

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

————— FOR THE —————

TOWN OF NEW DURHAM

GREATER SEACOAST COMMUNITY HEALTH



PUBLISHED: OCT 2022

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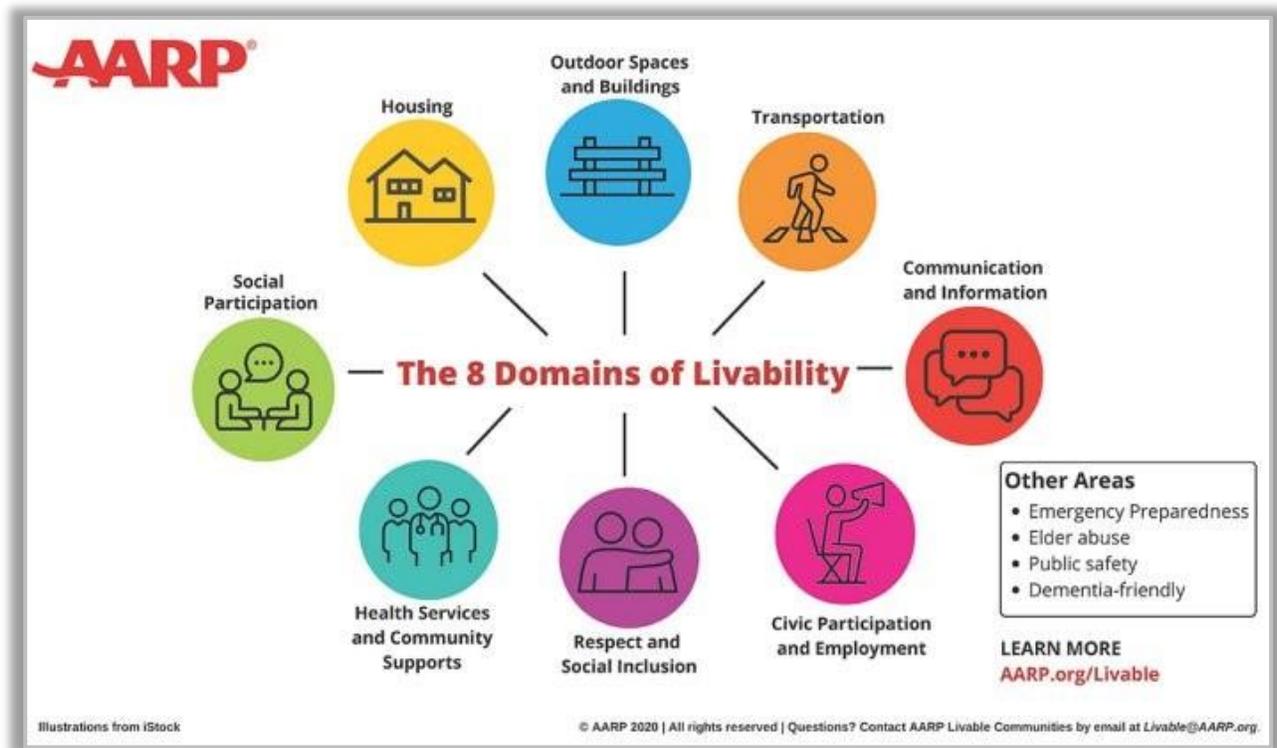
INTRODUCTION AND FRAMEWORK

[Communities for Healthy Aging Transitions \(CHAT\)](#), a regional project, examined age-friendliness in Strafford County, as well as Brookfield, Wakefield, Newmarket, Nottingham and Northwood in Carroll and Rockingham counties, respectively. The project was funded by the Tufts Health Plan Foundation and conducted in partnership with Greater Seacoast Community Health (GSCH)'s Strafford County Public Health Network (SCPHN) program.

The project mission was to engage our communities looking at and promoting diverse, equitable, inclusive, livable environments where people can grow and thrive, regardless of age.

To achieve this mission, SRPC and partners at SCPHN designed engagement activities to understand strengths and opportunities in each community, which were framed within [AARP's eight domains of livability](#) from its [Livable Communities program](#): Outdoor Spaces and Buildings, Housing, Transportation, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Health Services and Community Support.

The qualitative and quantitative information presented in this Community Assessment was also framed within the eight domains of livability.



CHAT OUTREACH PROCESS

SRPC and partners at SCPHN enacted a modified outreach process due to the pandemic. Most of the outreach for the CHAT project was conducted via online channels as described below.

