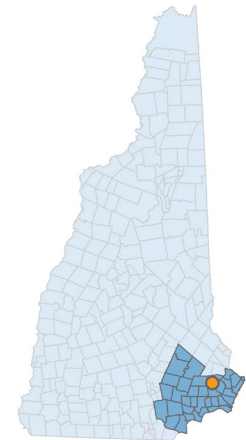# Newfields (Rockingham)

Newfields is a town in Rockingham County with 230 residents aged 65 or older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of hip fracture, Alzheimer's disease or related dementias, anemia, cataract, chronic kidney disease, chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), diabetes, hypertension, ischemic heart disease, peripheral vascular disease, pressure ulcer, stroke, tobacco use disorder, depression, and schizophrenia. However, they have a higher rate of breast cancer. Older residents in Rockingham County vary in obtaining preventive health screenings: residents 18 and older got annual physical exams (75.2%) and annual dental exams (74.3%), while 48.6% of men and 41.7% 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)		1,985	1,379,610
Population 60 years or older as % of total population		18.6%	26.7%
Total population 60 years and older		369	368,151
Population 65 years or older as % of total population		11.6%	19.0%
Total population 65 years and older		230	261,749
% 65-74 years	*	69.1%	60.7%
% 75-84 years		27.0%	28.0%
% 85 years or older	*	3.9%	11.3%
% 65+ population who are female	*	40.9%	53.9%
% 85+ population who are female		77.8%	64.0%
Race and ethnicity of the population 65+			
% White		94.3%	95.7%
% African American		0.0%	0.6%
% Asian		0.0%	1.3%
% Other race(s)		5.7%	2.3%
% Hispanic		0.0%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married	*	81.7%	58.5%
% divorced/separated		6.1%	16.5%
% widowed		12.2%	20.0%
% never married		0.0%	5.1%
Education of the population 65+			
% with less than high school education		5.7%	8.1%
% with high school or some college		56.5%	56.3%
% with college degree		21.7%	19.6%
% with graduate or professional degree		16.1%	16.0%
% 65+ population who speak only English at home		97.4%	93.4%
% 65+ population who are veterans of military service		22.6%	18.0%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	10.9%	25.5%
Average household size (all ages)	*	3.1	2.5
Median house value (all ages)	*	$582,900	$337,100
% 60+ own home	*	98.5%	80.2%
% 60+ homeowners who have mortgage		56.2%	42.8%
% 65+ households (renter) spend >35% of income on housing		0.0%	44.1%
% 65+ households (owner) spend >35% of income on housing		18.3%	25.0%
% grandparents who live with grandchildren		1.7%	2.5%
# of assisted living sites		0	24
SOCIAL DETERMINANTS OF HEALTH			
COST OF LIVING			
Elder Index			
Single, homeowner without mortgage, good health (County)	1.06	$32,736	$30,948
Single, renter, good health (County)	1.07	$35,100	$32,784
Couple, homeowner without mortgage, good health (County)	1.04	$47,244	$45,336
Couple, renter, good health (County)	1.05	$49,608	$47,172
ECONOMIC			
% 60+ receiving food stamps in past year	*	1.8%	5.0%
% 65+ employed in past year		23.9%	21.5%
% 65+ with income below the poverty line in past year		0.9%	7.0%
Median annual income for households with a householder age 65+		$82,917	$60,844
% 65+ households with annual income < $20,000		4.1%	13.2%
% 65+ households with annual income $20,000-$49,999		15.4%	28.1%
% 65+ households with annual income $50,000-$99,999		39.8%	30.7%
% 65+ households with annual income $100,000+		40.7%	28.0%
WELLNESS			
% 18+ with less than 7 hours sleep (County)		29.8%	NA
% 18+ without leisure-time physical activity (County)		19.3%	NA
% 18+ with fair or poor self-reported health status (County)		11.7%	NA
% 18+ with 14+ physically unhealthy days (County)		9.6%	NA
COMMUNITY			
Annual # unhealthy days due to air pollution for 65+ (County)		4	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)	*	95.4%	86.8%
% households with only a smartphone to access the Internet (all ages)		2.0%	5.2%
% households without a computer (all ages)	*	2.2%	5.0%
% households with access to Broadband (all ages)	*	96.1%	91.0%
% households without access to the Internet (all ages)	*	3.9%	8.8%
Voter participation rate in 2020 election (age 18+)		84.3%	72.5%

SOCIAL DETERMINANTS OF HEALTH	Significantly different than state rate	Community estimate	State estimate
COMMUNITY			
Homicide rate/100,000 persons (County)		0.8	1.6
# firearm fatalities (all ages) (County)		126	717
# 65+ deaths by suicide (County)		44	232
Age-sex adjusted 1-year mortality rate		3.3%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle	*	100.0%	92.6%
# fatal crashes involving adult age 60+ (County)		22	177
AllTransit Score		0.00	0.58

