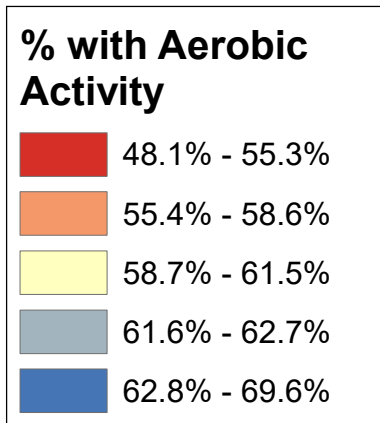
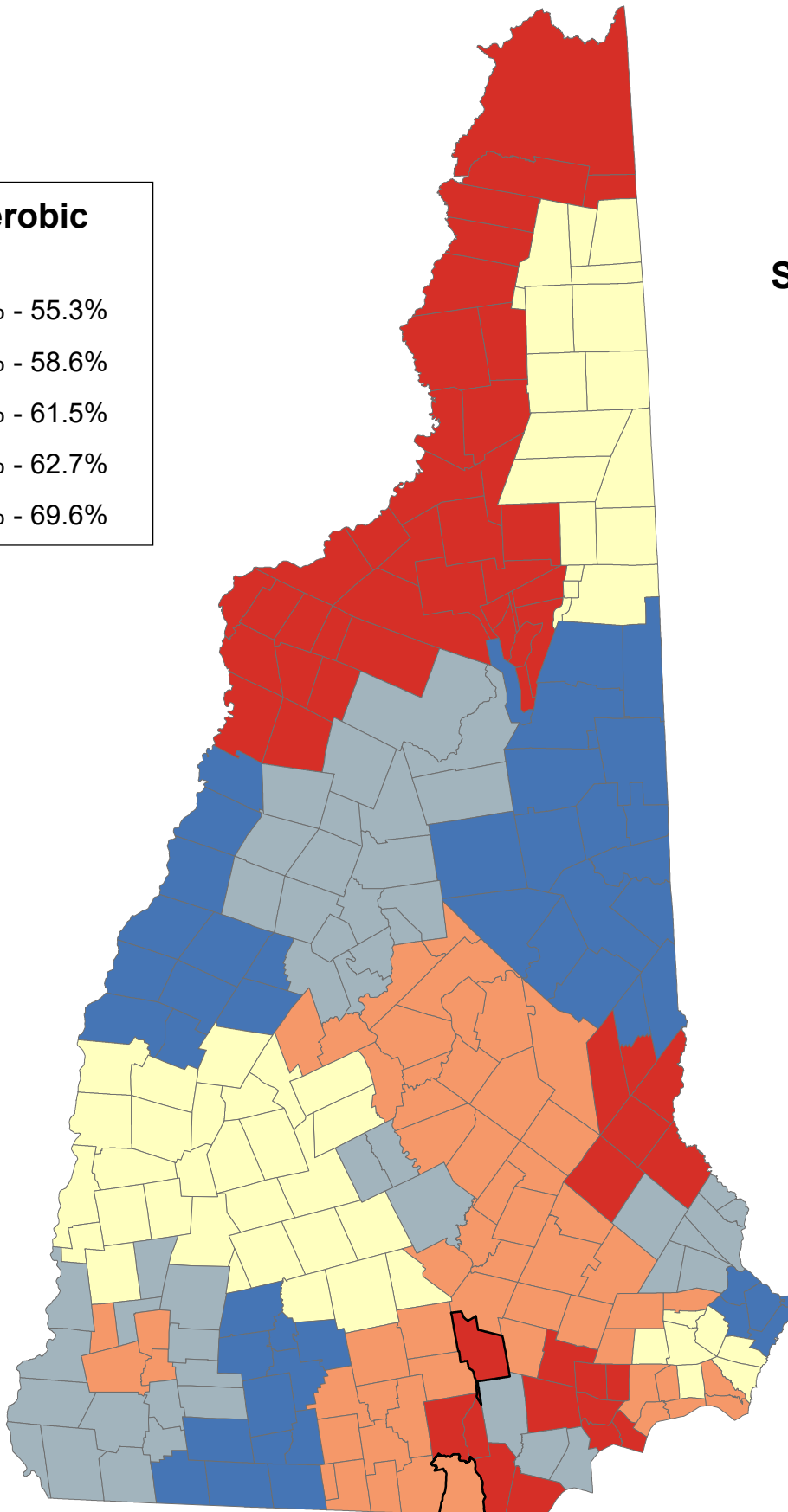


