heart attack 3.7% 4.5% % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoparthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with asthma | | 13.1% | 13.0% |
| % 65+ with ischemic heart disease B 31.5% 34.3% % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with hypertension | В | 65.7% | 70.2% |
| % 65+ with congestive heart failure 18.0% 17.7% % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with horonic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ ever had a heart attack | | 3.7% | 4.5% |
| % 65+ with atrial fibrillation 14.8% 14.4% % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with ischemic heart disease | В | 31.5% | 34.3% |
| % 65+ with peripheral vascular disease 16.2% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with congestive heart failure | | 18.0% | 17.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis 51.1% 49.1% % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with atrial fibrillation | | 14.8% | 14.4% |
| % 65+ with osteoporosis 17.2% 17.4% % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with peripheral vascular disease | | 16.2% | 14.7% |
| % 65+ with leukemias and lymphomas W 3.3% 2.0% % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with osteoarthritis/rheumatoid arthritis | | 51.1% | 49.1% |
| % 65+ with lung cancer 1.3% 1.6% % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with osteoporosis | | 17.2% | 17.4% |
| % 65+ with colon cancer B 1.9% 2.4% % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with leukemias and lymphomas | W | 3.3% | 2.0% |
| % 65+ women with breast cancer 11.7% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with colon cancer | В | 1.9% | 2.4% |
| % 65+ men with prostate cancer 10.4% 11.5% % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ women with breast cancer | | 11.7% | 9.8% |
| % 65+ with benign prostatic hyperplasia B 32.2% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ men with prostate cancer | | 10.4% | 11.5% |
| % 65+ with hypothyroidism W 24.4% 20.8% % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with benign prostatic hyperplasia | В | 32.2% | 36.8% |
| % 65+ with anemia 35.5% 37.3% % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with chronic kidney disease 20.5% 22.3% % 65+ with liver diseases 7.5% 6.9% | % 65+ with hypothyroidism | W | 24.4% | 20.8% |
| % 65+ with liver diseases 7.5% 6.9% | % 65+ with anemia | | 35.5% | 37.3% |
| | % 65+ with chronic kidney disease | | 20.5% | 22.3% |
| % 65+ with fibromyalgia, chronic pain and fatigue 17.3% 18.6% | % 65+ with liver diseases | | 7.5% | 6.9% |
| | % 65+ with fibromyalgia, chronic pain and fatigue | | 17.3% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.7% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 24.1% | 22.9% |
| % 65+ with cataract | W | 64.5% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 50.7% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 21.5% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 18.2% | 14.4% |
| % 65+ with self-reported vision difficulty | | 7.5% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.9% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 6.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 17.8% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.3% | 3.2% |
| % 65+ with self-reported self-care difficulty | В | 2.0% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 14.2% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 5.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 5.6% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of primary care providers within 5 miles | | 241 | 2,961 |
| # of hospitals within 5 miles | | 2 | 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 | | 1 | 21 |
| # of memory cafes | | 0 | 12 |
| # of dementia-related support groups | | 0 | 14 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.1 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 528 | 572 |
| Part D monthly prescription fills per person per year | | 47.3 | 49.1 |
| Home health visits per year | | 2.5 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 199 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.6% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 88 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 38 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.6% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 1.4% | 2.5% |
| # of assisted living sites | | 2 | 134 |
| % of vacant homes in community | | 5.6% | 16.0% |
| # of universities and community colleges | | 3 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 54.8% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 298 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 3,294 | 2,012 |
| % 65+ who own a motor vehicle | | 88.6% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 6.2% | 5.4% |
| % 60+ receiving food stamps past year | | 4.6% | 5.7% |
| % 65+ employed past year | | 26.2% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 16.6% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 37.1% | 36.5% |
| % households with annual income > \$50,000 | | 46.3% | 45.3% |
| % 60+ own home | | 68.1% | 79.9% |
| % 60+ have mortgage on home | | 24.3% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 19.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 12.1% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Lincoln is a town located within the White Mountains in Grafton County and is home to the town theme park, Clark's Trading Post. There are 190 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, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, asthma, peripheral vascular disease, chronic kidney disease, migraine, epilepsy, and hearing, visual and mobility impairments. Community resources to support healthy aging include a primary care provider within 5 miles, 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,337 | 1,327,503 |
| Population 60 years or older as % of total population | | 26.0% | 22.7% |
| Total population 60 years or older | | 347 | 301,630 |
| Population 65 years or older as % of total population | | 14.2% | 15.8% |
| Total population 65 years or older | | 190 | 210,385 |
| % 65-74 years | | 45.8% | 58.5% |
| % 75-84 years | | 26.8% | 28.6% |
| % 85 years or older | | 27.4% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 52.6% | 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 | | 33.2% | 58.5% |
| % divorced/separated | | 20.0% | 14.0% |
| % widowed | | 32.6% | 22.9% |
| % never married | | 14.2% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 27.4% | 12.3% |
| % with high school or some college | | 64.2% | 57.1% |
| % with college degree | | 8.4% | 30.6% |
| % of 65+ population living alone | | 52.1% | 26.1% |
| % of 65+ population who speak only English at home | | 94.7% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.1% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.6% | 3.6% |
| % moved from different county in New Hampshire | | 3.2% | 1.0% |
| % moved from different state | | 8.4% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 8.7% | 16.7% |
| % 65+ with high cholesterol | | 71.3% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 17.3% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 21.2% | 28.8% |
| % 65+ with anxiety disorders | | 17.7% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.2% | 5.5% |
| % 65+ with tobacco use disorders | | 7.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.0% | 12.0% |
| % 65+ with diabetes | | 27.9% | 28.2% |
| % 65+ with stroke | | 8.4% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 12.7% | 20.5% |
| % 65+ with asthma | В | 9.7% | 13.0% |
| % 65+ with hypertension | | 68.8% | 70.2% |
| % 65+ ever had a heart attack | | 2.9% | 4.5% |
| % 65+ with ischemic heart disease | | 35.1% | 34.3% |
| % 65+ with congestive heart failure | | 15.9% | 17.7% |
| % 65+ with atrial fibrillation | | 12.9% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 46.2% | 49.1% |
| % 65+ with osteoporosis | | 13.9% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | | 12.3% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.1% | 20.8% |
| % 65+ with anemia | | 33.8% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.1% | 22.3% |
| % 65+ with liver diseases | | 7.2% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.9% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.1% | 22.9% |
| % 65+ with cataract | | 62.4% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.1% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.5% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 22.1% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 8.7% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.6% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | W | 34.2% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 30.5% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 16.8% | 5.6% |
| % 65+ with self-reported independent living difficulty | W | 22.1% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.1% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 5.9% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | | 6.5 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 480 | 572 |
| Part D monthly prescription fills per person per year | * | 42.5 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 242 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 17.7% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 62 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 3.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 81.5% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 62.2% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 381 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 4,398 | 2,012 |
| % 65+ who own a motor vehicle | | 80.9% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 17.9% | 5.4% |
| % 60+ receiving food stamps past year | | 9.0% | 5.7% |
| % 65+ employed past year | | 18.4% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 32.4% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 49.3% | 36.5% |
| % households with annual income > \$50,000 | | 18.4% | 45.3% |
| % 60+ own home | | 72.3% | 79.9% |
| % 60+ have mortgage on home | | 24.7% | 35.3% |
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| % 65+ households spend >35% of income on housing (owner) | | 8.1% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
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Lisbon (Grafton)



Lisbon is a rural town located in Grafton County and hosts an annual Lilac Festival. There are 242 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer's disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. Community resources to support healthy aging include a home health agency, a public library, and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,722 | 1,327,503 |
| Population 60 years or older as % of total population | | 22.7% | 22.7% |
| Total population 60 years or older | | 391 | 301,630 |
| Population 65 years or older as % of total population | | 14.1% | 15.8% |
| Total population 65 years or older | | 242 | 210,385 |
| % 65-74 years | | 62.8% | 58.5% |
| % 75-84 years | | 25.2% | 28.6% |
| % 85 years or older | | 12.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 55.4% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 97.9% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 2.1% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 58.7% | 58.5% |
| % divorced/separated | | 17.8% | 14.0% |
| % widowed | | 19.8% | 22.9% |
| % never married | | 3.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 20.7% | 12.3% |
| % with high school or some college | | 64.5% | 57.1% |
| % with college degree | | 14.9% | 30.6% |
| % of 65+ population living alone | | 24.8% | 26.1% |
| % of 65+ population who speak only English at home | | 97.5% | 91.3% |
| % of 65+ population who are veterans of military service | | 17.8% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.3% | 4.1% |
| Lighon (Crafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 5.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 15.3% | 16.7% |
| % 65+ with high cholesterol | | 69.5% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 25.1% | 28.8% |
| % 65+ with anxiety disorders | В | 12.4% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.1% | 5.5% |
| % 65+ with tobacco use disorders | | 13.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 7.5% | 12.0% |
| % 65+ with diabetes | В | 22.4% | 28.2% |
| % 65+ with stroke | | 9.2% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ with asthma | | 14.2% | 13.0% |
| % 65+ with hypertension | | 68.8% | 70.2% |
| % 65+ ever had a heart attack | | 5.1% | 4.5% |
| % 65+ with ischemic heart disease | | 31.7% | 34.3% |
| % 65+ with congestive heart failure | | 17.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.2% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 38.1% | 49.1% |
| % 65+ with osteoporosis | | 15.5% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 9.3% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 13.0% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 30.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 16.9% | 20.8% |
| % 65+ with anemia | | 33.7% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.4% | 22.3% |
| % 65+ with liver diseases | | 5.9% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.3% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 19.5% | 22.9% |
| % 65+ with cataract | | 57.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 5.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 47.8% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 17.8% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.1% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 7.4% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 18.2% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 8.3% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 14.5% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.7% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.9% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.6 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 540 | 572 |
| Part D monthly prescription fills per person per year | | 49.3 | 49.1 |
| Home health visits per year | * | 1.4 | 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) | | 17.1% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 53 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.9% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.3% | 0.8% |
| % of grandparents who live with grandchildren | | 4.4% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 26.3% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 38.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 42 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 1,181 | 2,012 |
| % 65+ who own a motor vehicle | | 95.3% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 10.3% | 5.4% |
| % 60+ receiving food stamps past year | | 7.7% | 5.7% |
| % 65+ employed past year | | 34.7% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 23.3% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 43.3% | 36.5% |
| % households with annual income > \$50,000 | | 33.3% | 45.3% |
| % 60+ own home | | 89.7% | 79.9% |
| % 60+ have mortgage on home | | 40.8% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 10.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 26.7% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Littleton is a town in Grafton County at the northern edge of the White Mountains. There are 1,081 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer's disease or related dementias, diabetes, chronic obstructive pulmonary disease, hypertension, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, liver diseases, and glaucoma. However, they had higher rates of congestive heart failure and hearing impairment. Community resources to support healthy aging include 29 primary care providers and a hospital within 5 miles, 2 home health agencies, a community health center, a senior center, 2 assisted living sites, a university or community college, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 5,918 | 1,327,503 |
| Population 60 years or older as % of total population | | 27.9% | 22.7% |
| Total population 60 years or older | | 1,649 | 301,630 |
| Population 65 years or older as % of total population | | 18.3% | 15.8% |
| Total population 65 years or older | | 1,081 | 210,385 |
| % 65-74 years | | 61.4% | 58.5% |
| % 75-84 years | | 27.3% | 28.6% |
| % 85 years or older | | 11.3% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 50.7% | 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 | | 63.6% | 58.5% |
| % divorced/separated | | 14.4% | 14.0% |
| % widowed | | 18.5% | 22.9% |
| % never married | | 3.4% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 26.1% | 12.3% |
| % with high school or some college | | 59.7% | 57.1% |
| % with college degree | | 14.2% | 30.6% |
| % of 65+ population living alone | | 29.0% | 26.1% |
| % of 65+ population who speak only English at home | | 90.7% | 91.3% |
| % of 65+ population who are veterans of military service | | 20.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.4% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 6.8% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.4% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 14.6% | 16.7% |
| % 65+ with high cholesterol | В | 67.9% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 26.3% | 28.8% |
| % 65+ with anxiety disorders | В | 16.4% | 21.9% |
| % 65+ with bipolar disorders | В | 1.6% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.8% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse | e) | 5.1% | 5.5% |
| % 65+ with tobacco use disorders | | 9.1% | 10.4% |
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| % 65+ with Alzheimer's disease or related dementias | В | 10.0% | 12.0% |
| % 65+ with diabetes | В | 24.9% | 28.2% |
| % 65+ with stroke | | 10.0% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 16.5% | 20.5% |
| % 65+ with asthma | | 13.7% | 13.0% |
| % 65+ with hypertension | В | 66.8% | 70.2% |
| % 65+ ever had a heart attack | | 4.2% | 4.5% |
| % 65+ with ischemic heart disease | | 33.0% | 34.3% |
| % 65+ with congestive heart failure | W | 22.8% | 17.7% |
| % 65+ with atrial fibrillation | | 14.5% | 14.4% |
| % 65+ with peripheral vascular disease | | 14.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.1% | 49.1% |
| % 65+ with osteoporosis | | 17.1% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.6% | 2.4% |
| % 65+ women with breast cancer | | 10.7% | 9.8% |
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| % 65+ men with prostate cancer | | 9.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 32.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 18.3% | 20.8% |
| % 65+ with anemia | | 36.9% | 37.3% |
| % 65+ with chronic kidney disease | В | 15.6% | 22.3% |
| % 65+ with liver diseases | В | 5.2% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.7% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.8% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | В | 20.2% | 22.9% |
| % 65+ with cataract | | 61.6% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 51.4% | 54.4% |
| % 65+ with 0 chronic conditions | В | 13.1% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 21.5% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | W | 16.9% | 14.4% |
| % 65+ with self-reported vision difficulty | | 2.6% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 8.3% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 28.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 4.1% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 11.5% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 5.3% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 11.9% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 5.4% |
| # of primary care providers within 5 miles | | 29 | 2,961 |
| # of hospitals within 5 miles | | 1 | 26 |
| # of nursing homes within 5 miles | | 0 | 74 |
| # of home health agencies | | 2 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.2 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 589 | 572 |
| Part D monthly prescription fills per person per year | | 48.0 | 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 | * | 193 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 83 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 3.5% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 1.2% | 2.5% |
| # of assisted living sites | | 2 | 134 |
| % of vacant homes in community | | 13.1% | 16.0% |
| # of universities and community colleges | | 1 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 48.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 335 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,231 | 2,012 |
| % 65+ who own a motor vehicle | | 89.9% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 3 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 9.1% | 5.4% |
| % 60+ receiving food stamps past year | | 18.1% | 5.7% |
| % 65+ employed past year | | 34.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 26.3% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 40.1% | 36.5% |
| % households with annual income > \$50,000 | | 33.6% | 45.3% |
| % 60+ own home | | 73.8% | 79.9% |
| % 60+ have mortgage on home | | 35.0% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 6.3% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 13.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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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<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

Lyman (Grafton)



