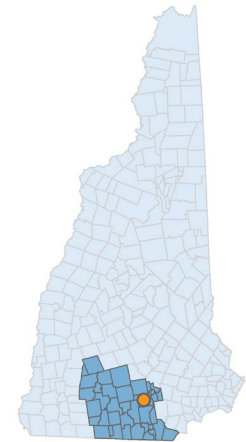# Bedford (Hillsborough)

Bedford is a town in Hillsborough County with 4,161 residents aged 65 or older. Compared to state average rates, older residents have lower rates of chronic obstructive pulmonary disease (COPD), diabetes, substance and tobacco use disorders, and PTSD. However, they have higher rates of high cholesterol, Alzheimer's disease or related dementias, anemia, asthma, benign prostatic hyperplasia, breast cancer, cataract, fibromyalgia/chronic pain/fatigue, glaucoma, ischemic heart disease, osteoarthritis/rheumatoid arthritis, osteoporosis, prostate cancer, and schizophrenia. 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 61 primary care providers, one assisted living facility, one home health agency, three skilled nursing facilities, three hospice agencies, and one public library.

POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		23,385	1,379,610
Population 60 years or older as % of total population		24.6%	26.7%
Total population 60 years and older		5,743	368,151
Population 65 years or older as % of total population		17.8%	19.0%
Total population 65 years and older		4,161	261,749
% 65-74 years		59.8%	60.7%
% 75-84 years		26.1%	28.0%
% 85 years or older		14.1%	11.3%
% 65+ population who are female		60.5%	53.9%
% 85+ population who are female		82.7%	64.0%
Race and ethnicity of the population 65+			
% White	*	86.8%	95.7%
% African American		0.0%	0.6%
% Asian	*	10.4%	1.3%
% Other race(s)		2.9%	2.3%
% Hispanic		0.5%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married		55.7%	58.5%
% divorced/separated		11.9%	16.5%
% widowed		27.3%	20.0%
% never married		5.2%	5.1%
Education of the population 65+			
% with less than high school education	*	4.5%	8.1%
% with high school or some college	*	46.7%	56.3%
% with college degree	*	27.9%	19.6%
% with graduate or professional degree	*	20.9%	16.0%
% 65+ population who speak only English at home		95.2%	93.4%
% 65+ population who are veterans of military service	*	11.1%	18.0%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone	*	17.8%	25.5%
Average household size (all ages)	*	2.9	2.5
Median house value (all ages)	*	$539,500	$337,100
% 60+ own home		85.4%	80.2%
% 60+ homeowners who have mortgage		37.6%	42.8%
% 65+ households (renter) spend >35% of income on housing		57.8%	44.1%
% 65+ households (owner) spend >35% of income on housing		18.4%	25.0%
% grandparents who live with grandchildren		3.0%	2.5%
# of assisted living sites		1	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	*	1.6%	5.0%
% 65+ employed in past year		19.6%	21.5%
% 65+ with income below the poverty line in past year		4.4%	7.0%
Median annual income for households with a householder age 65+	*	$89,349	$60,844
% 65+ households with annual income < $20,000		8.9%	13.2%
% 65+ households with annual income $20,000-$49,999		22.7%	28.1%
% 65+ households with annual income $50,000-$99,999		25.0%	30.7%
% 65+ households with annual income $100,000+	*	43.5%	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		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)	*	92.4%	86.8%
% households with only a smartphone to access the Internet (all ages)		3.0%	5.2%
% households without a computer (all ages)		2.7%	5.0%
% households with access to Broadband (all ages)	*	95.0%	91.0%
% households without access to the Internet (all ages)	*	5.0%	8.8%
Voter participation rate in 2020 election (age 18+)		72.7%	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		3.9%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		90.2%	92.6%
# fatal crashes involving adult age 60+ (County)		34	177
AllTransit Score		NA	0.58

HEALTH OUTCOMES

FALLS			
% 65+ with hip fracture		3.1%	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	77.7%	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	W	14.2%	10.7%
% 65+ with anemia	W	39.6%	35.0%
% 65+ with asthma	W	13.1%	11.4%
% 65+ with atrial fibrillation		15.5%	14.0%
% 65+ with benign prostatic hyperplasia (men)	W	42.1%	36.9%
% 65+ with breast cancer (women)	W	13.0%	10.2%
% 65+ with cataract	W	65.5%	60.3%
% 65+ with chronic kidney disease		29.7%	28.0%
% 65+ with chronic obstructive pulmonary disease	B	14.7%	17.4%
% 65+ with colon cancer		1.9%	2.0%
% 65+ with congestive heart failure		18.2%	16.7%
% 65+ with diabetes	B	22.9%	25.2%
% 65+ with endometrial cancer (women)		2.1%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	36.3%	32.9%
% 65+ with glaucoma	W	28.2%	22.6%
% 65+ ever had a heart attack		4.3%	4.6%
% 65+ with HIV/AIDS		0.14%	0.10%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with hypertension		67.0%	67.3%
% 65+ with ischemic heart disease	W	35.1%	32.9%
% 65+ with liver disease		9.9%	10.1%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with migraine and other chronic headache		7.9%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis	W	57.7%	53.2%
% 65+ with osteoporosis	W	20.3%	16.3%
% 65+ with peripheral vascular disease		15.1%	13.6%
% 65+ with pressure ulcer or chronic ulcer		6.5%	6.2%
% 65+ with prostate cancer (men)	W	14.5%	11.6%
% 65+ with stroke		10.8%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	W	56.5%	53.9%
% 65+ with 0 chronic conditions	W	7.4%	10.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		849	2,268
% 65+ with substance use disorder	B	6.2%	7.6%
% 18+ excessive drinking (County)		14.3%	NA
% 65+ with tobacco use disorder	B	8.5%	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		29.5%	30.5%
% 65+ with anxiety disorder		29.6%	28.0%
% 65+ with post-traumatic stress disorder	B	1.4%	2.3%
% 65+ with schizophrenia & other psychotic disorder	W	3.6%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		9.7%	13.8%
% 65+ with self-reported vision difficulty		2.6%	4.8%
% 65+ with self-reported cognition difficulty		3.5%	6.5%
% 65+ with self-reported ambulatory difficulty		18.8%	16.7%
% 65+ with self-reported self-care difficulty		4.6%	5.3%
% 65+ with self-reported independent living difficulty		9.9%	10.1%
CAREGIVING			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren		1.18%	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	*	4.3%	6.6%
% 65+ Medicare managed care enrollees	*	23.1%	26.5%
% 18-64 who lack health insurance (County)		7.7%	NA
# of primary care providers		61	1,852
# of hospitals		0	28
# of home health agencies		1	27
# of skilled nursing facilities		3	73
# of hospice agencies		3	20
# of community health centers		0	68
# of adult day health centers		0	12
SERVICE UTILIZATION			
# physician visits per year	*	7.6	6.1
# emergency room visits/1000 persons 65+ years annually	*	410.0	507.9
# Part D monthly prescription fills per person annually		50.1	49.1
# home health visits annually		2.1	1.9
# durable medical equipment claims annually		2.1	1.9
# inpatient hospital stays/1000 persons 65+ years annually		179.5	187.5
% Medicare inpatient hospital readmissions (as % of admissions)	*	12.0%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually		46.1	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		92.1	26.1
% 65+ getting Medicaid long term services and supports		3.2%	2.7%
% 65+ hospice users	*	3.6%	2.7%
% 65+ hospice users as % of decedents		48.8%	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.*

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