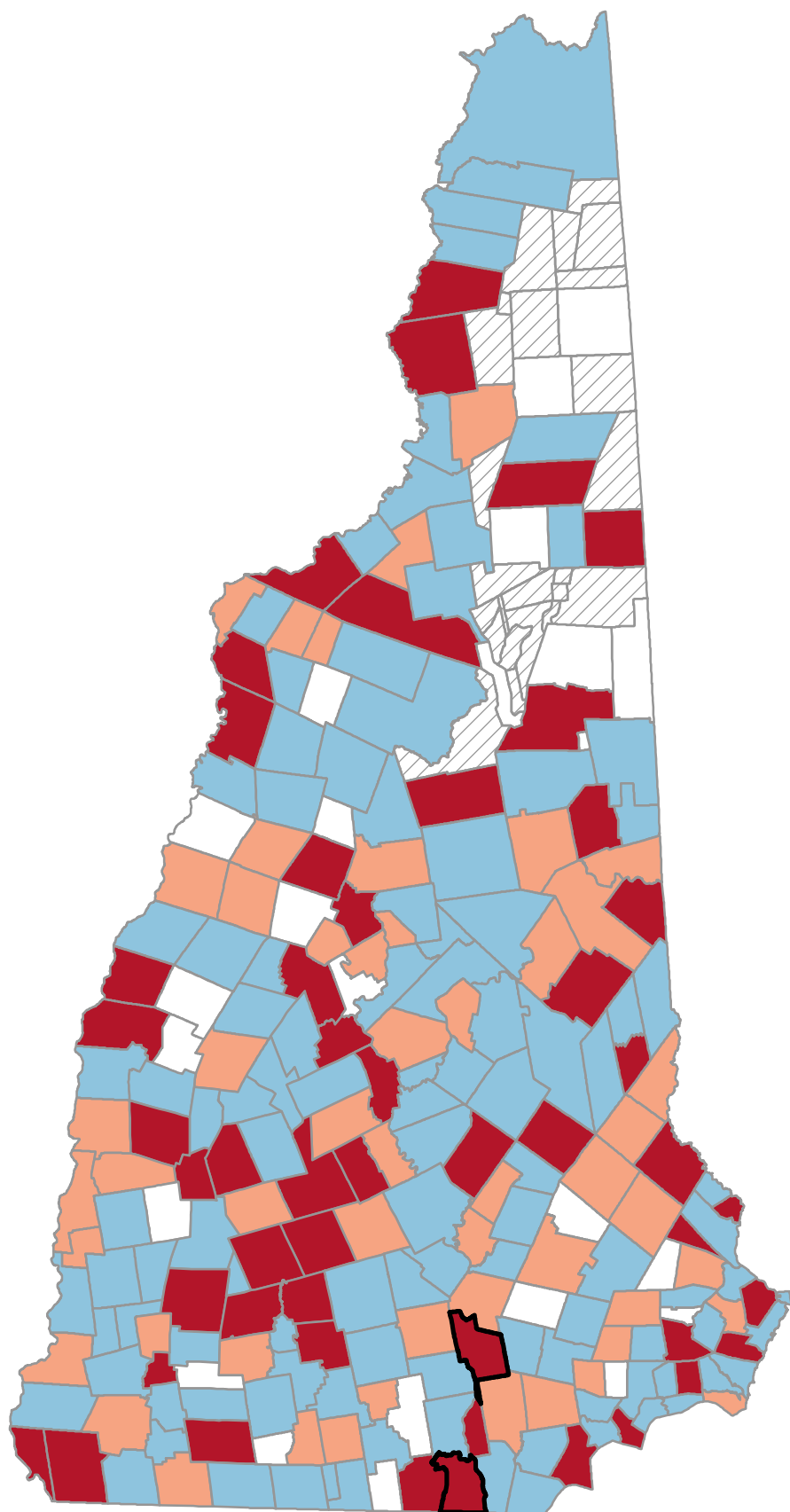
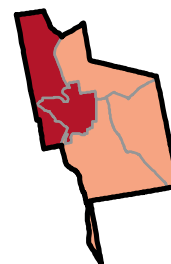


