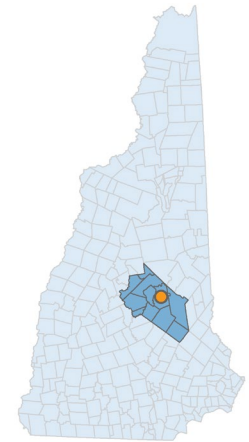


## Gilford (Belknap)

Gilford is a town in Belknap County with 1,556 residents aged 65 or older. Compared to state average rates, older residents fare better on some healthy aging indicators with lower rates of anemia, chronic kidney disease, congestive heart failure (CHF), fibromyalgia/chronic pain/fatigue, glaucoma, migraine, tobacco use disorder, depression, anxiety disorder, PTSD, and schizophrenia. However, they have a higher rate of benign prostatic hyperplasia. Older residents in Belknap County vary in obtaining preventive health screenings: residents 18 and older got annual physical exams (72.6%) and annual dental exams (66.4%), while 50% of men and 41.4% of women 65 and older completed all CDC recommended vaccinations and cancer screenings. Community resources to support healthy aging include four primary care providers and one public library.



POPULATION CHARACTERISTICS	Significantly different than state rate	Community estimate	State estimate
Total population (all ages)		7,725	1,379,610
Population 60 years or older as % of total population		28.7%	26.7%
Total population 60 years and older		2,216	368,151
Population 65 years or older as % of total population		20.1%	19.0%
Total population 65 years and older		1,556	261,749
% 65-74 years		69.7%	60.7%
% 75-84 years		27.0%	28.0%
% 85 years or older	*	3.3%	11.3%
% 65+ population who are female		56.0%	53.9%
% 85+ population who are female		50.0%	64.0%
Race and ethnicity of the population 65+			
% White		97.8%	95.7%
% African American		0.0%	0.6%
% Asian		1.9%	1.3%
% Other race(s)		0.3%	2.3%
% Hispanic		0.0%	1.1%
# 55+ who are Native American / Alaskan		0	549
Marital status of the population 65+			
% married		65.0%	58.5%
% divorced/separated		12.4%	16.5%
% widowed		15.6%	20.0%
% never married		7.0%	5.1%
Education of the population 65+			
% with less than high school education	*	0.8%	8.1%
% with high school or some college		58.9%	56.3%
% with college degree		20.0%	19.6%
% with graduate or professional degree		20.3%	16.0%
% 65+ population who speak only English at home		95.7%	93.4%
% 65+ population who are veterans of military service		21.5%	18.0%

## POPULATION CHARACTERISTICS

	Significantly different than state rate	Community estimate	State estimate
<b>HOUSING</b>			
% 65+ population who live alone		25.2%	25.5%
Average household size (all ages)		2.5	2.5
Median house value (all ages)		\$363,700	\$337,100
% 60+ own home	*	90.6%	80.2%
% 60+ homeowners who have mortgage		36.4%	42.8%
% 65+ households (renter) spend >35% of income on housing		59.4%	44.1%
% 65+ households (owner) spend >35% of income on housing		18.0%	25.0%
% grandparents who live with grandchildren		1.1%	2.5%
# of assisted living sites		0	24

## SOCIAL DETERMINANTS OF HEALTH

### COST OF LIVING

<b>Elder Index</b>			
Single, homeowner without mortgage, good health (County)	0.95	\$29,508	\$30,948
Single, renter, good health (County)	0.94	\$30,960	\$32,784
Couple, homeowner without mortgage, good health (County)	0.98	\$44,340	\$45,336
Couple, renter, good health (County)	0.97	\$45,792	\$47,172

### ECONOMIC

% 60+ receiving food stamps in past year	*	1.1%	5.0%
% 65+ employed in past year		19.5%	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+		\$60,625	\$60,844
% 65+ households with annual income < \$20,000		8.2%	13.2%
% 65+ households with annual income \$20,000-\$49,999		27.5%	28.1%
% 65+ households with annual income \$50,000-\$99,999		32.8%	30.7%
% 65+ households with annual income \$100,000+		31.5%	28.0%

### WELLNESS

% 18+ with less than 7 hours sleep (County)		30.3%	NA
% 18+ without leisure-time physical activity (County)		20.3%	NA
% 18+ with fair or poor self-reported health status (County)		13.7%	NA
% 18+ with 14+ physically unhealthy days (County)		10.8%	NA

### COMMUNITY

Annual # unhealthy days due to air pollution for 65+ (County)		1	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)	*	90.9%	86.8%
% households with only a smartphone to access the Internet (all ages)		5.1%	5.2%
% households without a computer (all ages)	*	2.3%	5.0%
% households with access to Broadband (all ages)		92.6%	91.0%
% households without access to the Internet (all ages)		7.1%	8.8%
Voter participation rate in 2020 election (age 18+)		72.3%	72.5%