Lyman is a rural town located in northwestern New Hampshire bordering the ridge of Gardner Mountain. There are 135 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of anxiety and bipolar disorders, Alzheimer's disease or related dementias, diabetes, osteoarthritis/rheumatoid arthritis, hypothyroidism, chronic kidney disease, and visual impairment. A community resource to support healthy aging is a home health agency and a senior center.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 623 | 1,327,503 |
| Population 60 years or older as % of total population | | 29.2% | 22.7% |
| Total population 60 years or older | | 182 | 301,630 |
| Population 65 years or older as % of total population | | 21.7% | 15.8% |
| Total population 65 years or older | | 135 | 210,385 |
| % 65-74 years | | 65.2% | 58.5% |
| % 75-84 years | | 28.1% | 28.6% |
| % 85 years or older | | 6.7% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 50.4% | 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 | | 2.2% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 68.9% | 58.5% |
| % divorced/separated | | 5.2% | 14.0% |
| % widowed | | 25.2% | 22.9% |
| % never married | | 0.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 18.5% | 12.3% |
| % with high school or some college | | 48.9% | 57.1% |
| % with college degree | | 32.6% | 30.6% |
| % of 65+ population living alone | | 22.2% | 26.1% |
| % of 65+ population who speak only English at home | | 98.5% | 91.3% |
| % of 65+ population who are veterans of military service | | 20.7% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.3% | 4.1% |
| | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 1.5% | 1.0% |
| % moved from different state | | 1.5% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 15.3% | 16.7% |
| % 65+ with high cholesterol | | 69.5% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 25.1% | 28.8% |
| % 65+ with anxiety disorders | В | 12.4% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.1% | 5.5% |
| % 65+ with tobacco use disorders | | 13.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 7.5% | 12.0% |
| % 65+ with diabetes | В | 22.4% | 28.2% |
| % 65+ with stroke | | 9.2% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ with asthma | | 14.2% | 13.0% |
| % 65+ with hypertension | | 68.8% | 70.2% |
| % 65+ ever had a heart attack | | 5.1% | 4.5% |
| % 65+ with ischemic heart disease | | 31.7% | 34.3% |
| % 65+ with congestive heart failure | | 17.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.2% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 38.1% | 49.1% |
| % 65+ with osteoporosis | | 15.5% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 9.3% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 13.0% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 30.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 16.9% | 20.8% |
| % 65+ with anemia | | 33.7% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.4% | 22.3% |
| % 65+ with liver diseases | | 5.9% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.3% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 19.5% | 22.9% |
| % 65+ with cataract | | 57.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 5.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 47.8% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.8% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 18.5% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 3.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 14.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 23.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 15.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 17.8% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.7% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.9% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.6 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 540 | 572 |
| Part D monthly prescription fills per person per year | | 49.3 | 49.1 |
| Home health visits per year | * | 1.4 | 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) | | 17.1% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 53 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.9% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 0.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 31.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 49.8% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 95.8% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 2.2% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 28.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 6.3% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 58.9% | 36.5% |
| % households with annual income > \$50,000 | | 34.7% | 45.3% |
| % 60+ own home | | 93.3% | 79.9% |
| % 60+ have mortgage on home | | 45.8% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.1% | 8.7% |
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TUFTS Health Plan

Lyme (Grafton)

Lyme is a town in Grafton County and is home to the Chaffee Natural Conservation Area. There are 395 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to not smoke and to take the health promotion steps of engaging in any physical activity within the last month, meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, and having an annual dental exam. Community resources to support healthy aging include 4 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,754 | 1,327,503 |
| Population 60 years or older as % of total population | | 29.9% | 22.7% |
| Total population 60 years or older | | 524 | 301,630 |
| Population 65 years or older as % of total population | | 22.5% | 15.8% |
| Total population 65 years or older | | 395 | 210,385 |
| % 65-74 years | | 69.4% | 58.5% |
| % 75-84 years | | 23.3% | 28.6% |
| % 85 years or older | | 7.3% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 51.1% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.7% | 97.7% |
| % African American | | 1.3% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.8% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 69.9% | 58.5% |
| % divorced/separated | | 13.2% | 14.0% |
| % widowed | | 14.7% | 22.9% |
| % never married | | 2.3% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 3.3% | 12.3% |
| % with high school or some college | | 34.4% | 57.1% |
| % with college degree | | 62.3% | 30.6% |
| % of 65+ population living alone | | 21.4% | 26.1% |
| % of 65+ population who speak only English at home | | 93.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 17.2% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.8% | 4.1% |
| 10 (0) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 2.5% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 14.4% | 16.7% |
| % 65+ with high cholesterol | В | 59.3% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 26.5% | 28.8% |
| % 65+ with anxiety disorders | В | 14.7% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.0% | 5.5% |
| % 65+ with tobacco use disorders | В | 6.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.4% | 12.0% |
| % 65+ with diabetes | В | 21.7% | 28.2% |
| % 65+ with stroke | В | 7.4% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 11.3% | 20.5% |
| % 65+ with asthma | В | 10.3% | 13.0% |
| % 65+ with hypertension | В | 57.4% | 70.2% |
| % 65+ ever had a heart attack | В | 3.0% | 4.5% |
| % 65+ with ischemic heart disease | В | 23.7% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 8.2% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.3% | 49.1% |
| % 65+ with osteoporosis | В | 13.1% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.7% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | | 11.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 30.1% | 37.3% |
| % 65+ with chronic kidney disease | В | 13.9% | 22.3% |
| % 65+ with liver diseases | В | 4.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.7% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | В | 19.6% | 22.9% |
| % 65+ with cataract | | 59.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 39.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 11.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 16.9% | 14.4% |
| % 65+ with self-reported vision difficulty | | 9.6% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 5.3% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | В | 13.4% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 4.3% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 11.9% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 3.3% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of primary care providers within 5 miles | | 4 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.1 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 386 | 572 |
| Part D monthly prescription fills per person per year | * | 41.4 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 179 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 49 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.0% | 0.8% |
| % of grandparents who live with grandchildren | | 2.3% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 13.3% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 77.9% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 94.3% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 4.1% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 35.2% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 6.9% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 30.8% | 36.5% |
| % households with annual income > \$50,000 | | 62.3% | 45.3% |
| % 60+ own home | | 91.4% | 79.9% |
| % 60+ have mortgage on home | | 32.5% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.4% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 17.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Monroe is a rural town in Grafton County located along the Connecticut River and contains part of the Ammonoosuc Gold Fields. There are 182 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, anxiety and bipolar disorders, Alzheimer's disease or related dementias, stroke, peripheral vascular disease, hypothyroidism, and visual impairment. Community resources to support healthy aging include a home health agency, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 995 | 1,327,503 |
| Population 60 years or older as % of total population | | 26.1% | 22.7% |
| Total population 60 years or older | | 260 | 301,630 |
| Population 65 years or older as % of total population | | 18.3% | 15.8% |
| Total population 65 years or older | | 182 | 210,385 |
| % 65-74 years | | 54.9% | 58.5% |
| % 75-84 years | | 29.7% | 28.6% |
| % 85 years or older | | 15.4% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 52.7% | 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 | | 74.7% | 58.5% |
| % divorced/separated | | 12.6% | 14.0% |
| % widowed | | 11.5% | 22.9% |
| % never married | | 1.1% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 14.8% | 12.3% |
| % with high school or some college | | 63.2% | 57.1% |
| % with college degree | | 22.0% | 30.6% |
| % of 65+ population living alone | | 16.5% | 26.1% |
| % of 65+ population who speak only English at home | | 97.8% | 91.3% |
| % of 65+ population who are veterans of military service | | 16.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 5.8% | 4.1% |
| Manua (Crafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 6.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.5% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | | 20.0% | 16.7% |
| % 65+ with high cholesterol | В | 65.4% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 24.9% | 28.8% |
| % 65+ with anxiety disorders | В | 16.4% | 21.9% |
| % 65+ with bipolar disorders | В | 2.0% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 0.9% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.9% | 4.9% |
| % 65+ with personality disorders | | 1.0% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 5.2% | 5.5% |
| % 65+ with tobacco use disorders | | 8.1% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.3% | 12.0% |
| % 65+ with diabetes | | 25.3% | 28.2% |
| % 65+ with stroke | В | 6.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 17.2% | 20.5% |
| % 65+ with asthma | | 10.7% | 13.0% |
| % 65+ with hypertension | | 73.6% | 70.2% |
| % 65+ ever had a heart attack | | 6.6% | 4.5% |
| % 65+ with ischemic heart disease | | 33.6% | 34.3% |
| % 65+ with congestive heart failure | | 16.1% | 17.7% |
| % 65+ with atrial fibrillation | | 11.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.6% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 48.8% | 49.1% |
| % 65+ with osteoporosis | | 15.5% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.8% | 2.0% |
| % 65+ with lung cancer | | 1.3% | 1.6% |
| % 65+ with colon cancer | | 2.5% | 2.4% |
| % 65+ women with breast cancer | | 14.8% | 9.8% |
| % 65+ women with endometrial cancer | | 1.8% | 1.7% |
| % 65+ men with prostate cancer | | 9.2% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 33.3% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 14.1% | 20.8% |
| % 65+ with anemia | | 33.3% | 37.3% |
| % 65+ with chronic kidney disease | | 18.2% | 22.3% |
| % 65+ with liver diseases | | 7.1% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 17.7% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 21.0% | 22.9% |
| % 65+ with cataract | | 63.6% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 4.9% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 8.7% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 22.0% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.7% | 14.4% |
| % 65+ with self-reported vision difficulty | | 11.0% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 13.2% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 22.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 3.5% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 12.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 17.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.5% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 3.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.5 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 502 | 572 |
| Part D monthly prescription fills per person per year | * | 42.7 | 49.1 |
| Home health visits per year | * | 0.7 | 2.5 |
| Durable medical equipment claims per year | | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 173 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | * | 7.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 56 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.5% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.5% | 0.8% |
| % of grandparents who live with grandchildren | | 3.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 11.1% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 53.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 94.8% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 1.6% | 5.4% |
| % 60+ receiving food stamps past year | | 8.3% | 5.7% |
| % 65+ employed past year | | 21.4% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 12.4% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 51.5% | 36.5% |
| % households with annual income > \$50,000 | | 36.1% | 45.3% |
| % 60+ own home | | 95.8% | 79.9% |
| % 60+ have mortgage on home | | 31.7% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.1% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 15.5% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

TECHNICAL NOTES

*See our technical report (online at https://healthyagingdatareports.org/) for more information on data sources, measures, methodology, and margin of errors. For most indicators the reported community and state values are both estimates derived from sample data. Thus, it is possible that some of the differences between state and community estimates may be due to chance associated with population sampling. We use the terms "better" and "worse" to highlight differences between community and state estimates that we are confident are <u>not</u> due to chance. "Better" is used where a higher/lower value has positive implications for the health of older residents. "Worse" is used where a higher/lower score has negative implications for the health of older people, and when the implication is unclear, we use an *. We balance two goals. First, we aim to report data at very local levels because we believe change is often locally driven. Second, we vowed to protect the privacy of the people providing the information reported. Thus, given the constraints of the data analyzed we used a hierarchical approach to reporting. When possible we report estimates for 244 geographic units (i.e., every NH city/town and 5 Manchester neighborhoods, 4 Nashua neighborhoods). For example, the population characteristics were reported for all 244 units. For other data (i.e., highly prevalent chronic disease, health services utilization) we could report for 154 geographic units. For less prevalent conditions we report for 69 geographic units. For the BRFSS data we report for 28 geographic units, and for the lowest prevalence conditions (e.g., HIV) we report for 4 geographic units. The same estimate is reported for all cities/towns within aggregated geographic areas. Maps of the different geographic groupings and the rationale behind the groupings are in the Technical Report.

Data Sources:

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

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 Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

TUFTS Health Plan

Orange (Grafton)

Orange is a rural town located in Grafton County and is home to Cardigan Mountain State Forest. There are 80 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, hypertension, osteoporosis, lung cancer, benign prostatic hyperplasia, hypothyroidism, anemia, liver diseases, glaucoma, cataracts, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include 3 primary care providers within 5 miles, a senior center, and 3 home health agencies.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 230 | 1,327,503 |
| Population 60 years or older as % of total population | | 43.5% | 22.7% |
| Total population 60 years or older | | 100 | 301,630 |
| Population 65 years or older as % of total population | | 34.8% | 15.8% |
| Total population 65 years or older | | 80 | 210,385 |
| % 65-74 years | | 67.5% | 58.5% |
| % 75-84 years | | 23.8% | 28.6% |
| % 85 years or older | | 8.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 38.8% | 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 | | 66.3% | 58.5% |
| % divorced/separated | | 22.5% | 14.0% |
| % widowed | | 11.3% | 22.9% |
| % never married | | 0.0% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 8.8% | 12.3% |
| % with high school or some college | | 60.0% | 57.1% |
| % with college degree | | 31.3% | 30.6% |
| % of 65+ population living alone | | 21.3% | 26.1% |
| % of 65+ population who speak only English at home | | 97.5% | 91.3% |
| % of 65+ population who are veterans of military service | | 27.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.1% | 4.1% |
| 0 (0 (1) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 18.6% | 16.7% |
| % 65+ with high cholesterol | В | 56.7% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 0.0% | 28.4% |
| | | | |

