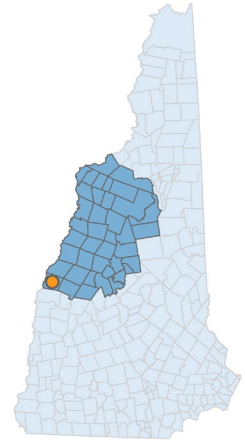


## Lebanon (Grafton)

Lebanon is a city in Grafton County with 3,152 residents aged 65 or older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of chronic kidney disease, chronic obstructive pulmonary disease (COPD), hypertension, tobacco use disorder, and high cholesterol. However, they have higher rates of cataract, fibromyalgia/chronic pain/fatigue, osteoporosis, and depression. 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. Community resources to support healthy aging include 232 primary care providers, two hospitals, one skilled nursing facility, one senior center, one public university or community college, and two public libraries.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		14,515	1,379,610
Population 60 years or older as % of total population		28.8%	26.7%
Total population 60 years and older		4,183	368,151
Population 65 years or older as % of total population		21.7%	19.0%
Total population 65 years and older		3,152	261,749
% 65-74 years	*	52.2%	60.7%
% 75-84 years		32.4%	28.0%
% 85 years or older		15.4%	11.3%
% 65+ population who are female		56.9%	53.9%
% 85+ population who are female		57.5%	64.0%
Race and ethnicity of the population 65+			
% White		92.4%	95.7%
% African American		0.0%	0.6%
% Asian		3.2%	1.3%
% Other race(s)		4.3%	2.3%
% Hispanic		1.5%	1.1%
# 55+ who are Native American / Alaskan		6	549
Marital status of the population 65+			
% married	*	50.3%	58.5%
% divorced/separated		18.1%	16.5%
% widowed		24.1%	20.0%
% never married		7.6%	5.1%
Education of the population 65+			
% with less than high school education		8.9%	8.1%
% with high school or some college	*	46.2%	56.3%
% with college degree		20.0%	19.6%
% with graduate or professional degree	*	24.9%	16.0%
% 65+ population who speak only English at home		93.1%	93.4%
% 65+ population who are veterans of military service		15.5%	18.0%

## POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		30.6%	25.5%
Average household size (all ages)		2.3	2.5
Median house value (all ages)		\$316,800	\$337,100
% 60+ own home	*	59.6%	80.2%
% 60+ homeowners who have mortgage		45.4%	42.8%
% 65+ households (renter) spend >35% of income on housing		46.9%	44.1%
% 65+ households (owner) spend >35% of income on housing		21.1%	25.0%
% grandparents who live with grandchildren		3.1%	2.5%
# of assisted living sites		0	24