COMMUNITY ZOOM FORUMS

Residents from across the region were invited to participate in a series of seven municipal or subregional community Zoom forums between February and June 2021. SRPC and SCPHN held a subregional community Zoom Forum for the Town in addition to the surrounding communities of Brookfield, Farmington, Middleton, Milton, and Wakefield on April 7, 2021. These communities were invited to the same forum given the geographic connection through the Explore Moose Mountains grassroots tourism initiative.

SURVEY

Launched in February 2021, the CHAT online survey was distributed through multiple regional outlets and to the residents of New Durham via Facebook postings, at the community forum, and between town staff and residents. One New Durham residents responded to the survey. This information was supplemented with data from a survey sent to Explore Moose Mountain area businesses.

POSTCARD ART ACTIVITY

With the pandemic, SRPC and SCPHN brainstormed creative ways to engage people and give them a different outlet for expressing themselves. SRPC staff designed and printed postcards that prompted individuals to draw (paint, collage, etc.) or write what it means to age as you play, live or work in each community. These were distributed at various Covid-19 vaccine clinics and a variety of other locations.

ADDITIONAL FEEDBACK

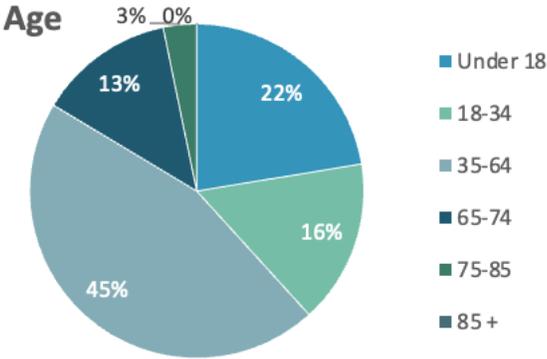
The above outreach strategies were supplemented with community draft assessment reviews by community representatives.

COMMUNITY PROFILE

Strafford County's northernmost town, New Durham is Route 11's gateway to the Lakes Region and a central community of the Moose Mountains region. The town is a destination for seasonal residents who summer on Merrymeeting Lake and the surrounding lakes. Today, New Durham has a number of farms and orchards, panoramic views of nearby mountain ranges, and many outdoor recreation opportunities. New Durham is a small, rural community in northern Strafford County, New Hampshire.

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which New Durham provides an inclusive, welcoming, supportive, and healthy environment for people of all ages, as well as opportunities for improvement. The findings are presented below in relation to each of the eight AARP domains of livability.

Total Population	2641
Median Age	45.7
Total Housing Units	953
Number of Jobs in Town	238
Life expectancy	82.9



Sex



LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

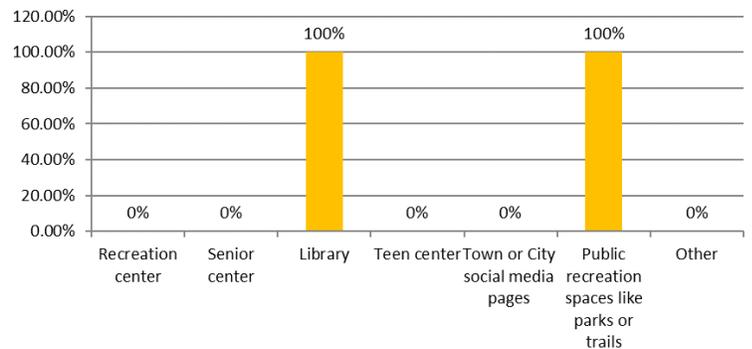
“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱ

DATA

Recreation Site Type	Number of Sites
Beach	1
Boating Access	5
Community Garden	0
Disc Golf Course	0
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	4
Park	0
Playground	2
Pool	0
Rail Trail	0
Skatepark	0
Skating Rink	0
Sledding Hill	0
Sports Fields and Courts	1
Total	13

Community Resources	Number of Sites
Places of Worship	0
Historic Places, Buildings, or Structures	3
Libraries	2
Medical and Health Care Facilities	0
Governmental Services	2
Non-Governmental Services	0
Fire and Police Stations	1
Schools	1
Total	9

Do you use any of these public spaces in your town?



7% of land in New Durham is conserved.