| % 65+ with depression 27.3% 28.8% % 65+ with anxiety disorders B 15.3% 21.9% % 65+ with post-traumatic stress disorder B 0.7% 3.1% % 65+ with post-traumatic stress disorder B 0.7% 1.4% % 65+ with post-traumatic stress disorders B 3.9% 4.9% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with post-traumatic stress disorders B 3.9% 4.9% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with schizophrenia & other contractional disorders 1.1% 1.279 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% 65+ with bubbetos 13.2% 65+ with substance use disorders 13.2% 65+ with disorders 12.79 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% 65+ with strebuth chronic obstructive pulmonary disease 18.3% 12.0% | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|---|-----------------------|-------------------|
| % 65+ with depression 27.3% 28.8% % 65+ with anxiety disorders B 15.3% 21.9% % 65+ with post-traumatic stress disorder B 0.7% 3.1% % 65+ with post-traumatic stress disorder B 0.7% 4.4% % 65+ with post-traumatic stress disorders B 3.9% 4.9% % 65+ with post-traumatic stress disorders B 3.9% 4.9% % 65+ with post-traumatic stress disorders B 3.9% 4.9% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with baccac use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with baccac use disorders 13.2% 6.5% K 65+ with baccac use disorders 13.2% 6.5% K 65+ with disobetes 27.5% 28.2% K 65+ with streamer's disease or related dementias B 9.8% 70.2% K 65+ with | BEHAVIORAL HEALTH | | | |
| % 65+ with anxiety disorders B 15.3% 21.9% % 65+ with polar disorders 2.5% 3.1% % 65+ with post-traumatic stress disorder B 0.7% 1.4% % 65+ with schizophrenia & other psychotic disorders B 3.9% 1.1% % 65+ with personality disorders 0.9% 1.1% # opioid deaths (all ages) (county) 45 1.279 % 65+ with bubstance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with tobacco use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with tobacco use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with bubstance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% 66+ with bubstance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% 65+ with bubstance use disorders 13.2% 10.4% 65+ with disorders 11.1% 10.4% 65+ with disorders 11.1% 10.8% 65+ with chronic obstructive pulmonary disease 11.83 65.3% 70.2% 65+ with chronic obstructive pulmonary disease 18.65 | % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with bipolar disorders 2.5% 3.1% % 65+ with post-traumatic stress disorder B 0.7% 1.4% % 65+ with post-traumatic stress disorder B 0.9% 1.1% % 65+ with personality disorders 0.9% 1.1% # opioid deaths (all ages) (county) 45 1,279 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% 65+ with tobacco use disorders 13.2% 10.4% CHRONIC DISEASE *** *** % 65+ with diabetes 27.5% 28.2% % 65+ with stroke 10.1% 10.8% % 65+ with stroke 10.1% 10.8% % 65+ with tronic obstructive pulmonary disease 18.3% 20.5% % 65+ with atthma 14.6% 13.0% % 65+ with inchronic obstructive pulmonary disease 31.9% 34.3% % 65+ with attrial fibrillation B 65.3% 70.2% % 65+ with inchronic heart disease 31.9% 34.3% % 65+ with peripheral vascular disease 14.4% 44.5% % 65+ with osteo | % 65+ with depression | | 27.3% | 28.8% |
| % 65+ with bost-traumatic stress disorder B 0.7% 1.4% % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with personality disorders 0.9% 1.1% # opioid deaths (all ages) (county) 45 1.279 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with thobacco use disorders 13.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% % 65+ with diabetes 27.5% 28.2% % 65+ with diabetes 27.5% 28.2% % 65+ with otheric obstructive pulmonary disease 18.3% 20.5% % 65+ with historic obstructive pulmonary disease 18.3% 20.5% % 65+ with papertension B 65.3% 70.2% % 65+ with papertension B 65.3% 70.2% % 65+ with sischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with osteoporosis B 14.1% | % 65+ with anxiety disorders | В | 15.3% | 21.9% |
| % 65+ with schizophrenia & other psychotic disorders B 3.9% 4.9% % 65+ with personality disorders 0.9% 1.1% # opioid deaths (all ages) (county) 45 1.279 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% 65+ with tobacco use disorders 13.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% 65+ with diabetes 27.5% 28.2% 65+ with stroke 10.1% 10.8% 65+ with stroke 10.1% 10.8% 65+ with asthma 14.6% 13.0% 65+ with asthma 14.6% 13.0% 65+ with asthma B 65.3% 70.2% 65+ with perpension B 65.3% 70.2% 65+ with perpension B 65.3% 70.2% 65+ with congestive heart disease 31.9% 34.3% 65+ with congestive heart failure 16.9% 17.7% 65+ with peripheral vascular disease 11.4% 14.4% 65+ with peripheral vascular disease B 14.1 | % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with personality disorders 0.9% 1.1% # opioid deaths (all ages) (county) 45 1,279 % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with tobacco use disorders 13.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% % 65+ with diabetes 27.5% 28.2% % 65+ with diabetes 10.1% 10.8% % 65+ with broke 10.1% 10.8% % 65+ with chronic obstructive pulmonary disease 18.3% 20.5% % 65+ with asthma 14.6% 13.0% % 65+ with pypertension B 65.3% 70.2% % 65+ with pypertension B 65.3% 70.2% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with nosteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with lung cancer B 11.1% 16.8% % 65+ with colon cance | % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with diabetes % 65+ with orbinic obstructive pulmonary disease % 65+ with stroke % 65+ with hypertension % 65+ with hypertension % 65+ with congestive heart failure % 65+ with congestive heart failure % 65+ with congestive heart failure % 65+ with peripheral vascular disease % 65+ wi | % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) 5.0% 5.5% % 65+ with tobacco use disorders 13.2% 10.4% CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% % 65+ with disbetes 27.5% 28.2% % 65+ with stroke 10.1% 10.8% % 65+ with chronic obstructive pulmonary disease 18.3% 20.5% % 65+ with asthma 14.6% 13.0% % 65+ with hypertension B 65.3% 70.2% % 65+ with pypertension B 65.3% 70.2% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with stroengestive heart failure 16.9% 17.7% % 65+ with toral fibrillation 13.6% 14.4% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with osteoporosis B 11.1% 16.6% % 65+ with lung cancer B 1.1% 16.6% | % 65+ with personality disorders | | 0.9% | 1.1% |
| % 65+ with tobacco use disorders 13.2% 10.4% CHRONIC DISEASE ************************************ | # opioid deaths (all ages) (county) | | 45 | 1,279 |
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| % 65+ with Alzheimer's disease or related dementias B 9.8% 12.0% % 65+ with diabetes 27.5% 28.2% % 65+ with stroke 10.1% 10.8% % 65+ with chronic obstructive pulmonary disease 18.3% 20.5% % 65+ with asthma 14.6% 13.0% % 65+ with pypertension B 65.3% 70.2% % 65+ ever had a heart attack 6.2% 4.5% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 13.6% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ women with prestat cancer 8.4% 9.8% % 65+ women with prostate cancer 1.5% 1.7% % 65+ women with peristate chyperplasia B 27.8% 36.8% % 65+ with hliv/AIDS 0.05% 0.05% 0.05% <td>% 65+ with tobacco use disorders</td> <td></td> <td>13.2%</td> <td>10.4%</td> | % 65+ with tobacco use disorders | | 13.2% | 10.4% |
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| % 65+ with asthma 14.6% 13.0% % 65+ with hypertension B 65.3% 70.2% % 65+ ever had a heart attack 6.2% 4.5% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoporthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with nemia B 17.8% 20.8% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% <td>% 65+ with stroke</td> <td></td> <td>10.1%</td> <td>10.8%</td> | % 65+ with stroke | | 10.1% | 10.8% |
| % 65+ with hypertension B 65.3% 70.2% % 65+ ever had a heart attack 6.2% 4.5% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with nemia B 28.7% 37.3% % 65+ with chronic kidney disease B 5.0% 6. | % 65+ with chronic obstructive pulmonary disease | | 18.3% | 20.5% |
| % 65+ ever had a heart attack 6.2% 4.5% % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with long cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with chronic kidney disease B 5.0% 6.9% | % 65+ with asthma | | 14.6% | 13.0% |
| % 65+ with ischemic heart disease 31.9% 34.3% % 65+ with congestive heart failure 16.9% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with prostate cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with nemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with hypertension | В | 65.3% | 70.2% |
| % 65+ with congestive heart failure 16.9% 17.7% % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with nemia B 28.7% 37.3% % 65+ with chronic kidney disease B 5.0% 6.9% | % 65+ ever had a heart attack | | 6.2% | 4.5% |
| % 65+ with atrial fibrillation 13.6% 14.4% % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with nemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with ischemic heart disease | | 31.9% | 34.3% |
| % 65+ with peripheral vascular disease 14.4% 14.7% % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease B 5.0% 6.9% | % 65+ with congestive heart failure | | 16.9% | 17.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis 45.2% 49.1% % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with atrial fibrillation | | 13.6% | 14.4% |
| % 65+ with osteoporosis B 14.1% 17.4% % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with peripheral vascular disease | | 14.4% | 14.7% |
| % 65+ with leukemias and lymphomas W 3.4% 2.0% % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with osteoarthritis/rheumatoid arthritis | | 45.2% | 49.1% |
| % 65+ with lung cancer B 1.1% 1.6% % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with osteoporosis | В | 14.1% | 17.4% |
| % 65+ with colon cancer 2.0% 2.4% % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ women with breast cancer 8.4% 9.8% % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ women with endometrial cancer 1.5% 1.7% % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ men with prostate cancer 10.8% 11.5% % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ with benign prostatic hyperplasia B 27.8% 36.8% % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ with HIV/AIDS 0.05% 0.05% % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ men with prostate cancer | | 10.8% | 11.5% |
| % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with benign prostatic hyperplasia | В | 27.8% | 36.8% |
| % 65+ with hypothyroidism B 17.8% 20.8% % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | | | 0.05% | 0.05% |
| % 65+ with anemia B 28.7% 37.3% % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | % 65+ with hypothyroidism | В | 17.8% | 20.8% |
| % 65+ with chronic kidney disease 19.5% 22.3% % 65+ with liver diseases B 5.0% 6.9% | | В | | 37.3% |
| % 65+ with liver diseases B 5.0% 6.9% | | | | 22.3% |
| | · · · · · · · · · · · · · · · · · · · | В | | 6.9% |
| | % 65+ with fibromyalgia, chronic pain and fatigue | | 16.7% | 18.6% |

| % 65+ with epilepsy 1.6% 2.1% % 65+ with traumatic brain injury 1.0% 1.1% % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma B 19.5% 22.9% % 65+ with pressure ulcer or chronic ulcer B 57.3% 61.2% % 65+ with very ulcer or chronic ulcer B 4.6% 7.1% % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.39 LIVING WITH DISABILITY 30.0% 15.09 5.0% % 65+ with self-reported hearing difficulty 30.0% 15.09 6.50 % 65+ with self-reported vision difficulty 5.0% 5.29 6.54 | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|---|-----------------------|-------------------|
| % 65+ with traumatic brain injury 1.0% 1.1% % 65+ with autism spectrum disorders N/A 0.033 % 65+ with glaucoma B 19.5% 22.9% % 65+ with cataract B 57.3% 61.2% % 65+ with cataract B 4.6% 7.1% % 65+ with cut of 15) chronic conditions B 4.6% 7.1% % 65+ with 0 chronic conditions B 14.8% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 30.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.2% % 65+ with self-reported cognition difficulty 2.5% 6.9% % 65+ with self-reported ambulatory difficulty 17.5% 18.8% % 65+ with self-reported ambulatory difficulty 2.6% 3.2% % 65+ with self-reported independent living difficulty 5.0% 11.3% % 65+ with self-reported self-care diffic | % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with autism spectrum disorders N/A 0.03% % 65+ with glaucoma B 19.5% 22.9% % 65+ with pressure ulcer or chronic ulcer B 57.3% 61.2% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with 10 chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY 8 65+ with self-reported hearing difficulty 30.0% 15.0% % 65+ with self-reported hearing difficulty 5.0% 5.2% % 65+ with self-reported vision difficulty 5.0% 5.2% % 65+ with self-reported orgalition difficulty 2.5% 6.9% % 65+ with self-reported ambulatory difficulty 2.5% 6.9% % 65+ with self-reported ambulatory difficulty 2.5% 6.9% % 65+ with self-reported self-care difficulty 2.5% 6.9% % 65+ with self-reported self-care difficulty 2.5% 6.9% % 65+ with self-reported self-care difficulty 3.0% 1.3% ACCESS TO CARE 3.0% | % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with glaucoma B 19.5% 22.9% % 65+ with cataract B 57.3% 61.2% % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.1% % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.4% % 65+ with 0 chronic conditions B 14.8% 10.3% LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 30.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.4% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9% % 65+ with self-reported cognition difficulty 2.5% 6.9% % 65+ with self-reported ambulatory difficulty 17.5% 18.8% % 65+ with self-reported self-care difficulty 2.5% 5.6% % 65+ with self-reported independent living difficulty 2.5% 5.6% % 65+ with self-reported independent living difficulty 3.0% 11.3% ACCESS TO CARE Medicare (65+ | % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with cataract B 57.3% 61.29 % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.19 % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.49 % 65+ with 9 chronic conditions B 14.8% 10.39 LIVING WITH DISABILITY *** *** *** % 65+ with self-reported hearing difficulty 30.0% 15.09 % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported oxinition difficulty 2.5% 6.9 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.6% 3.29 % 65+ with self-reported independent living difficulty 5.0% 11.39 & 65+ with self-reported mobility impairments 2.6% 3.29 % 65+ with self-reported mobility impairments 2.6% 3.29 % 65+ with self-reported mobility impairment <td>% 65+ with autism spectrum disorders</td> <td></td> <td>N/A</td> <td>0.03%</td> | % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with pressure ulcer or chronic ulcer B 4.6% 7.19 % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.49 % 65+ with 0 chronic conditions B 14.8% 10.39 LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 30.0% 15.09 % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with self-reported vision difficulty 2.5% 6.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 2.6% 3.29 % 65+ with self-reported independent living difficulty 2.6% 3.29 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) 7.4% 7.99 % Medicare managed care enrollees 7.4% 7.55 % 60+ with a regular doctor 94.4% 95.89 <t< td=""><td>% 65+ with glaucoma</td><td>В</td><td>19.5%</td><td>22.9%</td></t<> | % 65+ with glaucoma | В | 19.5% | 22.9% |
| % 65+ with 4+ (out of 15) chronic conditions B 48.1% 54.49 % 65+ with 0 chronic conditions B 14.8% 10.39 LIVING WITH DISABILITY 30.0% 15.09 % 65+ with self-reported hearing difficulty 30.0% 15.09 % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 2.5% 5.69 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) ** ** % Medicare managed care enrollees 7.4% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 % 60+ who did not see doctor when needed | % 65+ with cataract | В | 57.3% | 61.2% |
| % 65+ with 0 chronic conditions B 14.8% 10.39 LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 30.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported independent living difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 % 60+ with a final suithin 5 miles 0 2 # of incomplates within 5 miles 0 2 < | % 65+ with pressure ulcer or chronic ulcer | В | 4.6% | 7.1% |
| LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 30.0% 15.0% % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.99 % doully eligible for Medicare and Medicaid 7.6% 7.59 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of nursing homes within 5 miles 0 2 # of nursing homes within 5 miles | % 65+ with 4+ (out of 15) chronic conditions | В | 48.1% | 54.4% |
| % 65+ with self-reported hearing difficulty 30.0% 15.00 % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.99 % doubly eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of communit | % 65+ with 0 chronic conditions | В | 14.8% | 10.3% |
| % 65+ with clinical diagnosis of deafness or hearing impairment 13.1% 14.49 % 65+ with self-reported vision difficulty 5.0% 5.29 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with self-reported ambulatory difficulty 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 0 2 # of noursing homes within 5 miles 0 7 # of nome health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 1 | LIVING WITH DISABILITY | | | |
| % 65+ with self-reported vision difficulty 5.0% 5.2° % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9° % 65+ with self-reported cognition difficulty 2.5% 6.9° % 65+ with self-reported ambulatory difficulty 17.5% 18.8° % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2° % 65+ with self-reported self-care difficulty 2.5% 5.6° % 65+ with self-reported independent living difficulty 5.0% 11.3° ACCESS TO CARE Medicare (65+ population) ** 7.4% 7.9° % dually eligible for Medicare and Medicaid 7.6% 7.5° % 60+ with a regular doctor 94.4% 95.8° % 60+ who did not see doctor when needed due to cost 3.8% 5.4° % 60+ who did not see doctor when needed due to cost 3.8% 5.4° # of primary care providers within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of nursing homes within 5 miles 0 2 # of nomenory cafes 0 2 # of memory cafes 0 1 <td>% 65+ with self-reported hearing difficulty</td> <td></td> <td>30.0%</td> <td>15.0%</td> | % 65+ with self-reported hearing difficulty | | 30.0% | 15.0% |
| % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.99 % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2.96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of normal phase within 5 miles 0 2 # of normal phase within 6 miles 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 | % 65+ with clinical diagnosis of deafness or hearing impairment | | 13.1% | 14.4% |
| % 65+ with self-reported cognition difficulty 2.5% 6.99 % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of normunity health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported vision difficulty | | 5.0% | 5.2% |
| % 65+ with self-reported ambulatory difficulty 17.5% 18.89 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) **** **** 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2.96 # of nursing homes within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with clinical diagnosis of mobility impairments 2.6% 3.29 % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) Very Care of the self-reported independent living difficulty 7.99 % Medicare managed care enrollees 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported cognition difficulty | | 2.5% | 6.9% |
| % 65+ with self-reported self-care difficulty 2.5% 5.69 % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) Value of Medicare and Med | % 65+ with self-reported ambulatory difficulty | | 17.5% | 18.8% |
| % 65+ with self-reported independent living difficulty 5.0% 11.39 ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported self-care difficulty | | 2.5% | 5.6% |
| Medicare (65+ population) 7.4% 7.9% % Medicare managed care enrollees 7.4% 7.9% % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 65+ with self-reported independent living difficulty | | 5.0% | 11.3% |
| % Medicare managed care enrollees 7.4% 7.99 % dually eligible for Medicare and Medicaid 7.6% 7.59 % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | ACCESS TO CARE | | | |
| % dually eligible for Medicare and Medicaid 7.6% 7.5% % 60+ with a regular doctor 94.4% 95.8% % 60+ who did not see doctor when needed due to cost 3.8% 5.4% # of primary care providers within 5 miles 3 2,96 # of nursing homes within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | Medicare (65+ population) | | | |
| % 60+ with a regular doctor 94.4% 95.89 % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % Medicare managed care enrollees | | 7.4% | 7.9% |
| % 60+ who did not see doctor when needed due to cost 3.8% 5.49 # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % dually eligible for Medicare and Medicaid | | 7.6% | 7.5% |
| # of primary care providers within 5 miles 3 2,96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 60+ with a regular doctor | | 94.4% | 95.8% |
| # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of nursing homes within 5 miles 0 7 # of home health agencies 3 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 1 | # of primary care providers within 5 miles | | 3 | 2,961 |
| # of home health agencies34# of community health centers02# of adult day health centers02# of memory cafes01 | # of hospitals within 5 miles | | 0 | 26 |
| # of community health centers02# of adult day health centers02# of memory cafes01 | # of nursing homes within 5 miles | | 0 | 74 |
| # of adult day health centers # of memory cafes 0 2 # of memory cafes | # of home health agencies | | 3 | 49 |
| # of memory cafes 0 1 | # of community health centers | | 0 | 22 |
| <u> </u> | # of adult day health centers | | 0 | 21 |
| # of dementia-related support groups 0 1 | # of memory cafes | | 0 | 12 |
| | # of dementia-related support groups | | 0 | 14 |

| | BETTER / WORSE | COMMUNITY | STATE |
|--|-------------------------|-----------|----------|
| HEALTHY AGING INDICATORS | STATE RATE ¹ | ESTIMATE | ESTIMATE |
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 443 | 572 |
| Part D monthly prescription fills per person per year | | 45.8 | 49.1 |
| Home health visits per year | | 2.8 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 215 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.5% | 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 | * | 2.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 20.7% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 0 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 69.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 7.5% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 28.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 4.2% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 43.8% | 36.5% |
| % households with annual income > \$50,000 | | 52.1% | 45.3% |
| % 60+ own home | | 98.3% | 79.9% |
| % 60+ have mortgage on home | | 25.4% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 12.5% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