Percentage of Persons Age 60+ Years Met Guidelines for Aerobic Activity

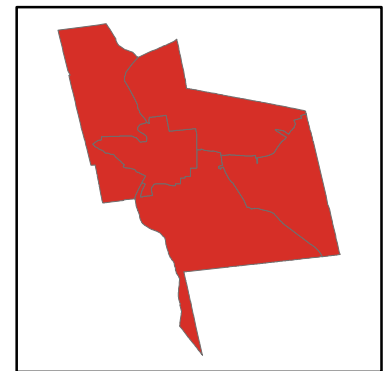


State Average: 58.6%

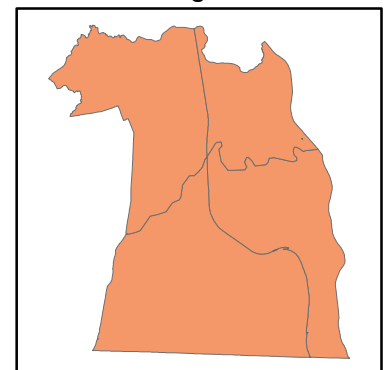
Source: BRFSS, 2011, 2013, 2015



Manchester Neighborhoods



Nashua Neighborhoods



% 60+ Met CDC Guidelines for Aerobic Physical Activity

Acworth	59.57%	Dalton	55.25%	Haverhill	55.25%	Nelson	62.72%	South Hampton	55.45%	Manchester	
Albany	65.35%	Danbury	56.34%	Hebron	61.69%	New Boston	58.65%	Springfield	59.57%	Central Manchester	52.72%
Alexandria	61.69%	Danville	52.02%	Henniker	61.49%	New Castle	66.56%	Stark	48.08%	Manchester: West	52.72%
Allenstown	56.34%	Deerfield	58.65%	Hill	56.34%	New Durham	49.00%	Stewartstown	48.08%	Manchester: South	52.72%
Alstead	59.57%	Deering	61.49%	Hillsborough	61.49%	New Hampton	56.34%	Stoddard	62.72%	Manchester: North	52.72%
Alton	56.99%	Derry	52.02%	Hinsdale	62.72%	New Ipswich	67.01%	Strafford	49.00%	Manchester: East	52.72%
Amherst	55.85%	Dorchester	61.69%	Holderness	61.69%	New London	59.57%	Stratford	48.08%		
Andover	61.49%	Dover	61.94%	Hollis	55.85%	Newbury	59.57%	Stratham	60.56%	Nashua	
Antrim	67.01%	Dublin	62.72%	Hooksett	58.65%	Newfields	60.56%	Sugar Hill	55.25%	Nashua: Zip 03060	55.87%
Ashland	61.69%	Dummer	61.15%	Hopkinton	61.49%	Newington	66.56%	Sullivan	57.67%	Nashua: Zip 03062	55.87%
Atkinson	52.02%	Dunbarton	61.49%	Hudson	51.37%	Newmarket	55.45%	Sunapee	59.57%	Nashua: Zip 03063	55.87%
Auburn	58.65%	Durham	61.94%	Jackson	65.35%	Newport	59.57%	Surry	57.67%	Nashua: Zip 03064	55.87%
Barnstead	56.99%	East Kingston	55.45%	Jaffrey	67.01%	Newton	55.45%	Sutton	59.57%		
Barrington	61.94%	Easton	55.25%	Jefferson	48.08%	North Hampton	60.56%	Swanzey	62.72%		
Bartlett	65.35%	Eaton	65.35%	Keene	57.67%	Northfield	56.34%	Tamworth	65.35%		
Bath	55.25%	Effingham	64.18%	Kensington	60.56%	Northumberland	48.08%	Temple	67.01%		
Bedford	58.65%	Ellsworth	61.69%	Kingston	55.45%	Northwood	56.34%	Thornton	61.69%	Unincorporated Places	
Belmont	56.34%	Enfield	69.62%	Laconia	56.99%	Nottingham	55.45%	Tilton	56.34%	<i>Atkinson and Gilmanton Academy Grant</i>	
Bennington	67.01%	Epping	55.45%	Lancaster	48.08%	Orange	69.62%	Troy	62.72%	<i>Bean's Grant</i>	
Benton	55.25%	Epsom	56.34%	Landaff	55.25%	Orford	69.62%	Tuftonboro	64.18%	<i>Bean's Purchase</i>	
Berlin	61.15%	Errol	61.15%	Langdon	59.57%	Ossipee	64.18%	Unity	59.57%	<i>Cambridge</i>	
Bethlehem	55.25%	Exeter	60.56%	Lebanon	69.62%	Pelham	51.37%	Wakefield	64.18%	<i>Chandler's Purchase</i>	