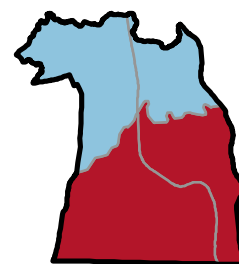
Percentage of Population Age 65+ Years with Self-Reported Self-Care Difficulty



Neighborhood values in NH cities



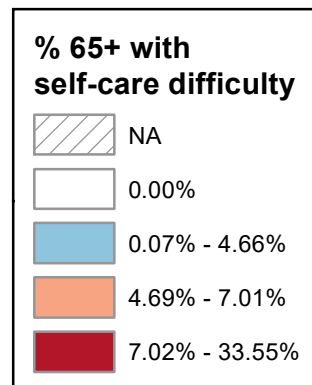
Manchester



Nashua

State Average: 5.34%

Source: ACS, 2018-2022



Percentage of Population Age 65+ Years with Self-Reported Self-Care Difficulty

Acworth	2.75%	Dalton	1.31%	Haverhill	11.22%	Nelson	3.82%	South Hampton	4.32%	Manchester	
Albany	0.83%	Danbury	4.43%	Hebron	4.72%	New Boston	0.33%	Springfield	4.82%	Central Manchester	11.82%
Alexandria	12.58%	Danville	0%	Henniker	15.92%	New Castle	2.75%	Stark	6.34%	Manchester: West	9.15%
Allenstown	1.91%	Deerfield	4.71%	Hill	16.46%	New Durham	4.02%	Stewartstown	2.85%	Manchester: South	5.12%
Alstead	1.19%	Deering	20.56%	Hillsborough	15.73%	New Hampton	3.62%	Stoddard	7.66%	Manchester: North	5.12%
Alton	3.84%	Derry	5.10%	Hinsdale	20.79%	New Ipswich	1.59%	Strafford	4.79%	Manchester: East	6.00%
Amherst	0%	Dorchester	5.23%	Holderness	4.52%	New London	2.99%	Stratford	14.86%		
Andover	3.72%	Dover	3.79%	Hollis	7.48%	Newbury	9.82%	Stratham	2.26%	Nashua	
Antrim	20.72%	Dublin	1.58%	Hooksett	5.63%	Newfields	0%	Sugar Hill	4.69%	Nashua: Zip 03060	9.67%
Ashland	5.86%	Dummer	0%	Hopkinton	5.78%	Newington	4.03%	Sullivan	6.98%	Nashua: Zip 03062	9.68%
Atkinson	1.05%	Dunbarton	3.19%	Hudson	3.74%	Newmarket	0.07%	Sunapee	2.14%	Nashua: Zip 03063	4.22%
Auburn	1.66%	Durham	6.44%	Jackson	0%	Newport	8.68%	Surry	1.23%	Nashua: Zip 03064	2.80%
Barnstead	7.65%	East Kingston	1.84%	Jaffrey	10.19%	Newton	4.45%	Sutton	2.19%		
Barrington	6.37%	Easton	0%	Jefferson	2.38%	North Hampton	11.98%	Swanzy	5.49%		
Bartlett	7.65%	Eaton	2.72%	Keene	3.56%	Northfield	2.27%	Tamworth	6.27%		
Bath	7.64%	Effingham	8.71%	Kensington	8.25%	Northumberland	1.45%	Temple	6.25%	Unincorporated Places	
Bedford	4.61%	Ellsworth	0%	Kingston	1.38%	Northwood	0%	Thornton	1.69%	<i>Atkinson and Gilmanton</i>	
Belmont	2.14%	Enfield	0%	Laconia	5.17%	Nottingham	4.07%	Tilton	1.33%	<i>Academy Grant</i>	
Bennington	1.43%	Epping	5.71%	Lancaster	2.00%	Orange	2.74%	Troy	1.82%	<i>Bean's Grant</i>	
Benton	3.33%	Epsom	3.72%	Landaff	4.38%	Orford	0%	Tuftonboro	5.18%	<i>Bean's Purchase</i>	
Berlin	9.24%	Errol	0%	Langdon	4.83%	Ossipee	4.97%	Unity	4.85%	<i>Cambridge</i>	
Bethlehem	13.28%	Exeter	7.83%	Lebanon	7.02%	Pelham	2.54%	Wakefield	4.05%	<i>Chandler's Purchase</i>	