HEALTH OUTCOMES

FALLS			
% 65+ with hip fracture	B	2.2%	2.8%
PREVENTION			
% 18+ with physical exam/check-up in past year (County)		75.2%	NA
% mammography use among women age 50-74 Years (County)		74.6%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		76.6%	NA
% 65+ men up to date on preventive services (County)		48.6%	NA
% 65+ women up to date on preventive services (County)		41.7%	NA
NUTRITION & DIET			
% 18+ with obesity (County)		29.0%	NA
% 65+ with high cholesterol		73.3%	72.0%
% 18+ with cholesterol screening (County)		87.7%	NA
ORAL HEALTH			
% 18+ with annual dental exam (County)		74.3%	NA
# dentists per 100,000 persons (all ages) (County)		66.6	55.0
% 65+ with complete tooth loss (County)		7.8%	NA
CHRONIC DISEASE			
% 65+ with Alzheimer's disease or related dementias	B	7.5%	10.7%
% 65+ with anemia	B	32.0%	35.0%
% 65+ with asthma		10.1%	11.4%
% 65+ with atrial fibrillation		13.4%	14.0%
% 65+ with benign prostatic hyperplasia (men)		39.8%	36.9%
% 65+ with breast cancer (women)	W	13.1%	10.2%
% 65+ with cataract	B	56.1%	60.3%
% 65+ with chronic kidney disease	B	24.3%	28.0%
% 65+ with chronic obstructive pulmonary disease	B	12.9%	17.4%
% 65+ with colon cancer		1.7%	2.0%
% 65+ with congestive heart failure	B	14.2%	16.7%
% 65+ with diabetes	B	20.4%	25.2%
% 65+ with endometrial cancer (women)		2.1%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue		30.6%	32.9%
% 65+ with glaucoma		21.9%	22.6%
% 65+ ever had a heart attack		4.8%	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	B	63.5%	67.3%
% 65+ with ischemic heart disease	B	27.8%	32.9%
% 65+ with liver disease		10.3%	10.1%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with migraine and other chronic headache		7.1%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		52.2%	53.2%
% 65+ with osteoporosis		15.5%	16.3%
% 65+ with peripheral vascular disease	B	10.8%	13.6%
% 65+ with pressure ulcer or chronic ulcer	B	3.9%	6.2%
% 65+ with prostate cancer (men)		10.9%	11.6%
% 65+ with stroke	B	7.7%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	B	47.7%	53.9%
% 65+ with 0 chronic conditions		10.3%	10.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		454	2,268
% 65+ with substance use disorder		6.7%	7.6%
% 18+ excessive drinking (County)		16.7%	NA
% 65+ with tobacco use disorder	B	8.3%	11.7%
% 18+ current smokers (County)		12.7%	NA
MENTAL HEALTH			
% 18+ with 14+ days poor mental health (County)		13.5%	NA
% 65+ with depression	B	26.1%	30.5%
% 65+ with anxiety disorder		26.0%	28.0%
% 65+ with post-traumatic stress disorder		2.2%	2.3%
% 65+ with schizophrenia & other psychotic disorder	B	2.1%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		8.7%	13.8%
% 65+ with self-reported vision difficulty		1.7%	4.8%
% 65+ with self-reported cognition difficulty		4.3%	6.5%
% 65+ with self-reported ambulatory difficulty		10.4%	16.7%
% 65+ with self-reported self-care difficulty		0.0%	5.3%
% 65+ with self-reported independent living difficulty		6.1%	10.1%
CAREGIVING			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren	*	0.15%	0.69%

HEALTH OUTCOMES

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	2.3%	6.6%
% 65+ Medicare managed care enrollees	*	21.3%	26.5%
% 18-64 who lack health insurance (County)		6.3%	NA
# of primary care providers		0	1,852
# of hospitals		0	28
# of home health agencies		0	27
# of skilled nursing facilities		0	73
# of hospice agencies		0	20
# of community health centers		0	68
# of adult day health centers		0	12
SERVICE UTILIZATION			
# physician visits per year	*	7.3	6.1
# emergency room visits/1000 persons 65+ years annually	*	409.9	507.9
# Part D monthly prescription fills per person annually	*	43.2	49.1
# home health visits annually		2.0	1.9
# durable medical equipment claims annually		1.7	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	144.9	187.5
% Medicare inpatient hospital readmissions (as % of admissions)		13.8%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	30.2	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	26.1
% 65+ getting Medicaid long term services and supports	*	1.3%	2.7%
% 65+ hospice users		2.9%	2.7%
% 65+ hospice users as % of decedents	*	56.9%	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.*

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