TUFTS Health Plan FOUNDATION

Orford (Grafton)

Orford is a rural town located in western New Hampshire known for its historic "ridge" homes. There are 234 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion steps of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include a home health agency, a senior center, and 2 public libraries.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,504 | 1,327,503 |
| Population 60 years or older as % of total population | | 21.9% | 22.7% |
| Total population 60 years or older | | 330 | 301,630 |
| Population 65 years or older as % of total population | | 15.6% | 15.8% |
| Total population 65 years or older | | 234 | 210,385 |
| % 65-74 years | | 53.4% | 58.5% |
| % 75-84 years | | 32.9% | 28.6% |
| % 85 years or older | | 13.7% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 47.9% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 93.2% | 97.7% |
| % African American | | 6.8% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 2.1% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 59.4% | 58.5% |
| % divorced/separated | | 14.1% | 14.0% |
| % widowed | | 20.9% | 22.9% |
| % never married | | 5.6% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 16.2% | 12.3% |
| % with high school or some college | | 42.7% | 57.1% |
| % with college degree | | 41.0% | 30.6% |
| % of 65+ population living alone | | 22.6% | 26.1% |
| % of 65+ population who speak only English at home | | 100.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 25.6% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.8% | 4.1% |
| 0 (1 (0 ()) | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 1.7% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 14.4% | 16.7% |
| % 65+ with high cholesterol | В | 59.3% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 17.4% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 26.5% | 28.8% |
| % 65+ with anxiety disorders | В | 14.7% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.0% | 5.5% |
| % 65+ with tobacco use disorders | В | 6.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.4% | 12.0% |
| % 65+ with diabetes | В | 21.7% | 28.2% |
| % 65+ with stroke | В | 7.4% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 11.3% | 20.5% |
| % 65+ with asthma | В | 10.3% | 13.0% |
| % 65+ with hypertension | В | 57.4% | 70.2% |
| % 65+ ever had a heart attack | В | 3.0% | 4.5% |
| % 65+ with ischemic heart disease | В | 23.7% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 8.2% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.3% | 49.1% |
| % 65+ with osteoporosis | В | 13.1% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.7% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | | 11.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 30.1% | 37.3% |
| % 65+ with chronic kidney disease | В | 13.9% | 22.3% |
| % 65+ with liver diseases | В | 4.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.7% | 18.6% |
| | | | |

| % 65+ with epilepsy 1.6% 2.1 % 65+ with traumatic brain injury 1.0% 1.1 % 65+ with autism spectrum disorders N/A 0.03 % 65+ with glaucoma B 19.6% 22.9 % 65+ with plaucoma B 19.6% 22.9 % 65+ with pressure ulcer or chronic ulcer B 50.0% 7.1 % 65+ with vell-ressure ulcer or chronic conditions B 39.6% 54.4 % 65+ with Ochronic conditions B 39.6% 54.4 % 65+ with Ochronic conditions B 14.2% 10.3 LIVING WITH DISABILITY 59.4 10.3 15.0% 15.0 % 65+ with self-reported hearing difficulty 15.8% 15.0 15.0 14.4 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 65.4 65.4 14.4 65.4 15.0 65.4 15.0 65.4 15.0 65.4 15.0 65.4 15.0 65.4 15.0 15.0 15.0 15.0 15.0 15.0 15.0 | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|---|-----------------------|-------------------|
| % 65+ with traumatic brain injury 1.0% 1.1 % 65+ with autism spectrum disorders N/A 0.03 % 65+ with glaucoma B 19.6% 22.9 % 65+ with cataract 59.3% 61.2 % 65+ with cataract B 50.0% 7.1 % 65+ with count of 15) chronic conditions B 39.6% 54.4 % 65+ with 0 chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with clinical diagnosis of deafness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 1.3% 5.2 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported medicare difficulty 7.6% 7.9 % 65+ with self-reported se | % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with autism spectrum disorders N/A 0.03 % 65+ with glaucoma B 19.6% 22.9 % 65+ with cataract 59.3% 61.2 % 65+ with pressure ulcer or chronic ulcer B 5.0% 7.1 % 65+ with 1 (out of 15) chronic conditions B 39.6% 54.4 % 65+ with 0 chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY 65+ with self-reported hearing difficulty 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with self-reported vision difficulty 1.3% 5.2 % 65+ with self-reported orginition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported self-care difficulty 7.3% 11.3 % 65+ with self-reported self-care difficulty 7.6% 5.2 % 65+ with self-reported ambulatory difficulty 7.6% 5.1 % 65+ with self-reported ambulatory difficulty 7.6% | % 65+ with epilepsy | | 1.6% | 2.1% |
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| % 65+ with cataract 59.3% 61.2 % 65+ with pressure ulcer or chronic ulcer B 5.0% 7.1 % 65+ with 4+ (out of 15) chronic conditions B 39.6% 54.4 % 65+ with 4- (out of 15) chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY *** Experiments** 15.8% 15.0 % 65+ with self-reported hearing difficulty 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE *** 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.6% 7.9 % dually eligible for Medicare and Medicaid *** 3.3% 7.5 % 60+ with a regul | % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with pressure ulcer or chronic ulcer B 5.0% 7.1 % 65+ with 4+ (out of 15) chronic conditions B 39.6% 54.4 % 65+ with 0 chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with self-reported vision difficulty 1.3% 5.2 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported ambulatory difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare managed care enrollees 7.6% 7.9 % douly eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 % 60+ who did not see doctor when need | % 65+ with glaucoma | В | 19.6% | 22.9% |
| % 65+ with 4+ (out of 15) chronic conditions B 39.6% 54.4 % 65+ with 0 chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY | % 65+ with cataract | | 59.3% | 61.2% |
| % 65+ with 0 chronic conditions B 14.2% 10.3 LIVING WITH DISABILITY % 65+ with self-reported hearing difficulty 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with self-reported vision difficulty 1.3% 5.2 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) 7.6% 7.9 % doually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.9 # of hospitals within 5 miles 0 2.9 # of onmenory cafes 0 2.9 | % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| Separate Separate | % 65+ with 4+ (out of 15) chronic conditions | В | 39.6% | 54.4% |
| % 65+ with self-reported hearing difficulty 15.8% 15.0 % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with self-reported vision difficulty 1.3% 5.2 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) * 7.6% 7.9 % dually eligible for Medicare and Medicaid 3.3% 7.5 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of orommunity health centers | % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| % 65+ with clinical diagnosis of deafness or hearing impairment 16.9% 14.4 % 65+ with self-reported vision difficulty 1.3% 5.2 % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) 7.6% 7.9 % dually eligible for Medicare and Medicaid 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.9 # of nursing homes within 5 miles 0 2.9 # of home health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 2 # of m | LIVING WITH DISABILITY | | | |
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| % 65+ with clinical diagnosis of blindness or visual impairment 0.6% 0.9 % 65+ with self-reported cognition difficulty 9.4% 6.9 % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) 7.6% 7.9 % dually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.9 # of hospitals within 5 miles 0 2.9 # of nursing homes within 5 miles 0 2 # of normal health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 4 | % 65+ with clinical diagnosis of deafness or hearing impairment | | 16.9% | 14.4% |
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| % 65+ with self-reported ambulatory difficulty 18.8% 18.8 % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) * 3.3% 7.5 % dually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2.96 # of nursing homes within 5 miles 0 2.96 # of home health agencies 1 4.96 # of adult day health centers 0 2.96 # of memory cafes 0 2.96 | % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with clinical diagnosis of mobility impairments 2.6% 3.2 % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) * 7.6% 7.9 % dually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.9 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of home health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 2 | % 65+ with self-reported cognition difficulty | | 9.4% | 6.9% |
| % 65+ with self-reported self-care difficulty 4.7% 5.6 % 65+ with self-reported independent living difficulty 7.3% 11.3 ACCESS TO CARE Medicare (65+ population) * 7.6% 7.9 % dually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of nome health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 2 | % 65+ with self-reported ambulatory difficulty | | 18.8% | 18.8% |
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| ACCESS TO CARE Medicare (65+ population) % Medicare managed care enrollees 7.6% 7.9 % dually eligible for Medicare and Medicaid * 3.3% 7.5 % 60+ with a regular doctor 94.4% 95.8 % 60+ who did not see doctor when needed due to cost 3.8% 5.4 # of primary care providers within 5 miles 0 2.96 # of hospitals within 5 miles 0 2 # of nursing homes within 5 miles 0 2 # of home health agencies 1 4 # of community health centers 0 2 # of adult day health centers 0 2 # of memory cafes 0 2 | % 65+ with self-reported self-care difficulty | | 4.7% | 5.6% |
| Medicare (65+ population)7.6%7.9% Medicare managed care enrollees7.6%7.9% dually eligible for Medicare and Medicaid*3.3%7.5% 60+ with a regular doctor94.4%95.8% 60+ who did not see doctor when needed due to cost3.8%5.4# of primary care providers within 5 miles02,96# of hospitals within 5 miles02# of nursing homes within 5 miles03# of home health agencies14# of community health centers03# of adult day health centers03# of memory cafes03 | % 65+ with self-reported independent living difficulty | | 7.3% | 11.3% |
| % Medicare managed care enrollees7.6%7.9% dually eligible for Medicare and Medicaid*3.3%7.5% 60+ with a regular doctor94.4%95.8% 60+ who did not see doctor when needed due to cost3.8%5.4# of primary care providers within 5 miles02,96# of hospitals within 5 miles02# of nursing homes within 5 miles03# of home health agencies14# of community health centers03# of adult day health centers03# of memory cafes03 | ACCESS TO CARE | | | |
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| % 60+ who did not see doctor when needed due to cost # of primary care providers within 5 miles # of hospitals within 5 miles # of nursing homes within 5 miles # of home health agencies # of community health centers # of adult day health centers # of memory cafes 3.8% 5.4 5.4 5.4 5.4 6.5 6.7 7.7 7.7 7.7 7.7 7.7 7.7 | % dually eligible for Medicare and Medicaid | * | 3.3% | 7.5% |
| # of primary care providers within 5 miles02,96# of hospitals within 5 miles02# of nursing homes within 5 miles07# of home health agencies14# of community health centers02# of adult day health centers02# of memory cafes02 | % 60+ with a regular doctor | | 94.4% | 95.8% |
| # of hospitals within 5 miles 0 # of nursing homes within 5 miles 0 # of home health agencies 1 # of community health centers 0 # of adult day health centers 0 # of memory cafes 0 | % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of nursing homes within 5 miles 0 # of home health agencies 1 # of community health centers 0 # of adult day health centers 0 # of memory cafes 0 | # of primary care providers within 5 miles | | 0 | 2,961 |
| # of home health agencies # of community health centers # of adult day health centers # of memory cafes 1 2 # of memory cafes | # of hospitals within 5 miles | | 0 | 26 |
| # of community health centers # of adult day health centers # of memory cafes 0 2 # of memory cafes | # of nursing homes within 5 miles | | 0 | 74 |
| # of adult day health centers # of memory cafes 0 2 4 | # of home health agencies | | 1 | 49 |
| # of memory cafes 0 | # of community health centers | | 0 | 22 |
| | # of adult day health centers | | 0 | 21 |
| # of dementia-related support groups 0 | # of memory cafes | | 0 | 12 |
| | # of dementia-related support groups | | 0 | 14 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.1 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 386 | 572 |
| Part D monthly prescription fills per person per year | * | 41.4 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 179 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 49 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.5% | 0.8% |
| % of grandparents who live with grandchildren | | 3.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 17.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 2 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 51.6% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 0 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 323 | 2,012 |
| % 65+ who own a motor vehicle | | 98.5% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 7.3% | 5.4% |
| % 60+ receiving food stamps past year | | 1.8% | 5.7% |
| % 65+ employed past year | | 20.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 10.7% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 32.1% | 36.5% |
| % households with annual income > \$50,000 | | 57.3% | 45.3% |
| % 60+ own home | | 87.4% | 79.9% |
| % 60+ have mortgage on home | | 29.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 25.2% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019



Piermont (Grafton)

Piermont is a rural town in Grafton County and is home to Camp Walt Whitman and Kingswood Camp for Boys. There are 194 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of tooth loss, high cholesterol, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, tobacco use disorders, Alzheimer's disease or related dementias, diabetes, stroke, chronic obstructive pulmonary disease, asthma, hypertension, heart attack, ischemic heart disease, congestive heart failure, peripheral vascular disease, osteoarthritis/rheumatoid arthritis, osteoporosis, lung cancer, benign prostatic hyperplasia, anemia, chronic kidney disease, liver diseases, glaucoma, and pressure ulcers. However, they had higher rates of leukemias and lymphomas. They are more likely to take the health promotion step of meeting the CDC guidelines for aerobic physical activity, getting the recommended hours of sleep, not smoking and having annual dental exams. Community resources to support healthy aging include 6 primary care providers within 5 miles, 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 840 | 1,327,503 |
| Population 60 years or older as % of total population | | 29.9% | 22.7% |
| Total population 60 years or older | | 251 | 301,630 |
| Population 65 years or older as % of total population | | 23.1% | 15.8% |
| Total population 65 years or older | | 194 | 210,385 |
| % 65-74 years | | 63.9% | 58.5% |
| % 75-84 years | | 32.5% | 28.6% |
| % 85 years or older | | 3.6% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 50.5% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 94.8% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 4.1% | 0.9% |
| % Other | | 1.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 68.0% | 58.5% |
| % divorced/separated | | 10.8% | 14.0% |
| % widowed | | 13.9% | 22.9% |
| % never married | | 7.2% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 22.7% | 12.3% |
| % with high school or some college | | 40.2% | 57.1% |
| % with college degree | | 37.1% | 30.6% |
| % of 65+ population living alone | | 20.1% | 26.1% |
| % of 65+ population who speak only English at home | | 91.8% | 91.3% |
| % of 65+ population who are veterans of military service | | 16.0% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.8% | 4.1% |
| | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.6% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 1.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | В | 84.4% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 29.9% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | В | 69.6% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 23.4% | 19.9% |
| % 60+ getting recommended hours of sleep | В | 73.6% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 11.4% | 10.4% |
| % 65+ had hip fracture | | 3.2% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.9% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 10.4% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 80.9% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 39.7% | 40.3% |
| % 60+ flu shot past year | | 66.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 81.0% | 77.8% |
| % 60+ with cholesterol screening | | 94.5% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 70.6% | 79.3% |
| % 60+ with colorectal cancer screening | | 74.2% | 77.0% |
| % 60+ with HIV test | | 14.4% | 13.5% |
| % 60+ current smokers | В | 3.9% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | В | 18.5% | 29.0% |
| % 60+ with annual dental exam | В | 83.6% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 25.4% | 20.2% |
| % 60+ self-reported obese | В | 19.5% | 27.2% |
| % 65+ clinically diagnosed obese | | 14.4% | 16.7% |
| % 65+ with high cholesterol | В | 59.3% | 72.2% |
| % 60+ excessive drinking | | 9.8% | 9.2% |
| % 65+ with poor supermarket access | | 17.4% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 5.0% | 6.9% |
| % 65+ with depression | | 26.5% | 28.8% |
| % 65+ with anxiety disorders | В | 14.7% | 21.9% |
| % 65+ with bipolar disorders | | 2.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | В | 0.7% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 3.9% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 6.0% | 5.5% |
| % 65+ with tobacco use disorders | В | 6.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.4% | 12.0% |
| % 65+ with diabetes | В | 21.7% | 28.2% |
| % 65+ with stroke | В | 7.4% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 11.3% | 20.5% |
| % 65+ with asthma | В | 10.3% | 13.0% |
| % 65+ with hypertension | В | 57.4% | 70.2% |
| % 65+ ever had a heart attack | В | 3.0% | 4.5% |
| % 65+ with ischemic heart disease | В | 23.7% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 13.7% | 14.4% |
| % 65+ with peripheral vascular disease | В | 8.2% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.3% | 49.1% |
| % 65+ with osteoporosis | В | 13.1% | 17.4% |
| % 65+ with leukemias and lymphomas | W | 3.4% | 2.0% |
| % 65+ with lung cancer | В | 1.1% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.7% | 9.8% |
| % 65+ women with endometrial cancer | | 1.5% | 1.7% |
| % 65+ men with prostate cancer | | 11.5% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.5% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.7% | 20.8% |
| % 65+ with anemia | В | 30.1% | 37.3% |
| % 65+ with chronic kidney disease | В | 13.9% | 22.3% |
| % 65+ with liver diseases | В | 4.8% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.7% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.4% | 4.0% |
| % 65+ with epilepsy | | 1.6% | 2.1% |
| % 65+ with traumatic brain injury | | 1.0% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | В | 19.6% | 22.9% |
| % 65+ with cataract | | 59.3% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 39.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 16.0% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 16.9% | 14.4% |
| % 65+ with self-reported vision difficulty | | 6.2% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.6% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 8.2% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 19.6% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.6% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.2% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 9.3% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 3.3% | 7.5% |
| % 60+ with a regular doctor | | 94.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 3.8% | 5.4% |
| # of primary care providers within 5 miles | | 6 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.1 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 386 | 572 |
| Part D monthly prescription fills per person per year | * | 41.4 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 1.6 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | * | 179 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 12.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 49 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.4% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 1.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 28.9% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 84.8% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 50.3% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 91.1% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 82.9% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 3.6% | 5.4% |
| % 60+ receiving food stamps past year | | 1.2% | 5.7% |
| % 65+ employed past year | | 41.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 7.1% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 35.7% | 36.5% |
| % households with annual income > \$50,000 | | 57.1% | 45.3% |
| % 60+ own home | | 87.9% | 79.9% |
| % 60+ have mortgage on home | | 29.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 1.8% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 23.2% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

