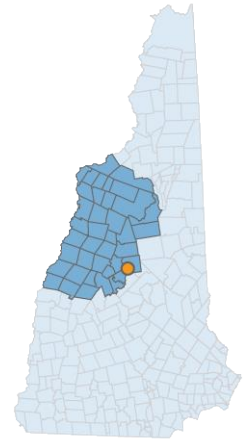


Ashland (Grafton)

Ashland is a town in Grafton County with 478 residents aged 65 or older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of Alzheimer's disease or related dementias, fibromyalgia/chronic pain/fatigue, osteoporosis, stroke, and schizophrenia. Older residents in Grafton County vary in obtaining preventive health screenings: residents 18 and older got annual physical exams (70.4%) and annual dental exams (67.2%), while 48.6% of men and 42.7% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. A community resource to support healthy aging is their public library.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		2,239	1,379,610
Population 60 years or older as % of total population		26.9%	26.7%
Total population 60 years and older		602	368,151
Population 65 years or older as % of total population		21.3%	19.0%
Total population 65 years and older		478	261,749
% 65-74 years	*	78.7%	60.7%
% 75-84 years	*	11.9%	28.0%
% 85 years or older		9.4%	11.3%
% 65+ population who are female		55.9%	53.9%
% 85+ population who are female		88.9%	64.0%
Race and ethnicity of the population 65+			
% White		97.3%	95.7%
% African American		0.0%	0.6%
% Asian		0.0%	1.3%
% Other race(s)		2.7%	2.3%
% Hispanic		0.0%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married		64.0%	58.5%
% divorced/separated		11.1%	16.5%
% widowed		24.9%	20.0%
% never married		0.0%	5.1%
Education of the population 65+			
% with less than high school education		23.0%	8.1%
% with high school or some college		51.3%	56.3%
% with college degree		16.1%	19.6%
% with graduate or professional degree		9.6%	16.0%
% 65+ population who speak only English at home		99.0%	93.4%
% 65+ population who are veterans of military service		14.6%	18.0%

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		26.2%	25.5%
Average household size (all ages)		2.3	2.5
Median house value (all ages)	*	\$174,200	\$337,100
% 60+ own home		84.0%	80.2%
% 60+ homeowners who have mortgage		42.4%	42.8%
% 65+ households (renter) spend >35% of income on housing		43.8%	44.1%
% 65+ households (owner) spend >35% of income on housing		29.7%	25.0%
% grandparents who live with grandchildren		3.7%	2.5%
# of assisted living sites		0	24

SOCIAL DETERMINANTS OF HEALTH

COST OF LIVING

Elder Index			
Single, homeowner without mortgage, good health (County)	0.95	\$29,304	\$30,948
Single, renter, good health (County)	0.95	\$31,044	\$32,784
Couple, homeowner without mortgage, good health (County)	0.97	\$44,136	\$45,336
Couple, renter, good health (County)	0.97	\$45,876	\$47,172

ECONOMIC

% 60+ receiving food stamps in past year		8.7%	5.0%
% 65+ employed in past year		23.6%	21.5%
% 65+ with income below the poverty line in past year		18.2%	7.0%
Median annual income for households with a householder age 65+		\$45,208	\$60,844
% 65+ households with annual income < \$20,000		31.5%	13.2%
% 65+ households with annual income \$20,000-\$49,999		20.1%	28.1%
% 65+ households with annual income \$50,000-\$99,999		23.2%	30.7%
% 65+ households with annual income \$100,000+		25.2%	28.0%

WELLNESS

% 18+ with less than 7 hours sleep (County)		29.0%	NA
% 18+ without leisure-time physical activity (County)		20.1%	NA
% 18+ with fair or poor self-reported health status (County)		12.1%	NA
% 18+ with 14+ physically unhealthy days (County)		9.8%	NA

COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		1	NA
AARP Age-Friendly Communities		Not yet	Not yet
# of public universities and community colleges		0	20
# of public libraries		1	221
# of senior centers		0	50
# of Osher Lifelong Learning Institutes (OLLI)		0	2
% households with a smartphone (all ages)		80.6%	86.8%
% households with only a smartphone to access the Internet (all ages)		6.0%	5.2%
% households without a computer (all ages)		7.6%	5.0%
% households with access to Broadband (all ages)		87.8%	91.0%
% households without access to the Internet (all ages)		11.0%	8.8%
Voter participation rate in 2020 election (age 18+)		66.8%	72.5%

SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
Homicide rate/100,000 persons (County)		NA	1.6
# firearm fatalities (all ages) (County)		60	717
# 65+ deaths by suicide (County)		28	232
Age-sex adjusted 1-year mortality rate	B	2.3%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		94.3%	92.6%
# fatal crashes involving adult age 60+ (County)		16	177
AllTransit Score		0.00	0.58
HEALTH OUTCOMES			
FALLS			
% 65+ with hip fracture		2.3%	2.8%
PREVENTION			
% 18+ with physical exam/check-up in past year (County)		70.4%	NA
% mammography use among women age 50-74 Years (County)		68.8%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		77.7%	NA
% 65+ men up to date on preventive services (County)		48.6%	NA
% 65+ women up to date on preventive services (County)		42.7%	NA
NUTRITION & DIET			
% 18+ with obesity (County)		28.2%	NA
% 65+ with high cholesterol		71.8%	72.0%
% 18+ with cholesterol screening (County)		84.7%	NA
ORAL HEALTH			
% 18+ with annual dental exam (County)		67.2%	NA
# dentists per 100,000 persons (all ages) (County)		68.3	55.0
% 65+ with complete tooth loss (County)		9.5%	NA
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	7.3%	10.7%
% 65+ with anemia		32.4%	35.0%
% 65+ with asthma		12.6%	11.4%
% 65+ with atrial fibrillation		11.9%	14.0%
% 65+ with benign prostatic hyperplasia (men)		36.0%	36.9%
% 65+ with breast cancer (women)		9.0%	10.2%
% 65+ with cataract		61.2%	60.3%
% 65+ with chronic kidney disease		30.9%	28.0%
% 65+ with chronic obstructive pulmonary disease		14.5%	17.4%
% 65+ with colon cancer		1.7%	2.0%
% 65+ with congestive heart failure		16.2%	16.7%
% 65+ with diabetes		22.7%	25.2%
% 65+ with endometrial cancer (women)		2.1%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue	B	23.7%	32.9%
% 65+ with glaucoma		20.7%	22.6%
% 65+ ever had a heart attack		5.5%	4.6%
% 65+ with HIV/AIDS		0.12%	0.10%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with hypertension		64.8%	67.3%
% 65+ with ischemic heart disease		30.4%	32.9%
% 65+ with liver disease		9.4%	10.1%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with migraine and other chronic headache		6.5%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		52.7%	53.2%
% 65+ with osteoporosis	B	12.8%	16.3%
% 65+ with peripheral vascular disease		11.0%	13.6%
% 65+ with pressure ulcer or chronic ulcer		5.8%	6.2%
% 65+ with prostate cancer (men)		13.6%	11.6%
% 65+ with stroke	B	7.0%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		52.8%	53.9%
% 65+ with 0 chronic conditions		10.8%	10.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		83	2,268
% 65+ with substance use disorder		7.5%	7.6%
% 18+ excessive drinking (County)		15.4%	NA
% 65+ with tobacco use disorder		10.3%	11.7%
% 18+ current smokers (County)		12.7%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		14.0%	NA
% 65+ with depression		27.3%	30.5%
% 65+ with anxiety disorder		25.5%	28.0%
% 65+ with post-traumatic stress disorder		2.1%	2.3%
% 65+ with schizophrenia & other psychotic disorder	B	1.5%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		18.6%	13.8%
% 65+ with self-reported vision difficulty		7.9%	4.8%
% 65+ with self-reported cognition difficulty		3.3%	6.5%
% 65+ with self-reported ambulatory difficulty		17.4%	16.7%
% 65+ with self-reported self-care difficulty		5.9%	5.3%
% 65+ with self-reported independent living difficulty		9.8%	10.1%
CAREGIVING			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren		2.08%	0.69%

TECHNICAL NOTES

*For more information on data sources, measures, and methodology used in the 2025 New Hampshire Healthy Aging Data Report see our technical documentation at (healthyagingdatareports.org). For most indicators, the community and state values are 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. 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.

Data Sources:

- *Population Characteristics: The U.S. Census Bureau (American Community Survey (ACS)) 2018-2022.*
- *Housing: ACS, 2018-2022; New Hampshire Home Care Association (NHHCA), 2023.*
- *Cost of Living: Center for Social and Demographic Research on Aging at the University of Massachusetts Boston, 2023.*
- *Economic: ACS, 2018-2022.*
- *Wellness: Centers for Disease Control and Prevention (CDC; Behavioral Risk Factor Surveillance Survey (BRFSS)), 2020-2021.*
- *Community: AARP, 2023; ACS, 2018-2022; CDC WONDER, 2016-2020; The CMS Master Beneficiary Summary File ABCD/Other (CMS), 2020-2021; NECHE, 2023; New Hampshire ServiceLink, 2023; NH Library Directory, 2023; NH Secretary of State, 2023; OLLI, 2023; U.S. EPA Air Compare, 2023.*
- *Transportation: ACS, 2018-2022; AllTransit™, 2023; NHTSA, 2018-2022.*
- *Falls: CMS, 2020-2021.*
- *Prevention: BRFSS, 2020-2021.*
- *Nutrition/Diet: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Oral Health: BRFSS, 2020-2021; HRSA, 2023.*
- *Chronic Disease: CMS, 2020-2021.*
- *Behavioral Health: BRFSS, 2020-2021; CDC WONDER 2016-2020; CMS, 2020-2021.*
- *Mental Health: BRFSS, 2020-2021; CMS, 2020-2021.*
- *Living with Disability: ACS, 2018-2022.*
- *Caregiving: ACS, 2018-2022; Alzheimer’s Association, 2023.*
- *Access to Care: BRFSS, 2020-2021; CMS, 2020-2021; HRSA, 2023; Medicare.gov, 2023; State of NH, 2023.*
- *Service Utilization: CMS, 2020-2021.*

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