Boscawen	4.74%	Farmington	6.16%	Lee	0%	Pembroke	4.92%	Walpole	2.08%	<i>Crawford's Purchase</i>	
Bow	3.91%	Fitzwilliam	5.97%	Lempster	0%	Peterborough	3.86%	Warner	7.28%	<i>Cutt's Grant</i>	
Bradford	5.63%	Francestown	7.72%	Lincoln	2.18%	Piermont	3.80%	Warren	3.43%	<i>Dix's Grant</i>	
Brentwood	2.27%	Franconia	0.93%	Lisbon	5.94%	Pittsburg	1.69%	Washington	3.26%	<i>Dixville</i>	
Bridgewater	5.00%	Franklin	9.64%	Litchfield	7.78%	Pittsfield	3.88%	Waterville Valley	9.68%	<i>Erving's Location</i>	
Bristol	0%	Freedom	5.58%	Littleton	16.05%	Plainfield	13.90%	Weare	4.15%	<i>Green's Grant</i>	
Brookfield	2.14%	Fremont	5.16%	Londonderry	5.11%	Plaislow	8.97%	Webster	9.80%	<i>Hadley's Purchase</i>	
Brookline	0%	Gilford	2.57%	Loudon	17.05%	Plymouth	14.11%	Wentworth	6.56%	<i>Kilkenny</i>	
Campton	6.19%	Gilmanton	3.10%	Lyman	3.39%	Portsmouth	7.42%	Westmoreland	5.18%	<i>Livermore</i>	
Canaan	1.27%	Gilsum	0.56%	Lyme	5.15%	Randolph	0%	Whitefield	6.53%	<i>Low and Burbank's Grant</i>	
Candia	0%	Goffstown	6.43%	Lyndeborough	4.66%	Raymond	2.42%	Wilmot	1.35%	<i>Martin's Location</i>	
Canterbury	1.63%	Gorham	4.30%	Madbury	9.09%	Richmond	3.76%	Wilton	4.94%	<i>Millsfield</i>	
Carroll	1.18%	Goshen	33.55%	Madison	7.45%	Rindge	4.62%	Winchester	12.91%	<i>Odell</i>	
Center Harbor	1.03%	Grafton	2.08%	Manchester	7.45%	Rochester	7.83%	Windham	3.07%	<i>Pinkham's Grant</i>	
Charlestown	4.85%	Grantham	0%	Marlborough	4.34%	Rollinsford	14.25%	Windsor	4.17%	<i>Sargent's Purchase</i>	
Chatham	0%	Greenfield	1.88%	Marlow	2.53%	Roxbury	12.12%	Wolfeboro	7.63%	<i>Second College Grant</i>	
Chester	3.42%	Greenland	5.33%	Mason	1.69%	Rumney	9.76%	Woodstock	3.78%	<i>Success</i>	
Chesterfield	2.15%	Greenville	1.81%	Meredith	4.24%	Rye	0.85%			<i>Thompson and Meserves</i>	
Chichester	5.43%	Groton	0%	Merrimack	2.34%	Salem	7.90%			<i>Purchase</i>	
Claremont	5.24%	Hale's Location	0%	Middleton	9.30%	Salisbury	6.70%			<i>Wentworth's Location</i>	
Clarksville	4.41%	Hampstead	1.30%	Milan	1.93%	Sanbornton	5.27%				
Colebrook	1.00%	Hampton	3.01%	Milford	2.04%	Sandown	6.08%				
Columbia	7.41%	Hampton Falls	2.03%	Milton	7.01%	Sandwich	3.67%				
Concord	3.99%	Hancock	4.71%	Monroe	6.42%	Seabrook	6.42%				
Conway	1.08%	Hanover	2.54%	Mont Vernon	6.86%	Sharon	0%				
Cornish	1.81%	Harrisville	0%	Moultonborough	3.04%	Shelburne	9.34%				
Croydon	2.90%	Hart's Location	0%	Nashua	7.73%	Somersworth	2.92%				