Plymouth (Grafton)



Plymouth is a town located in Grafton County and bordering the White Mountain National Forest. There are 771 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, diabetes, stroke, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, and hearing impairment. However, they had a higher rate of cataracts. Community resources to support healthy aging include 29 primary care providers and a hospital within 5 miles, 2 home health agencies, a community health center, a senior center, a university or community college, and 2 public libraries.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 6,659 | 1,327,503 |
| Population 60 years or older as % of total population | | 15.5% | 22.7% |
| Total population 60 years or older | | 1,035 | 301,630 |
| Population 65 years or older as % of total population | | 11.6% | 15.8% |
| Total population 65 years or older | | 771 | 210,385 |
| % 65-74 years | | 49.4% | 58.5% |
| % 75-84 years | | 30.0% | 28.6% |
| % 85 years or older | | 20.6% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 66.3% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 1.9% | 0.9% |
| % Hispanic/Latino | | 3.1% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 30.9% | 58.5% |
| % divorced/separated | | 18.3% | 14.0% |
| % widowed | | 47.2% | 22.9% |
| % never married | | 3.6% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 11.0% | 12.3% |
| % with high school or some college | | 71.9% | 57.1% |
| % with college degree | | 17.1% | 30.6% |
| % of 65+ population living alone | | 37.4% | 26.1% |
| % of 65+ population who speak only English at home | | 92.2% | 91.3% |
| % of 65+ population who are veterans of military service | | 18.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| D1 (0 (0) | | | 54654 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 1.4% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 13.3% | 16.7% |
| % 65+ with high cholesterol | | 71.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 85.4% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | STATE RATE | ESTIMATE | ESTIMATE |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 25.6% | 28.8% |
| % 65+ with anxiety disorders | | 19.7% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.7% | 5.5% |
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| % 65+ with asthma | | 12.7% | 13.0% |
| % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ ever had a heart attack | | 4.7% | 4.5% |
| % 65+ with ischemic heart disease | | 32.4% | 34.3% |
| % 65+ with congestive heart failure | | 15.8% | 17.7% |
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| % 65+ with osteoporosis | В | 13.7% | 17.4% |
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| % 65+ men with prostate cancer | | 12.3% | 11.5% |
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| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.4% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
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| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 22.9% | 22.9% |
| % 65+ with cataract | W | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 7.5% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 51.2% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | W | 33.2% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 10.6% | 14.4% |
| % 65+ with self-reported vision difficulty | | 10.2% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 6.1% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | W | 37.2% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 12.1% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 23.3% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | * | 10.0% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.2% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 5.4% |
| # of primary care providers within 5 miles | | 29 | 2,961 |
| # of hospitals within 5 miles | | 1 | 26 |
| # of nursing homes within 5 miles | | 0 | 74 |
| # of home health agencies | | 2 | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 565 | 572 |
| Part D monthly prescription fills per person per year | * | 43.5 | 49.1 |
| Home health visits per year | * | 1.7 | 2.5 |
| Durable medical equipment claims per year | * | 2.5 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 227 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 14.2% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 60 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 2.2% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 2.9% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 18.6% | 16.0% |
| # of universities and community colleges | | 1 | 41 |
| # of public libraries | | 2 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 44.2% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 207 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,668 | 2,012 |
| % 65+ who own a motor vehicle | | 81.2% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 13.4% | 5.4% |
| % 60+ receiving food stamps past year | | 10.7% | 5.7% |
| % 65+ employed past year | | 11.5% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 37.6% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 37.6% | 36.5% |
| % households with annual income > \$50,000 | | 24.9% | 45.3% |
| % 60+ own home | | 65.9% | 79.9% |
| % 60+ have mortgage on home | | 20.8% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 2.1% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 25.3% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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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- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016). ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

Rumney (Grafton)



Rumney is a town in Grafton County at the southern edge of the White Mountain National Forest. There are 277 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, chronic obstructive pulmonary disease, hypertension, peripheral vascular disease, osteoporosis, anemia, chronic kidney disease, pressure ulcers, and hearing impairment. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,644 | 1,327,503 |
| Population 60 years or older as % of total population | | 28.5% | 22.7% |
| Total population 60 years or older | | 468 | 301,630 |
| Population 65 years or older as % of total population | | 16.8% | 15.8% |
| Total population 65 years or older | | 277 | 210,385 |
| % 65-74 years | | 61.4% | 58.5% |
| % 75-84 years | | 26.7% | 28.6% |
| % 85 years or older | | 11.9% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 55.2% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 94.2% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 2.5% | 0.9% |
| % Other | | 3.2% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 66.4% | 58.5% |
| % divorced/separated | | 8.7% | 14.0% |
| % widowed | | 22.0% | 22.9% |
| % never married | | 2.9% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 11.6% | 12.3% |
| % with high school or some college | | 56.7% | 57.1% |
| % with college degree | | 31.8% | 30.6% |
| % of 65+ population living alone | | 17.0% | 26.1% |
| % of 65+ population who speak only English at home | | 96.4% | 91.3% |
| % of 65+ population who are veterans of military service | | 17.0% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.7% | 4.1% |
| | | | 54054 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 1.1% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 12.8% | 16.7% |
| % 65+ with high cholesterol | В | 67.1% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 1.3% | 28.4% |
| | | | |

| | DETTED / WORSE | COMMUNITY | 07475 |
|--|---|-----------------------|-------------------|
| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 23.8% | 28.8% |
| % 65+ with anxiety disorders | | 18.6% | 21.9% |
| % 65+ with bipolar disorders | | 3.3% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 5.2% | 4.9% |
| % 65+ with personality disorders | | 1.5% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.0% | 5.5% |
| % 65+ with tobacco use disorders | | 11.6% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 10.3% | 12.0% |
| % 65+ with diabetes | | 24.7% | 28.2% |
| % 65+ with stroke | | 10.5% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 16.3% | 20.5% |
| % 65+ with asthma | | 13.3% | 13.0% |
| % 65+ with hypertension | В | 65.1% | 70.2% |
| % 65+ ever had a heart attack | | 4.0% | 4.5% |
| % 65+ with ischemic heart disease | | 31.8% | 34.3% |
| % 65+ with congestive heart failure | | 16.2% | 17.7% |
| % 65+ with atrial fibrillation | | 15.0% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.3% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 44.9% | 49.1% |
| % 65+ with osteoporosis | В | 12.1% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 8.4% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 10.9% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.8% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.6% | 20.8% |
| % 65+ with anemia | В | 32.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 16.4% | 22.3% |
| % 65+ with liver diseases | | 6.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 18.0% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 23.4% | 22.9% |
| % 65+ with cataract | | 58.8% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | В | 5.0% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.6% | 54.4% |
| % 65+ with 0 chronic conditions | В | 14.2% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 13.4% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 11.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 5.1% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 5.8% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | В | 11.2% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.4% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 10.5% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 7.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.3% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.3 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 570 | 572 |
| Part D monthly prescription fills per person per year | * | 43.7 | 49.1 |
| Home health visits per year | * | 1.1 | 2.5 |
| Durable medical equipment claims per year | | 1.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 202 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 13.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 51 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 1.3% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 2.8% | 0.8% |
| % of grandparents who live with grandchildren | | 3.9% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 32.9% | 16.0% |
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| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 54.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 92.5% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
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| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 14.8% | 5.4% |
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| % households with annual income < \$20,000 | | 26.9% | 18.2% |
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| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
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Sugar Hill is a rural town in Grafton County that overlooks the White Mountain National Forest. There are 196 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, anxiety and bipolar 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, osteoarthritis/rheumatoid arthritis, benign prostatic hyperplasia, hypothyroidism, anemia, chronic kidney disease, and fibromyalgia/chronic pain/fatigue. Community resources to support healthy aging include 2 primary care providers and a nursing home within 5 miles, a home health agency, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 694 | 1,327,503 |
| Population 60 years or older as % of total population | | 45.0% | 22.7% |
| Total population 60 years or older | | 312 | 301,630 |
| Population 65 years or older as % of total population | | 28.2% | 15.8% |
| Total population 65 years or older | | 196 | 210,385 |
| % 65-74 years | | 65.3% | 58.5% |
| % 75-84 years | | 23.0% | 28.6% |
| % 85 years or older | | 11.7% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 45.4% | 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 | | 76.0% | 58.5% |
| % divorced/separated | | 2.0% | 14.0% |
| % widowed | | 12.2% | 22.9% |
| % never married | | 9.7% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 3.1% | 12.3% |
| % with high school or some college | | 55.6% | 57.1% |
| % with college degree | | 41.3% | 30.6% |
| % of 65+ population living alone | | 18.4% | 26.1% |
| % of 65+ population who speak only English at home | | 95.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 23.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.4% | 4.1% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 2.6% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 73.6% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 23.8% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 55.3% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 17.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 64.8% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 9.6% | 10.4% |
| % 65+ had hip fracture | | 3.4% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 18.0% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 16.6% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.2% | 40.3% |
| % 60+ flu shot past year | | 52.1% | 59.3% |
| % 65+ with pneumonia vaccine | | 74.9% | 77.8% |
| % 60+ with cholesterol screening | | 92.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 77.0% | 79.3% |
| % 60+ with colorectal cancer screening | | 80.9% | 77.0% |
| % 60+ with HIV test | | 16.2% | 13.5% |
| % 60+ current smokers | | 10.6% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 33.6% | 29.0% |
| % 60+ with annual dental exam | | 69.2% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 15.2% | 20.2% |
| % 60+ self-reported obese | | 27.6% | 27.2% |
| % 65+ clinically diagnosed obese | В | 10.9% | 16.7% |
| % 65+ with high cholesterol | В | 62.8% | 72.2% |
| % 60+ excessive drinking | | 7.6% | 9.2% |
| % 65+ with poor supermarket access | | 0.5% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 8.0% | 6.9% |
| % 65+ with depression | | 25.2% | 28.8% |
| % 65+ with anxiety disorders | В | 17.2% | 21.9% |
| % 65+ with bipolar disorders | В | 1.6% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.8% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | | 4.4% | 4.9% |
| % 65+ with personality disorders | | 0.9% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.7% | 5.5% |
| % 65+ with tobacco use disorders | В | 5.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 9.3% | 12.0% |
| % 65+ with diabetes | В | 18.0% | 28.2% |
| % 65+ with stroke | | 8.3% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 9.2% | 20.5% |
| % 65+ with asthma | В | 10.2% | 13.0% |
| % 65+ with hypertension | В | 61.0% | 70.2% |
| % 65+ ever had a heart attack | | 3.0% | 4.5% |
| % 65+ with ischemic heart disease | В | 24.4% | 34.3% |
| % 65+ with congestive heart failure | В | 13.7% | 17.7% |
| % 65+ with atrial fibrillation | | 12.1% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | В | 43.0% | 49.1% |
| % 65+ with osteoporosis | | 17.0% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.6% | 2.4% |
| % 65+ women with breast cancer | | 9.5% | 9.8% |
| % 65+ women with endometrial cancer | | 2.0% | 1.7% |
| % 65+ men with prostate cancer | | 12.6% | 11.5% |
| % 65+ with benign prostatic hyperplasia | В | 29.4% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | В | 15.6% | 20.8% |
| % 65+ with anemia | В | 31.0% | 37.3% |
| % 65+ with chronic kidney disease | В | 11.7% | 22.3% |
| % 65+ with liver diseases | | 5.0% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | В | 13.5% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 3.8% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 25.2% | 22.9% |
| % 65+ with cataract | | 65.1% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 5.4% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 39.2% | 54.4% |
| % 65+ with 0 chronic conditions | В | 13.7% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 15.8% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 17.5% | 14.4% |
| % 65+ with self-reported vision difficulty | | 8.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.1% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 12.8% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 7.7% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 9.7% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 6.6% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 4.6% | 7.5% |
| % 60+ with a regular doctor | | 96.4% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 9.7% | 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 | | 1 | 74 |
| # of home health agencies | | 1 | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 4.4 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 480 | 572 |
| Part D monthly prescription fills per person per year | * | 37.8 | 49.1 |
| Home health visits per year | * | 1.2 | 2.5 |
| Durable medical equipment claims per year | * | 1.3 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 184 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 18.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 71 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.6% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 0.7% | 0.8% |
| % of grandparents who live with grandchildren | | 0.7% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 29.9% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 72.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 65.1% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 59 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 1,108 | 2,012 |
| % 65+ who own a motor vehicle | | 98.5% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 73.0% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 1.0% | 5.4% |
| % 60+ receiving food stamps past year | | 2.0% | 5.7% |
| % 65+ employed past year | | 36.7% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 6.1% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 22.0% | 36.5% |
| % households with annual income > \$50,000 | | 72.0% | 45.3% |
| % 60+ own home | | 94.2% | 79.9% |
| % 60+ have mortgage on home | | 30.5% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 31.8% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team</u>. Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Thornton is a rural town located in Grafton County, nestled in the Pemigewasset River Valley. There are 537 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 2,007 | 1,327,503 |
| Population 60 years or older as % of total population | | 35.4% | 22.7% |
| Total population 60 years or older | | 710 | 301,630 |
| Population 65 years or older as % of total population | | 26.8% | 15.8% |
| Total population 65 years or older | | 537 | 210,385 |
| % 65-74 years | | 63.1% | 58.5% |
| % 75-84 years | | 26.6% | 28.6% |
| % 85 years or older | | 10.2% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 50.3% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.3% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 1.7% | 0.9% |
| % Other | | 0.0% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 72.4% | 58.5% |
| % divorced/separated | | 4.8% | 14.0% |
| % widowed | | 14.5% | 22.9% |
| % never married | | 8.2% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 12.8% | 12.3% |
| % with high school or some college | | 54.2% | 57.1% |
| % with college degree | | 33.0% | 30.6% |
| % of 65+ population living alone | | 20.7% | 26.1% |
| % of 65+ population who speak only English at home | | 98.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 32.8% | 24.8% |
| Age-sex adjusted 1-year mortality rate | В | 2.2% | 4.1% |
| TI (0.1%) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 1.7% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 13.6% | 16.7% |
| % 65+ with high cholesterol | В | 66.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 17.3% | 28.4% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 22.9% | 28.8% |
| % 65+ with anxiety disorders | В | 16.7% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.6% | 5.5% |
| % 65+ with tobacco use disorders | | 9.2% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | | 11.5% | 12.0% |
| % 65+ with diabetes | | 29.8% | 28.2% |
| % 65+ with stroke | | 9.9% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | | 18.2% | 20.5% |
| % 65+ with asthma | | 15.9% | 13.0% |
| % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ ever had a heart attack | | 5.0% | 4.5% |
| % 65+ with ischemic heart disease | | 34.2% | 34.3% |
| % 65+ with congestive heart failure | | 20.7% | 17.7% |
| % 65+ with atrial fibrillation | | 13.4% | 14.4% |
| % 65+ with peripheral vascular disease | | 12.0% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 44.1% | 49.1% |
| % 65+ with osteoporosis | | 14.3% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | | 10.0% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 36.4% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 20.9% | 20.8% |
| % 65+ with anemia | | 39.6% | 37.3% |
| % 65+ with chronic kidney disease | В | 15.1% | 22.3% |
| % 65+ with liver diseases | В | 4.6% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | В | 13.8% | 18.6% |
| | | | |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.9% | 22.9% |
| % 65+ with cataract | | 63.5% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 8.1% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.0% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 15.3% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 9.4% | 14.4% |
| % 65+ with self-reported vision difficulty | | 3.4% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 2.2% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 14.9% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 7.8% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.5% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.8% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.5 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 531 | 572 |
| Part D monthly prescription fills per person per year | * | 42.8 | 49.1 |
| Home health visits per year | | 1.8 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 180 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 41 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.7% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.0% | 0.8% |
| % of grandparents who live with grandchildren | | 1.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 51.0% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 65.8% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 80 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 801 | 2,012 |
| % 65+ who own a motor vehicle | | 97.3% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 2.0% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 24.8% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 9.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 55.5% | 36.5% |
| % households with annual income > \$50,000 | | 35.5% | 45.3% |
| % 60+ own home | | 88.7% | 79.9% |
| % 60+ have mortgage on home | | 49.7% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 26.3% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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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- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016). ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Warren is a rural town in Grafton County and home to Moose Hillock Camping Resort. There are 161 residents age 65 or older. Compared to state average rates, older residents fared had higher rates of tobacco use disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, congestive heart failure, peripheral vascular disease, anemia, cataracts, and pressure ulcers. Community resources to support healthy aging include 3 home health agencies, a community health center, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|--------------------|-------------------|
| Total population all ages | | 869 | 1,327,503 |
| Population 60 years or older as % of total population | | 24.9% | 22.7% |
| Total population 60 years or older | | 216 | 301,630 |
| Population 65 years or older as % of total population | | 18.5% | 15.8% |
| Total population 65 years or older | | 161 | 210,385 |
| % 65-74 years | | 82.6% | 58.5% |
| % 75-84 years | | 12.4% | 28.6% |
| % 85 years or older | | 5.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 51.6% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 98.8% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 1.2% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 72.7% | 58.5% |
| % divorced/separated | | 8.1% | 14.0% |
| % widowed | | 17.4% | 22.9% |
| % never married | | 1.9% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 8.1% | 12.3% |
| % with high school or some college | | 72.7% | 57.1% |
| % with college degree | | 19.3% | 30.6% |
| % of 65+ population living alone | | 21.7% | 26.1% |
| % of 65+ population who speak only English at home | | 98.1% | 91.3% |
| % of 65+ population who are veterans of military service | | 19.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.4% | 4.1% |
| Warran (Crafton) | | | DACE 1 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 1.2% | 3.6% |
| % moved from different county in New Hampshire | | 1.9% | 1.0% |
| % moved from different state | | 1.9% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 17.1% | 16.7% |
| % 65+ with high cholesterol | | 72.2% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 41.3% | 28.4% |
| | | | |