## SOCIAL DETERMINANTS OF HEALTH

	Significantly different than state rate	Community estimate	State estimate
<b>COMMUNITY</b>			
Homicide rate/100,000 persons (County)		NA	1.6
# firearm fatalities (all ages) (County)		40	717
# 65+ deaths by suicide (County)		17	232
Age-sex adjusted 1-year mortality rate		3.8%	3.9%
<b>TRANSPORTATION</b>			
% householders 65+ who own a motor vehicle		96.1%	92.6%
# fatal crashes involving adult age 60+ (County)		19	177
AllTransit Score		NA	0.58
<b>HEALTH OUTCOMES</b>			
<b>FALLS</b>			
% 65+ with hip fracture		2.6%	2.8%
<b>PREVENTION</b>			
% 18+ with physical exam/check-up in past year (County)		72.6%	NA
% mammography use among women age 50-74 Years (County)		72.7%	NA
% 50-75 with fecal occult blood test, sigmoidoscopy, or colonoscopy (County)		76.0%	NA
% 65+ men up to date on preventive services (County)		50.0%	NA
% 65+ women up to date on preventive services (County)		41.4%	NA
<b>NUTRITION &amp; DIET</b>			
% 18+ with obesity (County)		30.8%	NA
% 65+ with high cholesterol		71.8%	72.0%
% 18+ with cholesterol screening (County)		86.8%	NA
<b>ORAL HEALTH</b>			
% 18+ with annual dental exam (County)		66.4%	NA
# dentists per 100,000 persons (all ages) (County)		62.1	55.0
% 65+ with complete tooth loss (County)		9.8%	NA
<b>CHRONIC DISEASE</b>			
% 65+ with Alzheimer's disease or related dementias		9.4%	10.7%
% 65+ with anemia	B	31.1%	35.0%
% 65+ with asthma		9.7%	11.4%
% 65+ with atrial fibrillation		13.6%	14.0%
% 65+ with benign prostatic hyperplasia (men)	W	42.4%	36.9%
% 65+ with breast cancer (women)		11.3%	10.2%
% 65+ with cataract		62.4%	60.3%
% 65+ with chronic kidney disease	B	24.4%	28.0%
% 65+ with chronic obstructive pulmonary disease		16.9%	17.4%
% 65+ with colon cancer		1.9%	2.0%
% 65+ with congestive heart failure	B	14.3%	16.7%
% 65+ with diabetes		23.3%	25.2%
% 65+ with endometrial cancer (women)		1.6%	2.0%
% 65+ with fibromyalgia, chronic pain, and fatigue	B	29.8%	32.9%
% 65+ with glaucoma	B	17.2%	22.6%
% 65+ ever had a heart attack		4.7%	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		69.9%	67.3%
% 65+ with ischemic heart disease		34.4%	32.9%
% 65+ with liver disease		10.2%	10.1%
% 65+ with lung cancer		1.5%	1.6%
% 65+ with migraine and other chronic headache	B	5.7%	6.9%
% 65+ with osteoarthritis or rheumatoid arthritis		55.0%	53.2%
% 65+ with osteoporosis		14.3%	16.3%
% 65+ with peripheral vascular disease		14.9%	13.6%
% 65+ with pressure ulcer or chronic ulcer		5.3%	6.2%
% 65+ with prostate cancer (men)		13.4%	11.6%
% 65+ with stroke		10.6%	10.0%
% 65+ with 4+ (out of 15) chronic conditions		51.9%	53.9%
% 65+ with 0 chronic conditions		8.7%	10.2%
<b>BEHAVIORAL HEALTH</b>			
# drug overdose deaths (all ages) (County)		116	2,268
% 65+ with substance use disorder		6.1%	7.6%
% 18+ excessive drinking (County)		14.6%	NA
% 65+ with tobacco use disorder	B	9.5%	11.7%
% 18+ current smokers (County)		14.3%	NA
<b>MENTAL HEALTH</b>			
% 18+ with 14+ days poor mental health (County)		14.0%	NA
% 65+ with depression	B	26.0%	30.5%
% 65+ with anxiety disorder	B	24.4%	28.0%
% 65+ with post-traumatic stress disorder	B	1.4%	2.3%
% 65+ with schizophrenia & other psychotic disorder	B	1.9%	2.8%
<b>LIVING WITH DISABILITY</b>			
% 65+ with self-reported hearing difficulty		11.1%	13.8%
% 65+ with self-reported vision difficulty		2.2%	4.8%
% 65+ with self-reported cognition difficulty		8.2%	6.5%
% 65+ with self-reported ambulatory difficulty		12.7%	16.7%
% 65+ with self-reported self-care difficulty		2.6%	5.3%
% 65+ with self-reported independent living difficulty	*	4.7%	10.1%
<b>CAREGIVING</b>			
# of Alzheimer's support groups		0	5
% grandparents raising grandchildren		0.43%	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	*	4.9%	6.6%
% 65+ Medicare managed care enrollees		28.3%	26.5%
% 18-64 who lack health insurance (County)		7.1%	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		0	68
# of adult day health centers		0	12
<b>SERVICE UTILIZATION</b>			
# physician visits per year	*	7.1	6.1
# emergency room visits/1000 persons 65+ years annually		552.2	507.9
# Part D monthly prescription fills per person annually		47.6	49.1
# home health visits annually		1.8	1.9
# durable medical equipment claims annually		2.3	1.9
# inpatient hospital stays/1000 persons 65+ years annually		159.2	187.5
% Medicare inpatient hospital readmissions (as % of admissions)		14.0%	16.2%
# skilled nursing facility stays/1000 persons 65+ years annually		39.4	45.0
# skilled nursing home Medicare beds/1000 persons 65+ years		0.0	26.1
% 65+ getting Medicaid long term services and supports	*	1.4%	2.7%
% 65+ hospice users		2.3%	2.7%
% 65+ hospice users as % of decedents		49.8%	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](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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