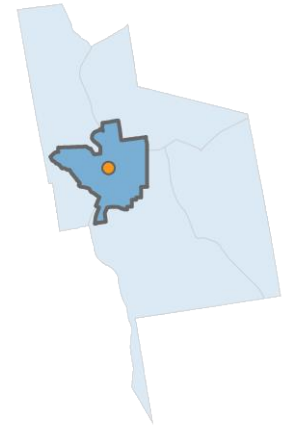# Central Manchester (Hillsborough)

Central Manchester is a neighborhood of Manchester in Hillsborough County with 3,596 residents aged 65 or older. Compared to state average rates, older residents have lower rates of cataract and arthritis. However, they have higher rates of hip fracture, Alzheimer's disease, anemia, asthma, chronic kidney disease, COPD, CHF, diabetes, fibromyalgia, hypertension, ischemic heart disease, liver disease, lung cancer, peripheral vascular disease, pressure ulcer, stroke, substance/tobacco use disorders, depression, anxiety disorder, PTSD, and schizophrenia. 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 include 131 pcps, 1 hospital, 2 home health agencies, 3 skilled nursing facilities, 13 community health centers, 1 adult day health center, 1 senior center, 1 public university or community college, and 2 public libraries.

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		36,204	1,379,610
Population 60 years or older as % of total population		14.9%	26.7%
Total population 60 years and older		5,399	368,151
Population 65 years or older as % of total population		9.9%	19.0%
Total population 65 years and older		3,596	261,749
% 65-74 years		48.8%	60.7%
% 75-84 years		36.5%	28.0%
% 85 years or older		14.7%	11.3%
% 65+ population who are female		54.8%	53.9%
% 85+ population who are female		65.7%	64.0%
Race and ethnicity of the population 65+			
% White		86.5%	95.7%
% African American		2.4%	0.6%
% Asian		2.0%	1.3%
% Other race(s)		9.1%	2.3%
% Hispanic		9.0%	1.1%
# 55+ who are Native American / Alaskan		48	549
Marital status of the population 65+			
% married		40.7%	58.5%
% divorced/separated		25.0%	16.5%
% widowed		25.6%	20.0%
% never married		8.7%	5.1%
Education of the population 65+			
% with less than high school education		25.1%	8.1%
% with high school or some college		55.7%	56.3%
% with college degree		12.3%	19.6%
% with graduate or professional degree		7.0%	16.0%
% 65+ population who speak only English at home	*	76.0%	93.4%
% 65+ population who are veterans of military service		17.8%	18.0%

POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
HOUSING			
% 65+ population who live alone		33.5%	25.5%
Average household size (all ages)		2.3	2.5
Median house value (all ages)	*	$277,670	$337,100
% 60+ own home	*	28.5%	80.2%
% 60+ homeowners who have mortgage		59.4%	42.8%
% 65+ households (renter) spend >35% of income on housing		45.3%	44.1%
% 65+ households (owner) spend >35% of income on housing		27.3%	25.0%
% grandparents who live with grandchildren		3.2%	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		18.3%	5.0%
% 65+ employed in past year		14.2%	21.5%
% 65+ with income below the poverty line in past year		16.2%	7.0%
Median annual income for households with a householder age 65+	*	$35,340	$60,844
% 65+ households with annual income < $20,000		36.6%	13.2%
% 65+ households with annual income $20,000-$49,999		31.7%	28.1%
% 65+ households with annual income $50,000-$99,999		21.8%	30.7%
% 65+ households with annual income $100,000+		9.9%	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		Yes	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)		87.1%	86.8%
% households with only a smartphone to access the Internet (all ages)		14.2%	5.2%
% households without a computer (all ages)		6.6%	5.0%
% households with access to Broadband (all ages)		85.2%	91.0%
% households without access to the Internet (all ages)		14.6%	8.8%
Voter participation rate in 2020 election (age 18+)		67.3%	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	W	5.3%	3.9%
TRANSPORTATION			
% householders 65+ who own a motor vehicle		61.7%	92.6%
# fatal crashes involving adult age 60+ (County)		34	177
AllTransit Score		3.00	0.58

