



The following table is a compilation of Healthy Aging indicators for 25 communities that make up the MetroWest Region of Massachusetts. Community data profiles for each of the 25 communities are appended to this table. These profiles were developed by researchers at the Gerontology Institute of the John W. McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston and commissioned by the Tufts Health Plan Foundation. We thank our colleagues at the Tufts Health Plan Foundation for allowing us to reproduce these reports for the region.

To better understand the limitations on these data, please see the explanatory notes included in the individual community profiles.

<b>METROWEST POPULATION COMPOSITION/ HEALTHY AGING INDICATORS</b>	<b>METROWEST ESTIMATE</b>	<b>METROWEST PERCENTAGE</b>	<b>STATE ESTIMATE</b>
Population 65 years and over	58,397	12.3%	13.7%
65-74	29,030	49.7%	49.8%
75-84	19,955	34.1%	34.3%
85years and older	9,414	16.1%	15.8%
<b><i>Living Situation 65+</i></b>			
Living alone	17,904	30.6%	32.0%
<b><i>Gender 65+Population</i></b>			
Female	33,493	57.3%	58.5%
<b><i>Race/Ethnicity 65+</i></b>			
White	55,675	95.3%	91.5%
African American	887	1.5%	3.8%
Asian	1,024	1.7%	2.7%
Other	802	1.3%	2.1%
Hispanic/Latino	1,350	2.3%	2.9%
<b><i>Marital Status 65+</i></b>			
Married	32,109	54.9%	50.9%
Divorced/separated	6,597	11.3%	11.7%
Widowed	16,043	27.4%	30.2%
Never married	3,660	6.2%	7.3%
<b><i>Medicare 65+ population</i></b>			
Medicare managed care enrollees	13,496	23.1%	21.2%
Dually eligible for Medicare and Medicaid	5,867	10.0%	15.9%
<b><i>Physical/Mental Health</i></b>			
With self-reported fair or poor health status	11,062	18.9%	20.7%
Injured with a fall in last 3 months	3,064	5.2%	5.1%
With 15+ physically unhealthy days in last month	7,333	12.5%	14.0%
Disabled for a year or more	16,737	28.6%	31.1%

<b>METROWEST POPULATION COMPOSITION/ HEALTHY AGING INDICATORS</b>	<b>METROWEST ESTIMATE</b>	<b>METROWEST PERCENTAGE</b>	<b>STATE ESTIMATE</b>
Age-sex adjusted 1-year mortality rate	2,653	4.5%	4.7%
With 15+ days poor mental health last month	3,203	5.4%	6.7%
Satisfied with life	56,061	96.0%	95.8%
Receiving adequate emotional support	104,909	83.6%	80.7%
Ever diagnosed with depression	16,230	27.7%	28.6%
<b><i>Chronic Disease</i></b>			
With Alzheimer's disease or related dementias	8,285	14.1%	14.4%
With diabetes	16,802	28.7%	32.1%
With stroke	7,013	12.0%	12.6%
With chronic obstructive pulmonary disease	11,838	20.2%	23.3%
With hypertension	44,478	76.1%	77.5%
Ever had a heart attack	2,646	4.5%	5.0%
With ischemic heart disease	25,658	43.9%	44.1%
With congestive heart failure	13,912	23.8%	24.8%
With osteoarthritis/rheumatoid arthritis	28,861	49.4%	50.2%
Ever had hip fracture	2,376	4.0%	3.9%
With glaucoma	14,795	25.3%	25.1%
Women with breast cancer	6,548	11.2%	10.3%
With colon cancer	1,960	3.3%	3.3%
Men with prostate cancer	9,110	15.6%	14.6%
With lung cancer	1,164	1.9%	2.1%
With osteoporosis	12,957	22.1%	21.7%
With 4+ chronic conditions(of 14)	33,051	56.6%	58.6%
With no chronic conditions (of 14)	5,160	8.8%	8.2%
With complete tooth loss	19,711	33.7%	35.9%
<b><i>Nutrition/Diet</i></b>			
With 5 or servings of fruits or vegetables per day	15,209	26.0%	24.9%
Obese	12,949	22.1%	22.6%
Current smokers	3,855	6.6%	9.1%
Excessive drinking	4,415	7.5%	9.2%
<b><i>Wellness and Prevention</i></b>			
Any physical activity last month	43,419	74.3%	72.4%
Mammogram within last 2 years (women)	49,956	85.5%	85.4%
Colorectal cancer screening	39,780	68.1%	65.6%
Cholesterol screening	56,335	96.4%	95.8%
Flu shot past year	41,511	71.0%	67.8%
Pneumonia vaccine	34,900	59.7%	60.8%
Shingles Vaccine	10,531	18.0%	14.9%
With physical exam in past year	53,335	91.3%	90.2%
With annual dental exam	45,943	78.6%	76.1%