EXISTING CONDITIONS

- **Public Spaces** – The most utilized public spaces are the library and public recreation sites such as trails.
- **Protecting natural resources** – New Durham is currently working on an update to their zoning regarding protection of water resources like wetlands, which speaks to the 2017 Master Plan goal of protecting water quality.



OPPORTUNITIES

- **Public bathrooms** – According to the survey response, access to public bathrooms could be greatly improved.
- **Invasive species** – The Town has a Water Quality Committee formed to address impaired waterbodies in the area, specifically milfoil and other invasive species which are threatening access to recreation opportunities and healthy ecosystems.

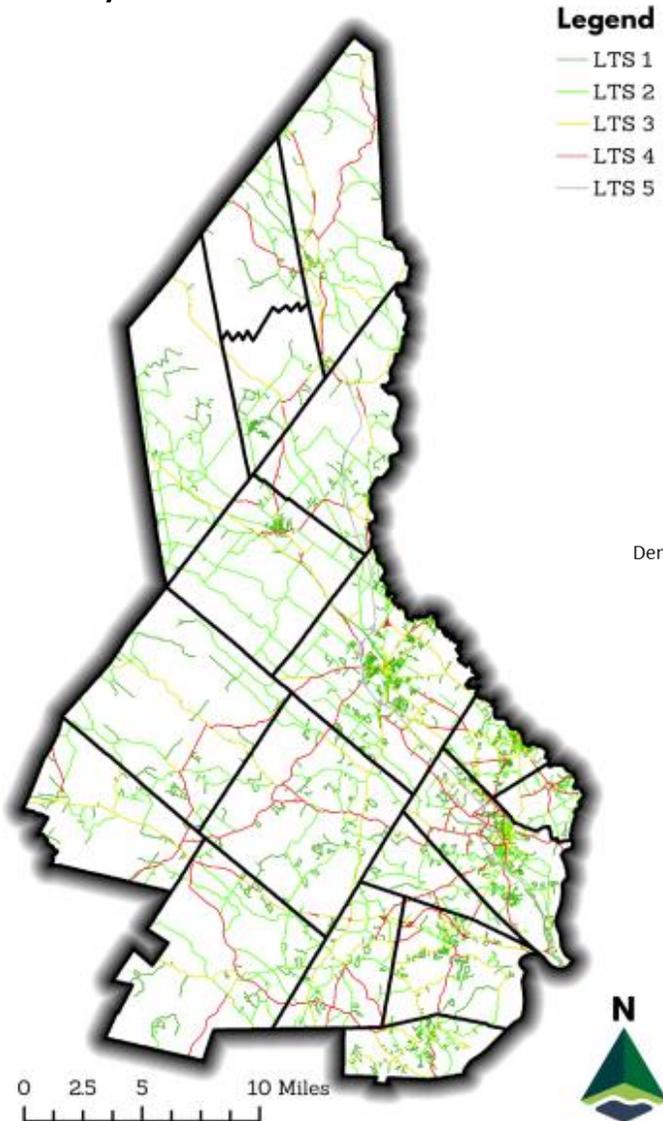
A SURVEY RESPONDENT CITED “ALL OF THE LAKES” AS THEIR REASON FOR MOVING TO NEW DURHAM.

LIVABILITY PRINCIPLE #2 - TRANSPORTATION

“Driving shouldn’t be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services).”ⁱⁱ

DATA

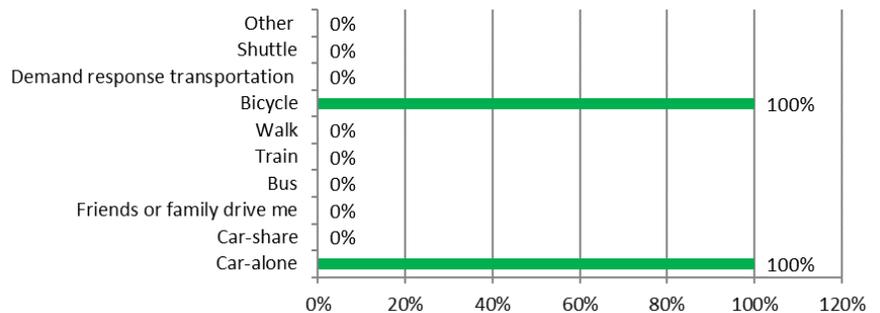
Bicycle Level of Traffic Stress



LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress ; suitable for all riders	Kids and Beginners
LTS 2	Lower stress ; suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress ; suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High stress ; suitable for experienced riders with tolerance to high speeds and traffic	Exposure-Experienced Riders
LTS 5	Bicycles prohibited	

Source: Bicycle Level of Traffic Stress. Year: 2019. Granularity: SRPC.

