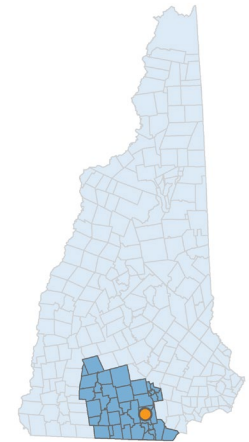# Merrimack (Hillsborough)

Merrimack is a town in Hillsborough County with 4,563 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, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), glaucoma, pressure ulcer, tobacco use disorder, and schizophrenia. However, they have higher rates of anemia, chronic kidney disease, and high cholesterol. Older residents in Hillsborough County vary in obtaining preventive health screenings: residents 18 and older got annual physical exams (72.8%) and annual dental exams (69.8%), while 47.8% of men and 38.3% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include 16 primary care providers, one home health agency, one hospice agency, one adult day health center, one public university or community college, and one public library.

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		27,187	1,379,610
Population 60 years or older as % of total population		23.6%	26.7%
Total population 60 years and older		6,428	368,151
Population 65 years or older as % of total population		16.8%	19.0%
Total population 65 years and older		4,563	261,749
% 65-74 years		65.9%	60.7%
% 75-84 years		27.3%	28.0%
% 85 years or older	*	6.8%	11.3%
% 65+ population who are female		55.0%	53.9%
% 85+ population who are female		65.8%	64.0%
Race and ethnicity of the population 65+			
% White		90.9%	95.7%
% African American		0.6%	0.6%
% Asian	*	5.2%	1.3%
% Other race(s)		3.3%	2.3%
% Hispanic		1.1%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married	*	64.5%	58.5%
% divorced/separated		12.0%	16.5%
% widowed		19.3%	20.0%
% never married		4.2%	5.1%
Education of the population 65+			
% with less than high school education	*	2.9%	8.1%
% with high school or some college		54.6%	56.3%
% with college degree		19.4%	19.6%
% with graduate or professional degree	*	23.1%	16.0%
% 65+ population who speak only English at home		90.1%	93.4%
% 65+ population who are veterans of military service		22.0%	18.0%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		20.9%	25.5%
Average household size (all ages)	*	2.6	2.5
Median house value (all ages)	*	$378,200	$337,100
% 60+ own home	*	91.5%	80.2%
% 60+ homeowners who have mortgage		49.1%	42.8%
% 65+ households (renter) spend >35% of income on housing		58.1%	44.1%
% 65+ households (owner) spend >35% of income on housing		28.3%	25.0%
% grandparents who live with grandchildren		2.9%	2.5%
# of assisted living sites		0	24
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.02	$31,584	$30,948
Single, renter, good health (County)	1.04	$34,224	$32,784
Couple, homeowner without mortgage, good health (County)	1.01	$45,960	$45,336
Couple, renter, good health (County)	1.03	$48,600	$47,172
ECONOMIC			
% 60+ receiving food stamps in past year	*	2.0%	5.0%
% 65+ employed in past year		23.0%	21.5%
% 65+ with income below the poverty line in past year		5.3%	7.0%
Median annual income for households with a householder age 65+	*	$76,707	$60,844
% 65+ households with annual income < $20,000		8.9%	13.2%
% 65+ households with annual income $20,000-$49,999	*	18.4%	28.1%
% 65+ households with annual income $50,000-$99,999		39.5%	30.7%
% 65+ households with annual income $100,000+		33.2%	28.0%
WELLNESS			
% 18+ with less than 7 hours sleep (County)		32.7%	NA
% 18+ without leisure-time physical activity (County)		20.9%	NA
% 18+ with fair or poor self-reported health status (County)		12.3%	NA
% 18+ with 14+ physically unhealthy days (County)		9.4%	NA
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		2	NA
AARP Age-Friendly Communities		Not yet	Not yet
# of public universities and community colleges		1	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)	*	93.0%	86.8%
% households with only a smartphone to access the Internet (all ages)	*	2.4%	5.2%
% households without a computer (all ages)	*	2.7%	5.0%
% households with access to Broadband (all ages)	*	94.9%	91.0%
% households without access to the Internet (all ages)	*	4.9%	8.8%
Voter participation rate in 2020 election (age 18+)		70.7%	72.5%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
Homicide rate/100,000 persons (County)		1.6	1.6
# firearm fatalities (all ages) (County)		211	717
# 65+ deaths by suicide (County)		55	232
Age-sex adjusted 1-year mortality rate		3.6%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle	*	98.3%	92.6%
# fatal crashes involving adult age 60+ (County)		34	177
AllTransit Score		0.00	0.58