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
FALLS			
% 65+ with hip fracture	W	3.9%	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		73.4%	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	16.6%	10.7%
% 65+ with anemia	W	41.9%	35.0%
% 65+ with asthma	W	13.6%	11.4%
% 65+ with atrial fibrillation		15.8%	14.0%
% 65+ with benign prostatic hyperplasia (men)		33.3%	36.9%
% 65+ with breast cancer (women)		8.6%	10.2%
% 65+ with cataract	B	52.1%	60.3%
% 65+ with chronic kidney disease	W	36.6%	28.0%
% 65+ with chronic obstructive pulmonary disease	W	27.9%	17.4%
% 65+ with colon cancer		2.4%	2.0%
% 65+ with congestive heart failure	W	24.4%	16.7%
% 65+ with diabetes	W	33.3%	25.2%
% 65+ with endometrial cancer (women)		2.9%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue	W	35.9%	32.9%
% 65+ with glaucoma		20.5%	22.6%
% 65+ ever had a heart attack		5.5%	4.6%
% 65+ with HIV/AIDS		0.14%	0.10%

HEALTH OUTCOMES

HEALTH OUTCOMES	Significantly different than state rate	Community estimate	State estimate
CHRONIC DISEASE			
% 65+ with hypertension	W	70.6%	67.3%
% 65+ with ischemic heart disease	W	38.3%	32.9%
% 65+ with liver disease	W	12.6%	10.1%
% 65+ with lung cancer	W	2.9%	1.6%
% 65+ with migraine and other chronic headache		6.2%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis	B	49.2%	53.2%
% 65+ with osteoporosis		17.0%	16.3%
% 65+ with peripheral vascular disease	W	17.5%	13.6%
% 65+ with pressure ulcer or chronic ulcer	W	9.4%	6.2%
% 65+ with prostate cancer (men)		9.6%	11.6%
% 65+ with stroke	W	12.6%	10.0%
% 65+ with 4+ (out of 15) chronic conditions	W	62.6%	53.9%
% 65+ with 0 chronic conditions		10.3%	10.2%
BEHAVIORAL HEALTH			
# drug overdose deaths (all ages) (County)		849	2,268
% 65+ with substance use disorder	W	14.6%	7.6%
% 18+ excessive drinking (County)		14.3%	NA
% 65+ with tobacco use disorder	W	23.4%	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	W	38.8%	30.5%
% 65+ with anxiety disorder	W	37.1%	28.0%
% 65+ with post-traumatic stress disorder	W	5.7%	2.3%
% 65+ with schizophrenia & other psychotic disorder	W	8.5%	2.8%
LIVING WITH DISABILITY			
% 65+ with self-reported hearing difficulty		15.1%	13.8%
% 65+ with self-reported vision difficulty		9.9%	4.8%
% 65+ with self-reported cognition difficulty		12.4%	6.5%
% 65+ with self-reported ambulatory difficulty		26.5%	16.7%
% 65+ with self-reported self-care difficulty		11.8%	5.3%
% 65+ with self-reported independent living difficulty		21.4%	10.1%
CAREGIVING			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren		1.39%	0.69%

HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
ACCESS TO CARE			
% 65+ dually eligible for Medicare and Medicaid	*	28.6%	6.6%
% 65+ Medicare managed care enrollees	*	33.8%	26.5%
% 18-64 who lack health insurance (County)		7.7%	NA
# of primary care providers		131	1,852
# of hospitals		1	28
# of home health agencies		2	27
# of skilled nursing facilities		3	73
# of hospice agencies		0	20
# of community health centers		13	68
# of adult day health centers		1	12
SERVICE UTILIZATION			
# physician visits per year		6.0	6.1
# emergency room visits/1000 persons 65+ years annually	*	717.3	507.9
# Part D monthly prescription fills per person annually	*	61.3	49.1
# home health visits annually	*	2.7	1.9
# durable medical equipment claims annually	*	2.3	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	354.5	187.5
% Medicare inpatient hospital readmissions (as % of admissions)		20.2%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually	*	102.1	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		97.7	26.1
% 65+ getting Medicaid long term services and supports	*	9.6%	2.7%
% 65+ hospice users		3.1%	2.7%
% 65+ hospice users as % of decedents	*	38.4%	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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