

## Nashua: Zip 03064 (Hillsborough)

Nashua Northeast is a neighborhood of Nashua in Hillsborough County with 4,816 residents aged 65 or older. Compared to state average rates, older residents fare worse on some healthy aging indicators with higher rates of high cholesterol, anemia, chronic kidney disease, pressure ulcer, 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 four primary care providers, two community health centers, and one adult day health center.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		25,745	1,379,610
Population 60 years or older as % of total population		27.6%	26.7%
Total population 60 years and older		7,107	368,151
Population 65 years or older as % of total population		18.7%	19.0%
Total population 65 years and older		4,816	261,749
% 65-74 years		72.0%	60.7%
% 75-84 years		20.1%	28.0%
% 85 years or older		7.9%	11.3%
% 65+ population who are female		58.4%	53.9%
% 85+ population who are female		64.7%	64.0%
Race and ethnicity of the population 65+			
% White		91.8%	95.7%
% African American		0.4%	0.6%
% Asian		1.8%	1.3%
% Other race(s)		6.0%	2.3%
% Hispanic		5.6%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married		52.8%	58.5%
% divorced/separated		20.1%	16.5%
% widowed		19.0%	20.0%
% never married		8.1%	5.1%
Education of the population 65+			
% with less than high school education		7.1%	8.1%
% with high school or some college		54.7%	56.3%
% with college degree		23.4%	19.6%
% with graduate or professional degree		14.8%	16.0%
% 65+ population who speak only English at home		88.5%	93.4%
% 65+ population who are veterans of military service		12.5%	18.0%

## POPULATION CHARACTERISTICS

Significantly  
different than  
state rate

Community  
estimate

State  
estimate

### HOUSING

% 65+ population who live alone		27.3%	25.5%
Average household size (all ages)		2.4	2.5
Median house value (all ages)		\$352,450	\$337,100
% 60+ own home		82.9%	80.2%
% 60+ homeowners who have mortgage		44.2%	42.8%
% 65+ households (renter) spend >35% of income on housing		44.3%	44.1%
% 65+ households (owner) spend >35% of income on housing		20.3%	25.0%
% grandparents who live with grandchildren		2.2%	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		2.9%	5.0%
% 65+ employed in past year		32.5%	21.5%
% 65+ with income below the poverty line in past year		6.6%	7.0%
Median annual income for households with a householder age 65+		\$64,205	\$60,844
% 65+ households with annual income < \$20,000		9.2%	13.2%
% 65+ households with annual income \$20,000-\$49,999		25.4%	28.1%
% 65+ households with annual income \$50,000-\$99,999		39.9%	30.7%
% 65+ households with annual income \$100,000+		25.5%	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		0	221
# of senior centers		0	50
# of Osher Lifelong Learning Institutes (OLLI)		0	2
% households with a smartphone (all ages)		90.3%	86.8%
% households with only a smartphone to access the Internet (all ages)		4.8%	5.2%
% households without a computer (all ages)		4.5%	5.0%
% households with access to Broadband (all ages)		92.1%	91.0%
% households without access to the Internet (all ages)		7.7%	8.8%
Voter participation rate in 2020 election (age 18+)		62.4%	72.5%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
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		4.3%	3.9%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		95.9%	92.6%
# fatal crashes involving adult age 60+ (County)		34	177
AllTransit Score		3.50	0.58
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		3.7%	2.8%
<b>PREVENTION</b>			
% 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
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		33.7%	NA
% 65+ with high cholesterol	W	76.1%	72.0%
% 18+ with cholesterol screening (County)		86.5%	NA
<b>ORAL HEALTH</b>			
% 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
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		10.3%	10.7%
% 65+ with anemia	W	39.4%	35.0%
% 65+ with asthma		11.7%	11.4%
% 65+ with atrial fibrillation		14.6%	14.0%
% 65+ with benign prostatic hyperplasia (men)		33.9%	36.9%
% 65+ with breast cancer (women)		10.1%	10.2%
% 65+ with cataract		60.0%	60.3%
% 65+ with chronic kidney disease	W	33.4%	28.0%
% 65+ with chronic obstructive pulmonary disease		16.2%	17.4%
% 65+ with colon cancer		2.4%	2.0%
% 65+ with congestive heart failure		17.3%	16.7%
% 65+ with diabetes		27.1%	25.2%
% 65+ with endometrial cancer (women)		2.1%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue		34.2%	32.9%
% 65+ with glaucoma		22.0%	22.6%
% 65+ ever had a heart attack		5.9%	4.6%
% 65+ with HIV/AIDS		0.09%	0.10%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>CHRONIC DISEASE</b>			
% 65+ with hypertension		68.6%	67.3%
% 65+ with ischemic heart disease		34.6%	32.9%
% 65+ with liver disease		12.1%	10.1%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with migraine and other chronic headache		7.8%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		52.6%	53.2%
% 65+ with osteoporosis		18.2%	16.3%
% 65+ with peripheral vascular disease		14.1%	13.6%
% 65+ with pressure ulcer or chronic ulcer	W	7.9%	6.2%
% 65+ with prostate cancer (men)		10.8%	11.6%
% 65+ with stroke		11.2%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		56.3%	53.9%
% 65+ with 0 chronic conditions		9.6%	10.2%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		849	2,268
% 65+ with substance use disorder		9.2%	7.6%
% 18+ excessive drinking (County)		14.3%	NA
% 65+ with tobacco use disorder		13.4%	11.7%
% 18+ current smokers (County)		13.5%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		13.9%	NA
% 65+ with depression		29.5%	30.5%
% 65+ with anxiety disorder		30.5%	28.0%
% 65+ with post-traumatic stress disorder		2.7%	2.3%
% 65+ with schizophrenia & other psychotic disorder	W	4.4%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		9.9%	13.8%
% 65+ with self-reported vision difficulty		3.9%	4.8%
% 65+ with self-reported cognition difficulty		3.5%	6.5%
% 65+ with self-reported ambulatory difficulty		13.7%	16.7%
% 65+ with self-reported self-care difficulty		2.8%	5.3%
% 65+ with self-reported independent living difficulty		8.2%	10.1%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren		0.34%	0.69%

## HEALTH OUTCOMES

	Significantly different than state rate	Community estimate	State estimate
<b>ACCESS TO CARE</b>			
% 65+ dually eligible for Medicare and Medicaid	*	8.3%	6.6%
% 65+ Medicare managed care enrollees	*	28.5%	26.5%
% 18-64 who lack health insurance (County)		7.7%	NA
# of primary care providers		4	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		2	68
# of adult day health centers		1	12
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	6.9	6.1
# emergency room visits/1000 persons 65+ years annually		548.5	507.9
# Part D monthly prescription fills per person annually		51.1	49.1
# home health visits annually		1.5	1.9
# durable medical equipment claims annually		1.9	1.9
# inpatient hospital stays/1000 persons 65+ years annually	*	233.7	187.5
% Medicare inpatient hospital readmissions (as % of admissions)		15.6%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually		53.2	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	26.1
% 65+ getting Medicaid long term services and supports		3.5%	2.7%
% 65+ hospice users		2.7%	2.7%
% 65+ hospice users as % of decedents		47.9%	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](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.*

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