

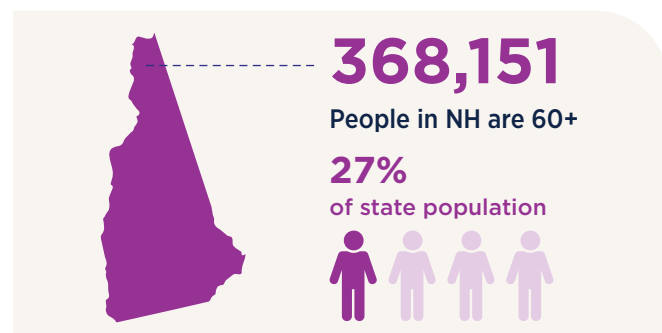
# 2025 New Hampshire Healthy Aging Data Report

152 indicators for 244 communities to promote healthy aging

 [healthyagingdatareports.org/new-hampshire-healthy-aging-data-report/](https://healthyagingdatareports.org/new-hampshire-healthy-aging-data-report/)

## New Hampshire's older population grew 66,000 people

Since our 2019 report



## More opportunities to volunteer, serve, and stay engaged



### Volunteerism

**61% of older adults are age 65-74**

The 65+ population is shifting younger and are active social contributors through volunteerism



### Diversity

**Increases** in population 65+ who are Black, Hispanic, Asian, and Other Race(s)

**6%** of older adults speak a language other than English at home



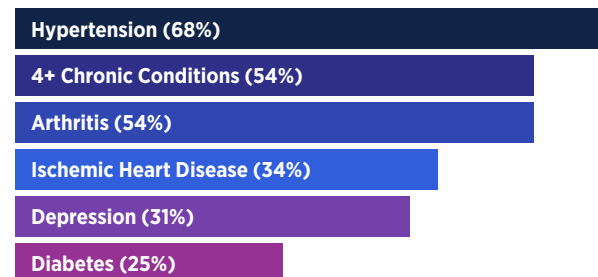
### Social Isolation

**1/4 of NH older adults live alone**

4 rural communities in NH report high rates of risk factors (live alone, hearing difficulty, depression) for social isolation

- Dalton
- Rollinsford
- Lancaster
- Warren

## State Rates for Chronic Conditions 65+



## Where you live matters



	Urban	Rural
Population Characteristics		
65+ Population	18.3%	28.5%
Households Without Access to the Internet (All Ages)	7.1%	14.3%
Annual Income Above \$100,000	31.7%	22.8%
Health Conditions 65+		
Breast Cancer (Women)	10.3%	8.7%
High Cholesterol	72.9%	67.1%
Osteoporosis	16.0%	13.9%



## Positive Momentum

There is positive momentum towards supporting all New Hampshire citizens as they age.

- [Age Well NH](#)
- [NH Alliance for Healthy Aging](#)
- [Age Friendly Public Health System Initiative](#)

## Together We Can Create Change



### UNDERSTAND

- **Download** your community profile at:  
**HEALTHYAGINGDATAREPORTS.ORG**
- **Educate** yourself and others about the indicators in your community



### ENGAGE

- **Encourage** participation in the age-friendly movement
- **Bring** people together to talk about the data
- **Think** about what your community needs to promote health for all ages



### ACT

- **Get involved!** Join [New Hampshire Alliance for Healthy Aging](#)
- **Use** data to inform your work
- **Identify** and build on what's working



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