HEALTH OUTCOMES

FALLS			
% 65+ with hip fracture		2.4%	2.8%
PREVENTION			
% 18+ with physical exam/check-up in past year (County)		72.8%	NA
% mammography use among women age 50-74 Years (County)		74.5%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		76.7%	NA
% 65+ men up to date on preventive services (County)		47.8%	NA
% 65+ women up to date on preventive services (County)		38.3%	NA
NUTRITION & DIET			
% 18+ with obesity (County)		33.7%	NA
% 65+ with high cholesterol	W	76.0%	72.0%
% 18+ with cholesterol screening (County)		86.5%	NA
ORAL HEALTH			
% 18+ with annual dental exam (County)		69.8%	NA
# dentists per 100,000 persons (all ages) (County)		65.3	55.0
% 65+ with complete tooth loss (County)		8.9%	NA
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	9.1%	10.7%
% 65+ with anemia	W	38.7%	35.0%
% 65+ with asthma		12.1%	11.4%
% 65+ with atrial fibrillation		14.2%	14.0%
% 65+ with benign prostatic hyperplasia (men)		35.6%	36.9%
% 65+ with breast cancer (women)		8.8%	10.2%
% 65+ with cataract		59.8%	60.3%
% 65+ with chronic kidney disease	W	31.7%	28.0%
% 65+ with chronic obstructive pulmonary disease	B	14.9%	17.4%
% 65+ with colon cancer		2.2%	2.0%
% 65+ with congestive heart failure	B	14.8%	16.7%
% 65+ with diabetes		26.6%	25.2%
% 65+ with endometrial cancer (women)		2.4%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue		33.9%	32.9%
% 65+ with glaucoma	B	19.1%	22.6%
% 65+ ever had a heart attack		4.2%	4.6%
% 65+ with HIV/AIDS		0.09%	0.10%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with hypertension		66.8%	67.3%
% 65+ with ischemic heart disease		34.2%	32.9%
% 65+ with liver disease		10.7%	10.1%
% 65+ with lung cancer		1.3%	1.6%
% 65+ with migraine and other chronic headache		6.7%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		54.1%	53.2%
% 65+ with osteoporosis		16.2%	16.3%
% 65+ with peripheral vascular disease		12.5%	13.6%
% 65+ with pressure ulcer or chronic ulcer	B	5.1%	6.2%
% 65+ with prostate cancer (men)		11.0%	11.6%
% 65+ with stroke		9.1%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		55.4%	53.9%
% 65+ with 0 chronic conditions		9.7%	10.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		849	2,268
% 65+ with substance use disorder		6.6%	7.6%
% 18+ excessive drinking (County)		14.3%	NA
% 65+ with tobacco use disorder	B	9.9%	11.7%
% 18+ current smokers (County)		13.5%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		13.9%	NA
% 65+ with depression		29.4%	30.5%
% 65+ with anxiety disorder		27.1%	28.0%
% 65+ with post-traumatic stress disorder		1.9%	2.3%
% 65+ with schizophrenia & other psychotic disorder	B	1.9%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		11.0%	13.8%
% 65+ with self-reported vision difficulty		4.5%	4.8%
% 65+ with self-reported cognition difficulty	*	3.5%	6.5%
% 65+ with self-reported ambulatory difficulty		13.2%	16.7%
% 65+ with self-reported self-care difficulty	*	2.3%	5.3%
% 65+ with self-reported independent living difficulty	*	6.5%	10.1%
CAREGIVING			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren	*	0.20%	0.69%

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	3.2%	6.6%
% 65+ Medicare managed care enrollees		27.8%	26.5%
% 18-64 who lack health insurance (County)		7.7%	NA
# of primary care providers		16	1,852
# of hospitals		0	28
# of home health agencies		1	27
# of skilled nursing facilities		0	73
# of hospice agencies		1	20
# of community health centers		0	68
# of adult day health centers		1	12
SERVICE UTILIZATION			
# physician visits per year	*	7.3	6.1
# emergency room visits/1000 persons 65+ years annually	*	440.9	507.9
# Part D monthly prescription fills per person annually	*	50.9	49.1
# home health visits annually		1.7	1.9
# durable medical equipment claims annually		2.1	1.9
# inpatient hospital stays/1000 persons 65+ years annually		208.1	187.5
% Medicare inpatient hospital readmissions (as % of admissions)		18.0%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually		36.3	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	26.1
% 65+ getting Medicaid long term services and supports	*	1.6%	2.7%
% 65+ hospice users		2.4%	2.7%
% 65+ hospice users as % of decedents		46.8%	47.1%

NOTES

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.*

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

Questions or Ideas? Beth.dugan@umb.edu