Boscawen	61.83%	Farmington	49.00%	Lee	61.94%	Pembroke	56.34%	Walpole	62.72%	<i>Crawford's Purchase</i>	
Bow	56.34%	Fitzwilliam	67.01%	Lempster	59.57%	Peterborough	67.01%	Warner	61.49%	<i>Cutt's Grant</i>	
Bradford	61.49%	Francestown	67.01%	Lincoln	61.69%	Piermont	69.62%	Warren	61.69%	<i>Dix's Grant</i>	
Brentwood	60.56%	Franconia	55.25%	Lisbon	55.25%	Pittsburg	48.08%	Washington	61.49%	<i>Dixville</i>	
Bridgewater	61.69%	Franklin	56.34%	Litchfield	51.37%	Pittsfield	56.34%	Waterville Valley	61.69%	<i>Erving's Location</i>	
Bristol	61.69%	Freedom	65.35%	Littleton	55.25%	Plainfield	69.62%	Weare	61.49%	<i>Erving's Grant</i>	
Brookfield	64.18%	Fremont	55.45%	Londonderry	61.69%	Plaistow	52.02%	Webster	61.83%	<i>Hadley's Purchase</i>	
Brookline	55.85%	Gilford	56.99%	Loudon	56.34%	Plymouth	61.69%	Wentworth	61.69%	<i>Kilkenny</i>	
Campton	61.69%	Gilmanton	56.99%	Lyman	55.25%	Portsmouth	66.56%	Westmoreland	62.72%	<i>Livermore</i>	
Canaan	69.62%	Gilsum	62.72%	Lyme	69.62%	Randolph	48.08%	Whitefield	55.25%	<i>Low and Burbank's Grant</i>	
Candia	58.65%	Goffstown	58.65%	Lyndeborough	55.85%	Raymond	55.45%	Wilmot	59.57%	<i>Martin's Location</i>	
Canterbury	56.34%	Gorham	61.15%	Madbury	61.94%	Richmond	62.72%	Wilton	55.85%	<i>Millsfield</i>	
Carroll	55.25%	Goshen	59.57%	Madison	65.35%	Rindge	67.01%	Winchester	62.72%	<i>Odell</i>	
Center Harbor	56.34%	Grafton	69.62%	Manchester	52.72%	Rochester	49.00%	Windham	61.69%	<i>Pinkham's Grant</i>	
Charlestown	59.57%	Grantham	69.62%	Marlborough	62.72%	Rollinsford	61.94%	Windsor	61.49%	<i>Sargent's Purchase</i>	
Chatham	65.35%	Greenfield	67.01%	Marlow	62.72%	Roxbury	57.67%	Wolfeboro	64.18%	<i>Second College Grant</i>	
Chester	52.02%	Greenland	66.56%	Mason	55.85%	Rumney	61.69%	Woodstock	61.69%	<i>Success</i>	
Chesterfield	62.72%	Greenville	55.85%	Meredith	56.34%	Rye	66.56%			<i>Thompson and Meserves Purchase</i>	
Chichester	56.34%	Groton	61.69%	Merrimack	51.37%	Salem	61.69%			<i>Wentworth's Location</i>	
Claremont	59.57%	Hale's Location	65.35%	Middleton	49.00%	Salisbury	61.49%				
Clarksville	48.08%	Hampstead	52.02%	Milan	61.15%	Sanbornton	56.34%				
Colebrook	48.08%	Hampton	60.56%	Milford	55.85%	Sandown	52.02%				
Columbia	48.08%	Hampton Falls	55.45%	Milton	49.00%	Sandwich	64.18%				
Concord	61.83%	Hancock	67.01%	Monroe	55.25%	Seabrook	55.45%				
Conway	65.35%	Hanover	69.62%	Mont Vernon	55.85%	Sharon	67.01%				
Cornish	59.57%	Harrisville	62.72%	Moultonborough	64.18%	Shelburne	61.15%				
Croydon	59.57%	Hart's Location	65.35%	Nashua	55.87%	Somersworth	61.94%				