How do you and your household members generally travel around for work, school, recreation, or other errands?



COAST Routes (including ADA On-Demand Transit)	0
Wildcat Routes	0
Demand Response Transit	Yes



EXISTING CONDITIONS

- **Downtown access** – The 2017 Master Plan includes a goal to establish the Route 11/Depot Road intersection as a gateway to the downtown that includes space for pedestrian traffic on bike and by foot.
- **Multi-modal transportation** – “Multi-modal” transportation is heavily emphasized and given importance in the 2017 Master Plan.



OPPORTUNITIES

- **Non-vehicular transportation** – Focusing on bike safety and providing seating areas along trails will allow residents more diverse transportation options. Ensuring ramps, sidewalks to ramps, and other accessibility infrastructure are considered in these plans will allow all residents the opportunity to choose their mode of travel.
- **Aging and Transportation** – When considering growing older in the community, transportation options that are easy and convenient for rides to medical appointments and to grocery shop are needed.

LIVABILITY PRINCIPLE #3 – HOUSING

“AARP surveys consistently find that the vast majority of older adults want to reside in their current home or community for as long as possible. Doing so is possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages and life stages.”ⁱⁱⁱ

DATA

Housing Stock

■ Single family ■ Multi-family ■ Mobile Home



Own vs Rent



953 total housing units in New Durham.



EXISTING CONDITIONS

- **New builds** – According to the 2017 Master Plan update, New Durham’s housing stock is expanding faster than most surrounding communities, which will help to accommodate current and future population increases.
- **Equity** – One focus of the 2017 Master Plan is for New Durham to maintain equitable housing availability for all its residents.



OPPORTUNITIES

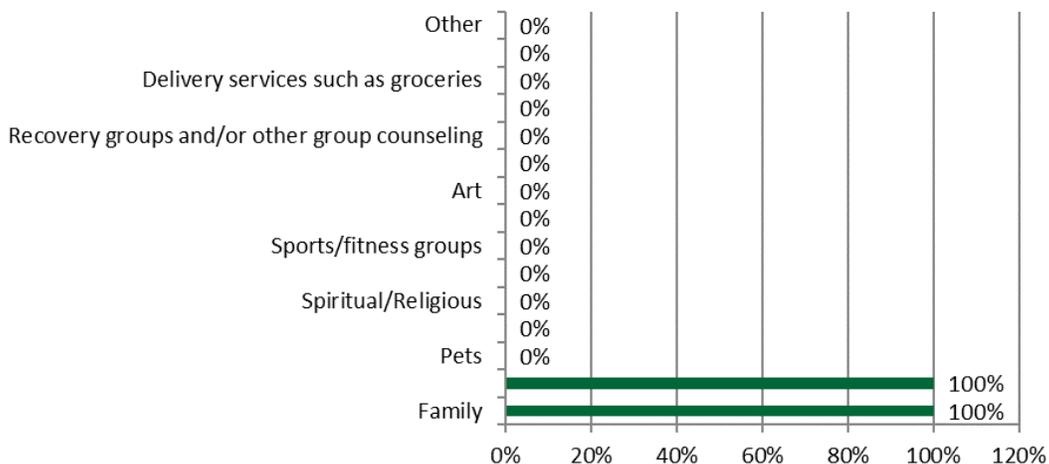
- **Affordable housing** – Ensuring there are affordable housing options for folks as they age will help New Durham retain long-term residents and allow for aging in place.
- **Housing stock** – New Durham lacks a varied housing stock, where most people own single family homes. Expanding housing options could help to diversify the Town’s demographics.