| BEHAVIORAL HEALTH % 60+ with 15+ days poor mental health last month % 65+ with depression % 65+ with anxiety disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension % 65+ ever had a heart attack | | - 227 | |
|--|---|--------------|-------|
| % 65+ with depression % 65+ with anxiety disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | | |
| % 65+ with bipolar disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 7.8% | 6.9% |
| % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 28.8% | 28.8% |
| % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 25.9% | 21.9% |
| % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 3.3% | 3.1% |
| % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 1.5% | 1.4% |
| # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 5.2% | 4.9% |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 1.5% | 1.1% |
| % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 45 | 1,279 |
| CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 6.2% | 5.5% |
| % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | W | 17.0% | 10.4% |
| % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | | |
| % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | W | 16.8% | 12.0% |
| % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 32.3% | 28.2% |
| % 65+ with asthma % 65+ with hypertension | | 12.3% | 10.8% |
| % 65+ with hypertension | W | 25.6% | 20.5% |
| | | 15.6% | 13.0% |
| % 65+ ever had a heart attack | | 71.2% | 70.2% |
| | | 4.1% | 4.5% |
| % 65+ with ischemic heart disease | | 33.6% | 34.3% |
| % 65+ with congestive heart failure | W | 23.7% | 17.7% |
| % 65+ with atrial fibrillation | | 15.5% | 14.4% |
| % 65+ with peripheral vascular disease | W | 20.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 50.0% | 49.1% |
| % 65+ with osteoporosis | | 15.0% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 6.2% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 7.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 41.2% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 21.1% | 20.8% |
| % 65+ with anemia | W | 44.3% | 37.3% |
| % 65+ with chronic kidney disease | | 23.2% | 22.3% |
| % 65+ with liver diseases | | 7 60/ | 0.004 |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 7.6% | 6.9% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|--|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 24.0% | 22.9% |
| % 65+ with cataract | W | 70.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | W | 12.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 55.8% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 13.0% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 12.4% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 4.3% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 21.1% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 5.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 10.6% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 14.6% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 | | 1 | 22 |
| # of adult day health centers | | 0 | 21 |
| # of memory cafes | | 0 | 12 |
| # of dementia-related support groups | | 0 | 14 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 743 | 572 |
| Part D monthly prescription fills per person per year | * | 62.1 | 49.1 |
| Home health visits per year | | 2.0 | 2.5 |
| Durable medical equipment claims per year | | 2.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 312 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 19.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 81 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 311 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 10.8% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| Air pollution: annual # of unhealthy days for 65+ (county) | | 0 | N/A |
| % of grandparents raising grandchildren | | 1.6% | 0.8% |
| % of grandparents who live with grandchildren | | 4.4% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 43.0% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 50.8% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 94.2% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 5.6% | 5.4% |
| % 60+ receiving food stamps past year | | 5.8% | 5.7% |
| % 65+ employed past year | | 30.4% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 16.5% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 58.3% | 36.5% |
| % households with annual income > \$50,000 | | 25.2% | 45.3% |
| % 60+ own home | | 89.5% | 79.9% |
| % 60+ have mortgage on home | | 33.8% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 30.1% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
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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), memorycaredirectory.com (2018), and the Alzheimer's Association (July 2018).
- Service Utilization: CMS (2015), and Medicare Nursing Home Compare (December 2018).
- Community & Civic Engagement: AARP (2018 update; https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/member-list.html), the Aging & Disability Resource Center, U.S. Environmental Protection Agency Air Compare (2016), assistedlivingfacilities.org, ACS (2012-2016), the NH Department of Business and Economic Affairs Division of Travel and Tourism Development (August 2018), NH YMCA (July 2018), the Federal Communications Commission (2016), BRFSS (2011-2016), and the NH Secretary of State.
- Safety & Transportation: U.S. Department of Justice Federal Bureau of Investigation (August 2017), the County Health Rankings (2018), BRFSS (2011-2016). ACS (2012-2016), and the National Highway Traffic Safety Administration (2011-2015).
- Economic & Housing, Cost of Living: ACS (2012-2016) and the Center for Social and Demographic Research on Aging at the University of Massachusetts Boston (August 2017).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Waterville Valley is a rural town in Grafton County and is known for its alpine skiing. There are 51 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, bipolar disorders, schizophrenia and other psychotic disorders, Alzheimer's disease or related dementias, obstructive pulmonary disease, asthma, peripheral vascular disease, chronic kidney disease, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include a home health agency, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 186 | 1,327,503 |
| Population 60 years or older as % of total population | | 34.9% | 22.7% |
| Total population 60 years or older | | 65 | 301,630 |
| Population 65 years or older as % of total population | | 27.4% | 15.8% |
| Total population 65 years or older | | 51 | 210,385 |
| % 65-74 years | | 84.3% | 58.5% |
| % 75-84 years | | 7.8% | 28.6% |
| % 85 years or older | | 7.8% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 23.5% | 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 | | 37.3% | 58.5% |
| % divorced/separated | | 37.3% | 14.0% |
| % widowed | | 17.6% | 22.9% |
| % never married | | 7.8% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 2.0% | 12.3% |
| % with high school or some college | | 25.5% | 57.1% |
| % with college degree | | 72.5% | 30.6% |
| % of 65+ population living alone | | 72.5% | 26.1% |
| % of 65+ population who speak only English at home | | 98.0% | 91.3% |
| % of 65+ population who are veterans of military service | | 25.5% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 3.1% | 4.1% |
| W | | | 54054 |

Waterville Valley (Grafton) PAGE 1

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 0.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 13.7% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | В | 8.7% | 16.7% |
| % 65+ with high cholesterol | | 71.3% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 17.3% | 28.4% |
| | | | |

Waterville Valley (Grafton) PAGE 2

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| BEHAVIORAL HEALTH | | | |
| % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with depression | В | 21.2% | 28.8% |
| % 65+ with anxiety disorders | | 17.7% | 21.9% |
| % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with personality disorders | | 0.7% | 1.1% |
| # opioid deaths (all ages) (county) | | 45 | 1,279 |
| % 65+ with substance use disorders (drug use +/or alcohol abuse |) | 4.2% | 5.5% |
| % 65+ with tobacco use disorders | | 7.8% | 10.4% |
| CHRONIC DISEASE | | | |
| % 65+ with Alzheimer's disease or related dementias | В | 8.0% | 12.0% |
| % 65+ with diabetes | | 27.9% | 28.2% |
| % 65+ with stroke | | 8.4% | 10.8% |
| % 65+ with chronic obstructive pulmonary disease | В | 12.7% | 20.5% |
| % 65+ with asthma | В | 9.7% | 13.0% |
| % 65+ with hypertension | | 68.8% | 70.2% |
| % 65+ ever had a heart attack | | 2.9% | 4.5% |
| % 65+ with ischemic heart disease | | 35.1% | 34.3% |
| % 65+ with congestive heart failure | | 15.9% | 17.7% |
| % 65+ with atrial fibrillation | | 12.9% | 14.4% |
| % 65+ with peripheral vascular disease | В | 10.8% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 46.2% | 49.1% |
| % 65+ with osteoporosis | | 13.9% | 17.4% |
| % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ men with prostate cancer | | 12.3% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 37.6% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 18.1% | 20.8% |
| % 65+ with anemia | | 33.8% | 37.3% |
| % 65+ with chronic kidney disease | В | 14.1% | 22.3% |
| % 65+ with liver diseases | | 7.2% | 6.9% |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 16.9% | 18.6% |

Waterville Valley (Grafton)

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| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|--------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.1% | 22.9% |
| % 65+ with cataract | | 62.4% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 6.1% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 46.5% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.9% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 7.8% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 8.7% | 14.4% |
| % 65+ with self-reported vision difficulty | | 0.0% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 0.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 0.0% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 0.0% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 0.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.1% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 5.9% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 | | 1 | 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 |

Waterville Valley (Grafton)

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| hysician visits per year mergency room visits/1000 persons 65+ years per year art D monthly prescription fills per person per year ome health visits per year urable medical equipment claims per year patient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | * | 6.5 480 | 6.2 |
|--|---|------------|-------|
| mergency room visits/1000 persons 65+ years per year art D monthly prescription fills per person per year ome health visits per year urable medical equipment claims per year patient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years of 65+ getting Medicaid long term services and supports community and senior centers in pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | | 6.0 |
| art D monthly prescription fills per person per year ome health visits per year urable medical equipment claims per year patient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years of 65+ getting Medicaid long term services and supports community variables & civic engagement ARP Age-Friendly efforts in community of senior centers in pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 400 | 6.3 |
| ome health visits per year urable medical equipment claims per year patient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 480 | 572 |
| urable medical equipment claims per year spatient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | * | 42.5 | 49.1 |
| patient hospital stays/1000 persons 65+ years per year ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers in pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | * | 1.7 | 2.5 |
| ledicare inpatient hospital readmissions (as % of admissions) skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years of 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 1.6 | 2.0 |
| skilled nursing facility stays/1000 persons 65+ years per year skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 242 | 237 |
| skilled nursing home Medicare beds/1000 persons 65+ years 65+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 17.7% | 15.8% |
| 665+ getting Medicaid long term services and supports COMMUNITY VARIABLES & CIVIC ENGAGEMENT ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 62 | 76 |
| ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 0 | 33 |
| ARP Age-Friendly efforts in community of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | 3.2% | 3.7% |
| of senior centers ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | | |
| ir pollution: annual # of unhealthy days for 65+ (county) of grandparents raising grandchildren | | Not yet | Yes |
| of grandparents raising grandchildren | | 1 | 44 |
| | | 0 | N/A |
| | | 0.0% | 0.8% |
| of grandparents who live with grandchildren | | 0.0% | 2.5% |
| of assisted living sites | | 0 | 134 |
| of vacant homes in community | | 92.5% | 16.0% |
| of universities and community colleges | | 0 | 41 |
| of public libraries | | 1 | 234 |
| of YMCAs | | 0 | 12 |
| in county with access to broadband (all ages) | | 89.0% | 93.0% |
| 60+ who used Internet in last month | | 78.9% | 77.6% |
| oter participation rate in 2018 election (age 18+) | | 93.5% | 54.7% |
| AFETY & TRANSPORTATION | | | |
| iolent crime rate /100,000 persons | | 134 | 207 |
| omicide rate /100,000 persons (county) | | 2 | 1 |
| firearm fatalities (county) | | 40 | 586 |
| roperty crime rate /100,000 persons | | 13,488 | 2,012 |
| 65+ who own a motor vehicle | | 100.0% | 91.0% |
| 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| of fatal crashes involving adult age 60+/town | | 0 | 151 |
| of fatal crashes involving adult age 60+/county | | | |

Waterville Valley (Grafton) PAGE 5

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 0.0% | 5.4% |
| % 60+ receiving food stamps past year | | 0.0% | 5.7% |
| % 65+ employed past year | | 33.3% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 2.4% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 40.5% | 36.5% |
| % households with annual income > \$50,000 | | 57.1% | 45.3% |
| % 60+ own home | | 100.0% | 79.9% |
| % 60+ have mortgage on home | | 27.5% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 19.0% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019

Waterville Valley (Grafton)