Point32Health
Foundation

In partnership with
Harvard Pilgrim
Health Care
a Point32Health company

Percentage of Population Age 65+ Years with Self-Reported Self-Care Difficulty (Ranked)

Goshen	33.55%	Warner	7.28%	Boscawen	4.74%	New London	2.99%	Hampstead	1.30%	Manchester	
Hinsdale	20.79%	Lebanon	7.02%	Hebron	4.72%	Somersworth	2.92%	Canaan	1.27%	Central Manchester	11.82%
Antrim	20.72%	Milton	7.01%	Deerfield	4.71%	Croydon	2.90%	Surry	1.23%	Manchester: West	9.15%
Deering	20.56%	Sullivan	6.98%	Hancock	4.71%	Stewartstown	2.85%	Alstead	1.19%	Manchester: East	6.00%
Loudon	17.05%	Mont Vernon	6.86%	Sugar Hill	4.69%	New Castle	2.75%	Carroll	1.18%	Manchester: South	5.12%
Hill	16.46%	Salisbury	6.70%	Lyndeborough	4.66%	Acworth	2.75%	Conway	1.08%	Manchester: North	5.12%
Littleton	16.05%	Wentworth	6.56%	Rindge	4.62%	Orange	2.74%	Atkinson	1.05%		
Henniker	15.92%	Whitefield	6.53%	Bedford	4.61%	Eaton	2.72%	Center Harbor	1.03%	Nashua	
Hillsborough	15.73%	Durham	6.44%	Holderness	4.52%	Gilford	2.57%	Colebrook	1.00%	Nashua: Zip 03062	9.68%
Stratford	14.86%	Goffstown	6.43%	Newton	4.45%	Hanover	2.54%	Franconia	0.93%	Nashua: Zip 03060	9.67%
Rollinsford	14.25%	Monroe	6.42%	Danbury	4.43%	Pelham	2.54%	Rye	0.85%	Nashua: Zip 03063	4.22%
Plymouth	14.11%	Seabrook	6.42%	Clarksville	4.41%	Marlow	2.53%	Albany	0.83%	Nashua: Zip 03064	2.80%
Plainfield	13.90%	Barrington	6.37%	Landaff	4.38%	Raymond	2.42%	Gilsum	0.56%		
Bethlehem	13.28%	Stark	6.34%	Marlborough	4.34%	Jefferson	2.38%	New Boston	0.33%		
Winchester	12.91%	Tamworth	6.27%	South Hampton	4.32%	Merrimack	2.34%	Newmarket	0.07%		
Alexandria	12.58%	Temple	6.25%	Gorham	4.30%	Brentwood	2.27%	Amherst	0%		
Roxbury	12.12%	Campton	6.19%	Meredith	4.24%	Northfield	2.27%	Bristol	0%	Unincorporated Places	
North Hampton	11.98%	Farmington	6.16%	Windsor	4.17%	Stratham	2.26%	Brookline	0%	<i>Atkinson and Gilmanton</i>	
Haverhill	11.22%	Sandown	6.08%	Weare	4.15%	Sutton	2.19%	Candia	0%	<i>Academy Grant</i>	
Jaffrey	10.19%	Fitzwilliam	5.97%	Nottingham	4.07%	Lincoln	2.18%	Chatham	0%	<i>Bean's Grant</i>	
Newbury	9.82%	Lisbon	5.94%	Wakefield	4.05%	Chesterfield	2.15%	Danville	0%	<i>Bean's Purchase</i>	
Webster	9.80%	Ashland	5.86%	Newington	4.03%	Sunapee	2.14%	Dummer	0%	<i>Cambridge</i>	
Rumney	9.76%	Hopkinton	5.78%	New Durham	4.02%	Brookfield	2.14%	Lee	0%	<i>Chandler's Purchase</i>	