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

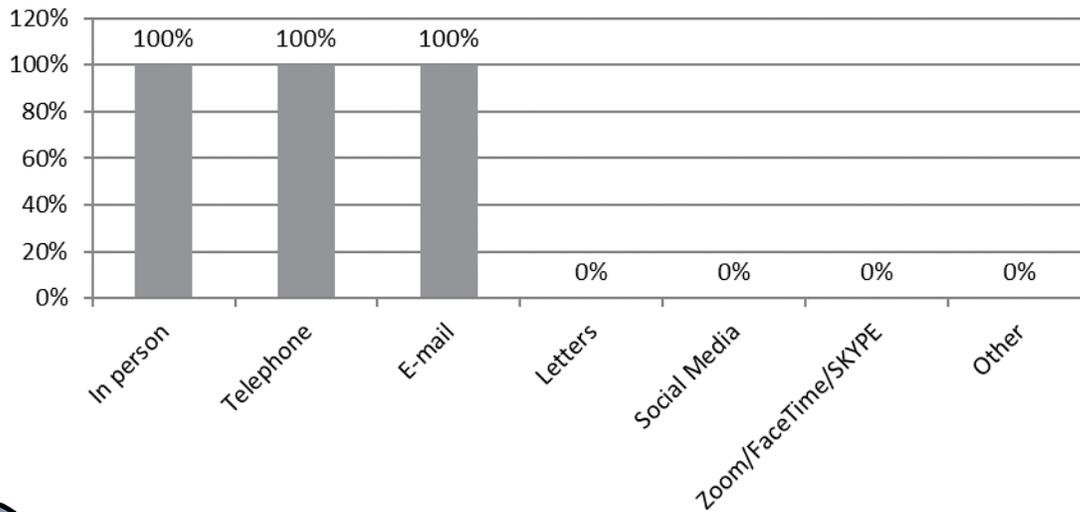
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^{iv}

DATA

What are your main social interactions? Check all that apply



How do you most commonly socialize? Check all that apply.



EXISTING CONDITIONS

- **Ways to socialize** – The most common ways to socialize with family and friends are in-person, via phone or by email.
- **Parks and Recreation** – The New Durham Parks and Recreation department has a strong Facebook following, where they advertise local events and activities.



OPPORTUNITIES

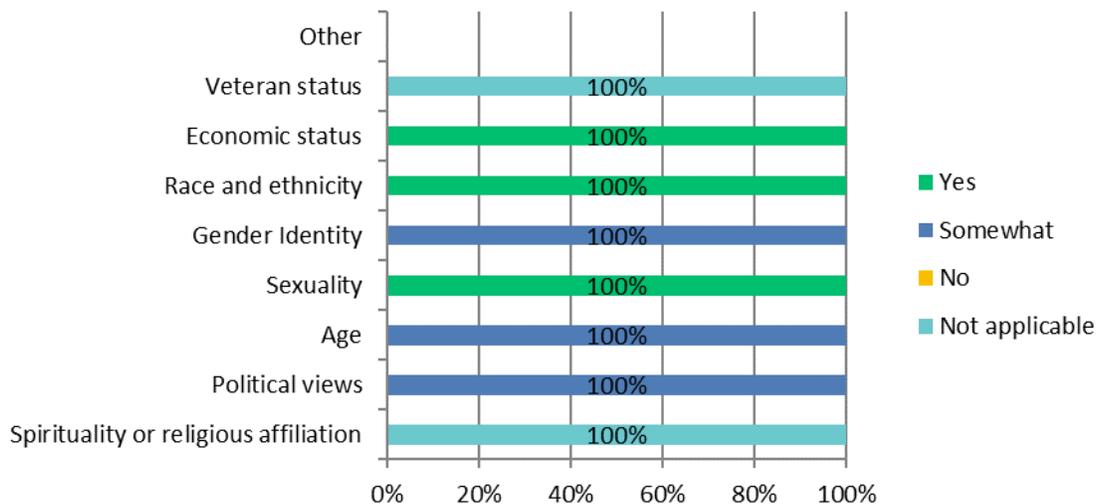
- **Pandemic impacts** – Social isolation has been the most challenging part of the Covid-19 pandemic for survey respondents.
- **Aging and socialization** – When considering growing older in the community, access to recreation and social activities are a concern.

LIVABILITY PRINCIPLE #5 – RESPECT AND INCLUSION

“Everyone wants to feel valued. Intergenerational gatherings and activities are a great way for young and older people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.”^v

DATA

Do you feel accepted in your community with regards to:



STRENGTHS

- **Acceptance** – According to the survey response, the individual felt accepted for their sexuality, economic status, and race/ethnicity.
- **Accessibility** – One goal outlined in the 2017 Master Plan aims to make the downtown area in New Durham more accessible by addressing pedestrian traffic promoting sidewalks and paths, increasing bike access, and increasing benches and lighting.



OPPORTUNITIES

- **Acceptance** – There could be improvement in creating a sense of inclusion when it comes to an individual's age, political views, and gender identity.