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Wentworth is a rural town in Grafton County. There are 234 residents age 65 or older. Compared to state average rates, older residents fared worse on some healthy aging indicators with higher rates of tobacco use disorders, Alzheimer's disease or related dementias, chronic obstructive pulmonary disease, congestive heart failure, peripheral vascular disease, anemia, cataracts, and pressure ulcers. Community resources to support healthy aging include 3 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 793 | 1,327,503 |
| Population 60 years or older as % of total population | | 36.8% | 22.7% |
| Total population 60 years or older | | 292 | 301,630 |
| Population 65 years or older as % of total population | | 29.5% | 15.8% |
| Total population 65 years or older | | 234 | 210,385 |
| % 65-74 years | | 66.7% | 58.5% |
| % 75-84 years | | 23.9% | 28.6% |
| % 85 years or older | | 9.4% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 54.3% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 99.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 0.9% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 67.5% | 58.5% |
| % divorced/separated | | 13.2% | 14.0% |
| % widowed | | 15.4% | 22.9% |
| % never married | | 3.8% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 13.2% | 12.3% |
| % with high school or some college | | 59.8% | 57.1% |
| % with college degree | | 26.9% | 30.6% |
| % of 65+ population living alone | | 17.9% | 26.1% |
| % of 65+ population who speak only English at home | | 97.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 26.1% | 24.8% |
| Age-sex adjusted 1-year mortality rate | | 4.4% | 4.1% |
| Wasterstill (Oseffee) | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 3.0% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 3.0% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 17.1% | 16.7% |
| % 65+ with high cholesterol | | 72.2% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 17.4% | 28.4% |
| | | | |

| BEHAVIORAL HEALTH % 60+ with 15+ days poor mental health last month % 65+ with depression % 65+ with anxiety disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension % 65+ ever had a heart attack | | - 227 | |
|--|---|--------------|-------|
| % 65+ with depression % 65+ with anxiety disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | | |
| % 65+ with bipolar disorders % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 7.8% | 6.9% |
| % 65+ with bipolar disorders % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 28.8% | 28.8% |
| % 65+ with post-traumatic stress disorder % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 25.9% | 21.9% |
| % 65+ with schizophrenia & other psychotic disorders % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 3.3% | 3.1% |
| % 65+ with personality disorders # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 1.5% | 1.4% |
| # opioid deaths (all ages) (county) % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 5.2% | 4.9% |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 1.5% | 1.1% |
| % 65+ with tobacco use disorders CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 45 | 1,279 |
| CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 6.2% | 5.5% |
| % 65+ with Alzheimer's disease or related dementias % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | W | 17.0% | 10.4% |
| % 65+ with diabetes % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | | |
| % 65+ with stroke % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | W | 16.8% | 12.0% |
| % 65+ with chronic obstructive pulmonary disease % 65+ with asthma % 65+ with hypertension | | 32.3% | 28.2% |
| % 65+ with asthma % 65+ with hypertension | | 12.3% | 10.8% |
| % 65+ with hypertension | W | 25.6% | 20.5% |
| | | 15.6% | 13.0% |
| % 65+ ever had a heart attack | | 71.2% | 70.2% |
| | | 4.1% | 4.5% |
| % 65+ with ischemic heart disease | | 33.6% | 34.3% |
| % 65+ with congestive heart failure | W | 23.7% | 17.7% |
| % 65+ with atrial fibrillation | | 15.5% | 14.4% |
| % 65+ with peripheral vascular disease | W | 20.4% | 14.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis | | 50.0% | 49.1% |
| % 65+ with osteoporosis | | 15.0% | 17.4% |
| % 65+ with leukemias and lymphomas | | 2.0% | 2.0% |
| % 65+ with lung cancer | | 1.7% | 1.6% |
| % 65+ with colon cancer | | 2.4% | 2.4% |
| % 65+ women with breast cancer | | 6.2% | 9.8% |
| % 65+ women with endometrial cancer | | 1.6% | 1.7% |
| % 65+ men with prostate cancer | | 7.8% | 11.5% |
| % 65+ with benign prostatic hyperplasia | | 41.2% | 36.8% |
| % 65+ with HIV/AIDS | | 0.05% | 0.05% |
| % 65+ with hypothyroidism | | 21.1% | 20.8% |
| % 65+ with anemia | W | 44.3% | 37.3% |
| % 65+ with chronic kidney disease | | 23.2% | 22.3% |
| % 65+ with liver diseases | | 7 60/ | 0.004 |
| % 65+ with fibromyalgia, chronic pain and fatigue | | 7.6% | 6.9% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | | 4.5% | 4.0% |
| % 65+ with epilepsy | | 1.8% | 2.1% |
| % 65+ with traumatic brain injury | | 0.9% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 24.0% | 22.9% |
| % 65+ with cataract | W | 70.0% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | W | 12.6% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | | 55.8% | 54.4% |
| % 65+ with 0 chronic conditions | | 10.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | | 14.5% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | | 12.0% | 14.4% |
| % 65+ with self-reported vision difficulty | | 1.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | | 0.7% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 3.0% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 23.5% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | | 2.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 2.6% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 7.7% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.9% | 7.9% |
| % dually eligible for Medicare and Medicaid | * | 14.6% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 3.9 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | * | 743 | 572 |
| Part D monthly prescription fills per person per year | * | 62.1 | 49.1 |
| Home health visits per year | | 2.0 | 2.5 |
| Durable medical equipment claims per year | | 2.8 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 312 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 19.8% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | | 81 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | * | 10.8% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 1.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 37.4% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 62.9% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | N/A | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | N/A | 2,012 |
| % 65+ who own a motor vehicle | | 98.6% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 0 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 6.8% | 5.4% |
| % 60+ receiving food stamps past year | | 2.6% | 5.7% |
| % 65+ employed past year | | 17.1% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 19.6% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 42.8% | 36.5% |
| % households with annual income > \$50,000 | | 37.7% | 45.3% |
| % 60+ own home | | 98.8% | 79.9% |
| % 60+ have mortgage on home | | 34.1% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 0.0% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 24.6% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019





Woodstock is a rural town in Grafton County that is home to the Hubbard Brook Experimental Forest. There are 140 residents age 65 or older. Compared to state average rates, older residents fared better on some healthy aging indicators with lower rates of high cholesterol, depression, anxiety and bipolar disorders, schizophrenia and other psychotic disorders, chronic kidney disease, liver diseases, fibromyalgia/chronic pain/fatigue, migraines, epilepsy, and hearing, visual, and mobility impairments. Community resources to support healthy aging include 2 home health agencies, a senior center, and a public library.



| POPULATION CHARACTERISTICS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Total population all ages | | 1,004 | 1,327,503 |
| Population 60 years or older as % of total population | | 22.7% | 22.7% |
| Total population 60 years or older | | 228 | 301,630 |
| Population 65 years or older as % of total population | | 13.9% | 15.8% |
| Total population 65 years or older | | 140 | 210,385 |
| % 65-74 years | | 49.3% | 58.5% |
| % 75-84 years | | 50.7% | 28.6% |
| % 85 years or older | | 0.0% | 12.9% |
| Gender (65+ population) | | | |
| % female | | 42.1% | 54.7% |
| Race/Ethnicity (65+ population) | | | |
| % White | | 92.1% | 97.7% |
| % African American | | 0.0% | 0.5% |
| % Asian | | 0.0% | 0.9% |
| % Other | | 7.9% | 0.9% |
| % Hispanic/Latino | | 0.0% | 0.9% |
| Marital Status (65+ population) | | | |
| % married | | 72.9% | 58.5% |
| % divorced/separated | | 6.4% | 14.0% |
| % widowed | | 20.7% | 22.9% |
| % never married | | 0.0% | 4.6% |
| Education (65+ population) | | | |
| % with less than high school education | | 11.4% | 12.3% |
| % with high school or some college | | 48.6% | 57.1% |
| % with college degree | | 40.0% | 30.6% |
| % of 65+ population living alone | | 24.3% | 26.1% |
| % of 65+ population who speak only English at home | | 97.9% | 91.3% |
| % of 65+ population who are veterans of military service | | 22.9% | 24.8% |
| Age-sex adjusted 1-year mortality rate | В | 2.2% | 4.1% |
| N/ | | | DA 05 4 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| Geographic Migration (65+ population) in the past 12 months | | | |
| % moved within same county | | 2.9% | 3.6% |
| % moved from different county in New Hampshire | | 0.0% | 1.0% |
| % moved from different state | | 0.0% | 1.7% |
| WELLNESS & PREVENTION | | | |
| % 60+ with any physical activity within last month | | 77.5% | 74.5% |
| % 60+ met CDC guidelines for muscle-strengthening activity | | 30.4% | 26.0% |
| % 60+ met CDC guidelines for aerobic physical activity | | 61.7% | 58.6% |
| % 60+ met CDC guidelines for both types of physical activities | | 24.3% | 19.9% |
| % 60+ getting recommended hours of sleep | | 68.7% | 66.4% |
| % 60+ injured in a fall within last 12 months | | 8.2% | 10.4% |
| % 65+ had hip fracture | | 2.7% | 3.3% |
| % 60+ with self-reported fair or poor health status | | 13.3% | 16.5% |
| % 60+ with 15+ physically unhealthy days last month | | 14.1% | 12.5% |
| % 60+ with physical exam/check-up in past year | | 83.2% | 86.5% |
| % 60+ met CDC preventive health screening goals | | 38.5% | 40.3% |
| % 60+ flu shot past year | | 60.9% | 59.3% |
| % 65+ with pneumonia vaccine | | 83.7% | 77.8% |
| % 60+ with cholesterol screening | | 93.9% | 95.3% |
| % 60+ women with a mammogram within last 2 years | | 79.2% | 79.3% |
| % 60+ with colorectal cancer screening | | 69.9% | 77.0% |
| % 60+ with HIV test | | 18.1% | 13.5% |
| % 60+ current smokers | | 8.8% | 8.1% |
| Oral Health | | | |
| % 60+ with loss of 6 or more teeth | | 31.7% | 29.0% |
| % 60+ with annual dental exam | | 73.5% | 75.7% |
| # of dentists per 100,000 persons (all ages) (county) | | 83 | 72 |
| NUTRITION/DIET | | | |
| % 60+ with 5 or more servings of fruit or vegetables per day | | 24.1% | 20.2% |
| % 60+ self-reported obese | | 22.1% | 27.2% |
| % 65+ clinically diagnosed obese | | 13.6% | 16.7% |
| % 65+ with high cholesterol | В | 66.6% | 72.2% |
| % 60+ excessive drinking | | 7.0% | 9.2% |
| % 65+ with poor supermarket access | | 41.3% | 28.4% |
| | | | |