## SOCIAL DETERMINANTS OF HEALTH

### COST OF LIVING

<b>Elder Index</b>			
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		4.2%	5.0%
% 65+ employed in past year		26.0%	21.5%
% 65+ with income below the poverty line in past year		6.2%	7.0%
Median annual income for households with a householder age 65+		\$62,838	\$60,844
% 65+ households with annual income < \$20,000		15.7%	13.2%
% 65+ households with annual income \$20,000-\$49,999		24.9%	28.1%
% 65+ households with annual income \$50,000-\$99,999		27.3%	30.7%
% 65+ households with annual income \$100,000+		32.1%	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		1	20
# of public libraries		2	221
# of senior centers		1	50
# of Osher Lifelong Learning Institutes (OLLI)		0	2
% households with a smartphone (all ages)	*	81.9%	86.8%
% households with only a smartphone to access the Internet (all ages)		3.6%	5.2%
% households without a computer (all ages)		8.8%	5.0%
% households with access to Broadband (all ages)	*	88.1%	91.0%
% households without access to the Internet (all ages)		11.9%	8.8%
Voter participation rate in 2020 election (age 18+)		65.7%	72.5%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
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	3.1%	3.9%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		85.3%	92.6%
# fatal crashes involving adult age 60+ (County)		16	177
AllTransit Score		2.90	0.58
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		2.8%	2.8%
<b>PREVENTION</b>			
% 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
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		28.2%	NA
% 65+ with high cholesterol	B	60.3%	72.0%
% 18+ with cholesterol screening (County)		84.7%	NA
<b>ORAL HEALTH</b>			
% 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
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		11.2%	10.7%
% 65+ with anemia		35.2%	35.0%
% 65+ with asthma		12.0%	11.4%
% 65+ with atrial fibrillation		13.7%	14.0%
% 65+ with benign prostatic hyperplasia (men)		34.2%	36.9%
% 65+ with breast cancer (women)		10.6%	10.2%
% 65+ with cataract	W	62.9%	60.3%
% 65+ with chronic kidney disease	B	24.3%	28.0%
% 65+ with chronic obstructive pulmonary disease	B	14.4%	17.4%
% 65+ with colon cancer		1.8%	2.0%
% 65+ with congestive heart failure		16.5%	16.7%
% 65+ with diabetes		25.3%	25.2%
% 65+ with endometrial cancer (women)		2.2%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	38.8%	32.9%
% 65+ with glaucoma		23.1%	22.6%
% 65+ ever had a heart attack		5.4%	4.6%
% 65+ with HIV/AIDS		0.12%	0.10%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with hypertension	B	63.8%	67.3%
% 65+ with ischemic heart disease		32.4%	32.9%
% 65+ with liver disease		9.9%	10.1%
% 65+ with lung cancer		1.6%	1.6%
% 65+ with migraine and other chronic headache		7.3%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		55.0%	53.2%
% 65+ with osteoporosis	W	20.4%	16.3%
% 65+ with peripheral vascular disease		13.4%	13.6%
% 65+ with pressure ulcer or chronic ulcer		6.2%	6.2%
% 65+ with prostate cancer (men)		11.6%	11.6%
% 65+ with stroke		10.7%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		51.5%	53.9%
% 65+ with 0 chronic conditions		10.9%	10.2%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		83	2,268
% 65+ with substance use disorder		7.9%	7.6%
% 18+ excessive drinking (County)		15.4%	NA
% 65+ with tobacco use disorder	B	9.1%	11.7%
% 18+ current smokers (County)		12.7%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		14.0%	NA
% 65+ with depression	W	35.6%	30.5%
% 65+ with anxiety disorder		26.7%	28.0%
% 65+ with post-traumatic stress disorder		2.5%	2.3%
% 65+ with schizophrenia & other psychotic disorder		2.3%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		13.6%	13.8%
% 65+ with self-reported vision difficulty		5.6%	4.8%
% 65+ with self-reported cognition difficulty		3.9%	6.5%
% 65+ with self-reported ambulatory difficulty		16.1%	16.7%
% 65+ with self-reported self-care difficulty		7.0%	5.3%
% 65+ with self-reported independent living difficulty		9.0%	10.1%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren	*	0.15%	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](http://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.*

Healthy Aging Data Report Research Team (2025): Beth Dugan PhD, Nina Silverstein PhD, Chae Man Lee PhD, Taylor Jansen PhD, Yan-Jhu Su, Yan Lin, Shan Qu, Tiffany Tang & Qian Song PhD, from the Gerontology Institute at the University of Massachusetts Boston. The Point32Health Foundation supported the research and provided important guidance.

Suggested citation: Dugan E, Lee CM, Jansen T, Su YJ, Silverstein NM, & Song Q. (2025). The New Hampshire 2025 Healthy Aging Data Report. Retrieved from [www.healthyagingdatareports.org](http://www.healthyagingdatareports.org)

Questions or Ideas? [Beth.dugan@umb.edu](mailto:Beth.dugan@umb.edu)



Point32Health  
Foundation

In partnership with



a Point32Health company