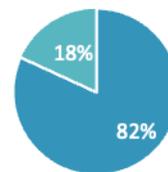
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.”^{vi}

DATA

Income	Median Household Income	\$81,250
	Income Inequality (Gini Index)	0.38
	Low income households	14.70%
	High income households	7.60%

Ballots Cast



■ In-Person ■ Absentee

* This data is from the 2020 general election



238 total jobs in New-Durham.



EXISTING CONDITIONS

- **Government jobs** – A great portion of working residents are employed by the local, state, or federal government.^{vii}
- **Income equality** – Compared to the Gini Index national average, New Durham has more income equality.^{viii}



OPPORTUNITIES

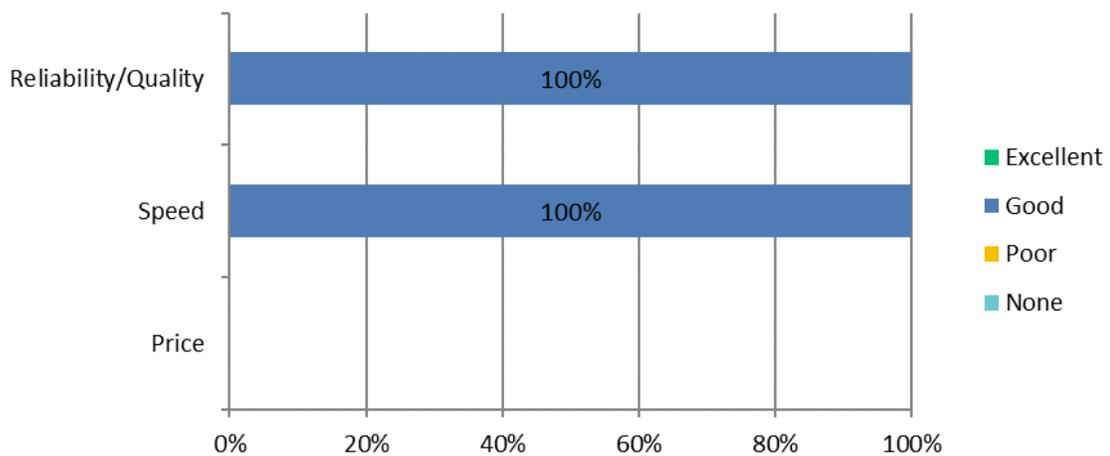
- **Employment and Training Availability** – According to the survey response, there is a lack of employment opportunity and trainings available in New Durham.
- **Residents working in Town** – Most residents work outside of the community.^{ix}

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

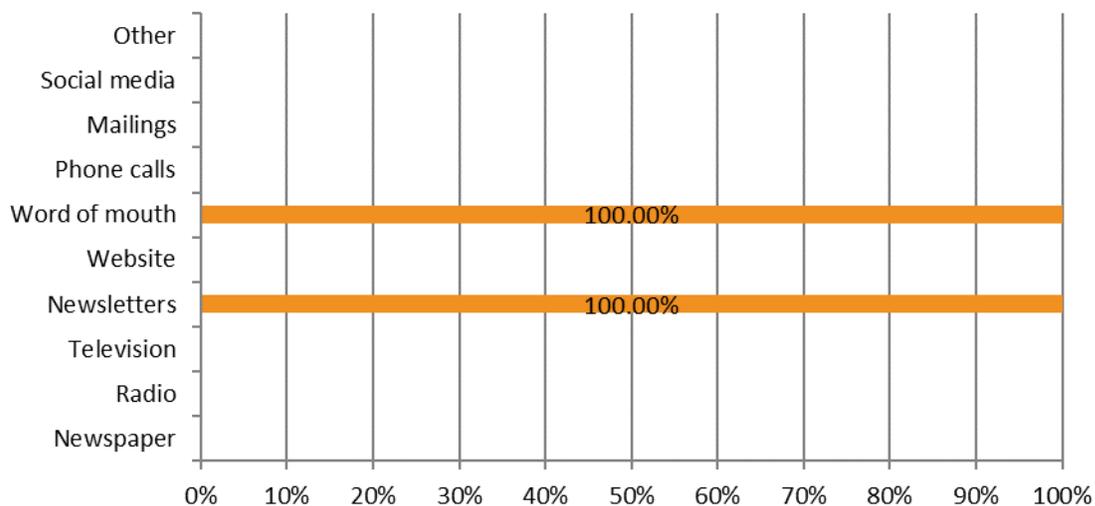
“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^x

DATA

How would you rate your internet access in regard to? Please select none if you do not have internet access.