% 60+ Met CDC Guidelines for Aerobic Physical Activity (Ranked)

Canaan	69.62%	Gilsum	62.72%	Hillsborough	61.49%	Barnstead	56.99%	Easton	55.25%	Manchester	
Enfield	69.62%	Harrisville	62.72%	Hopkinton	61.49%	Gilford	56.99%	Franconia	55.25%	Central Manchester	52.72%
Grafton	69.62%	Hinsdale	62.72%	Salisbury	61.49%	Gilmanton	56.99%	Haverhill	55.25%	Manchester: West	52.72%
Grantham	69.62%	Marlborough	62.72%	Warner	61.49%	Laconia	56.99%	Landaff	55.25%	Manchester: South	52.72%
Hanover	69.62%	Marlow	62.72%	Washington	61.49%	Allenstown	56.34%	Lisbon	55.25%	Manchester: North	52.72%
Lebanon	69.62%	Nelson	62.72%	Weare	61.49%	Bow	56.34%	Littleton	55.25%	Manchester: East	52.72%
Lyme	69.62%	Richmond	62.72%	Windsor	61.49%	Canterbury	56.34%	Lyman	55.25%		
Orange	69.62%	Stoddard	62.72%	Berlin	61.15%	Chichester	56.34%	Monroe	55.25%	Nashua	
Orford	69.62%	Swanzey	62.72%	Dummer	61.15%	Epsom	56.34%	Sugar Hill	55.25%	Nashua: Zip 03060	55.87%
Piermont	69.62%	Troy	62.72%	Errol	61.15%	Loudon	56.34%	Whitefield	55.25%	Nashua: Zip 03062	55.87%
Plainfield	69.62%	Walpole	62.72%	Gorham	61.15%	Northwood	56.34%	Manchester	52.72%	Nashua: Zip 03063	55.87%
Antrim	67.01%	Westmoreland	62.72%	Milan	61.15%	Pembroke	56.34%	Atkinson	52.02%	Nashua: Zip 03064	55.87%
Bennington	67.01%	Winchester	62.72%	Shelburne	61.15%	Pittsfield	56.34%	Chester	52.02%		
Fitzwilliam	67.01%	Barrington	61.94%	Brentwood	60.56%	Belmont	56.34%	Danville	52.02%		
Francesstown	67.01%	Dover	61.94%	Exeter	60.56%	Center Harbor	56.34%	Derry	52.02%		
Greenfield	67.01%	Durham	61.94%	Hampton	60.56%	Danbury	56.34%	Hampstead	52.02%		
Hancock	67.01%	Lee	61.94%	Kensington	60.56%	Franklin	56.34%	Plaislow	52.02%	Unincorporated Places	
Jaffrey	67.01%	Madbury	61.94%	Newfields	60.56%	Hill	56.34%	Sandown	52.02%	<i>Atkinson and Gilmanton Academy Grant</i>	
New Ipswich	67.01%	Rollinsford	61.94%	North Hampton	60.56%	Meredith	56.34%	Hudson	51.37%	<i>Bean's Grant</i>	
Peterborough	67.01%	Somersworth	61.94%	Stratham	60.56%	New Hampton	56.34%	Litchfield	51.37%	<i>Bean's Purchase</i>	
Rindge	67.01%	Boscawen	61.83%	Acworth	59.57%	Northfield	56.34%	Merrimack	51.37%	<i>Cambridge</i>	
Sharon	67.01%	Concord	61.83%	Alstead	59.57%	Sanbornton	56.34%	Pelham	51.37%	<i>Chandler's Purchase</i>	
Temple	67.01%	Webster	61.83%	Charlestown	59.57%	Tilton	56.34%	Lancaster	49.00%	<i>Crawford's Purchase</i>	