| % 65+ with depression B 22.9% 28.1 % 65+ with anxiety disorders B 16.7% 21.3 % 65+ with ippolar disorders B 1.5% 3.3 % 65+ with post-traumatic stress disorder 1.5% 1.5% 1.5 % 65+ with schizophrenia & other psychotic disorders B 2.6% 4.1 % 65+ with personality disorders 0.7% 1.1 % 65+ with personality disorders 0.7% 1.2 % 65+ with byersonality disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with tobacco use disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with tobacco use disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with hybrityperten | HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|--|---|-----------------------|-------------------|
| % 65+ with depression B 22.9% 28.1 % 65+ with anxiety disorders B 16.7% 21.1 % 65+ with pipolar disorders B 1.5% 3. % 65+ with post-traumatic stress disorder 1.5% 4.1 % 65+ with schizophrenia & other psychotic disorders B 2.6% 4.4 % 65+ with personality disorders 0.7% 1. 4.5 % 65+ with personality disorders 0.7% 1. 4.6% 5. % 65+ with personality disorders 0.7% 1. 4.6% 5. % 65+ with bersonality disorders (drug use +/or alcohol abuse) 4.6% 5. 5. % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5. 5. % 65+ with Alzheimer's disease or related dementias 11.5% 12.0 10.0 % 65+ with Alzheimer's disease or related dementias 11.5% 28.2 28.2 29.8% 28.2 28.2 29.8% 28.2 29.8% 28.2 29.8% 28.2 29.8% 28.2 29.2 29.2 29.2 29.2 <td>BEHAVIORAL HEALTH</td> <td></td> <td></td> <td></td> | BEHAVIORAL HEALTH | | | |
| % 65+ with anxiety disorders B 16.7% 21.3 % 65+ with bipolar disorders B 1.5% 3. % 65+ with post-traumatic stress disorder 1.5% 1. % 65+ with post-traumatic stress disorders B 2.6% 4.3 % 65+ with personality disorders B 2.6% 4.1 % 65+ with personality disorders 1.2 4.5 1.2 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.3 % 65+ with tobacco use disorders 9.2% 10. CHRONIC DISEASE W 65+ with Alzheimer's disease or related dementias 11.5% 12.1 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with Alzheimer's disease or related dementias 11.5% 12.2 % 65+ with tronic obstructive pulmonary disease 19.9% 10.3 % 65+ with hypertension 67.7% 70.3 </td <td>% 60+ with 15+ days poor mental health last month</td> <td></td> <td>7.8%</td> <td>6.9%</td> | % 60+ with 15+ days poor mental health last month | | 7.8% | 6.9% |
| % 65+ with bipolar disorders B 1.5% 3. % 65+ with post-traumatic stress disorder 1.5% 1. % 65+ with schizophrenia & other psychotic disorders B 2.6% 4. % 65+ with personality disorders 0.7% 1. % 65+ with personality disorders 0.7% 1. % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5. % 65+ with tobacco use disorders 9.2% 10. CHRONIC DISEASE % 65+ with diabetes 29.8% 28. % 65+ with stroke 9.9% 10. % 65+ with stroke 9.9% 10. % 65+ with chronic obstructive pulmonary disease 19.9% 13. % 65+ with ashma 15.9% 13. % 65+ with hypertension 67.7% 70. % 65+ with peripheral adapta 15.9% 13. % 65+ with congestive heart failure 20.7% 17. % 65+ with stream in barrial disease 12.0% 14. % 65+ with osteoprosis 14.9% 14. % 65+ with osteop | % 65+ with depression | В | 22.9% | 28.8% |
| % 65+ with post-traumatic stress disorder 1.5% 1.4 % 65+ with schizophrenia & other psychotic disorders B 2.6% 4.3 % 65+ with personality disorders 0.7% 1. # opioid deaths (all ages) (county) 45 1.2 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5. % 65+ with bobacco use disorders 9.2% 10. CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 11.5% 12.4 % 65+ with diabetes 29.8% 28. % 65+ with stroke 9.9% 10.1 % 65+ with hypertension 67.7% 70.2 % 65+ with hypertension 67.7% 70.2 % 65+ with stroad disease 34.2% 34.2 | % 65+ with anxiety disorders | В | 16.7% | 21.9% |
| % 65+ with schizophrenia & other psychotic disorders B 2.6% 4.9% % 65+ with personality disorders 0.7% 1.1 # opioid deaths (all ages) (county) 45 1.2 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.1 % 65+ with tubstance use disorders 8.2% 1.2 CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 11.5% 12.4 % 65+ with stroke 9.9% 10.3 % 65+ with othoric obstructive pulmonary disease 18.2% 20.3 % 65+ with othoric obstructive pulmonary disease 18.2% 20.4 % 65+ with hypertension 6.7% 70.3 % 65+ with perspective heart attack 5.0% 4.4 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.7 % 65+ with peripheral vascular disease 12.0% 14.4 % 65+ with osteoarthritis/rheumatoid arthritis 4.1 4.1 % 65+ with lung cancer 1.4% 1.1 % 65+ with lung cancer 2.0% 2.2 % 65+ women with prostate cance | % 65+ with bipolar disorders | В | 1.5% | 3.1% |
| % 65+ with personality disorders 0.7% 1. # opioid deaths (all ages) (county) 45 1,2 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.3 % 65+ with tobacco use disorders 9.2% 10. CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 11.5% 12.1 % 65+ with stroke 9.9% 10.1 % 65+ with thorronic obstructive pulmonary disease 18.2% 29.8 % 65+ with asthma 15.9% 13.1 % 65+ with hypertension 67.7% 70.3 % 65+ with hypertension 67.7% 70.3 % 65+ with congestive heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.7 % 65+ with peripheral vascular disease 12.0% 14.4 % 65+ with osteoporosis 14.3% 17.7 % 65+ with osteoporosis 14.3% 17.7 % 65+ with lung cancer 1.4% 14.1 % 65+ with lung cancer 1.4% 1.1 % 65+ with bringa prostatic cancer 9.8% 9.9 % 65+ with benign prostati | % 65+ with post-traumatic stress disorder | | 1.5% | 1.4% |
| # opioid deaths (all ages) (county) 45 1,2 % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with tobacco use disorders 9,2% 10.0 CHRONIC DISEASE 8 11.5% 12.0 % 65+ with Alzheimer's disease or related dementias 11.5% 12.0 % 65+ with diabetes 29.8% 28.2 % 65+ with chronic obstructive pulmonary disease 18.2% 20.0 % 65+ with asthma 15.9% 13.1 % 65+ with hypertension 67.7% 70.3 % 65+ with ischemic heart disease 34.2% 34.2 % 65+ with congestive heart failure 20.7% 17. % 65+ with osteoarthritis/rheumatoid arthritis 14.1 49.2 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.2 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with losteoarthritis/rheumatoid arthritis 44.1% 49.2 % 65+ with losteoarthritis/rheumatoid arthritis 44.1% 49.2 % 65+ with losteoarthritis/rheumatoid arthritis 42.0 42.0 | % 65+ with schizophrenia & other psychotic disorders | В | 2.6% | 4.9% |
| % 65+ with substance use disorders (drug use +/or alcohol abuse) 4.6% 5.5 % 65+ with tobacco use disorders 9.2% 10.0 CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 11.5% 12.1 % 65+ with diabetes 29.8% 28.3 % 65+ with stroke 9.9% 10.1 % 65+ with stroke 9.9% 10.1 % 65+ with chronic obstructive pulmonary disease 18.2% 20.3 % 65+ with ashma 15.9% 13.1 % 65+ with hypertension 67.7% 70.2 % 65+ with hypertension beart disease 34.2% 34.2 % 65+ with ischemic heart disease 34.2% 34.2 % 65+ with congestive heart failure 20.7% 17.7 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoporosis 14.3% 17.7 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 2.0% 6.5 % 65+ with proof cancer 2.0% 2.0 % 65+ women with prostate | % 65+ with personality disorders | | 0.7% | 1.1% |
| % 65+ with tobacco use disorders 9.2% 10.4 CHRONIC DISEASE 8 65+ with Alzheimer's disease or related dementias 11.5% 12.1 % 65+ with diabetes 29.8% 28.3 % 65+ with stroke 9.9% 10.3 % 65+ with chronic obstructive pulmonary disease 18.2% 20.3 % 65+ with hypertension 67.7% 70.3 % 65+ ever had a heart attack 5.0% 4.3 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.3 % 65+ with peripheral vascular disease 12.0% 14.3% % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with lukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.4 % 65+ with presate cancer 9.8% 9.1 % 65+ women with presate cancer 10.0% 11.4 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.9% % 65+ with hypothyroidism 20.9% 20.9% % 65+ with hypothyroidism 20.9% | # opioid deaths (all ages) (county) | | 45 | 1,279 |
| CHRONIC DISEASE % 65+ with Alzheimer's disease or related dementias 11.5% 12.0 % 65+ with diabetes 29.8% 28.3 % 65+ with stroke 9.9% 10.0 % 65+ with chronic obstructive pulmonary disease 18.2% 20.3 % 65+ with asthma 15.9% 13.0 % 65+ with hypertension 67.7% 70.3 % 65+ ever had a heart attack 5.0% 4.4 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.7 % 65+ with drial fibrillation 13.4% 14.4 % 65+ with osteoarthritis/rheumatoid arthritis 41.1% 49.3 % 65+ with osteoarthritis/rheumatoid arthritis 41.1% 49.3 % 65+ with leukemias and lymphomas 17.9 20.4 % 65+ with lung cancer 1.4% 11.4 % 65+ with loug cancer 2.0% 2.2 % 65+ with loug cancer 1.4% 11.4 % 65+ women with prostate cancer 10.0% 11.5 % 65+ women with prostate cancer <t< td=""><td>% 65+ with substance use disorders (drug use +/or alcohol abuse)</td><td></td><td>4.6%</td><td>5.5%</td></t<> | % 65+ with substance use disorders (drug use +/or alcohol abuse) | | 4.6% | 5.5% |
| % 65+ with Alzheimer's disease or related dementias 11.5% 12.0 % 65+ with diabetes 29.8% 28.3 % 65+ with stroke 9.9% 10.0 % 65+ with chronic obstructive pulmonary disease 18.2% 20.9 % 65+ with asthma 15.9% 13.0 % 65+ with hypertension 67.7% 70.3 % 65+ ever had a heart attack 5.0% 4.4 % 65+ with ischemic heart disease 34.2% 34.2 % 65+ with congestive heart failure 20.7% 17.7 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.1 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.1 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.1 % 65+ with lung cancer 1.4% 17.4 % 65+ with lung cancer 2.0% 2.1 % 65+ with colon cancer 2.0% 2.2 % 65+ women with breast cancer 9.8% 9.4 % 65+ women with prostatic hyperplasia 36.4% 36.1 % 65+ with hypothyroidism 20.9% 20.3 | % 65+ with tobacco use disorders | | 9.2% | 10.4% |
| % 65+ with diabetes 29.8% 28. % 65+ with stroke 9.9% 10.0 % 65+ with chronic obstructive pulmonary disease 18.2% 20.0 % 65+ with asthma 15.9% 13.0 % 65+ with hypertension 67.7% 70.0 % 65+ ever had a heart attack 5.0% 4.0 % 65+ with ischemic heart disease 34.2% 34.2% % 65+ with congestive heart failure 20.7% 17. % 65+ with peripheral vascular disease 12.0% 14. % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49. % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.4 % 65+ women with preast cancer 9.8% 9.8 % 65+ women with prostate cancer 10.0% 11. % 65+ with beingn prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with nemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | CHRONIC DISEASE | | | |
| % 65+ with stroke 9.9% 10.0 % 65+ with chronic obstructive pulmonary disease 18.2% 20.0 % 65+ with asthma 15.9% 13.0 % 65+ with hypertension 67.7% 70.0 % 65+ ever had a heart attack 5.0% 4.0 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.1 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.1 % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with prostate cancer 2.0% 2.4 % 65+ women with prostate cancer 10.0% 11.1 % 65+ with benign prostatic hyperplasia 36.4% 36.3 % 65+ with hypothyroidism 20.9% 20.3 % 65+ with nemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ with Alzheimer's disease or related dementias | | 11.5% | 12.0% |
| % 65+ with chronic obstructive pulmonary disease 18.2% 20.3 % 65+ with asthma 15.9% 13.3 % 65+ with hypertension 67.7% 70.3 % 65+ ever had a heart attack 5.0% 4.4 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.3 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with osteoporosis 14.3% 17.4 % 65+ with lung cancer 1.4% 1.6 % 65+ with lung cancer 2.0% 2.2 % 65+ with colon cancer 9.8% 9.3 % 65+ women with prostate cancer 10.0% 11.3 % 65+ women with prostate cancer 10.0% 11.3 % 65+ with benign prostatic hyperplasia 36.4% 36.3 % 65+ with hypothyroidism 20.9% 20.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ with diabetes | | 29.8% | 28.2% |
| % 65+ with asthma 15.9% 13.1 % 65+ with hypertension 67.7% 70.2 % 65+ ever had a heart attack 5.0% 4.4 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.3 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.1 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.4 % 65+ with colon cancer 2.0% 2.2 % 65+ women with breast cancer 9.8% 9.3 % 65+ women with endometrial cancer 1.0% 11.3 % 65+ men with prostate cancer 10.0% 11.3 % 65+ with benign prostatic hyperplasia 36.4% 36.3 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with hornic kidney disease B 15.1% 22.5 | % 65+ with stroke | | 9.9% | 10.8% |
| % 65+ with hypertension 67.7% 70.2 % 65+ ever had a heart attack 5.0% 4.3 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.3 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoparthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.4 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.3 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ with chronic obstructive pulmonary disease | | 18.2% | 20.5% |
| % 65+ ever had a heart attack 5.0% 4.9 % 65+ with ischemic heart disease 34.2% 34.3 % 65+ with congestive heart failure 20.7% 17.3 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoparthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.0 % 65+ with colon cancer 2.0% 2.2 % 65+ women with breast cancer 9.8% 9.8 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.3 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ with asthma | | 15.9% | 13.0% |
| % 65+ with ischemic heart disease 34.2% 34.2% % 65+ with congestive heart failure 20.7% 17.3 % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with colon cancer 2.0% 2.4 % 65+ with colon cancer 9.8% 9.8 % 65+ women with preast cancer 9.8% 9.8 % 65+ men with prostate cancer 10.0% 11.3 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.2 | % 65+ with hypertension | | 67.7% | 70.2% |
| % 65+ with congestive heart failure 20.7% 17. % 65+ with atrial fibrillation 13.4% 14. % 65+ with peripheral vascular disease 12.0% 14. % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49. % 65+ with osteoporosis 14.3% 17. % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with colon cancer 1.4% 1.6 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ men with prostate cancer 10.0% 11. % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ ever had a heart attack | | 5.0% | 4.5% |
| % 65+ with atrial fibrillation 13.4% 14.4 % 65+ with peripheral vascular disease 12.0% 14.1 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1. % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.9 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with ischemic heart disease | | 34.2% | 34.3% |
| % 65+ with peripheral vascular disease 12.0% 14.3 % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49.3 % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.6 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1. % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.5 | % 65+ with congestive heart failure | | 20.7% | 17.7% |
| % 65+ with osteoarthritis/rheumatoid arthritis 44.1% 49. % 65+ with osteoporosis 14.3% 17. % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.0 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1. % 65+ men with prostate cancer 10.0% 11.9 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with hypothyroidism 20.9% 20.4 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with atrial fibrillation | | 13.4% | 14.4% |
| % 65+ with osteoporosis 14.3% 17.4 % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.6 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1.7 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.4 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with peripheral vascular disease | | 12.0% | 14.7% |
| % 65+ with leukemias and lymphomas 1.7% 2.0 % 65+ with lung cancer 1.4% 1.6 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1.7 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with osteoarthritis/rheumatoid arthritis | | 44.1% | 49.1% |
| % 65+ with lung cancer 1.4% 1.6 % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1.7 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with osteoporosis | | 14.3% | 17.4% |
| % 65+ with colon cancer 2.0% 2.4 % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1.7 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with leukemias and lymphomas | | 1.7% | 2.0% |
| % 65+ women with breast cancer 9.8% 9.8 % 65+ women with endometrial cancer 2.2% 1.7 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with lung cancer | | 1.4% | 1.6% |
| % 65+ women with endometrial cancer 2.2% 1.3 % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with colon cancer | | 2.0% | 2.4% |
| % 65+ men with prostate cancer 10.0% 11.5 % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ women with breast cancer | | 9.8% | 9.8% |
| % 65+ with benign prostatic hyperplasia 36.4% 36.8 % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ women with endometrial cancer | | 2.2% | 1.7% |
| % 65+ with HIV/AIDS 0.05% 0.05 % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ men with prostate cancer | | 10.0% | 11.5% |
| % 65+ with hypothyroidism 20.9% 20.8 % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with benign prostatic hyperplasia | | 36.4% | 36.8% |
| % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | | | 0.05% | 0.05% |
| % 65+ with anemia 39.6% 37.3 % 65+ with chronic kidney disease B 15.1% 22.3 | % 65+ with hypothyroidism | | 20.9% | 20.8% |
| % 65+ with chronic kidney disease B 15.1% 22.3 | | | | 37.3% |
| · | | В | | 22.3% |
| 70 00 1 min into alcouodo | % 65+ with liver diseases | В | 4.6% | 6.9% |
| | % 65+ with fibromyalgia, chronic pain and fatigue | В | 13.8% | 18.6% |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------|
| % 65+ with migraine and other chronic headache | В | 3.1% | 4.0% |
| % 65+ with epilepsy | В | 1.3% | 2.1% |
| % 65+ with traumatic brain injury | | 1.1% | 1.1% |
| % 65+ with autism spectrum disorders | | N/A | 0.03% |
| % 65+ with glaucoma | | 20.9% | 22.9% |
| % 65+ with cataract | | 63.5% | 61.2% |
| % 65+ with pressure ulcer or chronic ulcer | | 8.1% | 7.1% |
| % 65+ with 4+ (out of 15) chronic conditions | В | 49.0% | 54.4% |
| % 65+ with 0 chronic conditions | | 11.4% | 10.3% |
| LIVING WITH DISABILITY | | | |
| % 65+ with self-reported hearing difficulty | W | 27.9% | 15.0% |
| % 65+ with clinical diagnosis of deafness or hearing impairment | В | 9.4% | 14.4% |
| % 65+ with self-reported vision difficulty | | 5.7% | 5.2% |
| % 65+ with clinical diagnosis of blindness or visual impairment | В | 0.5% | 0.9% |
| % 65+ with self-reported cognition difficulty | | 2.9% | 6.9% |
| % 65+ with self-reported ambulatory difficulty | | 17.1% | 18.8% |
| % 65+ with clinical diagnosis of mobility impairments | В | 1.7% | 3.2% |
| % 65+ with self-reported self-care difficulty | | 0.0% | 5.6% |
| % 65+ with self-reported independent living difficulty | | 0.0% | 11.3% |
| ACCESS TO CARE | | | |
| Medicare (65+ population) | | | |
| % Medicare managed care enrollees | | 8.5% | 7.9% |
| % dually eligible for Medicare and Medicaid | | 7.8% | 7.5% |
| % 60+ with a regular doctor | | 90.8% | 95.8% |
| % 60+ who did not see doctor when needed due to cost | | 6.7% | 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 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|--|---|-----------------------|-------------------|
| SERVICE UTILIZATION | | | |
| Physician visits per year | * | 5.5 | 6.3 |
| Emergency room visits/1000 persons 65+ years per year | | 531 | 572 |
| Part D monthly prescription fills per person per year | * | 42.8 | 49.1 |
| Home health visits per year | | 1.8 | 2.5 |
| Durable medical equipment claims per year | | 1.9 | 2.0 |
| Inpatient hospital stays/1000 persons 65+ years per year | | 180 | 237 |
| Medicare inpatient hospital readmissions (as % of admissions) | | 16.5% | 15.8% |
| # skilled nursing facility stays/1000 persons 65+ years per year | * | 41 | 76 |
| # skilled nursing home Medicare beds/1000 persons 65+ years | | 0 | 33 |
| % 65+ getting Medicaid long term services and supports | | 2.7% | 3.7% |
| COMMUNITY VARIABLES & CIVIC ENGAGEMENT | | | |
| AARP Age-Friendly efforts in community | | Not yet | Yes |
| # of senior centers | | 1 | 44 |
| 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 | | 2.0% | 2.5% |
| # of assisted living sites | | 0 | 134 |
| % of vacant homes in community | | 68.6% | 16.0% |
| # of universities and community colleges | | 0 | 41 |
| # of public libraries | | 1 | 234 |
| # of YMCAs | | 0 | 12 |
| % in county with access to broadband (all ages) | | 89.0% | 93.0% |
| % 60+ who used Internet in last month | | 78.9% | 77.6% |
| Voter participation rate in 2018 election (age 18+) | | 74.7% | 54.7% |
| SAFETY & TRANSPORTATION | | | |
| Violent crime rate /100,000 persons | | 169 | 207 |
| Homicide rate /100,000 persons (county) | | 2 | 1 |
| # firearm fatalities (county) | | 40 | 586 |
| Property crime rate /100,000 persons | | 2,617 | 2,012 |
| % 65+ who own a motor vehicle | | 100.0% | 91.0% |
| % 60+ who always drive wearing a seatbelt | | 76.1% | 77.1% |
| # of fatal crashes involving adult age 60+/town | | 1 | 151 |
| # of fatal crashes involving adult age 60+/county | | 17 | 151 |

| HEALTHY AGING INDICATORS | BETTER / WORSE STATE RATE ¹ | COMMUNITY ESTIMATE | STATE ESTIMATE |
|---|---|-----------------------|-------------------------|
| ECONOMIC & HOUSING VARIABLES | | | |
| % 65+ with income below the poverty line past year | | 5.0% | 5.4% |
| % 60+ receiving food stamps past year | | 2.3% | 5.7% |
| % 65+ employed past year | | 34.3% | 24.8% |
| Household income (65+ householder) | | | |
| % households with annual income < \$20,000 | | 19.0% | 18.2% |
| % households with annual income \$20,000-\$49,999 | | 51.9% | 36.5% |
| % households with annual income > \$50,000 | | 29.1% | 45.3% |
| % 60+ own home | | 85.4% | 79.9% |
| % 60+ have mortgage on home | | 22.9% | 35.3% |
| % 65+ households spend >35% of income on housing (renter) | | 3.8% | 8.7% |
| % 65+ households spend >35% of income on housing (owner) | | 10.1% | 21.2% |
| COST OF LIVING | \$ COUNTY ESTIMATE | \$ STATE ESTIMATE | RATIO (COUNTY/STATE) |
| Elder Economic Security Standard Index | | | |
| Single, homeowner without mortgage, good health | \$23,496 | \$25,284 | 0.93 |
| Single, renter, good health | \$26,592 | \$26,400 | 1.01 |
| Couple, homeowner without mortgage, good health | \$35,436 | \$37,128 | 0.95 |
| Couple, renter, good health | \$38,532 | \$38,244 | 1.01 |

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).

<u>Healthy Aging Data Report Team.</u> Many people contributed to this research. The 2018 research team: Beth Dugan PhD, Frank Porell PhD, Nina Silverstein PhD, Chae Man Lee PhD, ShuangShuang Wang PhD, Bon Kim, Natalie Pitheckoff, Haowei Wang, Sae Hwang Han, Richard Chunga, & Shiva Prisad from the Gerontology Institute in the McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston. The Tufts Health Plan Foundation supported the research and provided important guidance. Our Advisory Committees helped to make the Data Report best address the needs of New Hampshire. We thank JSI for their continued partnership. Questions? Beth.dugan@umb.edu Update: 05/2019