How do you learn about community news and activities? Check all that apply.

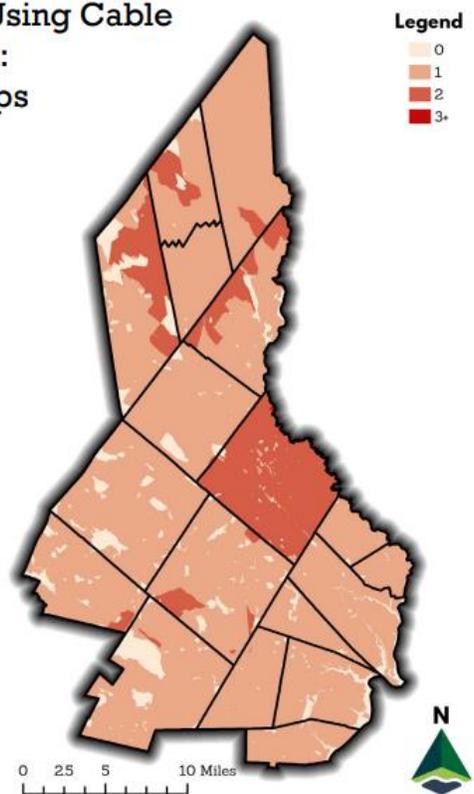


Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps



Providers Using Cable
Min. Speed:
100/20 Mbps



EXISTING CONDITIONS

- **News outlets** – Newsletters and word of mouth are the primary sources for hearing about news or activities.
- **Facebook** – There is a very active New Durham, NH Community page consisting of approximately 1,200 members that was created for community members to discuss and share useful information. Over 1,000 people follow the NDU parks and recreation Facebook page.



OPPORTUNITIES

- **Internet services** – Internet upgrades are noted to be a significant need.
- **New technology** – The Town outlined their goal to update communication and information infrastructure in the 2017 Master Plan.

LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it’s important that assistance and care be available nearby, it’s essential that residents are able to access and afford the services required.”^{xi}

DATA

Healthcare and Aging Services	Number of Sites
Assisted Living Sites	0
Nursing Homes	0
Senior Centers	0
Primary Care Providers	2*
Hospitals	0
Community Health Centers	0
Home Health Agencies	6
Memory Cafes	0
Dementia Support Group	0
Total	2

Community Resources	Number of Sites
Places of Worship	0
Historic Places, Buildings, or Structures	3
Libraries	2
Medical and Health Care Facilities	0
Governmental Services	2
Non-Governmental Services	0
Fire and Police Stations	1
Schools	1
TOTAL	9



EXISTING CONDITIONS

- **Covid-19 assistance** – The Town’s website has an entire tab dedicated to an array of resources that came out of the Covid-19 pandemic.
- **Recreation Department** – The Town’s recreation department is active in keeping a calendar of programs and events for residents of all ages, as well as advertising community surveys and news.



OPPORTUNITIES

- **Resource center** – A resource center would be helpful, especially for when emergencies occur.
- **Wellness funding** – The Town prioritized searching for funding opportunities for community wellness in the 2017 Master Plan update.

NEXT STEPS

Following completion of the community assessments, SRPC and SCPHN staff will solicit interest from and work with a limited number of communities to develop action plans. Selected municipalities will be able to take the information in the community assessments a step further, to identify specific implementation strategies that respond to the assessment findings and aim to enhance the community’s “age-friendliness.” Communities will be selected based upon interest and engagement in promoting age friendly communities, local support and willingness to implement recommendations, and geographic diversity. With the goal of adoption, final plans will be presented to each community. There is also the opportunity for completion of one or two pilot projects that will be selected from the action plan recommendations. Lastly, SRPC and SCPHN will publish an extensive resource guide that will be widely distributed via channels appropriate to our key audiences.

ⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{iv} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^v <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{vi} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{vii} <https://www.nhes.nh.gov/elmi/products/cp/profiles-htm/newdurham.htm>

^{viii} http://strafford.org/uploads/documents/plans/rpc/datasnapshot_20210716.pdf

^{ix} <https://www.nhes.nh.gov/elmi/products/cp/profiles-htm/newdurham.htm>

^x <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{xi} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>