Greenland	66.56%	Alexandria	61.69%	Claremont	59.57%	Nashua	55.87%	Middleton	49.00%	<i>Cutt's Grant</i>	
New Castle	66.56%	Ashland	61.69%	Cornish	59.57%	Amherst	55.85%	Milton	49.00%	<i>Dix's Grant</i>	
Newington	66.56%	Bridgewater	61.69%	Croydon	59.57%	Brookline	55.85%	New Durham	49.00%	<i>Dixville</i>	
Portsmouth	66.56%	Bristol	61.69%	Goshen	59.57%	Greenville	55.85%	Rochester	49.00%	<i>Erving's Location</i>	
Rye	66.56%	Campton	61.69%	Langdon	59.57%	Hollis	55.85%	Strafford	49.00%	<i>Green's Grant</i>	
Albany	65.35%	Dorchester	61.69%	Lempster	59.57%	Lyndeborough	55.85%	Clarksville	48.08%	<i>Hadley's Purchase</i>	
Bartlett	65.35%	Ellsworth	61.69%	New London	59.57%	Mason	55.85%	Colebrook	48.08%	<i>Kilkenny</i>	
Chatham	65.35%	Groton	61.69%	Newbury	59.57%	Milford	55.85%	Columbia	48.08%	<i>Livermore</i>	
Conway	65.35%	Hebron	61.69%	Newport	59.57%	Mont Vernon	55.85%	Jefferson	48.08%	<i>Low and Burbank's Grant</i>	
Eaton	65.35%	Holderness	61.69%	Springfield	59.57%	Wilton	55.85%	Lancaster	48.08%	<i>Martin's Location</i>	
Freedom	65.35%	Lincoln	61.69%	Sunapee	59.57%	East Kingston	55.45%	Northumberland	48.08%	<i>Millsfield</i>	
Hale's Location	65.35%	Plymouth	61.69%	Sutton	59.57%	Epping	55.45%	Pittsburg	48.08%	<i>Odell</i>	
Hart's Location	65.35%	Rumney	61.69%	Unity	59.57%	Fremont	55.45%	Randolph	48.08%	<i>Pinkham's Grant</i>	
Jackson	65.35%	Thornton	61.69%	Wilnot	59.57%	Hampton Falls	55.45%	Stark	48.08%	<i>Sargent's Purchase</i>	
Madison	65.35%	Warren	61.69%	Auburn	58.65%	Kingston	55.45%	Stewartstown	48.08%	<i>Second College Grant</i>	
Tamworth	65.35%	Waterville Valley	61.69%	Bedford	58.65%	Newmarket	55.45%	Stratford	48.08%	<i>Success</i>	
Brookfield	64.18%	Wentworth	61.69%	Candia	58.65%	Newton	55.45%			<i>Thompson and Meserves Purchase</i>	
Effingham	64.18%	Woodstock	61.69%	Deerfield	58.65%	Nottingham	55.45%			<i>Wentworth's Location</i>	
Moultonborough	64.18%	Londonderry	61.69%	Goffstown	58.65%	Raymond	55.45%				
Ossipee	64.18%	Salem	61.69%	Hooksett	58.65%	Seabrook	55.45%				
Sandwich	64.18%	Windham	61.69%	New Boston	58.65%	South Hampton	55.45%				
Tuftonboro	64.18%	Andover	61.49%	Keene	57.67%	Bath	55.25%				
Wakefield	64.18%	Bradford	61.49%	Roxbury	57.67%	Benton	55.25%				
Wolfeboro	64.18%	Deering	61.49%	Sullivan	57.67%	Bethlehem	55.25%				
Chesterfield	62.72%	Dunbarton	61.49%	Surry	57.67%	Carroll	55.25%				
Dublin	62.72%	Henniker	61.49%	Alton	56.99%	Dalton	55.25%				