Waterville Valley	9.68%	Epping	5.71%	Concord	3.99%	Belmont	2.14%	Ellsworth	0%	<i>Crawford's Purchase</i>	
Franklin	9.64%	Bradford	5.63%	Bow	3.91%	Grafton	2.08%	Enfield	0%	<i>Cutt's Grant</i>	
Shelburne	9.34%	Hooksett	5.63%	Pittsfield	3.88%	Walpole	2.08%	Errol	0%	<i>Dix's Grant</i>	
Middleton	9.30%	Freedom	5.58%	Peterborough	3.86%	Milford	2.04%	Grantham	0%	<i>Dixville</i>	
Berlin	9.24%	Swanzey	5.49%	Alton	3.84%	Hampton Falls	2.03%	Groton	0%	<i>Erving's Location</i>	
Madbury	9.09%	Chichester	5.43%	Nelson	3.82%	Lancaster	2.00%	Hale's Location	0%	<i>Green's Grant</i>	
Plaistow	8.97%	Greenland	5.33%	Piermont	3.80%	Milan	1.93%	Harrisville	0%	<i>Hadley's Purchase</i>	
Effingham	8.71%	Sanbornton	5.27%	Dover	3.79%	Allenstown	1.91%	Hart's Location	0%	<i>Kilkenny</i>	
Newport	8.68%	Claremont	5.24%	Woodstock	3.78%	Greenfield	1.88%	Jackson	0%	<i>Livermore</i>	
Kensington	8.25%	Dorchester	5.23%	Richmond	3.76%	East Kingston	1.84%	Lee	0%	<i>Low and Burbank's Grant</i>	
Salem	7.90%	Tuftsboro	5.18%	Hudson	3.74%	Troy	1.82%	Lempster	0%	<i>Martin's Location</i>	
Exeter	7.83%	Westmoreland	5.18%	Epsom	3.72%	Greenville	1.81%	Newfields	0%	<i>Millsfield</i>	
Rochester	7.83%	Laconia	5.17%	Andover	3.72%	Cornish	1.81%	Northwood	0%	<i>Odell</i>	
Litchfield	7.78%	Fremont	5.16%	Sandwich	3.67%	Mason	1.69%	Orford	0%	<i>Pinkham's Grant</i>	
Nashua	7.73%	Lyme	5.15%	New Hampton	3.62%	Pittsburg	1.69%	Randolph	0%	<i>Sargent's Purchase</i>	
Francestown	7.72%	Londonderry	5.11%	Keene	3.56%	Thornton	1.69%	Sharon	0%	<i>Second College Grant</i>	
Stoddard	7.66%	Derry	5.10%	Warren	3.43%	Auburn	1.66%			<i>Success</i>	
Barnstead	7.65%	Bridgewater	5.00%	Chester	3.42%	Canterbury	1.63%			<i>Thompson and Meserves</i>	
Bartlett	7.65%	Ossipee	4.97%	Lyman	3.39%	New Ipswich	1.59%			<i>Purchase</i>	
Bath	7.64%	Wilton	4.94%	Benton	3.33%	Dublin	1.58%			<i>Wentworth's Location</i>	
Wolfeboro	7.63%	Pembroke	4.92%	Washington	3.26%	Northumberland	1.45%				
Hollis	7.48%	Unity	4.85%	Dunbarton	3.19%	Bennington	1.43%				
Manchester	7.45%	Charlestown	4.85%	Gilmanton	3.10%	Kingston	1.38%				
Madison	7.45%	Langdon	4.83%	Windham	3.07%	Wilmot	1.35%				
Portsmouth	7.42%	Springfield	4.82%	Moultonborough	3.04%	Tilton	1.33%				
Columbia	7.41%	Strafford	4.79%	Hampton	3.01%	Dalton	1.31%				

Questions ? Beth.Dugan@umb.edu